The Global Rise of Populism and its Effects on European and American Politics-Part II

Date and Time: Monday, April 2, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Maria Fornella

Course Description
This mini-course will discuss the surprisingly omnipresent rise of populist movements in Advanced Democracies in the XXI century and its effects on realignments of the traditional political landscapes. Who speaks for the People? What set of features, if any, define Populism and the Populist leader? How is Populism different in the Americas and in Europe? How can we distinguish left-wing populism from its right-wing counterpart? Will it bring government closer to “the people”? These are the central questions that will guide our discussion.

Credentials/Background
Maria Fornella holds degrees in English, French and International Law from the University of the Republic of Uruguay as well as a Master’s Degree in International Relations from ODU. She has been Director of the ODU Model United Nations Program and a senior lecturer at ODU where she now teaches Comparative Politics, European Politics and Latin American Politics. She is also active in the local chapter of Virginia Organizing doing advocacy work for immigration reform. She is a frequent traveler to South America and Europe.
Intelligence Briefing on Sustainable Boundaries in the Middle East

Date and Time: Wednesday, April 4, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Dr. Don Zeigler

Course Description:

International boundaries have become flash points for many conflicts in the Middle East. To understand those conflicts, we need to understand the history that undergirds the boundary-making process and the emotional geographies that surround "lines in the sand." This presentation will take the form of an intelligence briefing. It has been delivered numerous times to U.S. Air Force officers who are being prepared for service in the region. The focus is on the Arab realm, not Israel/Palestine.

Credentials/Background:

Dr. Don Zeigler recently retired as Professor of Geography at ODU, Virginia Beach. He has traveled widely in the Middle East and Europe, has been a Fulbright scholar in Morocco, has held visiting scholar appointments in Syria and Jordan and has led over a dozen teacher seminars to the Mediterranean Region and other parts of the world. He served as President of the National Council for Geographic Education in 1997 and as President of the International Honor Society in Geography. In 2006, he received a statewide award for outstanding teaching from the State Council of Higher Education in Virginia. His Ph.D. is from Michigan State University.

Valley Forge--Crucible of the Revolution

Date and Time: Thursday, April 5, 10:30-12:30
Cost: $10
Location: Central Library of Virginia Beach
Speaker: Robert Torgler

Course Description:

The defining moment of the Revolutionary War did not occur on the battlefield but during the winter at Valley Forge, Pennsylvania. Relive the six months as an embattled Washington--resignation in hand--remade the entire war effort, insuring victory. Meet a fascinating supporting cast: LaFayette, Hamilton, Von Steuben, and John Marshall. It was literally the epiphany of the war.

PLEASE LEAVE THE FIRST ROW OF SEATS OPEN FOR THOSE WHO HAVE DIFFICULTY WITH STAIRS.
HEARING DEVICES are available at the Main Desk inside the library.
NO FOOD OR DRINK IS ALLOWED IN THE AUDITORIUM
Auditorium tends to be chilly; come prepared

Credentials/Background:

Robert Torgler attended the Wharton School of the University of Pennsylvania. He filled senior management positions at IBM for over 30 years and was Corporate Vice-President prior to his retirement. Mr. Torgler was a senior docent and lecturer at the Smithsonian Museum of American History and the National Archives, specializing in American History
The Amazing, Awe-Inspiring (and Possibly Salacious) Life of Abraham Lincoln

Date and Time: Monday, April 9, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Dr. Jonathan W. White

Course Description:
This presentation by an award-winning expert on the Civil War will give an overview of Lincoln’s life, from his birth in a log cabin in 1809 until his death in 1865. Topics covered will include Lincoln’s difficult frontier childhood, his love life and struggles with depression as a young man, his leadership during the Civil War, and his dreams of assassination as an adult. You don’t want to miss this fascinating and timely presentation.

Credentials/Background:
Dr. Jonathan W. White is associate professor of American Studies at Christopher Newport University. Dr. White is author or editor of eight books and almost one hundred articles, essays and reviews about the Civil War. His earlier book, *Emancipation, the Union Army, and the Reelection of Abraham Lincoln*, was named a best book of 2014 by *Civil War Monitor* and won the Abraham Lincoln Institute’s 2015 book prize. A seasoned scholar, tireless researcher, prolific writer and revered teacher, Dr. White received his BA from Penn State University and his MA and PhD from the University of Maryland at College Park. He has received the highest faculty awards for teaching, mentoring, and scholarship at Christopher Newport University.

Today's Human Rights Movement: Promise and Danger

Date and Time: Tuesday, April 10, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Professor Jeffery Brauch

Course Description:
The modern human rights movement began in the late 1940’s as a means to identify and confront evil in our world-to make sure that the atrocities of World War II would never happen again. In the past 70 years, the movement has achieved many important successes. Grave human rights challenges remain, however. While the movement articulates rights well, it is often poor at enforcing them. And the movement sometimes operates in ways that endanger rights themselves. The class will introduce students to this movement and both its promise and danger.

