



**OLD DOMINION UNIVERSITY
INSTITUTE FOR LEARNING IN RETIREMENT
VIRGINIA BEACH HIGHER EDUCATION CENTER**

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SCHEDULE OF COURSES FOR SUMMER 2014

*ILR does not discriminate with respect to race, color, sex, religion or national origin.
The opinions expressed by our speakers are not necessarily the opinions of ILR
or Old Dominion University.*

Jamestown - May 1607 to Summer 1610 (Pt. 1 and Pt. 2)

Date and Time: Tuesdays, July 1 and July 8, 10:00 a.m. - 12:00 Noon
Cost: \$20
Location: VBHEC
Instructor: Joseph Filipowski



Course Description: In our last session of “The Jamestown Journey”, we learned of the events in England that set the stage for the Jamestown settlement and we were introduced to John Smith and the Virginia Company. In the following two segments we examine the early history of the settlement and the governing body.

Part one covers the period from May 14, 1607 to September 10, 1609. John Smith has been held under arrest and in chains in the hold of the “Susan Constant” during the voyage across the Atlantic from the Canary Islands to Virginia on charges of “inciting the sailors to mutiny”. Smith is named to the governing Council by the Virginia Company in London and is finally released and sworn in on June 10th of 1607. Smith rapidly gains proficiency in the Algonquin language. Smith struggles with the dictates of the Virginia Company while attempting to comply with their demands. He leads two voyages of discovery on the Chesapeake Bay in the summer of 1608. Smith serves as president for one year, surviving two assassination attempts. A seriously wounded Smith departs Jamestown on September 10 of 1609.

Part two begins with the construction of the ‘purpose built’ 300-ton supply ship “Sea Venture” for the Virginia Company. Tragically for the Jamestown settlement, it encounters a massive hurricane in mid-Atlantic which leads to its intentional grounding by Sir George Somers at St. Catherine's Beach in Bermuda on July 28, 1609. The Jamestown settlement is at the bitter end of the “starving time”. Only the timely arrival of Thomas West, Lord De La Warre and his resupply and reinforcement fleet on June 10, 1610 avert the abandonment of Jamestown.

Instructor: Joseph Filipowski has many talents: public speaker, boat builder, sailor, and performer, with credits in theater, film, and radio. Most recently he portrayed a 'Radical Republican' representative in Steven Spielberg's "Lincoln". He has performed at Chrysler Hall in “Phantom of the Opera” and “Peter Pan” at the Mariner’s Museum, and on radio he presented “The Jamestown

Journey". He also performed as Captain Edward John Smith of the RMS Titanic with the Virginia Beach Symphony Orchestra. He has presented a class for us on the career of Captain Edward John Smith of the Titanic where he appeared in wardrobe as the captain. He last shared with us the events in England that led up to this Captain John Smith's voyage that founded Jamestown.

The Influence of Technology on the Present and the Future

Date and Time: Wednesday, July 9, 10:00 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: RADM Fred Metz

Course Description: Technology has played an important part in the development of Nations. I will briefly discuss the influence of technology and its crucial role in society, molding and changing the course of history.

In laymen terms, I will describe the technology we read about in the papers every day - drones, unmanned vehicles, guided weapons. We will have discussions on the future of technology and the impact on the world.

Instructor: RADM Fred Metz was in the Navy for 36 years. He was a naval aviator who flew various aircraft from aircraft carriers throughout the world. He flew A-6 aircraft during four combat cruises to Viet Nam and commanded aircraft squadrons, airwings, and several ships. His last assignment was Aircraft Program Director for the Chief of Naval Operations. He attended Gettysburg College, Naval Post Graduate, and the Naval War College. Since retiring he has consulted for many defense contractors on various large military projects. He is very involved in state and local/regional defense issues. (He has a blog in Pilot-online "Military Affects All")

William T. Sherman: The Man Who Made the South Howl

Date and Time: Thursday, July 10, 10:00 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Jared Setnar

Course Description: Often described as "the first modern general", Sherman is as controversial now as he was during the Civil War. Who was the man behind the Union uniform? What were his military strategies that still make him admired by some and despised by others? This lecture will unravel the enigma of General William T. Sherman.

Instructor: Jared Setnar earned his B.A. in History and his M.S. in European History at Virginia Wesleyan. He is the Director of the Upper School at Chesapeake Bay Academy and teaches history there.

