The Clash Between the U.S. and China

Date and Time: Monday, October 1, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Shaomin Li, Ph.D.

Course Description:

Last year Dr. Li gave a lecture at the ILR with a title of "The Coming Clash between U.S. and China." Now, unfortunately, the clash has come, multidimensionally, ranging from culture, politics, the economy, to the military. Two major changes have occurred since last year’s lecture: first, the Chinese Communist Party is taking a more offensive position; second, a consensus is emerging in the U.S. against the expansion of the Chinese Communist Party. In this lecture, we will analyze the clash from the political, economic and cultural perspectives, with a focus on what the U.S. should do facing the clash.

Credentials/Background:

Dr. Shaomin Li is Eminent Scholar and Professor of International Business. He received his Ph.D. in Sociology from Princeton University. His research focuses on international political economy. His articles have appeared in The Wall Street Journal, The Financial Times, The New York Times, and Harvard Business Review. The Economist magazine featured his research twice. He is the recipient of Virginia's Outstanding Faculty Award in 2008.
The Wild and the Wonderful

Date and Time: Tuesday, October 2, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Mr. Reese Lukei, Jr.

Course Description:

A PowerPoint presentation about the Osprey in Southside Hampton Roads will provide an opportunity to learn about their habits, where to look for them, what they feed upon, when they are here, population and reproduction data, and the problems they encounter living in our environment. We will learn details about the new Osprey-Watch.org project by The Center for Conservation Biology. As a flip side to the lecture, we will also see a video and get the inside scoop on the Alaskan Grizzly Bear's life and times.

Credentials/Background:

Reese Lukei, Jr. is a volunteer research associate at the Center for Conservation Biology at the College of William and Mary. He has over 40 years’ experience in trapping and banding raptors in Hampton Roads. He is licensed by federal and state agencies and is a volunteer research associate for the Center for Conservation Biology.
He has banded over 15,000 raptors, including more than 800 Osprey. He has also spent time in the Arctic area and, in fact, he pulled an Arctic ice breaker ship across the North Pole!

The Story of the Space Shuttle Program

Date and Time: Thursday, October 4, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Robert Adamcik

Course Description:

This lecture covers the United States Transportation System, better known as the Space Shuttle Program. The entire span of the program will be covered with emphasis on the history of the six orbiter vehicles built by NASA and their roles in the history of spaceflight.

Credentials/Background:

Bob attended Ohio State University and was commissioned an Ensign in the U.S. Navy, serving for 29 years as a Surface Warfare Officer. Upon retirement, he combined his love for space flight, ships and history for his first book Voyages of Discovery, and now his second book America's Great Endeavour. He currently resides in Norfolk with his wife and several dogs and cats.
Abandoned History – Disappearing Historic and Cultural Sites of Virginia

Date and Time: Tuesday, October 9, 1:00-3:00
Cost: $14
Location: VBHEC
Speaker: Ben Swenson

Course Description:

Virginia is home to numerous historic and cultural sites that got overlooked by preservationists for a variety of reasons. My blog and forthcoming book, Abandoned Country, explores some of these places and delves into the reason that few bothered to remember these important sites. Among the various subjects on Ben’s blog are Pamunkey Indians, the Carolina Bays, an underground brewery in Richmond and the old iron furnaces in Virginia.

Credentials/Background:

Ben holds a B.A. in History from Christopher Newport University and an M.A. in American Studies from the College of William & Mary. He has maintained a lifelong interest in local history and began a professional pursuit of this subject through journalism. Ben has written historic and cultural human-interest articles for regional, state and national publications. He has 20+ years in features journalism.

What We Carry

Date and Time: Wednesday, October 10, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Lizzie Goulart//Vivian Margulies

Course Description:

Time is rapidly decimating the numbers of Holocaust survivors and rescuers and we are fortunate to be able to document their first-person accounts for posterity. Two documentary films present the stories of local survivors and rescuers of the Holocaust/WWII. We will help bring their stories to life with their personal artifacts/mementos and added commentary. These are not far-off historical characters, but are individuals who have been, and a few still are, neighbors, members of our community! They faced horrific conditions and sacrificed much, but they survived, and they share their stories in the hope that the evil, the intolerance, and the loss of freedom that they experienced will never happen again. Their stories are truly inspirational and heroic.

