Native Tribes of Peru and Brazil

Date and Time: Thursday, July 6, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Clarice da Mota

Course Description:
In this class we shall explore the history of contemporary Native tribes that remain in Peru and Brazil. We will take a quick journey into their cultures and spiritual belief systems. In Brazil we will meet a tribe that dared to get back to their lands, in spite of being surrounded by touristy areas - the Patasho of Bahia. We will examine how the Shavante of Central Brazil, who had been under the tutelage of Italian Franciscan Missionaries, never lost their ancestral spiritual views of the world. In Peru, we realize that the Quechua/Inka left an indelible and powerful culture ever so present with the teachings of their Laika shamans. Come and join us for these amazing adventures.

Credentials/Background:
Clarice da Mota, a Brazilian native, has a Ph.D. 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" plus several articles on the uses of hallucinogenic plants by indigenous peoples. 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.

Transportation 2017

Date and Time: Monday, July 10, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Thelma Drake

Course Description:
Thelma Drake will discuss the major transportation projects in Hampton Roads: The Hampton Roads Bridge Tunnel; connecting I-564 to I-664; and tax dollars for transportation projects.

Credentials/Background:
Thelma Drake is head of transportation for the state of Virginia and is the Assistant Director of Public Works. She is a former congresswoman.
Great Art of Holland

Date and Time: Wednesday, July 12, 10:00–12:00
OR Thursday, July 13, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Leonette Adler

Course Description:
We will focus on the glorious art of Hals, Vermeer and Rembrandt. This is an art appreciation class in which visuals are accompanied by narrative by our instructor.

Credentials/Background:
Leonette Adler is an award-winning artist whose works have been shown in numerous galleries on the east coast. Leonette taught at the Chrysler Museum Art School for five years and at Norfolk Academy for 25 years. She is a member of ILR and has presented many popular classes for ILR and other local organizations.

The Socrates Club

Date and Time: Monday, July 17, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Dr. 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.
The Electoral College

Date and Time: Wednesday, July 19, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Vivian Paige

Course Description:
Vivian will present a brief description of the Electoral College which has had a pivotal and controversial role in electing presidents, including this recent one. Learn how it works, why we have it, and do we still need it.

Credentials/Background:
Vivian Paige is a political observer and guest columnist for the Virginian-Pilot. She is a frequent commentator on radio (monthly appearances on WHRO's Hearsay editorial roundtable) and TV, and most recently covered the McDonnell trial for WVEC. She has been named as one of Virginia's influential politicos by Campaigns & Elections magazine.

Journalism and the Free Press

Date and Time: Thursday, July 20, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Nikhil Moro, Ph. D.

Course Description:
This class will explore the changing role of journalism in our society. Once dependent upon newspapers, mass communication today relies on television, the internet and social media. What does the future hold? Fake news is rampant. What place does a “free press” have in the modern world? And what are the challenges?

Credentials/Background:
Dr. Moro is presently a professor and chair of the Department of Mass Communication and Journalism at Norfolk State University. He received his Ph.D. from Ohio State University, and has taught media law, writing, technology, and international communication at the undergraduate and graduate levels. Prior to joining academia, he worked 10 years in news journalism, both nationally and internationally. His experience includes writing and editing for web and newsprint in such publications as The Networker, Columbus, and The Times of India in Mumbai, among others. He has practiced every skill of news journalism: news gathering, reporting, writing, copy editing, ethical decision-making, page and graphics design, data analytics, content management, etc.
A Geographer’s View of Southeast Asia

Date and Time: Tuesday, July 25, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Dr. Donald Zeigler

Course Description:
Using maps, photographs, historical images, and numerical data, we will view the people and places of Southeast Asia through the eyes of a geographer. With a focus on Singapore, Indonesia, Malaysia, Cambodia, and Thailand, we will learn that “Third World” is no longer a term that should be applied to many of these countries and their dynamic economies. In fact, many of the region’s cities are as fully developed as those in the United States. Included in the presentation are visits to Angkor Wat and Angkor Thom in Cambodia, plus Borobudur in Indonesia.

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.

Mythology: Stories of the Greek Gods

Date and Time: Wednesday, July 26, 10:00-12:00
Cost: $10
Location: Chrysler Museum
Speaker: Shirley Confino-Rehder

Course Description:
This is a repeat of the Chrysler tour we offered in May.
Greek mythology is collected legends of Greek gods and goddesses, and ancient heroes and heroines, originally created and spread through poetry, and then expounded by artists, for our understanding of the “age of heroes.” Explore some mythological stories from the visual expressions of selected works found in the Chrysler Museum and see how these legends play in our lives today.

Credentials/Background:
Shirley Confino-Rehder, a certified interior designer (CID) in Virginia, is a recognized author, expert and invited speaker on Universal Design and the Americans With Disabilities Act. In addition, she is Docent Emeritus at the Muscarelle Museum of Art, College of William & Mary, Williamsburg, VA and is currently completing her training for docent at the Chrysler Museum in Norfolk. She holds a BA, with Master credits in Fine Arts and Theatre from Queens College in New York and has continued her studies in fine art in Padua, Italy, Arts Student League in New York, TCC and currently ODU.
Medicines That Changed Our Lives

Date and Time: Thursday, July 27, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Dr. Robert Taylor

Course Description:
Medicines have changed our lives in ways that are amazing when you know the back stories. Dr. Robert B. Taylor will tell us: A commonly found garden flower gave us which drug? What was the chemical in goofballs given to soldiers in World War II? What drug lost its trademark as a casualty of World War I? Careless housekeeping led to the discovery of which widely used medicine? And, what drug probably influenced the painting of artist Vincent van Gogh?