Finding Reconciliation in Relationships

Date and Time: Monday July 14, 10:00 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Chaplain David Girardin

Course Description: Finding Reconciliation in Relationships is a presentation that examines modeling in relationships. In the opening lines of M. Scott Peck's classic "The Road Less Travelled", Peck wrote "life is difficult". These difficulties can impact relationships, or the difficulty can be the relationship itself, whether it is with family members or other people in our lives. Using the phrases from Ira Byock's book "The Four Things that Matter Most", this presentation introduces communication skills that can be used in finding reconciliation in any relationship.

Instructor: Chaplain Girardin is Staff Chaplain at Chesapeake Regional Medical Center. For nearly 30 years, he was a Navy Chaplain, retiring in 2011. He has a diverse professional background: ministry, nursing, and resource strategy. His passions are in the area of clinical ministry, healthcare chaplaincy and pastoral counseling. One of his graduate degrees is in Pastoral Care and Counseling with additional studies in marriage-family. He is a member of the American Association of Pastoral Counselors. He is married to Dr. Barbara Girardin, a forensic nurse examiner. They live in Chesapeake and have two grown children. When not busy with his professional life, David is involved with scuba diving, marksmanship, tropical travel, and amateur radio (HAM).

Where Shall We Search for God? - Rabbi, Build Me a Faith!

Date and Time: Tuesday, July 15, 10:00 a.m. - 12:00 Noon
Cost: \$10

Location: PrimePlus Norfolk Senior Center, 7300 Newport Ave.

Instructor: Rabbi Lawrence Forman

Course Description: In searching for God the question is "for what are we looking?" What did the ancient sages and rabbis look for in their quest for the living God? Are the old answers truly outdated? Do we need to look elsewhere to build us a faith in our post-modern world? Draw a picture of your God or of God's creations. How does your portrayal of God square with modern science and technology? Does the Moslem concept of God differ from yours? Does the traditional Christian idea of God meet your personal needs? Are you aware of the variety of God ideas in Judaism? We will grapple with many of these questions and ideas. Meanwhile, please write down your own definition of the God idea as you were taught it, and the God idea you currently have. Are they the same? Different - how so? Can you come up with an idea of God that works for you? These are some of the ideas we will discuss on July 15th at the Prime Plus Center.

Instructor: After 30 years as senior Rabbi at Ohel Sholom Temple in Norfolk, Rabbi Lawrence Forman is now Rabbi Emeritus and serves as Chaplain at the VA Hospital in Hampton. At Old Dominion University he served as the founding Director of the Institute for Jewish Studies and Interfaith Understanding. Rabbi Forman earned a Bachelor's degree at the University of Washington,

Bachelor's and Master's degrees from Hebrew Union College and Masters from Case Western Reserve and a Doctorate from Boston University. Rabbi Forman is well known in the Hampton Roads area for his contributions to interfaith understanding and Community service.

Digital Photography*:

Rising to the Challenge and Reaping the Benefits

Date and Time: Thursday, July 17, 1:00 p.m. - 3:00 p.m.
Cost: \$10
Location: VBHEC
Instructor: Ken Knight

Course Description: An introduction into the current state of digital photography and image editing software combined with both the creative process and the positive spinoff benefits of learning while mastering this digital form of art. Examples include images and techniques used in the following:
Photo Workshops and ongoing projects throughout the Tidewater area and the state of Virginia.
The Panorama: Capturing the Big Picture in Nature
Night & Low Light Photography Projects
The HRT Project

***You are encouraged to bring your own cameras.**

Instructor: Ken Knight has BS, MS Ed. from Old Dominion University ('71 & '76); Instructor, Media Specialist & Department Chair with the Norfolk Public School System 1971 – 2008; Instructor of Photography with Tidewater Community College 1973 – 1997; and, Undergraduate and Graduate Adjunct Instructor with Old Dominion University 1976 - Present

The Socrates Club (Philosophy)

Date and Time: Monday, July 21, 10:00 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Roshan Talreja



Course Description: Our resident Public Philosopher and leader of the Socrates Club will extemporaneously lead us through our next subject- *Guided Thinking*. Join us for a spirited discussion and we will see where this session will take us.

Instructor: 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. He enjoys public philosophy where east meets west...science meets spirituality...knowledge meets wisdom.