Credentials/Background:

The presenters are both members of the Holocaust Commission of the United Jewish Federation of Tidewater. Their purpose is to help people understand the consequences that come from hatred, prejudice, and discrimination as were exemplified through the events of the Holocaust and WWII.
Lizzie Goulart, a graduate of the College of William and Mary, and Old Dominion University, is a retired educator. For 15 years, she taught Holocaust studies at Cape Henry Collegiate School, and Plaza Middle School-Middle Years IB Program. In 2015, she joined the Holocaust Commission and is honored to be able to help further its goal of informing and educating communities regarding the Holocaust and its historical significance.

Vivian Margulies is a graduate of Old Dominion University with a BS in Business Administration and Marketing. She has been an active member of the Holocaust Commission for 16 years, serving as chair of the Commission as well as heading up multiple committees such as the Speaker’s Bureau, the Teachers Conference, and currently the Cultural Arts Committee.

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The Socrates Club

Date and Time: Monday, October 15, 10:00-12:00
Cost: $14
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.
**Don Giovanni (Mozart)**

**Date and Time:** Wednesday, October 17, 1:00-3:00  
**Cost:** $14  
**Location:** VBHEC  
**Speaker:** Glenn Winters, Ph.D.

**Course Description:**

This class continues a survey of Virginia Opera's 2018-2019 season with Mozart's immortal "dramedy", *Don Giovanni*. Complete musical and dramatic analysis are illustrated with audio and video excerpts; recommended for opera beginners and aficionados alike.

**Credentials/Background:**

**Dr. Winters** joined Virginia Opera in 2004 as Community Outreach Musical Director. He received his Ph.D. in Music from Northwestern University and 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 Operafestival di Roma in Italy. His compositions include three successful children's musicals and a full-length opera, *Much Ado About Nothing*.

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"**Modern Climate Change: A Symptom of Humanity's Evolution into a Growth-addicted Industrialized Civilization."**

**Date and Time:** Thursday October 18, 10:00-12:00  
**Cost:** $14  
**Location:** VBHEC  
**Speaker:** Hans-Peter Plag, Ph.D.

**Course Description:**

Climate is changing during the last century at a much higher rate than before during the Holocene, the last geological epoch that started approximately 11,700 years ago. This rapid recent climate change is part of a much larger syndrome and can only be characterized and understood as part of this syndrome. The planetary system is a life-support system for a very large number of fine-tuned systems of species that are interacting dynamically with each other and the life-support system in a homeostasis. One species, Homo sapiens, has been very successful in changing the flows within this planetary life-support system with many short-term benefits, but one result of these changes is an extremely modified planetary energy balance. At the current rate, the planet would store within the next hundred years as much energy as it stored over more than 100 million years, completely changing the climate system.

The lecture will describe the syndrome and diagnose the underlying causes, look at the prognosis and discuss options for a therapy.

**Credentials/Background:**

**Dr. Hans-Peter Plag** is Professor in the Dept. of Ocean, Earth and Atmospheric Science at ODU. He is the founding Director of the Mitigation and Adaptation Research Institute (MARI) at ODU.
Miracle at Philadelphia--The Creation of Our Constitution

Date and Time: Wednesday, October 24, 10:30-12:30
Cost: $14
Location: Central Library of Va. Beach
Speaker: Robert Torgler

Course Description:
In 1787, our young nation was on the brink of imploding. Into this seemingly unsolvable crisis stepped a group of brilliant patriots--Hamilton, Madison, Washington, Franklin, and many others. With amazing political skills, they crafted our Constitution. Relive this suspense-filled and gripping story.

- Doors of Central Library do not open until 10; class will start at 10:30. We must be out by 12:30
- PLEASE LEAVE THE 1st 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.