Credentials/Background:
Professor Jeffery Brauch received his BA from the University of Wisconsin in 1985 and his JD for the University of Chicago in 1988. He then went on to law clerk for the Wisconsin Supreme Court and work in Commercial Litigation in Milwaukee. He has served as Professor at Regent University School of Law since 1994. Professor Brauch was Dean of the school from 2000 to 2015. He helped create the law school's Center for Global Justice, Human Rights and the Rule of Law. He now serves as the Center's Executive Director. He has also published two books on *A Higher Law* (1999) and (2008) a new book in October, *Flawed Perfection: What It Means to be Human & Why It Matters for Culture, Politics, and Law*. He still teaches several courses including International Human Rights and Criminal Law.
The Battle of Fredericksburg

Date and Time: Wednesday, April 11, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Al Chewning

Course Description:
Dressed as a Confederate Soldier, Al will use a power point program to tell the story of the battle of Fredericksburg in the winter of 1863. It was one of only a few battles fought in the snow and ice. You'll learn why the Union forces’ losses were more than double those of the Confederacy and you'll hear the story of the "angel of Marye's Heights". In addition, Al will use museum quality props to illustrate the hardships endured by the soldiers of both sides.

Credentials/Background:
Al Chewning holds degrees from the University of Richmond and Hampton University. He is the owner of Histories and Haunts, LLC and is listed in the National Registry of Living Historians. He is on the board of Advisors of the Old Coast Guard Station and Museum in Va Beach. He is a storyteller and author of 4 books about Virginia Beach history, including The Approaching Storm: U-Boats off the Virginia Coast During World War II. The Virginian-Pilot in 1994, when the book was published, wrote “His description of the sinkings and the efforts of the meager U.S. naval forces to counter the submarines and the many pictures accompanying his account are a vivid reminder to us all this was a battle that could have been lost.”

Life and Times of a Privileged White Person

Date and Time: Thursday, April 12, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Willy Fluharty

Course Description:
This introspective presentation examines the concept of otherness through the lens of a privileged white person. From his youth as a member in an exclusive country club and private school, a 13 year-old exchange student in Mexico, a run-away on a scallop boat, a meter reader, a college fraternity brother, a business owner, a world traveler, and to his eventual transformation into the world of education, this lecture will follow the multicultural life experiences that transformed him from a selfish rich kid to an empathetic teacher. You won't want to miss this amazing story.

Credentials/Background:
Willy Fluharty has degrees in Government and International Relations, Foreign Affairs, and International Political Economics. He is Director of NEXUS at Cape Henry Collegiate School.
**The Socrates Club**

**Date and Time:** Monday, April 16, 10:00-12:00  
**Cost:** $10  
**Location:** VBHEC  
**Speaker:** Roshan Talreja, M.D

**Course Description:**
This is a regular monthly ILR offering; each session stands alone and varies in content. The speaker guides us into exploration of some deep and murky questions of life. Come prepared to examine your thinking and sharpen your viewpoint. We will go where East meets West……science meets spirituality and knowledge meets wisdom.

**Credentials/Background:**
Dr. Roshan Talreja is a retired physician and self-styled philosopher. He took his pre-med training at Cambridge and graduated from Delhi University Medical School. After completing his medical degrees in England, India and the U.S., he did his Internal Medicine Residence in 1973, a Fellowship in Cardiology in 1974 and training in Emergency Medicine in 1975. He is a member of American Medical Association and the American Philosophical Association.

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**The Hampton University Museum: 150 Years of Tradition**

**Date and Time:** Tuesday, April 17, 10:00-12:00  
**Cost:** $10  
**Location:** VBHEC  
**Speaker:** Mary Lou Hultgren

**Course Description:**
This talk will explore the historic collection at the nation's oldest African American Museum. The focus will be on traditional art from Africa, Native America, Asia, and the Pacific Islands. In addition, the overview will focus on the Museum's renowned collection of African American art, the first of its kind in the country.

**Credentials/Background:**
Mary Lou is retired from the Hampton University Museum in Hampton, Virginia, where she was the curator and director. She has degrees from Vanderbilt University and Grinnell College.
The Romanov Dynasty: Part I & Part II

Date and Time: Thursday, April 19, 1:00-3:00
AND
Thursday, April 26, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Kathryn Cross

Course Description:
The Romanov family reigned for more than three hundred years in Russia until its infamous end in 1917. Along the way, the family produced Tsar and Tsarinas known for their talent, intellect, temper, foolishness, avarice, strength, and passion. Join us to examine the personalities and events that defined this dynasty and ultimately led to its demise.

Credentials/Background:
Kathryn Cross received a BA degree in European History and Journalism from Washington and Lee University in 2008. She was awarded an MS in European History from Old Dominion University in 2008. Kathryn has taught advanced placement Modern European History at Nansemond Suffolk Academy from 2002-2010. Her previous ILR presentations include: The Renaissance, The Reformation, The French Revolution, and Mary, Queen of Scots.

Ways to Bring Nature Into Your Home

Date and Time: Monday, April 23, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Betty Ann Galway

Course Description:
Flowers are not just for special occasions. In this course, learn simple ways to bring life into a room with natural beauty. Professional Floral Designer Betty Ann Galway will share quick and easy methods to incorporate flowers into your everyday surroundings.

Credentials/Background:
Betty Ann graduated from Mary Washington University with a degree in biology. She is a professional Floral Designer and an accredited Floral Judge. She is retired from Norfolk Botanical Gardens where she was the Educational Director.
Art Reflects Society

Date and Time: Tuesday, April 24, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Gray Puryear

Course Description:
Have you ever wondered what compels artists to create the objects they do? Join Gray Puryear for a fascinating look at selected works from the Chrysler Museum of Art and the motivation behind the art-events in the artist's personal life as well as the social, religious, and political issues of the day. Expect to have a few humorous anecdotes from museum tours thrown into the mix.