White Coat Tales

Date and Time: Tuesday, July 22, 10:00 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Robert B. Taylor, MD

Course Description: Who was Dr. John Snow of London, what did he do, and what is curious about his “monument”? Dr. Elizabeth Blackwell was America’s first woman physician; what event tipped the scale to assure her admission to medical school in 1847? What were the two careers of Dr. William Carlos Williams of Rutherford, New Jersey, and what was his advice for young physicians? What was ironic about the surgical operation that saved the life of renowned heart surgeon, Dr. Michael DeBakey, at age 98? The history of medicine has heroic tales and also some interesting back-stories. Dr. Taylor will share answers to the questions above and more at this class.

Instructor: Robert B. Taylor, MD holds two faculty positions: he is professor emeritus at the Oregon Health & Science University in Portland, Oregon, and he is also professor of family and community medicine at Eastern Virginia Medical School of Medicine. Dr. Taylor is the author/editor of 33 books on medical topics, including *Diagnostic Principles and Applications* and *Medical Wisdom and Doctoring*. He has received national awards as an educator and has been an invited speaker at medical meetings in the US and abroad.

Art Reflects Society

Date and Time: Thursday, July 24, 10:00 – 12:00 Noon
Cost: \$10

Location: ...Chrysler Museum of Art

Instructor: Gray Puryear



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

This tour will last approximately one hour. You have several choices in how you may spend your second hour at the Chrysler Museum. You may (1) indulge in an early lunch at the new Cuisine and Co. restaurant; (2) explore more of the museum on your own; or, if you are up to it, (3) follow Gray Puryear on an informal tour of objects of his or your choosing. You are also welcome to visit the Glass Studio at noon for a glass-blowing demonstration.

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

Are There Limits to E. U. Integration?

Date and Time: Monday, July 28, 10:00 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Maria Fornella-Oehninger



Course Description: The European Union is one of the biggest success stories of International Relations in the last 60 years. Today it includes 28 countries in Europe, joined together by a series of interlocking laws and institutions. They share a single market with no border controls, free movement of people, capital and goods; 18 of them share one currency. The recent Eurozone crisis from which they have recently emerged was probably the highest trial of the Union. This course will focus on the innovative way the leadership has overcome crises throughout history, not only avoiding disintegration but using the “Crisis push” to deepen their union.

Instructor: Maria Fornella-Oehninger 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. She participates in training for the Joint Staff College, works with the Virginia Latino Pilot Project and is a frequent traveler to South America.

Rhythm and Rehab: Uses of Music Therapy in Rehabilitation

Date and Time: Tuesday, July 29, 10:00 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Tracy Bowdish, MM. NMT Fellow, MT-BC



Course Description: This course will provide an overview of Music Therapy. The presenter will also describe and demonstrate several Music Therapy techniques used to treat people with strokes, Parkinson’s Disease, and other brain injuries. Practical uses of music for course participants will also be discussed.

Instructor: Tracy Bowdish works as a Music Therapist at Sentara Neurosciences in Norfolk where she treats adults with neurological impairments. She received her B. A. degree in Music from Concordia College in Moorhead, Minnesota and obtained her M.M. degree in Music Therapy from Western Michigan University. Tracy has been a Board Certified Music Therapist since 2006 and is a member of the American Music Therapy Association. She has also completed two levels of training in Neurologic Music Therapy at the Center for Biomedical Research in Music at Colorado State University, and holds the designation of Fellow in the Robert F. Unkifer Academy of Neurologic Music Therapy.

Diets Don't Work

Date and Time: Thursday, July 31, 1:00 p.m. - 3:00 p.m.
Cost: \$10
Location: VBHEC
Instructor: Dr. Shellie Fraddin



Course Description: I don't know about you, but I've had dreams about eating, especially when I was on a diet. Question: Why don't diets work? Answer: Because ANYTHING THAT HUMAN BEINGS ARE DEPRIVED OF, THEY BECOME OBSESSIVE ABOUT. Diets are supposed to have you think less about food, but just the reverse happens. We begin to think about food all of the time.

What is the #1 secret to weight loss and keeping it off without going on a DIET? We will spend an enlightening two hours learning the secret and practicing the habits of naturally thin people.

PLEASE NOTE: PLEASE BRING AN ASSORTMENT OF UNCUT FOOD FROM THIS LIST: fruits/veggies: baby carrots, broccoli, celery, kiwi, grapes, cherry or grape tomatoes, cucumbers, peaches, nectarine, banana, apple, avocado AND crackers, corn chips, rice cakes.