Credentials/Background:
Robert Taylor, M.D. is Professor Emeritus of Family Medicine at the Oregon Health & Science University School of Medicine in Portland, Oregon and Professor of Family and Community Medicine at Eastern Virginia Medical School. A board-certified family physician, Dr. Taylor is a 1961 graduate of the Temple University School of Medicine. He trained in the United States Public Health Service Hospital at Norfolk, Virginia, and was in private family practice in New Paltz, New York for fourteen years. In 1978 he joined the faculty of the Wake Forest University School of Medicine in Winston-Salem, North Carolina. In 1984, Dr. Taylor moved to Oregon, where he served as Chairman of the Family Medicine Department of the Oregon Health & Science University School of Medicine until 1998. He is the author and editor of more than 30 medical books including Family Medicine: Principles And Practice (6 Editions), White Coat Tales: Medicine’s Heroes, Heritage And Misadventures.

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

Date and Time: Wednesday, Aug. 2, 10-12:00
Cost: $10
Location: VBHEC
Instructor: Maria Fornella

Course Description:
This is Part II of the mini-course which began in April on the rise of the populist movement 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 from populism in Europe? How can we distinguish left-wing populism from its right-wing counterpart? Is it a real threat to Pluralist Democracy or will it bring government closer to “the people”? These are the central questions that will guide our discussion. You need not have attended Part I to attend this session.

Credentials/Background:
Maria Fornella holds degrees in English, French and International Law from the University of the Republic of Uruguay as well as a Masters 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 at ODU. 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.
Coffee and Conversation

Date: Wednesday, August 2, 2017  
Time: 11:45 – 1:00pm  
Place: VBHEC  
Cost: $5

Coffee and Conversation is your opportunity to get to know some of the people 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. **Because of rising costs, we must now charge $5.00 for this event but we think you’ll agree it is still a bargain.**

We particularly hope to meet the members who will be attending the Populism class that morning. Join us in the Atrium.

Remember to wear your name tag!

**Please RSVP...** on the Class Registration form. Your reservation helps us provide the correct amount of lunch goodies.

**Hope to see you there!**

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The Construction of Ft. Monroe: An Archival Investigation

**Date and Time:** Thursday, Aug 3, 10:00-12:00

**Cost:** $10

**Location:** VBHEC

**Instructor:** Robert Kelly

**Course Description:**
Explore the history of Old Point Comfort from 1609-1819 and the construction of modern day Fort Monroe. The Casemate Museum, within the wall of the fort, opened in 1951 and interprets more than 400 years of Old Point Comfort history. Hear about and see (power point), the interesting discoveries made at Ft Monroe in a two year historic research study. The presenter, one of the project’s primary historical researchers, uses maps, drawings and other primary sources from the National Archives to explore and understand the engineering, initial construction methods, numerous alterations and current conditions of the stone fortifications and the Casemate Museum, now owned and operated by the Fort Monroe Authority, a political subdivision of the Commonwealth of Virginia.

**Credentials/Background:**
Robert Kelly received his Bachelor of History degree from Old Dominion University. While studying at ODU he focused on Civil War, Virginia and Maritime History. He served as Research and Preservation Assistant for the Ft. Monroe Authority from 2011-2014 and was named the Casemate Museum Historian in 2014. Robert is the author of many articles and he serves as Vice President of the Historical & Archeological Society of Ft. Monroe. He is a life member of the American Friends of Lafayette.
**The Plantagenets**

**Date and Time:** Tuesday, Aug 8, 10:00-12:00  
**Cost:** $10  
**Location:** VBHEC  
**Instructor:** Jared Setnar

**Course Description:**
For over three hundred years England was ruled by the Plantagenet Dynasty. Throughout their reign England saw constant turmoil with the Hundred Years War and Peasants Revolt. However, these events did not stop the Plantagenets from making their biggest mistake---arguing with each other.

**Credentials/Background:**
Jared Setnar is the Director of the upper school and teacher of history at Chesapeake Bay Academy. He earned his Bachelor of Arts degree in History and his Master of Science degree in History from Virginia Wesleyan College.

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**Battle of Big Bethel**

**Date and Time:** Wednesday, Aug. 9, 10:00-12:00  
**Cost:** $10  
**Location:** VBHEC  
**Instructor:** J. Michael Cobb

**Course Description:**
The first land battle of the Civil War, the Battle of Big Bethel, took place in our backyard. It is notable because many of the soldiers would later become famous. The Federal forces of General B.F. Butler, commanded by General Pierce and the Confederates under General John B. Magruder fought at Bethel Church, Va. The Richmond Dispatch of Oct. 18, 1901 said: "Though comparatively a small affair, considered in the light of subsequent events, at the time of its occurrence it was thought to be a great battle. In the South it was an affair of considerable importance, inasmuch as it sent the first gleam of sunlight through the dark cloud of war that overspread this section, while at the North it served to convince people that the South was in earnest in the secession movement."