Credentials/Background:
Gray Puryear was a part-time employee at the Chrysler Museum of Art in 1971 while in his final year of earning a BA in History at ODU. He left the museum to take a full-time position with the city of Norfolk, but his love for the museum and art remained strong. After retiring from the city with 34 years of service, he entered the Chrysler Museum’s volunteer docent program. He is in his 13th year as a museum docent and is putting his history degree to good use.

Contemporary Mayan Societies: History, Locations and Meanings

Date and Time: Monday, April 30, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Professor Clarice da Mota

Course Description:
This class starts by remembering what and where the complex Mayan cultures existed in the Pre-Conquest times, or before the appearance of Europeans in the Americas. But the focus will be on the Mayan cultures of today: where they are, how they live and what they mean to the rest of the American cultures and societies, especially our "advanced technological" societies.

Credentials/Background:
Clarice Novaes da Mota, a Brazilian native, has a PhD degree in Social Anthropology and Ethnomedicine from the University of Texas at Austin. Dr. Mota has done extensive research among some Brazilian tribes on the uses of medicinal plants and healing practices, having published her doctoral thesis as "Jurema's Children in the Forest of Spirits", ITT, London, 1977, plus several articles on the uses of hallucinogenic plants by indigenous peoples, in diverse books and periodicals. In the past 10 years she has been studying the shamanic (medicine and spirituality) practices of Peruvian, Brazilian, and Mexican indigenous groups, both the ancestral and contemporary practices.
The Enlightenment’s Influence on the American Revolution and Our Government

Date and Time: Wednesday, May 2, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Gary Carnahan

Course Description
We will briefly review the time period known as the Enlightenment and describe some of the major contributors to that era. How did such European personalities as Renee Descartes, Francis Bacon, Isaac Newton, Jean-Jacques Rousseau, and John Locke influence American thinkers such as Thomas Jefferson, John Adams, and James Madison? We will look at how the thoughts and words of those contributors made it into the Declaration of Independence and U.S. Constitution.

Credentials/Background
Dr. Gary Carnahan is a professor for several different colleges, and a pastor in the Church of the Nazarene. He has received a BA in counseling, a M.Div. in Religious Education, and a doctorate in church Renewal. He has traveled all over the United States and through most of the Caribbean. He has a deep interest in history, particularly presidential biography. In addition to books, he enjoys the beach and bicycling.

A Slice of a Red Cross Disaster Rescue—Hurricane Harvey

Date and Time: Thursday, May 3, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Stephanie Stringer and Steve Clayton

Course Description
The American Red Cross responses to natural disasters are huge and complex – feeding, sheltering, supplies, health services, financial, etc. Come hear how volunteers are selected, trained, and deployed. These Red Cross volunteers will talk about their experience with Hurricane Harvey in Texas in September 2017. You’ll not only learn about the general anatomy of a disaster, you’ll also hear about the specific job of DES – the distribution of emergency supplies.

Credentials/Background
Following their careers in business, Stephanie Stringer and Steve Clayton retired to Norfolk from North Carolina 12 years ago. They’ve been volunteering with the Red Cross for over 10 years in two primary areas – responding to local house fires to provide emergency assistance and deploying to national disasters. They have deployed with the Red Cross 7 times for floods, hurricanes and tornadoes to Iowa, Louisiana, Texas, and Rhode Island. Their other regular volunteer activities include the Foodbank, Lee’s Friends, voting rights and registration, The Funeral Consumers Alliance of Tidewater, the Tidewater Appalachian Trail Club, Affordable Care Act enrollment and ESL classes for refugees. Steve and Stephanie live in Freemason near downtown Norfolk, and enjoy hiking, cycling and travel.
**Anti-Poaching Movement in Africa**

**Date and Time:** Tuesday, May 8, 10:00-12:00  
**Cost:** $10  
**Location:** VBHEC  
**Instructor:** Mike Imprevento

**Course Description**

The course will discuss the current initiatives present on the continent of Africa to combat a wave of poaching that is threatening to extinction one or more rhino species. African governments use a combination of their own internal resources, as well as contractors and other methods, to fight the continued predation of protected animal species for nothing more than greed and profit. The importance of these species to the cultural and economic survival of the host countries will also be discussed.

**Credentials/Background**

Michael F. Imprevento, Esq. is an attorney in Virginia Beach engaged in civil litigation in Virginia and federal trial and appellate courts. He has authored many publications. His undergraduate degree in history is from Fordham University and his law degree is from Hofstra University School of Law. Currently he is a radio personality and producer on the Mike Imprevento Show, AM 790 WNIS.

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**Sinking of the Bismarck**

**Date and Time:** Wednesday, May 9, 10:00-12:00  
**Cost:** $10  
**Location:** VBHEC  
**Instructor:** Chris Kolakowski

**Course Description**

Over nine days in May 1941, the German battleship Bismarck tried to break out into the Atlantic Ocean while British forces hunted her. Along the way, Americans got caught up in the story, as both sides ranged far and wide across the North Atlantic. The chase of the Bismarck is one of the great sea stories of the 20th Century, one full of drama and sudden changes of fortune. Chris Kolakowski (whose grandmother was a telephone operator in the British Admiralty during these events) will tell the story of Bismarck and her opponents and explore its lessons for today.