Outside Hollywood

Date and Time: Thursday, October 25, 1:00-3:00
Cost: $14
Location: VBHEC
Speaker: L. Roi Boyd

Course Description:
When segregation and Jim Crow locked African Americans out of Hollywood, the first independent film industry was born. This class not only concentrates on the intensive examinations of filmmaking theory of "Race movie" directors, Noble Johnson, Oscar Micheaux and Spencer Williams, it will provide a historical overview of the rise of an overlooked industry, race relations in America and the perceptions of racism as seen through the evolution of American cinema. We will also examine traditional racial perceptions and stereotypes and how various films and visual media reflect American social and moral thinking at different periods.

Credentials/Background:
L. Roi Boyd is Professor of Speech and Theatre at Virginia State University and adjunct Professor at Virginia Union University. He is adjunct Professor of Mass Communications at Virginia Commonwealth University. As a historian in African American film history he has specialized in Race movies. He has also directed and acted for 35 years. His first book was released in 2017 and he is working on another, entitled The Superfly Trilogy.
Virginia Beach: 60 Years of Wild Growth and Development!

Date and Time: Tuesday, October 30, 10:00-12:00  
Cost: $14  
Location: VBHEC  
Speaker: James M. Jordan

Course Description:

Looking at the Ocean Front/resort area 1950 to 2018—two different planets! Seashore/First Landing State Park—a positive exercise in planning and enjoyment for all. Pembroke Mall—the first in the area and now the excitement of Town Center. Shore Drive and Independence Blvd would not be recognizable except for the Little Creek entrance. And what about Virginia Beach General Hospital on First Colonial that replaced the ocean area hospital on 25th Street? Who were the people who planned and built, what events pushed change, just how did this all come about for us to enjoy and or complain about?

Credentials/Background:

Jimmy Jordan grew up being educated about the Beach with “tales around the dinner table” told by members of the six continuous generations of the Jordan family that have called Virginia Beach home. His B.A. in history from Hampton-Sydney in 1969 helped him to share all this knowledge by co-authoring Virginia Beach: a Pictorial History in 1974, and Gone-- but Not Forgotten: Virginia Beach in 2008. He is currently working on three new books about the Beach. In 2014, he was commissioned to create a 27-panel outdoor promenade titled “Virginia Beach-Along the Ocean Front” on 36th Street between Atlantic and Pacific Avenues. He is the commissioner of the Historical Preservation Commission and on the Board of Directors of the Virginia Beach Historic Houses Foundation.

The Silent Clowns: Chaplin, Keaton, Lloyd, Langdon

Date & Time: Thursday, Nov. 1, 1:00-3:00  
Cost: $14  
Location: VBHEC  
Speaker: Kathy Merlock Jackson

Course Description:

Even in today's world of digital filmmaking and amazing special effects, silent film comedy still entertains and amazes. This class will showcase the work of Charlie Chaplin, Buster Keaton, Harold Lloyd, and Harry Langdon in order to better understand their comic styles, characters, narratives, and themes. It will place these silent clowns in the context of their time, showing how their films reflected the culture of the 1920s, as well as address the timeless, universal qualities that these masters of silent comedy possessed. If you enjoy classic films and like to laugh, this is the class for you!
Credentials/Background:

Kathy Merlock Jackson is Professor of Communication at Virginia Wesleyan University, where she teaches courses in media studies and children's culture. She is the author of over a hundred articles, chapters, and reviews and has written or edited eight books, four of them on Disney-related topics, and one, most recently, on *Mister Rogers' Neighborhood*. She edited *The Journal of American Culture* for fifteen years. Currently, she is associate editor of *The Journal of Popular Film and Television* and Vice President/President-Elect of the Popular Culture Association/American Culture Association.

**Monet -- The World as Seen Through the Eyes of Monet**

Date & Time: Monday, Nov. 5 10:00-12:00

or

Tuesday, Nov 6, 10:00-12:00

Cost: $14

Location: VBHEC

Speaker: Leonette Adler

Course Description:

We will explore the glorious works of French Impressionist painter Claude Monet. See through his eyes the new and revolutionary way of handling paint and color. See him capture the world around him during his long, prolific career.