**Credentials/Background:**
J. Michael Cobb holds an M.A. in American Studies from the College of William and Mary. He is founding Curator of the Hampton History Museum where he has served for many years. He is author of several books and has published the story of Fort Wool—*Fort Wool: Star Spangled Banner Rising*. A popular local lecturer, he presented the Fort Wool story to ILR in 2017. He is currently co-authoring a book about Fort Monroe. The Daughters of the Confederacy awarded him the Jefferson Davis award for the interpretation of Confederate history.
From Ferries to Fixed Crossing—the Chesapeake Bay Bridge Tunnel

Date and Time: Thursday, Aug 10, 1:00-3:00
Cost: $10
Location: VBHEC
Instructor: Jeffrey B. Holland, Executive Director

Course Description:
The Chesapeake Bay Bridge-Tunnel is a four-lane, 20-mile-long vehicular toll crossing of the lower Chesapeake Bay providing the only direct link between Hampton Roads and the Eastern Shore of Virginia. The Bridge-Tunnel, a political subdivision of the Commonwealth of Virginia, is operated by the Chesapeake Bay Bridge and Tunnel District and governed by the Chesapeake Bay Bridge and Tunnel Commission. On opening in 1964, the CBBT was named one of the “Seven Engineering Wonders of the Modern World,” and in 1965, it received the “Outstanding Civil Engineering Achievement Award” from the American Society of Civil Engineers. In 2000, the Bridge-Tunnel was recognized by Structural Engineer magazine as one of the “Seven Structural Engineering Wonders of America for the 20th Century.” The CBBT welcomes 3.5 million vehicles annually.

Credentials/Background:
Jeffrey B. Holland graduated with an accounting degree from the College of William and Mary. He’s been employed by the CBBT District since 1995. Previously Director of Finance, Jeff is presently its Executive Director. He is responsible for the general management and oversight of the day-to-day operations of the Bridge-Tunnel. He works with the CBBT Commission and the CBBT District to operate, maintain and preserve the largest bridge and tunnel in the world, which is located in the most tumultuous marine environment for surface transportation in the world.

Human Trafficking: the Silent Problem and What to Do About It

Date and Time: Monday, Aug. 14, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Karmen Matusek

Course Description:
This class will provide an educational overview of the issue of human trafficking, one of the most significant issues facing our global world. Current actions taken by international, national, state and local actors will be identified and outlined. A victim-focused approach will be detailed as well as the consideration of what individuals can do to combat this problem.

Credentials/Background:
Karmen Matusek has a B.A. in Political Science from Kings College in Wilkes Barre, PA. Her Master’s degree is in International Studies from Old Dominion University. She also holds a Certificate in Women’s Studies from Old Dominion University.
Famous U.S. Naval Sayings

Date and Time: Wednesday, Aug 16, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Art Hildebrandt

Course Description:
Most people can remember one or more of the seven famous naval sayings, such as “Don’t give up the ship”, “Damn the torpedoes”, “I have not yet begun to fight”. But what is the rest of the story? Who were these brave men who uttered these words or did they actually say these words? How did their actions impact the course of the conflict? We will answer these questions and discuss contributions of John Paul Jones, Oliver Hazard Perry, David Glasgow Farragut and Commodore George Dewey and others.

Credentials/Background:
Art Hildebrandt graduated from Georgetown University with a B.A. in economics and received his J.D. degree from the Cleveland State University, John Marshall College of Law. During his legal career with the Office of General Counsel, he provided legal advice for the Joint Cruise Missiles Program and the Tomahawk Cruise Missile Weapons System. He was appointed Associate General Counsel (Litigation) Director and as Associate General Counsel (Management). Art has been awarded the SES Presidential Rank Award, Meritorious Executive and the Distinguished Executive awards.

The Untold Story of the Airship ROMA Disaster

Date and Time: Thursday, Aug. 17, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Nancy E. Sheppard

Course Description:
On a cold morning in 1922, the Army dirigible ROMA crashed in Norfolk, Virginia in what would be the deadliest disaster of a U.S. hydrogen airship. Despite the magnitude of the blaze that took the lives of 34 active duty service members and civilians, the story of ROMA fell into obscurity; all but forgotten to the ages. In this class our adventure starts in 1921 as we learn about the ill-fated dirigible and her brave crew. Additionally we will discuss the importance of lighter-than-air technology during World War I and the immediate interwar period, the different types of dirigibles, the culture surrounding ROMA’s story and learn intimate details about the men who served on board and the aftermath of the disaster.

Credentials/Background:
Nancy E. Sheppard is a local historian and author of the Airship ROMA Disaster in Hampton Roads. She earned her B.A. in History from American Military University. Ms. Sheppard who specializes in studying and telling the story of the ROMA and her crew, has been featured on CSPAN-3, “Norfolk Perspectives,” and has been published in scholarly journals including the British lighter-than-air journal, Cardington Chronicle. She has lectured before various organizations and writes a weekly column on local history for the Yorktown Crier-Poquoson Post.
**Bugs**

Date and Time: Monday, Aug. 21, 10:00-12:00  
Cost: $10  
Location: VBHEC  
Instructor: Victor R. Townsend, Jr.