Instructor: Dr. Shellie Fraddin holds a PH.D. in Natural Health Sciences and is a Life Coach specializing in Senior Health and Wellness. She is a published author of *Let's Eat Breakfast: a cookbook nourishing Mind, Body, and Spirit*, and *The Goddess Road Trip Manual: A Spiritual Journey* to get you from where you are to where you want to be. Dr. Fraddin is a licensed massage therapist and licensed Zumba Fitness Instructor (Basic, Gold for Seniors, Chair Zumba, AquaZumba, ZumbAtomic for kids, and Advanced.)

Resilience: The Secret to Thriving & Surviving Life's Challenges

Date and Time: Monday, August 4, 1:00 - 3:00 p.m.
Cost: \$10
Location: VBHEC
Instructor: Dr. Shellie Fraddin

Course Description: According to Webster's, resilience is "the ability to recover quickly from illness, change or misfortune; buoyancy". Is resilience a quality that we are born with or is it learned? Dr. Sam Goldstein, Ph.D., author of *The Power of Resilience*, says it can be learned. As we age we need to develop different coping skills to enable us to thrive and prosper, no matter what is happening around us. Resilience is a skill that separates the victorious from those who are not able to keep going after a major challenge. In this class, we will learn the qualities of a resilient person and you may be surprised at how many you already possess. We'll also uncover techniques to help you become more resilient as you experience life's many challenges.

Instructor: Dr. Shellie Fraddin holds a Ph.D. in Natural Health Sciences and is a Life Coach specializing in Senior Health and Wellness. She is a published author of *Let's Eat Breakfast: A Cookbook Nourishing Mind, Body and Spirit* and *The Goddess Road Trip Manual: A Spiritual Journey* to get you to where you want to be. She is a licensed massage therapist and licensed Zumba Fitness Instructor.

To Use or Abuse Statistics

Date and Time: Tuesday, August 5, 10:00 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Joseph E. Smith

Course Description: Our instructor will explore and explain the misuse or abuse of statistics using several current examples. Topics include polls, electoral college, social media and media.

Instructor: Joseph Smith holds a B.S. in Electrical engineering from ODU in 1995 and is a Certified Math Teacher in the Commonwealth of Virginia. After receiving his Teacher Certification in 2001, he taught General Math from then until the present. He has taught Discrete Math and Probability/Statistics to upper classmen from 2006 to present. His presentation to ILR on the Mathematics of Sharing was informative and fun.

Native Americans: Is the Classic Depiction of Life in Pre-Columbian America Accurate?

Date and Time: Thursday, August 7, 1:00 - 3:00 p.m.
Cost: \$10

Location: Central Library Auditorium*, 4100 Va. Beach Blvd.

Hearing Assistance Devices are available – ask at Information Desk

Instructor: Susan Igareda

Course Description: Interested in Native Americans? In our discussion of life in America before Columbus, we will dispel the stereotypes found in movies and books. We will learn about Native American Cultural groups, the great Mississippian culture and the 15,000 Native Americans who lived in a metropolitan city called Cahokia. You will view Native Americans in a new light, develop a new understanding for the complexity of Native American cultures and a respect and admiration for our "First Americans".

Instructor: Susan Igareda earned a B.A. at St Joseph's College in History and Education and her M.A. at City University of NY in History. She then got an Advanced Certificate Administration/Supervision/Secondary Schools. She taught history and social studies in NY for 10 years, and then worked 23 years as a teacher of history and social studies and as Department Chair/Dean of Students in Norfolk Public Schools. At present, she teaches at Marian Manor and at St. Gregory the Great Catholic Church. Teaching history is her passion, and she is delighted to share that with us.

***FYI:** The *front door* of the library opens at 10:00 a.m.
The *back door* of the library opens at **9:00 a.m.** (see sign: "Auditorium")

Crime in Virginia

Date and Time: Monday, August 11, 10 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Harvey Bryant

Course Description: This class will feature a comprehensive overview of the state criminal justice system. Did you know that Virginia is only one of five states that have our particular kind of trial juries? We will learn why less than 2% of trials in Virginia are by jury, what is required to get a search warrant, about motions to suppress confessions and search warrants, sentencing guidelines and mandatory minimum sentences as well as how to avoid jury duty! Our speaker will also share with us how sexual assaults in the military are investigated, how they compare with college campuses and whether the military should have sentencing guidelines and/or mandatory minimum sentences.