Credentials/Background:

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

**Oral Storytelling: Uncovering the Truth about War and Family**

Date & Time: Wednesday, Nov 7, 10:00-12:00

Cost: $14

Location: VBHEC

Speaker: Alicia De Fonzo

Course Description:

After a chance visit to Normandy our speaker starts interviewing her grandfather over a number of years and travels abroad, following his steps through Europe, D-Day, Battle of the Bulge, the Bridge of Remagen and liberation of the camps. As his health fails, his journey becomes her own, as she discovers that the truth and our memories are often fragmented.
Credentials/Background:

Alicia DeFonzo is a lecturer in the English Department at Old Dominion University where she earned a M.F.A. in Non-Fiction Writing under biographer Blake Bailey. In 2014, she received the Gettysburg Review Conference Award in Non-Fiction for her narrative work which retraces her grandfather’s World War II experiences. DeFonzo has written many published works and is a frequent guest on local and national NPR programs.

Food and Climate

Date & Time: Thursday, Nov. 8, 10:00-12:00  
Cost: $14  
Location: VBHEC  
Speaker: Michael Allen, Ph.D.

Course Description:

Beef. Oysters. Corn. Everyday, we consume food, yet our understanding of the agricultural food system is often limited. What defines food? Where does it originate? How is it transported? According to the USDA (2012), large farm complexes represent 4% of the farm population yet are responsible for 2/3 of all agricultural production. The way we do food in the 21st century significantly impacts the environment. Water quality and marine ecosystems. Rainfall and runoff. Land-use and biodiversity. Pollinators and pesticides. Carbon dioxide and climate change. Using geoliteracy as a framework, this presentation reflects on the global food network and considers the environmental and health implications of what we eat.

Credentials/Background:

Dr. Michael Allen is Assistant Professor of Geography at Old Dominion University. A climate scientist, he earned a Bachelor of Science-Earth Science Meteorology degree from California University of Pennsylvania and Master of Arts and Ph.D. in Geography from Kent State University. Dr. Allen’s research explores the societal impact of weather and climate as it relates to human health outcomes and he emphasizes interconnections and geo-literacy. He currently serves as field editor to the International Journal of Biometeorology. His research has also been highlighted by National Geographic. Active in the community, Dr. Allen serves on the Wetlands Watch Board of Directors and is affiliated with the ODU Resilience Collaborative.
U.S. Citizens who joined the Royal Navy, 1939-1941

Date & Time: Tuesday, Nov. 13, 1:00-3:00  
Cost: $14  
Location: VBHEC  
Speaker: Commander Eric Berryman

Course Description:

Before America entered WWII, 22 U.S. citizens went to England and volunteered with the Royal Navy. They fought in the Battle of the Atlantic, Normandy, the invasion of Sicily and other fronts. Foreign military service is against U.S. law and their names were not made public. The history of Americans serving in the Royal Air Force is well known; the story of these naval volunteers has not previously been told.

Credentials/Background:

A native of Germany, Eric Berryman was raised in Wales and England. He attended Hofstra University in N.Y. and his M.A. degree and Ph.D. are from the University of New Mexico. He was a helicopter door gunner during the Vietnam War. In civilian life he worked for the Immigration & Naturalization Service, the Geospatial Intelligence Agency and the Department of Defense. Cdr. Berryman retired in 2003 and has served on Boards of the Norfolk Sister Cities Association, Hampton Roads Naval Historical Foundation, World Affairs Council, Hampton Roads Commandery and the World Ship Trust.

The Great American Melting Pot? U.S. Immigration & Food History

Date & Time: Wednesday, Nov. 14, 10:00-12:00  
Cost: $14  
Location: VBHEC  
Speaker: Elizabeth Zanoni, Ph.D.

Course Description:

This lecture discusses the history of links between U.S. immigration and foodways through the lens of the “melting pot”, a metaphor that has been repeatedly used (and abused!) to describe the United States. We will explore how immigrants have transformed “American” food and how America, in turn, has affected the ways that newcomers eat.