**Course Description:**
We will explore the diversity of wildlife that inhabits your garden, bushes and lawns! Do you know a termite when you see one? Do you know the difference between a roach and a water bug? What’s in your garden?

**Credentials/Background:**
Dr. Victor Townsend earned his B.S. degree from Old Dominion University and his Ph.D. in Biological Sciences from the University of Louisiana at Lafayette. He is an expert on tropical arachnids. Dr. Townsend has published articles in many publications.

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**What’s in Your Food?**

Date and Time: Tuesday Aug. 22, 10:00-12:00  
Cost: $10  
Location: VBHEC  
Instructor: Ivane Hanscom

**Course Description:**
What chemicals and pesticides are used in growing and processing what you eat? What are all those unpronounceable ingredients listed on the package? Why are they there? What do they do—to your food and to your body? Are they harmful? Learn more about what goes into the food you eat every day.

**Credentials/Background:**
Ivane Hanscom is a bilingual physician and wellness educator who concentrates on teaching patients how to maintain a proper diet and lifestyle. She received her Bachelor of Medicine & Surgery degree from the Christian University of Bolivia in 2004. She served as an emergency room physician in Almirante Tamandare Public Hospital in Brazil. Ivane educates people about plant-based nutrition and the lifestyle necessary to avoid chronic and debilitating disease.
Butterflies Are Lovely Flying Jewels---and So Much More

Date and Time:       Wednesday, Aug. 23, 10:00-12:00
Cost:               $10
Location:           VBHEC
Instructor:         Steven and Karen McCurdy

Course Description:
This class will discuss the butterflies (and some moths) that are native to the southeastern
Virginia area, what it takes to attract them to your yard, and the pressures on their contin-
ued survival. The more that scientists learn about these seemingly simple and beautiful
creatures, the more we realize how little is really known, and how fascinating they truly
are. Live specimens will provide an ‘up close and personal’ look at both adult Lepidoptera
and their larvae (caterpillars) and will enhance opportunities for learning more about these
amazing insects.

Credentials/Background:
Steve and Karen McCurdy have raised butterflies and moths for over 25 years. In 2016,
they became Certified Virginia Master Naturalists (Tidewater Chapter), and were elected
that year as Co-Presidents of the Butterfly Society of Virginia. Karen and Steve completed
their Bachelor degrees in English/Education and Architecture, respectively, and retired
nearly 2 years ago.

The Socrates Club

Date and Time:       Monday, Aug. 28, 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 Medi-
cine 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 Ameri-
can Philosophical Association.
Mary Rowland: a Norfolk Heroine

Date and Time: Tuesday, Aug. 29, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Robert Hitchings

Course Description:
Mary Rowland (1838-1931) was a native of Norfolk, Virginia. She left for her own safety at the beginning of the Civil War, but soon found herself volunteering her services for the Confederacy as a nurse at Chimborazo Hospital in Richmond. Mary kept detailed records in a diary which was published in Christ Church Chronicles of old Norfolk and the Civil War. This is the story of this Norfolk heroine who slipped through the cracks of time.

Credentials/Background:
Robert Hitchings is the Genealogist and Historian for the Norfolk County Historical Society. A graduate of Old Dominion University, he has made many trips to study abroad. He was the Genealogist and Historian at the Norfolk Public Library for many years and is currently serving in that capacity at the Chesapeake Public Library.

Understanding Opera: Samson and Delilah

Date and Time: Wednesday, Aug. 30, 1:00-3:00
Cost: $10
Location: VBHEC
Instructor: Glenn Winters

Course Description:
This class will introduce students to the first production of Virginia Opera’s 2017-2018 season: Camille Saint-Saens’ biblical drama, Samson and Delilah. Ideal for opera beginners or seasoned operaphiles, the class offers musical and dramatic analysis, illustrated with audio and video excerpts.

Credentials/Background:
Dr. Glenn Winters joined the Virginia Opera in 2004 as Community Outreach Musical Directors. He received his Ph.D. in music from Northwestern University and also holds a D.M and M.M. in piano performance from Indiana University. His background includes teaching college-level piano, arts administration at two universities and extensive performing experience as solo pianist and accompanist. An operatic baritone, Dr. Winters has sung over a dozen principal roles including a guest appearance with the Opera- festival di Roma in Rome, Italy. His compositions include three successful children’s musicals and a full-length opera, Much Ado About Nothing.
Dinner Overlooking the Chesapeake Bay and the Bay Bridge Tunnel

Join fellow ILR members for dinner at Buoy 44 on Wednesday, August 9, 2017

As the waves roll in and the dolphins play, enjoy fresh seafood, steak, or other offerings from the full range menu, while connecting or reconnecting with folks from ILR.

Date & Time: Wednesday, August 9, 2017 at 4:00 p.m.