Instructor: Harvey L. Bryant recently retired from his 13-year tenure as Commonwealth Attorney for the city of Virginia Beach. As Commonwealth Attorney he oversaw an office of 37 attorneys prosecuting 17,000 cases a year. Prior to that he worked for the U.S. Attorney's Office Eastern District and the Norfolk Commonwealth's Attorney's Office. Currently he serves on the Department of Defense's Panel to review Uniform Code of Military Justice and Judicial Proceedings of Sexual Assault cases, the Virginia Criminal Sentencing Commission, the Committee on Restoration of Civil Rights and is Chairman of the Virginia Governor's Task Force on Asset Forfeitures. Mr. Bryant is a graduate of the College of William and Mary and the T.C. Williams School of Law in Richmond.

America's Folk Legend Pete Seeger... in Stories, Songs and Remembrances

Date and Time: Tuesday, August 12, 1:00 - 3:00 p.m.
Cost: \$10
Location: VBHEC
Instructor: Bob Zentz

Course Description: On Thanksgiving Friday, 1962, a tall, lanky man with a 12-string guitar in one hand and a long-neck banjo in the other stepped off a Norfolk bus and strode into the gym at ODU's old Administration Building...and, with a few songs, turned a roomful of strangers into friends, including Tidewater Troubadour Bob Zentz. A champion for the environment, for peace, and for people, Seeger's legend in song touches us all, just as it touched that audience at ODU in 1962. Come prepared to do a lot of singing! Join Bob in singing the praises and celebrating the lifetime accomplishments of America's Folk Legend, Pete Seeger, and embrace the Power of Song.



Instructor: Bob Zentz began performing professionally in his native Norfolk, Virginia in 1962. He was a founding member of the College of William & Mary's "Minutemen" singers from 1962-64, and president of the Old Dominion College Folk Music Society from 1965-66. Pete Seeger's influence on him continued through Bob's early '60's journey through the folk clubs, his military experience and on to the West Coast where Bob was a writer for the Smothers Brothers Comedy Hour. Returning to

Norfolk, he brought the Seeger experience of participation, inclusiveness, audience involvement and moving people instead of mountains, through what he called the Power of Song. For 23 years at his guitar shop and folklore center, Ramblin' Conrads, and for 27 years on public radio, Bob shared that philosophy. Today he carries that philosophy around the world to national festivals and nautical shantifests, including several tours of duty on the Hudson River Sloop "Clearwater"-- Pete Seeger's successful effort to clean up the waterway he loved. Two of the most storied songwriters of the 20th century praised Bob's work, each in his own way. Upon hearing Bob's first release, country legend Johnny Cash sent the young artist an encouraging letter saying, "Mirrors and Changes....is one of the finest works I've heard by any artist." And in 2007, at a symposium honoring members of the Seeger family, Pete Seeger asked Bob, "Are you still writing those good songs? Your songs get around!" Bob continues to dedicate his life to presenting, performing and introducing traditional music and its derivatives to those who are already fans...and those unaware of its existence.

Lawrence of Arabia and the Modern Middle East

Date: Thursday, August 14, 10:00 a.m. – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Robert Torgler

Course Description: Re-live the epic story of how one man became the most romantic figure of his day. A shy 28-year-old Oxford scholar with no military experience leads the Arab armies successfully against the Turks. The story is filled with war, deceit, imperial folly and heroics. He becomes a national hero---culminating in the tragedy of our modern Middle East

Instructor: Robert Torgler attended the College of William and Mary, and the Wharton School of University of Pennsylvania. He filled senior management positions with IBM for over 30 years and was Corporate Vice President prior to retirement. He was a senior docent and lecturer at the Smithsonian Museum of American History and National Archives, specializing in the Revolutionary era.

Thinking About Life

Date and Time: Monday, August 18, 10 a.m. - 12:00Nnoon
Cost: \$10
Location: VBHEC
Instructor: Dr. Roshan Talreja

Course Description: Our popular philosopher offers both Eastern and Western perspectives.

Instructor: 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.

After Your Disaster, Now What?