Credentials/Background:

Professor Elizabeth Zanoni teaches in the History Department of Old Dominion University. She has a B.A. in American Studies and Journalism from the University of Notre Dame, an M.A. in History from Western Michigan University, and a Ph.D. in History from the University of Minnesota. She has published a book, Migrant Marketplaces: Food and Italians in North and South America.
Chesapeake Bay—What It Was, What It Is, What It Can Be

Date & Time: Thursday, Nov. 15, 1:00-3:00
Cost: $14
Location: VBHEC
Speaker: Tanner Council

Course Description:

The largest estuary in North America, with the largest watershed of any in the world, the Chesapeake Bay historically hosted an incredibly productive ecology. However, decades upon decades of neglect, overharvesting and pollution have had ruinous effects on the health of this National Treasure. But the Bay is finally showing signs of improvement. Learn what’s being done to help the Chesapeake Bay recover, and what’s needed now and in the future to make it what it should and can be.

Credentials/Background:

Tanner Council's work focuses on developing relationships with the public to restore, educate and advocate for water quality issues in Hampton Roads. He works year-round to develop strong advocacy support among the citizenry for local, state and federal legislative efforts. Tanner oversees a variety of signature CBF programs, including the VoiCeS adult education course, Speaker's Bureau, and Clean the Bay Day, one of the largest volunteer programs in Virginia. His work effectively connects many thousands of citizens with the CBF mission every year. Prior to joining CBF, Tanner worked for the Rivanna Conservation Society in Charlottesville, Virginia coordinating restoration events, managing their volunteer programs, and assisting with fundraising efforts. Tanner now lives in Chic’s Beach, Virginia, a short bike ride from CBF’s Brock Environmental Center.

The Socrates Club

Date and Time: Monday, Nov. 19  10:00-12:00
Cost: $14
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 the American Medical Association and the American Philosophical Association.
History of U.S. Department of Homeland Security

Date & Time: Tuesday, Nov. 20, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Bruce M. Lawlor, D.Sc., J.D.

Course Description:

Our instructor will discuss the driving political forces behind the Department of Homeland Security, its design and organization, enactment of the legislation and stand-up of the organization. He will examine the theory of homeland security and its failure to respond adequately during Hurricane Katrina.

Credentials/Background:

Major General (retired) Bruce Lawlor was a United States Army officer and was the first commander of Joint Task Force-Civil Support. In addition, he was one of five White House staff members who wrote the plan creating the Department, and the first DHS Chief of Staff. Since leaving the Department, Lawlor has continued his involvement in national security affairs through academia and private business, including: Member, Board of Advisors for the Global Panel Foundation, Member of Homeland Security Advisory Council, Instructor at the Army War College, and Director of the Center for Technology, Security, and Public Policy at Virginia Polytechnic Institute.

All About Chocolate

Date & Time: Tuesday, Nov. 27, 1:00-3:00
Cost: $14
Location: VBHEC
Speaker: Alexandra Cantwell

Course Description:

Learn the history of the cocoa plant, including where and how it is grown. We will hear about the process and history of chocolate making and what it takes to make it into one of our favorite indulgences.

Credentials/Background:

Alexandra Cantwell graduated from Virginia Tech in 2014 with a degree in Horticulture. She has worked at the Norfolk Botanical Garden as a Certified Horticulturist for the past four years.
The History and Legend of the Titanic

Date & Time: Thursday, Nov. 29, 1:00-3:00
Cost: $14
Location: VBHEC
Speaker: Duff Porter

Course Description:

On a cold night in April 1912, the new luxury liner RMS TITANIC struck an iceberg and sank into the icy waters of the North Atlantic. The news shocked the world. We will delve into the details, which continue to come to light. What is the continuing mystique of this magnificent ship? Was it the sheer enormity of the disaster? Was it that a supposedly “unsinkable” ship foundered on her maiden voyage? Was it the appalling loss of life? Was there fault, blame or guilt? Why did it take so long to discover the wreck? This is the story of what happened that fateful night.