Maximum: 36 people

Deadline for Registration: Wednesday, July 26th

Cost to Reserve: $1 for ILR administrative fee. Separate checks at the restaurant

Directions: 4536 Ocean View Avenue, Virginia Beach, VA 23455

• From Independence and Shore Drive, turn right onto Shore Drive and go .6 miles to Pleasure House Road (Wawa and Walgreens on the two left corners). Turn left onto Pleasure House, proceed to Lookout Road and turn right. Go to Fentress Avenue and turn left. Buoy’s is at the end of Fentress. All of the turns off of Pleasure House Road are about 2 tenths of a mile apart.

• From Great Neck and Shore Drive, turn left onto Shore Drive and travel 6.5 miles. Turn right at the light onto Pleasure House Road, then follow the same directions to Lookout Road etc. as above.

There is ample parking adjacent to the restaurant on the left of the building.

Hope to meet you there!

An ILR Social Committee Event
Dolphin Discoveries Sea Adventures Boat Trip

Join us this spring, summer, and fall on an unforgettable 90-minute excursion aboard the Atlantic Explorer in an exploration for Virginia’s most common and charismatic marine mammal, bottlenose dolphins!

Each trip offers close-up observations of our marine environment and its inhabitants. When resources allow, we use a hydrophone (an underwater microphone) to listen for dolphins and whales. Trained Aquarium educators provide discussions about incredible natural dolphin behaviors, and share what is being done to conserve and protect the species and its habitat. Brown pelicans, bald eagles, and other seabirds are frequently sighted, along with sea turtles.

Schedule: Trips are subject to change due to boating conditions.

Experience spectacular views from outdoor covered decks, or from cushioned seats inside a climate-controlled cabin. Additional amenities to maximize your experience on board include a snack bar, ship store, indoor educational activity space, and modern restroom facilities.

When: Thursday July 13, 2017 at 5:30 P.M.

Where: Virginia Aquarium Bay and Ocean Pavilion boat dock is adjacent to the parking area.

The Virginia Aquarium is located in Virginia Beach, VA, 717 General Booth Blvd. just one mile south of the resort area.

Cost: $20 per person. Minimum 35, Maximum 50 individuals.

Reservation deadline: Friday June 23rd. No refunds will be possible after that date.

An ILR Social Committee Event
Tour the Virginia Tech Agricultural Research & Extension Center
Then enjoy lunch at the Cypress Point Country Club

On Wednesday, September 27, 2017, plan to meet at 10:00 a.m. for discussion and a tour of this hidden jewel in Hampton Roads. The center is one of twelve across the Commonwealth that is maintained for the enjoyment of citizens and which conducts research in plant horticulture, plant pathology and water resources specific to the area and whose mission is to share that knowledge with the public. After a presentation about the history of the Extension and what it offers, we tour the themed gardens & arboretum.

At 11:30 a.m. it is on to the Cypress Point Country Club for a delicious luncheon! Written directions to the Club will be distributed at the 10 a.m. check in.

Cost: $22, including lunch and gratuity

Maximum #: 30 people

Deadline for Registration: September 8, 2017. No refunds after this date.

Directions to VT Ext. 1444 Diamond Springs Road, Virginia Beach 23455:
- From Shore Drive, turn onto Diamond Springs heading south. In less than a mile, turn left at the 2nd sign announcing the Extension property. Proceed to the main building and park to the right.
- From 264, take exit for 64 W, then exit for Northampton. Turn right to go north. Go 4 lights to Diamond Springs and turn left. Two lanes turn left there, stay in the right-most lane to turn left. About .2 mile later, turn right at the 3rd sign announcing the Extension property.

Lunch will be held at the Grill Restaurant, located within Cypress Point Country Club. It is nestled in a quiet, out of the way community adjoining Lake Lawson and Lake Smith.

Please select your menu and dessert choice and include strip below with your payment. Coffee, Tea, Soda, Gratuity and Tax are included.

Name(s) ____________________________________________________________

Lg. Caesar Salad w/side of fruit ____ Tuna Melt w/ Cole Slaw ____
Char-Grilled Burger w/fries ____ Grilled Chix Wrap w/ pasta salad ____
German Chocolate Cake ____ or Strawberry Shortcake ____ or Cheesecake ____

An ILR Social Committee Event
**Class Cancellations...**

If a member cancels a program *(at least 4 days in advance)*, they will receive a refund voucher (minus a $2 administrative fee).

*Note*: For trips, the member will receive a refund check, but the refund will vary according to the individual trip policy.

*If ILR cancels a program*, the members will receive a full refund voucher for a class, or full refund check for a trip.

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**Inclement Weather...**

Va. Beach Higher Ed Center (VBHEC) follows the lead of ODU’s main campus. When ODU is closed due to inclement weather, ILR classes are cancelled. If there is a 1- or 2-hour delay, the ILR morning class is cancelled, but afternoon class will go on, unless we notify members by phone and/or email.