Date and Time: Tuesday, August 19, 10:00 a.m. – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: David M. Williams

Course Description: Many Federal, state, and city agencies provide basic information on how you should prepare for a natural disaster impacting our area, but little planning is provided for your recovery and aftermath phases. This presentation will address the planning to accomplish your post-storm response and recovery from such a disaster. This will be your deliberate planning package to prepare for, respond to and recover from a disaster impacting you.

Instructor: David Williams is a Community Advocate and Planner who is recently retired from government service as a Future Operations Planner for the Navy Mid-Atlantic region. He prepared plans for man-made and natural disaster impacting Navy installations and associated organizations in the Mid-Atlantic region. Mr. Williams is a retired Navy Aviator with a background in FEMA Incident Command System, National Response Framework protocols and DOD All Hazards Response Planning. He has been involved in civic emergency planning for 25 years.

Gardens and Pleasure

Date: Wednesday, August 20, 10:00 a.m. – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Agnieszka Whelan



Course Description: What could be more natural than enjoying a stroll in a garden? And yet, pleasure in a garden is a complex idea. Enjoyment in a garden could be considered virtuous when associated with work on land, as was the case in Antiquity, or it could be considered immoral, as in the gardens of Marie Antoinette. Pleasure could be a part of education when visiting a botanical garden or it can be a consoling experience in a cemetery. This lecture will present several important gardens in the world and will ask what kind of pleasures were considered meaningful and worth pursuing throughout history. A special focus will be given to the gardens in Norfolk and its environs.

Instructor: Dr. Agnieszka Whelan is a Lecturer in Art History in the Art Department at Old Dominion University, where she has been a faculty member since 2005. Dr. Whelan earned a Ph.D. from University College London in Art History and History in the area of History of Gardens. She has been a member of ODU's faculty since 2005 and teaches Art History courses ranging from the Introduction to Visual Arts for non-art majors, to courses for art and art history majors: Renaissance and Modern Art, Northern Renaissance Art, Asian Art and Art of Gardens.

The State of Norfolk Public Schools

Date and Time: Thursday, August 21, 1:00 - 3:00 p.m.
Cost: \$10

Location: PrimePlus Norfolk Senior Center, 7300 Newport Ave.

Instructor: Tommy Smigiel

Course Description: Norfolk City Councilman and Assistant Principal Tommy Smigiel will lead a discussion about the state of Norfolk Public Schools. The discussion will include how state budget cuts have impacted programming and plans that the district has to move the school system forward.

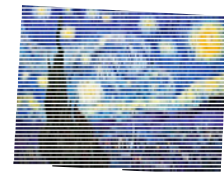
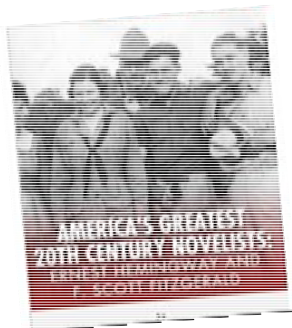
Instructor: Tommy Smigiel pulled off a major upset and was elected to the Norfolk City Council four years ago and is now up for re-election. He represents East Ocean View and is an active Councilman for his constituency. He was named Teacher of the Year for Norfolk and for the State of Virginia five years ago, and is an Assistant Principal at Granby High School in Norfolk. He is the father of two young children and vested in seeing that education is a priority for all of us.

Restoring American Cultural Influence Globally

Date and Time: Monday, August 25, 10 a.m. - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Maurice Berube, Ph.D.

Course Description: The 20th century was called The American Century because of the literary explosion in the 20's with Hemingway et al, jazz in 30's, and abstract expressionist paintings in the '40s and '50s. In the 21st century, American cultural influence has declined with post-modernism and the decline of the individual political nation. What can be done to restore the American contribution?

Instructor: Dr. Maurice R. Berube is Eminent Scholar Emeritus from Old Dominion University. His Ph.D. is in major urban education. Dr. Berube is the author of 13 scholarly books including *American Presidents* and *Education and American School Reform*. He has received awards for outstanding achievement and teaching. He was known for community control in education in the civil rights movement in NYC, and was a subject in the biographies of NYC Mayor John Lindsey, teacher union leader Albert Shanker and socialist Michael Harrington.