Credentials/Background:

Duff Porter retired from the Norfolk Naval Shipyard where he was the Command Historian. A graduate of the Shipard Apprentice School, he developed an early interest in ships; his keen interest in the Titanic led to a lifelong study of the ship. He lectures about it and the industrial production in the U.S. during WWII from a technical perspective. Mr. Porter is currently a member of the operating crew of the WWII Liberty Ship S.S. JOHN W.BROWN. He is a toolmaker, historian, sailor and lecturer as well as a member of the Titanic Historical Society.
Institute for Learning in Retirement
11th Annual Art Exhibit
October 10-31, 2018
Atrium

Opening Reception
Wednesday, October 10
11:30 am – 1:30 pm

Free and Open to the Public
Guest Parking in Lot 3

ODU Virginia Beach
1881 University Drive
Virginia Beach, VA

Members of the Institute for Learning in Retirement will exhibit their artwork throughout the Atrium. You’ll see oil, acrylic and watercolor paintings, drawings, photographs, sculpture, needlework and ship modeling.

Meet these creative retirees at the opening reception on Wednesday.

Learn more about ILR at this link:  http://www.oduilr.org
For more information, call ILR at (757) 368-4160 or ODU at (757) 368-4100.
Tour the Virginia Tech Agricultural Research & Extension Center then enjoy lunch at the Cypress Point Country Club

On Friday, October 19, 2018, plan to meet at 10:00 a.m. for discussion and a tour of a hidden jewel in Hampton Roads. This Center is one of twelve across the Commonwealth that are maintained for the enjoyment of citizens and which conduct research in plant horticulture, plant pathology and water research specific to the area in which they are located and whose mission is to share that knowledge with the public. Following a presentation about the history of the Extension and what it offers, we will tour the themed gardens & arboretum.

At 11:30 a.m. we will head 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: $25.00 – includes lunch, tax and gratuity.

Maximum: 30 participants

Deadline: Wed., October 10, 2018 – no refunds for cancellations 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 I-264, take exit for I-64 W, then exit for Northampton Blvd. Get into 2nd from right lane, to go north on Northampton Blvd. Go 4 lights to Diamond Spring and turn left. Two lanes turn left there, stay in the rightmost lane to turn left. In about .2 miles, turn right at the 3rd sign announcing the Extension property. Proceed to the main building and park to the right.

Lunch will be held in the Cypress Point Country Club, 5340 Club Head Rd., Virginia Beach.
It will be a “Fantastic Pasta” Buffet:
- House Salad,
  - Grilled Chicken Fettuccine Alfredo,
    - Baked Ziti with Italian Sausage Sauce,
      - Fire-Roasted Vegetable Lasagna,
        - Fresh Baked Rolls w/butter and
          - Assorted Cookies.
    - Beverage Station will include Coffee, Tea, Lemonade and Water.

An ILR Social Committee Event
The Virginia Aquarium & Marine Science Center in Virginia Beach coordinates the Sensible Seafood Program in affiliation with the Monterrey Bay Aquarium’s Seafood Water Program. Sensible Seafood is either wild-caught or Virginia-raised seafood sources that will continue to produce into the future without affecting today’s fish population or ecosystem. Join fellow ILR members at Bonefish Grill to learn the importance of Sensible Seafood and how you can support it. We will have an interesting and informative presentation by Leslie Clements, Sensible Seafood Program Coordinator for the Virginia Aquarium. Learn the importance of your seafood choices.

Bonefish Grill is a restaurant partner in the Sensible Seafood Program. Their suppliers follow its guidelines. You will enjoy a delicious lunch following the presentation.

DATE:  Friday, November 9, 2018
TIME:  11:00 a.m.
COST:  $4.00. This covers administrative fee, guest speaker luncheon, and donation to The Virginia Aquarium ONLY. It does NOT include your lunch.

Lunch will be SEPARATE CHECKS. There will be a limited lunch menu which will offer soup, salads, seafood and chicken entrees.

DEADLINE:  Wed., October 31, 2018 – No refunds for cancellations after this date.