For up-to-date *ODU closing and delay* information:

1. Check local radio and TV stations (3, 10, and 13)
2. Check [www.odu.edu](http://www.odu.edu) Notification will be on front page; scroll down
3. Call the ODU main campus infoline: **683-3000** (has a recorded message)
4. A message is usually put on the ILR office phone...368-4160
Great Books Reading and Discussion Group

The Great Books Foundation, established in 1947, provides opportunities for people of all ages to become more reflective, critical thinkers and readers through the practice of shared inquiry, a text-based discussion of written works of enduring value.

The ILR Great Books group meets on the 1st and 3rd Fridays of each month, with this year’s session running from September 1st through May 4th.

The text we will discuss is:

Great Conversations, Vol. 1 (from The Great Books Foundation – cost $24.95)

Contents:

The Epic of Gilgamesh
Prometheus Bound by Aeschylus
Of Friendship/Of Solitude by Michel de Montaigne
Pensees by Blaise Pascal
Self-Reliance by Ralph Waldo Emerson
Out of the Cradle Endlessly Rocking by Walt Whitman
Democracy in America by Alexis de Tocqueville
An Enemy of the People by Henrik Ibsen
The Value of Science by Henri Poincaré
Thoughts for the Times on War and Death by Sigmund Freud
The Secret Sharer by Joseph Conrad
The Theory of the Leisure Class by Thorstein Veblen
The Stages of Life by Carl Jung
Tell Me a Riddle by Tillie Olsen
Boys and Girls by Alice Munro

The longer works we will discuss are:

Narrative of the Life of Frederick Douglass, an American Slave (cost varies)
Seize the Day by Saul Bellow (cost varies)

The text can be purchased from the Great Books Foundation either by phone (800-222-5870, ext. 2), or online at www.store.greatbooks.org. The longer works may be purchased at any bookstore or online.

There will be a $15.00 charge for the yearly ILR membership fee, and a $27.00 charge for room rental.

Please register in the ILR office if interested. For any further questions, please contact Dianne Pruden at (757) 431-3672 or by e-mail at dkpruden@gmail.com, or Leo Schutte at (757) 620-5126 or by e-mail at schutte1211@gmail.com.
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 or activity, to notify you of either:

1. Your registration in a class or activity 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 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.
When You Park on the VBHEC Campus,

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

**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.

---

**Thank you**

---

**ODU PARKING PASS**

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

(It’s $75) 😞

**ODU CITATION**

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

(It’s FREE) 😊
In 1861, Petersburg was the second largest city in Virginia and the seventh largest in the entire Confederacy. Its five railroads that radiated in all directions of the compass made it a point of enormous military significance during this period.

**Petersburg National Battlefield** offers an overview video and exhibits which provide an understanding of the 292 day Siege of Petersburg. A ranger guided bus tour will provide an 8 stop visit of the battlefield with the last stop being THE BATTLE of the CRATER.

Enjoy lunch at **The Farmers Market Restaurant & Bar** in the old 1789 market in the Center of Old Town Petersburg on land donated to the city by the Bolling family. Robert Bolling built “Centre Hill” which is a museum house that is the residence of the Green family featured in the PBS series “Mercy Street.”

After lunch we will take a guided tour of **Pamplin Historical Park & National Museum of the Civil War Soldier**. The museum presents displays that are very realistic with individual digital players and earphones. The Battlefield Center interprets the 10 month siege using film, interactive maps and exhibits.

On our drive to Pamplin Park we pass by the Wallace House where Lincoln and Grant conferred and St. Paul’s Church where General Lee attended his son’s wedding.

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**TRIP DATE:** Monday, September 25, 2017

**MINIMUM:** 45  
**MAXIMUM:** 90

**REGISTRATION DEADLINE:** Tuesday, September 5, 2017

**COST:** $65.00 (incl. transportation, entrance fees, guided tours, lunch, gratuities and driver tip)

**BUS DEPARTS:** 7:30 a.m. – Target – 1245 N. Military Highway, Norfolk (Front pkg. lot)

**RETURN:** 6:00 p.m. ESTIMATED

**CANCELLATION DATE:** Monday, September 18, 2017

---

*Pamplin Park and Petersburg National Battlefield are handicap accessible.  
Tudor Hall, the plantation home, is NOT handicap accessible.*

*Due to the short travel time, snacks and beverages will **NOT** be served aboard the bus. If you desire, you may bring your own.*
Please select one entrée per person and return this sheet with the Trip Disclosure form to ILR office by Tuesday, September 5, 2017.

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginger Glazed Salmon</td>
<td>________</td>
</tr>
<tr>
<td></td>
<td>________</td>
</tr>
<tr>
<td>Chicken Cordon Bleu</td>
<td>________</td>
</tr>
<tr>
<td></td>
<td>________</td>
</tr>
</tbody>
</table>

Includes salad, dessert, tea or coffee. Alcoholic beverages (beer and wine) paid by each person separately.

Vegetarian and Gluten Free selections available if requested at time of sign-up.

Print Name(s): ___________________________  Date: ________

______________________________  __________
ILR TRIP DISCLOSURE FORM

NAME OF EVENT: PETERSBURG BATTLEFIELD
DATE: MONDAY, SEPTEMBER 25, 2017
SIGN-UP DEADLINE: TUESDAY, SEPTEMBER 5, 2017

BECAUSE OF CONTRACTUAL OBLIGATIONS, ILR CANNOT ISSUE REFUNDS FOR TRIPS CANCELLED AFTER THE DEADLINE DATE LISTED ABOVE

Should you have to cancel your reservation after the deadline date, you will be responsible for finding a replacement. If there is a waiting list for this trip, it may be possible for ILR to assist you in finding a replacement; if a replacement is found, a full refund will be issued to you.