Understanding Opera: Sweeney Todd



Date and Time: Wednesday, August 27, 1:00 - 3:00 p.m.
Cost: \$10
Location: VBHEC
Instructor: Glenn Winters

Course Description: This course concludes the survey of Virginia Opera's 2013—14 mainstage productions with "*Sweeney Todd: the Demon Barber of Fleet Street*", a master work of musical theater by Stephen Sondheim. Students will receive comprehensive musical and dramatic analysis, illustrated with video and audio excerpts. One video will feature the original Mrs. Lovett, Angela Lansbury, in her most celebrated role. This show is a beautiful blend of both the operatic and musical traditions.

Instructor: Glenn Winters joined the Virginia Opera in 2004 as Community Outreach Musical Director. 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 Operafestival di Roma in Rome, Italy. His compositions include three successful children's musicals and a full-length opera, *Much Ado About Nothing*.



Date: **Wednesday, July 9, 2014**

Time: 11:45 – 1:00pm

Place: VBHEC

Join us for our quarterly session of Coffee and Conversation.

What's Coffee and Conversation? It's an opportunity to socialize with fellow ILR members. We also wish you would get acquainted with your fellow ILR members and the officers. And, as always, feel free to share ideas and make suggestions for future ILR programs and events

Everyone is encouraged to come, and we hope to meet the members who will be at the Higher Ed Center on Wednesday morning for the class on the ***Influence of Technology on the Present and Future***. Stop in after class and enjoy a beverage, sandwich, and cookies provided by the ILR, ***free of charge***. We'll be there from 11:45 – 1:00pm.

The room number will be posted in the Atrium on the white placard board standing in the center aisle as you walk in through the front entrance, and also on the door of the ILR office.

Please RSVP... either on the Class Registration form, or call the office at least **4** days or more, in advance (368-4160). It helps us get the correct amount of lunch goodies.

Hope to see you there!



Join us for a
Tuesday on the Terrace
at The Founders Inn



Experience a true Virginia Grill!

The Swan Terrace Grill invites you to enjoy an enticing buffet of local seafood, smoked items, rotisserie and grilled meats, seasonal vegetables, salads, and homemade desserts.

Dine al fresco entertained by a local jazz band till the sun sets.



Cost: \$35.00 per person (taxes and gratuity included)

Cost for dinner also includes non-alcoholic beverages (coffee, tea, soft drinks). Sangria, wine, beer, and mixed drinks are available in the Hunt Room and on the Terrace (cash bar).

Minimum Number: 25

Maximum Number: 40

Sign-up Deadline: July 29, 2014

Event Date: Tuesday, August 12, 2014

Time: 5:45 p.m. – ILR members meet in the Hunt Room.

The buffet is open from 6:00 p.m. to 8:30 p.m.

Location: The Founders Inn and Spa
5641 Indian River Road
Virginia Beach, VA 23464
(757) 424-5511

In case of rain, the event is moved inside the Swan Terrace Restaurant.

Directions: From the I-64, take Exit 286-B onto Indian River Road East. At the first traffic light, turn right into The Founders Inn and Spa entrance.



Great Books Reading and Discussion Group

The group meets bi-weekly on the 1st and 3rd Friday of each month, with this year's session running from September 5 through May 1.

Two texts will be used:

- *Happiness and Discontent* (from the Great Books 50th Anniversary Series)
– cost \$5.00
- *Even Deadlier* (from the Great Books Seven Deadly Sins Series)
– cost \$19.95

Two novels will also be used:

An Imaginary Life by David Malouf

Billiards at Half-Past Nine by Heinrich Böll

The texts may be ordered by calling the Great Books Foundation at 800-222-5870, ext. 2, or by ordering them online at www.store.greatbooks.org. The novels may be purchased from www.amazon.com or from any book store or online seller. There will be a charge of **\$15.00** for the yearly ILR membership fee and a **\$27.00** charge for the room in which we meet. Interested individuals may register in the ILR office. Should there be any questions, please contact Dianne Pruden at (757) 431-3672 or by e-mail at dkpruden@gmail.com or Leo Schutte at (757) 482-1059 or e-mail ingo5@verizon.net.



Date: Friday, September 12, 2014

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

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

Time: 5:30 PM
Cost: \$6.00



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

DEADLINE: September 5, 2014

MAXIMUM: 40



ILR POLICY REMINDERS...

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.

Parking Policy..

All lots are marked "Decal Controlled"

ILR members may park *anywhere* on campus parking lots, *EXCEPT* in metered, reserved, faculty or other prohibited parking areas. Many members prefer Lot 3, which is to the right of the building, and around toward the back, and they come into the building through the back or side entrance doors.