MAXIMUM:  40
LOCATION:  BONEFISH GRILL, 3333 Virginia Beach Blvd., Virginia Beach (Princess Anne Plaza Shopping Center). Separate Checks.

PARKING:  On Site.

An ILR Social Committee Event
**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 approximately two weeks of receipt of your Registration, for each class, to notify you if 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 4 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.
**Class Cancellations...**

If a member cancels a class by phone, email or drop-in **at least 4 days in advance, during business hours, 9:30 - 3:30 p.m., M-F**, 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**, all registered 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
When You Park at the Va. Beach Higher Ed Center (VBHEC) campus…

...the parking lots are “DECAL-CONTROLLED”, so…

PLEASE REMEMBER....

...to place your Parking Pass (face up)...

on CAR DASHBOARD

or

hang from REAR-VIEW MIRROR

***VBHEC does enforce parking regulations***

[They issue parking citations]

Thank you

The passes are good for 6 months. ILR issues parking passes when members sign up for classes held at the Va. Beach Higher Ed Center (VBHEC) campus, or whose passes are near their expiration date. Passes are also required even if you have a handicap sticker.

If you forget, or lose your parking pass, call or stop by the ILR office for a replacement.
Co-Curricular Events Fall 2018

Open to all Institute for Learning in Retirement Members
Please Join Us!

August
29   Wellness Wave: Biometrics & Activity Session
     Atrium, 2:45-3:00pm   Room 251, 3:00-4:00pm

September
12   Wellness Wave: Biometrics & Activity Session
     Atrium, 2:45-3:00pm   Room 251, 3:00-4:00pm
26   Wellness Wave: Biometrics & Activity Session
     Atrium, 2:45-3:00pm   Room 251, 3:00-4:00pm

October
10   ILR 11th Annual Art Exhibit Opening Reception
     Atrium, 11:30am-1:30pm   Runs October 10 - 31
17   Wellness Wave: Biometrics & Activity Session
     Atrium, 2:45-3:00pm   Room 251, 3:00-4:00pm
25   41st Annual ODU Literary Festival: A Reading by Cecelia Hagen
     Lecture Hall, Room 244, 12:30-2pm   Also Live Streamed
31   Wellness Wave: Biometrics & Activity Session
     Atrium, 2:45-3:00pm   Room 251, 3:00-4:00pm

November
14   Wellness Wave: Biometrics & Activity Session
     Atrium, 2:45-3:00pm   Room 251, 3:00-4:00pm
28   Wellness Wave: Biometrics & Activity Session
     Atrium, 2:45-3:00pm   Room 251, 3:00-4:00pm

December
5    Wellness Wave: Biometrics & Activity Session
     Atrium, 2:45-3:00pm   Room 251, 3:00-4:00pm

1881 University Drive, Virginia Beach, VA 23453  (757) 368-4100   odu.edu/vabeach
GETTING TO KNOW YOU....
GETTING TO KNOW ALL ABOUT YOU....

From: Linda Parish, ILR Volunteer Committee Chairperson

Occasionally, ILR needs volunteers to do specific tasks or projects such as mailing schedules, setting up for special events, such as the October Art Show, office help in receiving and sorting incoming mail, etc. It is my responsibility to fill these needs.

With this in mind, please fill out this survey and help me learn what interests and skills you have so I can call you when specific needs come up.

_____ mailings
_____ opening and sorting mail
_____ computer skills (i.e., Word, Excel, PowerPoint, photo editing & organizing)
_____ video creation and/or editing
_____ photographer
_____ website and/or IT experience
_____ setting up for special events
_____ phone call follow up for specific projects
_____ writing/journalist articles or copy for events
_____ proofreading
_____ art for October Art Show
_____ newsletter organizer and coordinator
_____ musician, entertainer, dancer, singer, comedian, story teller, actor

If you have additional skills or special interests that are not mentioned previously, please list them below.

Please return this survey either 1) with your Class Registration form, 2) email it directly to me at lparish162@gmail.com, or 3) drop it off at the ILR office. Feel free to call me at 757-962-9438 with any questions or comments.

Please return no later than September 28, 2018.