**Credentials/Background**

Chris Kolakowski has spent his career interpreting and preserving American Military history with the National Park Service, The Civil War Preservation Trust, and the U.S. Army. He has written and spoken on various aspects of military history from 1775 to the present. He also is the author of several books on the Civil War. Chris came to Norfolk having served as the Director of the General George Patton Museum and Center of Leadership in Fort Knox, Ky. He is currently the MacArthur Memorial Director in Norfolk, Va. since 2013.
Birds, Birding, the Beach plus our local National Wildlife Refuges

Date and Time: Thursday, May 10, 1:00-3:00
Cost: $10
Location: VBHEC
Instructor: Steve Coari

Course Description

This will be a discussion of the wildlife and birding opportunities in the Virginia Beach area, followed by a review of several wildlife refuges within a drive of about 2 hours from Virginia Beach, including wildlife that make use of these varied spaces. While the focus will be on birds, there are many creatures, both resident and migrating, that rely on the forests, wetlands and waterways enclosed within the national refuges. Steve will discuss their importance and need for protection.

Credentials/Background

Steve Coari is the Director, Vice President and State Office representative for the Virginia Beach Audubon Society. He has been leading birding trips for Audubon since 2010. He is a sponsor and trip leader for the VB Parks and Recreation Winter Wildlife Festival, as well as for the Lynnhaven River Now outings to Pleasure House Point. Steve has done bird counts and bird walks at Back Bay and Great Dismal Swamp National Wildlife Refuges and is a founding member of Hampton Roads Wildlife Enthusiasts. He proudly earned his Eagle Scout designation from the Boy Scouts in 1972.

Russia Today

Date and Time: Monday, May 14, 10:30-12:30
Cost: $10
Location: Central Library
Instructor: Dr. Sara Sewell

Course Description

This class examines contemporary Russian society and politics. Beginning our investigation in the 20th century, we study how Russia’s history has contributed to current social, cultural and political developments. Some of the topics to be discussed include diplomacy, democracy, the press, gender relations, and counter-cultures.

Credentials/Background

Dr. Sara Sewell is a cultural historian currently teaching at Virginia Wesleyan University. She has a PhD in European Cultural History from the University of Wisconsin and does extensive research in Europe. Her research focuses on Germany in the 1920’s and 1930’s. She has previously presented to ILR on the French Revolution, the Rwandan genocide and Germany since the fall of the Wall. She is Executive Director of the Lighthouse: Center for Exploration & Discovery.

Please leave the first row of seats open for those who have difficulty with stairs.
Hearing devices are available at the Main Desk inside the library. NO FOOD OR DRINK IS ALLOWED IN THE AUDITORIUM
…Auditorium tends to be chilly; come prepared
Capturing Florida Panthers, A Tree Climber’s Perspective

Date and Time:       Wednesday, May 16, 10:00-12:00
Cost:               $10
Location:           VBHEC
Instructor:         Dennis J. Giardina

Course Description:
Since the early 1980’s, as part of the recovery of the Florida panther (*Puma concolor coryii*), two teams, consisting of biologists, veterinarians and houndsmen, have captured wild Florida panthers in the Everglades Ecoregion to ascertain the health of the last remaining population of *Pumas* east of the Mississippi River and to be able to monitor their movements using radio and satellite collars. This presentation will focus on the techniques used to do so, featuring interesting anecdotes and spectacular photography.

Credentials/Background:
For 30 years Dennis Giardina’s career has focused on endangered species recovery and invasive species control. He worked for the U.S. Forest Service in Puerto Rico on the Caribbean National Forest, and in Florida on the Apalachicola National Forest and for the U.S. Fish and Wildlife Service at St. Marks, Florida Panther and 10,000 Islands National Wildlife Refuges. He was the Manager of Fakahatchee Strand Preserve State Park and has been the Everglades Region Biologist for the Florida Fish and Wildlife Conservation Commission for ten years. Dennis has been a member of the Florida Fish and Wildlife Conservation Commission and National Park Service panther capture teams since 2001.

Exploring the Wisdom of the Enneagram

Date and Time:       Thursday, May 17, 10:00-12:00
Cost:               $10
Location:           VBHEC
Instructor:         Pamela Racine

Course Description
The awareness of personality types is needed and utilized in a wide variety of areas—in humanities, in education, in sciences, in businesses and most importantly in therapy and spiritual practices. Further personal understanding is empowering and an added tool in perceiving our purpose and path in life. This course will allow the student to self-report through a detailed test the personality type one may claim in the framework of the Enneagram. Further examination and understanding will develop through the use of the instructor’s library of books, viewing of types in business and personal settings, and correlation to the MBTI, developed from the research of Carl Jung, the father of analytical psychology. Role playing of types will be a concluding and lighthearted exercise. FEEL FREE TO BRING YOUR iPhone or iPad (not required) to class.

Credentials/Background
Pamela Racine is a career teacher. For the past ten years, she has been an upper school teacher of the humanities: Latin, philosophy, psychology and world religions, in an independent Virginia Beach school. She has lived in Japan and Italy and recently studies at the Jungian Institute in Zurich. She is the author of a collaborative book, *The Sacred Purse*, published in 2008. Widely read in many disciplines, she eagerly embraces an eclectic combination of studies which enrich our humanity.
**The Socrates Club**

**Date and Time:** Monday, May 21, 10:00-12:00  
**Cost:** $10  
**Location:** VBHEC  
**Instructor:** Roshan Talreja, M.D.