Should there be no waiting list for the trip, you are responsible for finding your own replacement, and you must contact the ILR office with their name and phone number. ILR will not be responsible for the exchange of the trip fee between you and your replacement.

Due to the fact that ILR members have had difficulty collecting on trip insurance, ILR no longer offers nor recommends trip insurance.

You must return this form to ILR in order to secure your reservation

I acknowledge that I have read and agree to these stipulations

Member’s Name*(s)________________________________________ Date_________
________________________________________ Date_________

Phone Number __________________________ Cell Phone __________________________

Email: __________________________

*Husband and wife must both sign.
DISCOVER CHRISTMAS AT THE BILTMORE
ASHEVILLE, NC
WEDNESDAY, NOVEMBER 15-FRIDAY, NOVEMBER 17, 2017

Enjoy the wonders and enchantment of Christmas at Biltmore House by candlelight and firelight reflecting off thousands of sparkling ornaments. See it dressed up with great decorations to enhance the beauty of this unbelievable Estate. It’s America’s largest home and was built by George Vanderbilt.

We’ll start our three day adventure with a buffet dinner at Deerpark and then an enchanting evening tour of the Biltmore. The next day we’ll return to the Biltmore Estate to explore the gardens, shops and restaurants at Antler Hill Village and wine tasting at the Winery.

Then it’s off to the Thomas Wolfe Museum that was his Mother’s boardinghouse and is now a museum. Look Homeward Angel, an American classic, took place during his boyhood in this boarding house. A relaxing dinner at Stone Ridge Tavern ends Day Two.

Asheville is known for the arts and we intend to check them out. You have the choice to tour the River Arts District consisting of more than 200 artisans in at least 20 buildings covering a 1 mile stretch.

Or you can tour the Asheville Museum that’s a premier women’s cultural museum in the Southeast showcasing women crafters and exhibits on noteworthy and timely women’s issues. Plus stop at Woolworth Walk and enjoy browsing the works of 175 local artists and a restored soda fountain.

| MINIMUM | 40 | MAXIMUM | 100 |

*** (We reserve the right to limit the trip to one bus unless at least 75 sign up)

REGISTRATION DEADLINE: Tuesday September 12, 2017

DEPARTURE: 6:00 AM (Target (1245 N. Military Highway, Norfolk)

RETURN: Approximately 10:00 PM TARGET

COST: $400 DOUBLE OCCUPANCY $525 SINGLE OCCUPANCY
TRIP APPLICATION FORM

SEPARATE APPLICATIONS FOR EACH PERSON, PLEASE

Yes, I’d like to sign up for this terrific two-night/three-day trip to Asheville, NC.

I’d like to share a double room (2 queen beds) with______________________ (Name)

We will try to accommodate your roommate requests depending on arrival time of check AND application.

I’d like to share a double room and am willing to be paired up. _______ (Initial)

I’d prefer a single room and am willing to pay the additional $125 _______ (Initial)

PLEASE TAKE SPECIAL NOTICE OF THE INFORMATION BELOW:

****The cost of lunches on Day 2 and Day 3 are NOT included in the total price.

Everything else (breakfasts, dinners, admission fees, tips and snacks) is covered in the price of the trip.

****Breakfasts and Dinners should have enough choices to satisfy all. If vegetarian or gluten free, please note it on this Form.

Name: ___________________________________________ (Print)

________________________ (Signature) ____________ (Date)

Home Phone: ____________________ Cell Phone: ____________________

Email print legibly: ____________________________
ILR Travel Committee Trip Disclosure Form

Discover Christmas at the Biltmore, Asheville, NC
Wednesday, November 15 - Friday, November 17, 2017

Registration Receipt Deadline: Tuesday, September 12, 2017

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

To secure your reservation/s return this signed Disclosure Form and signed Trip Application with your class registration form and check made payable to ILR. Turn in or mail to the ODU/ILR office at 1881 University Drive, Room 125, Virginia Beach, VA 23453.

If a couple (i.e. husband and wife) are traveling together, each need to sign a separate sheet.
Make a copy for your records. This trip is for ILR members.

ILR Trip Cancellation policies: Please initial beside each statement below indicating understanding of your personal obligation.

_______ Due to contractual obligations that the ILR engages in when planning trips (based on your registration), the ILR cannot issue refunds to an individual if a trip is cancelled by the individual after the deadline date, Tuesday, September 12, 2017.

_______ If you cancel after September 12, 2017, you are responsible for securing a replacement. It is not the responsibility of the ILR to find a replacement; however, if there is a waiting list for the trip, the ILR may be able to assist you in finding a replacement; if you cancel and a replacement from the waiting list is found, a full refund will be issued.

_______ If you cancel after September 12, 2017 and there is no waiting list for the trip, The ILR will not refund your money. You may secure your own replacement and make financial arrangements with them provided you notify the ILR no later than _______________ October 10, 2017.