WE NEED YOU!
(and what a fun way to meet other members and make new friends)

Name: ___________________________ Email address: ___________________________

Phone #: __________________________

Take care,

Linda
(Please print)
Name(s): ____________________________________________
Address: ___________________________________________________________________________
City, State, Zip: ________________________________________________________________
Phone: ____________________________  Cell Phone(s): __________________________
Email(s): ____________________________  __________________________________________

**License Plate __________________ State ___ Make _______ Model _______ Color ________
**License Plate __________________ State ___ Make _______ Model _______ Color ________

** ODU requires this license information from anyone issued a Va. Beach Higher Ed Center (VBHEC) campus parking pass; please fill in one or both if you haven’t yet given us this information.

## FALL 2018 CLASS REGISTRATION

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>OCTOBER</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>1 (Mon)</td>
<td>10 am</td>
<td>Clash Between U.S. &amp; China</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>2 (Tues)</td>
<td>10 am</td>
<td>Ospreys - the Wild and Wonderful</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>4 (Thur)</td>
<td>10 am</td>
<td>Space Shuttle Program</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>9 (Tues)</td>
<td>1 pm</td>
<td>Abandoned History of VA</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>10 (Wed)</td>
<td>10 am</td>
<td>What We Carry - Holocaust Survivors</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>15 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>17 (Wed)</td>
<td>1 pm</td>
<td>Opera: Don Giovanni</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>18 (Thur)</td>
<td>10 am</td>
<td>Modern Climate Change</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>Agri Ext. Ctr</td>
<td>19 (Fri)</td>
<td>10 am</td>
<td>V.T. Agricultural Research &amp; Extension Center (Sign-up deadline: Wed., Oct. 10 (No refunds after this date) (Max: 30)</td>
<td>25.</td>
<td></td>
</tr>
<tr>
<td>Central Library</td>
<td>24 (Wed)</td>
<td>10:30a</td>
<td>Miracle at Philadelphia</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>25 (Thur)</td>
<td>1 pm</td>
<td>Outside Hollywood</td>
<td>14.</td>
<td></td>
</tr>
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<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>NOVEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>1 (Thur)</td>
<td>1 pm</td>
<td>The Silent Clowns</td>
</tr>
<tr>
<td>VBHEC</td>
<td>5 (Mon)</td>
<td>10 am</td>
<td>Monet</td>
</tr>
<tr>
<td></td>
<td><strong>or</strong></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>6 (Tues)</td>
<td></td>
<td></td>
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</tbody>
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| TOTAL (front page) | $  |

(757) 368-4160  website: www.oduilr.org  email: oduilr@juno.com

** Please print **
<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>NOVEMBER (cont’d)</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>8 (Thur)</td>
<td>10 am</td>
<td>Food and Climate</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 (Fri)</td>
<td>11 am</td>
<td>Sensible Seafood</td>
<td>(Sign-up deadline: Wed., Oct 31 (No refunds after this date) (Max: 40 )</td>
<td>4.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>13 (Tues)</td>
<td>1 pm</td>
<td>U.S. Citizens who joined the Royal Navy (1939-41)</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>15 (Thur)</td>
<td>1 pm</td>
<td>Chesapeake Bay – What it was, is and can be</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>19 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>27 (Tues)</td>
<td>1 pm</td>
<td>All About Chocolate</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>29 (Thur)</td>
<td>1 pm</td>
<td>The History and Legend of the Titanic</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
</tbody>
</table>

**If a green ‘Membership Renewal’ form is enclosed, with this elephant...oops!...you probably haven’t yet renewed. To do so, simply send in the green form, with payment.**

*(NOTE: you can use one check for all payments)*

<table>
<thead>
<tr>
<th>Total (this page)</th>
<th>Total (front page)</th>
<th>Total</th>
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</tbody>
</table>

*(If using VOUCHERS, please include with your payment)*

Subtract voucher total(s) –

Please make check(s) 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.

Signature __________________________ Date __________________________

Signature __________________________ Date __________________________

ILR does not discriminate with respect to race, color, sex, religion or national origin