**Course Description**

This is a regular monthly ILR offering; each session stands alone and varies in content. The speaker guides us into exploration of some deep and murky questions of life. Come prepared to examine your thinking and sharpen your viewpoint. We will go where East meets West…. science meets spirituality and knowledge meets wisdom.

**Credentials/Background**

Dr. Roshan Talreja is a retired physician and self-styled philosopher. He took his pre-med training at Cambridge and graduated from Delhi University Medical School. After completing his medical degrees in England, India and the U.S., he did his Internal Medicine Residence in 1973, a Fellowship in Cardiology in 1974 and training in Emergency Medicine in 1975. He is a member of the American Medical Association and the American Philosophical Association.

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**Fitness Fun & Facts 101**

**Date and Time:** Wednesday, May 23, 10:00-12:00  
**Cost:** $10  
**Location:** VBHEC  
**Instructor:** Andrea Hankle

**Course Description:**

Don’t expect to sit through this class. Andi has planned a fun fitness workshop for any age and fitness level. It will intellectually stimulate the brain with fitness facts and energize the body with hands-on experience, using fitness equipment and your own bodyweight to get in shape for the optimal quality of life you deserve. Experience a beginner-level warm-up with dynamic stretching, strength training, balance, stability and relaxation exercises that can be performed in the comfort of your own home. Combining proper eating habits with your fitness routine will offer the energy you need to maintain optimum quality of life during the aging process. Strap on your fitness shoes, dress for comfort and be ready to get those muscles in shape.

**Credentials/Background:**

Andi Hankle has over 10 years of experience in the fitness profession as a Certified Personal Trainer, Group Fitness Instructor, and Certified Nutrition Specialist. Her experience includes advising and training individuals of all ages ranging from beginner to experienced fitness levels. She believes in a holistic training approach integrating cardiovascular, strength, flexibility and nutrition into one’s fitness routine to lead a healthy lifestyle. She is employed by the Princess Anne Recreation Center in Virginia Beach and is pursuing a Master’s Degree in Exercise Science specializing in Performance Enhancement and Injury Prevention.
Cetaceans of the Virginia Coast

Date and Time:  Wednesday, May 30  1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Jane Scott Norris

Course Description:
The presentation discusses cetaceans – whales, dolphins and porpoises - in general (size, adaptations, lifecycle, and migration); then discusses those that visit the Virginia coastal region throughout the year. It will cover threats to marine mammals, pertinent laws and what we can do to help them.

Credentials/Background:
Ms. Norris (BSc, MS), first-ever State Department Chief Information Security Officer, retired from the Senior Foreign Service (U.S. Department of State) as Dean of the School of Applied Information Technology at the Foreign Service Institute. She has taught masters courses for the University of Southern California and Embry Riddle Aeronautical University and lectured extensively on information security. In retirement, Jane has indulged her passion for wildlife photography, traveled extensively (including to all 7 continents) and become a certified Virginia Master Naturalist. Her volunteer work centers on the Virginia Aquarium Boat programs.
Mangia Qui Italian Bistro, a family owned and operated restaurant, wants to invite you to a special 3-course meal with your fellow ILR friends.

Date: Tuesday April 17th, 2018

Time: 5:00 pm

Location: 550 Independence Blvd., Virginia Beach, Va. 23462

Cost: $26.00 per person
(Tax and gratuity included)

Max: 78

Sign-up deadline: April 3rd, 2018
(No refunds after this date.)

Please choose your Entrée option(s), and send in with check made payable to ILR by April 3 deadline.

____ Eggplant Parmesan  _____ Shrimp Parmesan  _____Mustard Glazed Salmon

_____Lemon Chicken  _____Lasagna

A salad, dessert, and a non-alcoholic beverage are included. Wine available for purchase.

Name(s): ___________________________  ___________________________

An ILR Social Committee Event
Welcome Aboard Miss Hampton II Harbor Cruises

710 Settlers Landing Rd., Hampton, VA 23669

Join one of the most informative and entertaining harbor cruises in the Hampton Roads area. The entertaining and knowledgeable tour guides bring to life the legends, lore and history behind the world’s largest natural harbor. The cruise ventures into the magnificent Chesapeake Bay, weather permitting docks at Fort Wool for a 45-minute narrated tour of the island, sails alongside the mighty warships at the Norfolk Naval Base with an in-depth narrative about every ship, goes by the final resting place of Blackbeard the Pirate and cruises up close to Fort Monroe. TripAdvisor gives this tour a 5-Star rating!!

DATE: Friday, May 18, 2018 from 11:00 a.m.** until 2:00 p.m. (timing is designed to avoid rush hour traffic). This event will take place on May 18th, rain or shine, unless the Captain cancels the cruise due to marine weather conditions. If that should happen, we have a rain date for Tuesday, June 12, 2018.

**Passengers may begin boarding at 10:30 a.m.
The cruise leaves port PROMPTLY at 11:00 a.m.

DIRECTIONS: Travel west on Rte. 64 through the HRBT. (Boat is less than 2 miles from the HRBT.) Take the 2nd exit, # 267. At the end of the ramp turn left onto Settlers Landing Road going west. Continue on this road until the 3rd light at “Eaton Street” and turn left there into the parking lot of the Crowne Plaza Hotel and Maritime Center.