_______ ILR no longer offers nor recommends trip insurance.

ILR Communication
_______ Communication with trip participants will be by E-mail.

Signature/s: PLEASE PRINT LEGIBLY AND SIGN

NAME (Print) ______________________________ ________________________________ Date______

NAME (Sign) ______________________________ ________________________________ Date______

Email (print legibly) ______________________________ ________________________________

PHONE (H) ___________________________ (C) ___________________________


## SUMMER 2017 CLASS REGISTRATION

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Course Description</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>6 (Thur)</td>
<td>1 pm</td>
<td>Native Tribes of Peru and Brazil</td>
<td></td>
<td>$10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>10 (Mon)</td>
<td>10 am</td>
<td>Transportation 2017</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>12 (Wed) or 13 (Thur)</td>
<td>10 am</td>
<td>Great Art of Holland</td>
<td>12th 13th</td>
<td>10.</td>
</tr>
</tbody>
</table>
| VA AQUARIUM | 13 (Thur) | 5:30 p | Dolphin Cruise  
(Sign-up deadline: Fri., June 23rd)  
(No refunds after this date)  
(Min: 35; Max: 50) |                        | 20.  |
| VBHEC    | 17 (Mon)| 10 am | The Socrates Club                                                               |                        | 10.  |
| VBHEC    | 19 (Wed)| 10 am | The Electoral College                                                           |                        | 10.  |
| VBHEC    | 20 (Thur)| 10 am | Journalism and the Free Press                                                     |                        | 10.  |
| VBHEC    | 25 (Tues) | 10 am | A Geographer’s View of Southeast Asia                                             |                        | 10.  |
| CHRYSLER | 26 (Wed) | 10 am | Mythology: Stories of the Greek Gods  
(Max: 35)                           |                        | 10.  |
| VBHEC    | 27 (Thur)| 10 am | Medicines That Changed Our Lives                                                  |                        | 10.  |

## AUGUST

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Course Description</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
</tr>
</thead>
</table>
| VBHEC    | 2 (Wed)| 11:45 | Coffee & Conversation  
(Please note: there is now a small fee)                                               |                        | 5.   |
| VBHEC    | 3 (Thur)| 10 am | The Construction of Ft. Monroe                                                    |                        | 10.  |
| VBHEC    | 8 (Tues)| 10 am | The Plantagenets                                                                |                        | 10.  |
| VBHEC    | 9 (Wed)| 10 am | Battle of Big Bethel                                                            |                        | 10.  |

**TOTAL** (this pg):

---

*This license data is now required by ODU Parking Svcs. for anyone issued a Va. Beach Higher Ed Center (VBHEC) campus parking pass; please fill in if you haven’t yet given us your license information.*
<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buoy 44</td>
<td>9 (Wed)</td>
<td>4:00 p</td>
<td>Dinner at the Buoy 44 Seafood Grill</td>
<td></td>
<td>1.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>10 (Thur)</td>
<td>1 pm</td>
<td>The Chesapeake Bay Bridge Tunnel (CBBT)</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>14 (Mon)</td>
<td>10 am</td>
<td>Human Trafficking</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>16 (Wed)</td>
<td>10 am</td>
<td>Famous U.S. Naval Sayings</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>17 (Thur)</td>
<td>10 am</td>
<td>The Untold Story of the Airship ROMA Disaster</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>21 (Mon)</td>
<td>10 am</td>
<td>Bugs!</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>22 (Tues)</td>
<td>10 am</td>
<td>What’s in Your Food?</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>23 (Wed)</td>
<td>10 am</td>
<td>Butterflies are Lovely Flying Jewels</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>28 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>29 (Tues)</td>
<td>10 am</td>
<td>Mary Rowland: A Norfolk Heroine</td>
<td></td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>30 (Wed)</td>
<td>1 pm</td>
<td>Understanding Opera: Samson and Delilah</td>
<td></td>
<td>10.</td>
</tr>
</tbody>
</table>

**SEPTEMBER**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Petersburg</td>
<td>25 (Mon)</td>
<td>7:30 am</td>
<td>Petersburg: The Crater</td>
<td></td>
<td>65.</td>
</tr>
<tr>
<td>Agr'l Ext Ctr</td>
<td>27 (Wed)</td>
<td>10 am</td>
<td>Agricultural Research Extension Center</td>
<td></td>
<td>22.</td>
</tr>
</tbody>
</table>

**NOVEMBER**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overnight</td>
<td>15 (Wed)</td>
<td>6:00 am</td>
<td>Asheville, NC at the Biltmore House</td>
<td></td>
<td>$400</td>
</tr>
<tr>
<td></td>
<td>17 (Fri)</td>
<td></td>
<td></td>
<td></td>
<td>$525</td>
</tr>
</tbody>
</table>

**ILR Membership Year**

(June 1, 2017 – May 31, 2018)

(Please send “MEMBERSHIP RENEWAL” form with your payment, payable to ILR)

Total Due

---

**NOTE:** You can use one check for all payments; make check payable to ILR

**** 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.

Signature ___________________________ Date ___________________________