PARKING: Parking for a nominal fee is available immediately adjacent to the Miss Hampton II dock and the Crowne Plaza Hotel ground floor. Free parking nearby.

FOOD & DRINK: Sandwiches, burgers, hotdogs, snacks, soft beverages and beer/wine are available for purchase.

PRICE: $28 pp

SIGN-UP DEADLINE: Wednesday, April 18, 2018. No refunds after this date.

An ILR Social Committee Event
Coffee and Conversation

Date: Wednesday, May 9, 2018
Time: 11:45 – 1:00pm
Place: Va. Beach Higher Education Center
Cost: $5

Coffee and Conversation is your opportunity to get to know some of the members you see at classes, get acquainted with the officers and share ideas and make suggestions for future ILR programs and events.

Pre-registration is required so we can order the right number of sandwiches, cookies and beverages.

We particularly hope to meet the members who will be attending the “Sinking of the Bismarck” class that morning.

Remember to wear your name tag!

Hope to see you there!
Pot Luck Dinner

Date: Friday, June 1, 2018

Location: June Lam's Home
1420 Cooper Circle
Virginia Beach, VA

DIRECTIONS: Virginia Beach Blvd. to North Great Neck Road. Take a right onto Mill Dam Road, take a left onto South Woodhouse Road (ALANTON), left onto Whittier Road, left onto Cooper Road, and take a right onto Cooper Circle.

Time: 5:30 PM

Cost: $6.00

Please bring your favorite dish to share****No desserts please. They will be provided, as well as wine and soda.

SIGN-UP DEADLINE: Friday, May 25, 2018

MAXIMUM: 40

An ILR Social Committee Event
Spring 2018 Co-Curricular Events
ILR Members: Join us for these events!
Let's Build Our Campus Community

March

13  Wellness Wave
Biometric Reading in Atrium @2:30 pm
Activity Session Room 239

13  Visual & Performing Arts Academy Senior Thesis Art
Exhibit Reception
Exhibit: Runs March 1-27 Atrium
Reception: 5-7pm Atrium

15  Women's History Month: Remica Bingham-Risher
Including reading from new book: Starlight & Error
12:30-2pm Lecture Hall Rm 244

15  ODU Graduate and Professional Development Fair
5-7pm Atrium, Waves

24  Designing Robots/Redesigning Community:
An Engineering, Coding & Design Thinking camp for middle school girls
9am - 4:30pm Lab

27  Wellness Wave
Biometric Reading in Atrium @2:30pm
Activity Session 3-4pm Room 239

April

10  Wellness Wave
Biometric Reading in Atrium @2:30pm
Activity Session 3-4pm Room 239

11  National Poetry Month: Elaine Fletcher Chapman
Including reading from new book: Hunger for Salt
12:30-2pm Lecture Hall Rm 244

17  Wellness Wave
Biometric Reading in Atrium @2:30pm
Activity Session 3-4pm Room 239
When You Park on the VBHEC Campus,

**you must have a current parking pass...**

You want **THIS**... looking ‘OUT’ of your windshield!

(It’s FREE) 😊

**NOT THIS**... looking ‘IN’ your windshield!

(It’s $75) 😞

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**ODU PARKING PASS**

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**ODU CITATION**

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***VBHEC (VB Higher Ed. Center) does enforce parking regulations***

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**Thank you**

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**Notes:**

- ODU parking passes are **only** issued to members who sign up for classes **on** the VBHEC campus. The passes are good for 6 months. When they near the expiration date, new ones are issued, if the member signs up or is signed up for more classes on the VBHEC campus. If you have any questions, check with the ILR office.

- For visitors without a pass, there are parking meters in front parking lot of VBHEC and in Lot 3.

- Those with handicap tags, also need a parking pass.

- If you forget, or lose your parking pass, call or stop by the ILR office for a replacement. ILR issues the passes, not ODU Parking Services.
**Q:** Once I’ve signed up for a class, will I get a confirmation?

**Yes**...If we have an email address for you, you will be sent an email within two weeks of receipt of your Registration, for each class, to notify you of either:

1. your registration in a class is Confirmed.
2. there is a Wait-list, and you’re on it.
3. the class is Full, or Cancelled, and you will be sent a full refund.

**No**...If you do not have email, you will be notified by mail, only if:

1. there is a Wait-list, and you’re on it.
2. the class is Full, or Cancelled, and you will be sent a full refund.

Note: if you have any questions, you can call the office at 368-4160.

**Q:** How will I know in which classrooms the VBHEC classes will be held?

The classroom # will be posted in 3 places:

1. On white placard board, if you come in through the front entrance, in Atrium, or
2. On the ceiling-mounted TV monitor, near the Waves Café, in the Atrium
3. On a post-it note outside entrance doors into the hallway where the ILR office is located.
4. On the door of the ILR office (room 125), if you come in through the back entrance (from Lot #3)

**Q:** Can I bring a guest to a class, activity or trip?

Yes, guests are welcome, *if* space is available, as members always have priority.

Simply call the office to see if there is room.

**Note:** the event fee must be paid, and an individual may attend, as a guest, only once per year.

**Q:** Do I get a refund voucher or check if I cancel a class or trip?

1. If you cancel a class **at least 4 days in advance**, you will receive a voucher (-$2 admin. fee).
2. For trips, you will receive a refund check (-$2 admin. fee), but the refund will vary according to the individual trip policy.
3. If ILR cancels a program, members will receive a full refund.
**EXPERIENCE MANTEO**

ILR Day Trip: **Tuesday, June 5, 2018**

One bus: Min. 40  Max. 50

Depart 6:30 am, Target, 1245 N. Military Highway, Norfolk; Est. return 11:30 pm.

**Sign-up Deadline: Monday, April 2**

Cost: **$150 per person** (includes bus, entrance fees, lunch, outdoor drama, snacks, taxes and tips)

**Trip Activity Level**: moderately active requiring some walking on uneven surfaces.

Our day in the OBX includes an array of historical and cultural activities. A complete itinerary will be available upon departure. Trip may vary slightly but we strive to maintain the integrity of the trip as advertised.

**Proposed Itinerary:**

- **The Island Farm** - A self-guided tour (with some interpretation) of an 1850’s farm including the main house, barn, blacksmith shop, slave cabin, garden, family burial site, and museum.

- **Roanoke Island Festival Park** – An interactive historic site in Manteo representing the first English settlement in 1685. Site includes Elizabeth II (sailing ship); settlement site; Indian village; Adventure Museum; 45-minute American Indians docu-drama and Museum Store.

- **Alligator River and Pea Island National Wildlife Refuge** - home to endangered species of red wolves, and black bears, the visitor’s center features state-of-the-art interactive exhibits, 3 videos and Ranger Presentation on Water Management.

- **Fort Raleigh National Historic Site** – “Protects and preserves known portions of England's first New World settlements” (1584 to 1590). Walk to the encampment site; videos in Visitor Center.

- **The Lost Colony Outdoor Historic Drama (Waterside Theater)** - This award winning play about the unsolved mystery of the fate of the original colonists will hold you spell-bound.

**Lunch** at the **Sugar Creek Seafood Restaurant**, on the Roanoke Sound. Dinner, TBD

**Questions?** Contact the Travel Committee Planning Committee, NOT the ILR office:

Bill Daley, wldaley@cox.net, (757) 426-2228 or Sara Wright, shwright13@aol.com, (757) 675-8355
Traveler Questionnaire

Complete one for each trip participant and submit at the same as the other trip paperwork.

Print Name: __________________________________________________________

Legibly PRINT Email Address: ___________________________________________

Phone: H: ___________________  Cell: ______________________

YES  NO  It is OK to leave messages on answering machine/voice mail

LUNCH Sugar Creek Restaurant: Everyone will get a choice of beverages (water, coffee, tea, soda) and dessert (Key Lime Pie)

Choose one of the following Entrees:

_____ Shrimp (8), french fries and cole slaw.

_____ Prime Rib, mashed potatoes and cole slaw.

_____ Tuna Salad, french fries and cole slaw.

_____ Pasta or Vegetarian Choice, cole slaw.

Special Dietary Needs (Vegetarian; Vegan; Gluten Free etc.): _______________________

Circle One

YES  NO  Are you interested and/or willing to be a volunteer photographer for the ILR newsletter/archives?

YES  NO  Are you interested and/or willing to be our scribe to write a summary of our trip experience for the ILR newsletter?

Emergency Contact information

Emergency Contact Name: __________________________ Relationship ______________

Best Contact phone number/s: _____________________________________________

Gratuities are included in the cost of the trip: bus driver, restaurant servers. Additional “gifts” are a private and personal choice.

Questions? Please Contact a Manteo Travel Committee member, not the ILR Office

Bill Daley  wldaley@cox.net  (757) 426-2228

Sara Wright  shwright13@aol.com  (757) 675-8355
Travel Committee Trip Disclosure Form

This form clarifies the policies of ILR and the commitment of the trip participant

EXPERIENCE MANTEO
ILR Day Trip: Tuesday, June 5, 2018

Sign-up Deadline: Monday, April 2, 2018

One Bus: Min. 40 participants; Max. 50 participants

If interested in this outstanding trip, do not wait until the sign-up deadline to submit paperwork. Spaces are filled in the order of receipt. Once the bus fills (50), we will begin a wait list.

To secure your reservation/s for this ILR Member Trip, return this signed Trip Disclosure Form, Traveler Questionnaire, Class Registration Form and Check, payable to ILR.

Please initial each statement below. If a couple (i.e. husband and wife) are traveling together, both need to initial and sign this document. Copy for your records.

_____ ILR reserves the right to cancel a trip if the minimum numbers are not met. Money will be refunded.

_____ If a member cancels after the Sign-up Deadline (4/2/18) and a replacement from the wait list is secured, a full refund check is issued, minus $2 admin. fee.

_____ If a member cancels after the Sign-up Deadline (4/2/18), and there is NO wait list, ILR does not issue refunds; however, the member may secure his/her replacement, with an ILR member, making financial arrangements with the replacement and notifying the ILR office no later than April 2, 2018.

_____ Wait-List Policy: If you are on the wait list, ILR will notify you as cancellations are received. Those who are still on the wait list at the time of the trip will be issued a full refund check.

_____ Primary communication with trip participants will be by E-mail.

Signature/s: PLEASE PRINT LEGIBLY AND SIGN

__________________________________ Signature__________________________________ Date________
(Print Name)

__________________________________ Signature__________________________________ Date________
(Print Name)

Office Use Only: Date Rec’d ____________ Trip $ Pd ____________ Ck. No._________________
### SPRING 2018 CLASS REGISTRATION

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>APRIL</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>2 (Mon)</td>
<td>10 am</td>
<td>Global Rise of Populism</td>
<td></td>
<td>$10.</td>
<td>$</td>
</tr>
<tr>
<td>VBHEC</td>
<td>4 (Wed)</td>
<td>10 am</td>
<td>Intelligence Briefing in Middle East</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>Central Library</td>
<td>5 (Thur)</td>
<td>10:30a</td>
<td>Valley Forge</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>9 (Mon)</td>
<td>10 am</td>
<td>Life of Abraham Lincoln</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>10 (Tues)</td>
<td>10 am</td>
<td>Today’s Human Rights Movement</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>11 (Wed)</td>
<td>10 am</td>
<td>The Battle of Fredericksburg</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>12 (Thur)</td>
<td>10 am</td>
<td>Life &amp; Times of Privileged White Person</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>16 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>17 (Tues)</td>
<td>10 am</td>
<td>Hampton Univ. Museum – 150 years Tradition</td>
<td></td>
<td>10.</td>
<td></td>
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<tr>
<td>Mangia Qui</td>
<td>17 (Tues)</td>
<td>5 pm</td>
<td>Mangia Qui Italian Bistro</td>
<td>Sign-up deadline: April 3 (No refunds after this date)(Max:78)</td>
<td>26.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>19 (Thur)</td>
<td>1 pm</td>
<td>The Romanov Dynasty – Pt. I</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>23 (Mon)</td>
<td>10 am</td>
<td>Bring Nature into your Home</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>24 (Tues)</td>
<td>10 am</td>
<td>Art Reflects Society</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>26 (Thur)</td>
<td>1 pm</td>
<td>The Romanov Dynasty – Pt. II</td>
<td></td>
<td>10.</td>
<td></td>
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<tr>
<td>VBHEC</td>
<td>30 (Mon)</td>
<td>1 pm</td>
<td>Contemporary Mayan Societies</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
</tbody>
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**TOTAL (this page)** $
### MAY

<table>
<thead>
<tr>
<th>Location</th>
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<th>Time</th>
<th>Event</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>2 (Wed)</td>
<td>10 am</td>
<td>Enlightenment &amp; The American Revolution</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>3 (Thur)</td>
<td>10 am</td>
<td>Red Cross &amp; Hurricane Harvey</td>
<td>10.</td>
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<tr>
<td>VBHEC</td>
<td>8 (Tues)</td>
<td>10 am</td>
<td>Anti-Poaching Movement in Africa</td>
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</tr>
<tr>
<td>VBHEC</td>
<td>9 (Wed)</td>
<td>10 am</td>
<td>Sinking of the Bismarck</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>9 (Wed)</td>
<td>11:45</td>
<td><strong>Coffee &amp; Conversation</strong> <em>(Please reserve...so we can get correct food amt.)</em></td>
<td>5.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>10 (Thr)</td>
<td>1 pm</td>
<td>Local National Wildlife Refuges</td>
<td>10.</td>
</tr>
<tr>
<td>Central Library</td>
<td>14 (Mon)</td>
<td>10:30a</td>
<td>Russia Today</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>16 (Wed)</td>
<td>10 am</td>
<td>Capturing Florida Panthers</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>17 (Thr)</td>
<td>10 am</td>
<td>Wisdom of Enneagram</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>18 (Fri)</td>
<td>11 am</td>
<td>Miss Hampton II Harbor Cruise</td>
<td>28.</td>
</tr>
<tr>
<td>HB</td>
<td>18 (Fri)</td>
<td>11 am</td>
<td>Miss Hampton II Harbor Cruise <em>Sign-up deadline: Wed., Apr. 18 (no refunds after this date)</em></td>
<td>28.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>21 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>23 (Wed)</td>
<td>10 am</td>
<td>Fitness, Fun and Facts 101</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>30 (Wed)</td>
<td>1 pm</td>
<td>Cetaceans of the Va. Coast</td>
<td>10.</td>
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</tbody>
</table>

### JUNE

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lam's Home</td>
<td>1 (Fri)</td>
<td>5:30 p</td>
<td>Pot Luck Dinner <em>(Sign-up deadline: Fri., May 25 (Max: 40 ))</em></td>
<td>6.</td>
</tr>
<tr>
<td>Manteo</td>
<td>5 (Tues)</td>
<td>6:30 a</td>
<td>Experience Manteo <em>(Sign-up deadline: April 2 (No refunds after this date) (Max: 50 )</em></td>
<td>150.</td>
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**NOTE:** you can use one check for all payments

Please make checks payable to ILR

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<td>Total (front page)</td>
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<tr>
<td><strong>Total</strong></td>
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</table>

*If using VOUCHERS, please include with your payment*  
*Subtract voucher total(s) –*

Please make check payable to ILR  

**Total Due** $|

ILR reserves the right to cancel and/or make changes to classes, as necessary.

----------

*All members, please sign this form before returning to the office!*

I do not hold Old Dominion University or The Institute for Learning in Retirement, responsible for any injury which may occur during a special event, off-campus class or field trip, in which I participate.

<table>
<thead>
<tr>
<th>Signature</th>
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ILR does not discriminate with respect to race, color, sex, religion or national origin