Note: Please be sure to always display the Parking Pass (face up), either on your car's dashboard or hang from rear-view mirror – ODU does enforce parking regulations.

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. Call the ODU main campus infoline: 683-3000 (has a recorded message)

Q & A...

Q: Once I've signed up for a class, will I get a confirmation?

No. There are really only two times that the ILR office will notify you...

1. If a class is cancelled (you will be sent a full refund voucher)
2. If there is a wait-list, and you're on it.

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 as you walk in through the front entrance, in Atrium
2. On the ceiling-mounted monitor across from front desk, in Atrium
3. On the door of the ILR office (room 125)

ILR Classroom # postings



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.

ILR TRIP *EXPRESSION OF INTEREST* FORM

NAME OF EVENT: Fredericksburg Adventure

SAVE THE DATE

THURSDAY, SEPTEMBER 18, 2014

Join us for an opportunity to explore and discover historic Fredericksburg, VA

Fredericksburg is rated as one of the best Virginia destinations for things to do and see and for dining.

We will take a trolley tour of the Old Town, have lunch at a local restaurant, visit at your leisure some of many shops and galleries in the Historic District, have an option to tour Hugh Mercer Apothecary or Rising Sun Tavern, and tour the A. Smith Bowman Distillery (birthplace of some of Virginia's finest bourbons) and taste a selection of their products. Travelers might be walking or standing for two to three hours depending on how they elect to spend their free time in Old Town. There will be a light snack on the way home with arrival in Norfolk at approximately 7:00 pm

Trip details and cost have not been finalized. The estimated cost is between \$80 and \$90 per person and includes bus transportation, admission charges, lunch, all fees, taxes and gratuities. A minimum of 40 people is required.

If you are interested, we will send you a detailed trip description, Signup Form, and Trip Disclosure Form as soon as they are available. We anticipate that they will be available by late-June. The trip sign-up deadline is Friday, August 1, 2014.

Questions? Call JoAnn Armistead (757) 428-0946 or Mike Newbill (757) 453-6985.

NON-BINDING EXPRESSION OF INTEREST **I (WE) WOULD LIKE TO RECEIVE THE FINAL TRIP INFORMATION PACKAGE**

Name _____ Phone _____ Email _____

Name _____ Phone _____ Email _____

Address _____

**PLEASE COMPLETE THIS FORM AND RETURN IT WITH YOUR SUMMER 2014 CLASS REGISTRATION IF
YOU WOULD LIKE TO RECEIVE THE FINAL TRIP INFORMATION PACKAGE.**

Your ILR Travel Committee invites you to include suggestions for future trips (one day or overnight or both). They will receive serious consideration and we thank you for your interest. You are encouraged to submit your suggestions even if you are not interested in this trip. Please list them here (continue on back of this page if necessary):

Name _____ Phone _____ Email _____



INSTITUTE FOR LEARNING IN RETIREMENT

ODU/Virginia Beach Higher Education Center

1881 University Dr., Room 125

Virginia Beach, VA 23453

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

(Please print)

Name(s): _____

Address: _____

City, State, Zip: _____

Phone: _____ Cell Phone: _____

Email: _____



SUMMER 2014 CLASS REGISTRATION

LOCATION	DATE	TIME	JULY	NAME(s) of Registrants	COST	TOTALS
VBHEC	1 (Tues)	10 am	Jamestown – pt. 1		\$ 10.	
VBHEC	8 (Tues)	10 am	Jamestown – pt. 2		10.	
VBHEC	9 (Wed)	10 am	Influence of Technology		10.	
VBHEC	9 (Wed)	11:45	Coffee & Conversation		FREE	
VBHEC	10 (Thur)	10 am	General W.T. Sherman		10.	
VBHEC	14 (Mon)	10 am	Reconciliation in Relationships		10.	
PNSC	15 (Tues)	10 am	Searching for God		10.	
VBHEC	17 (Thur)	1 pm	Digital Photography		10.	
VBHEC	21 (Mon)	10 am	The Socrates Club		10.	
VBHEC	22 (Tues)	10 am	White Coat Tails		10.	
Chrysler	24 (Thur)	10 am	Art Reflects Society		10.	
VBHEC	28 (Mon)	10 am	EU Integration		10.	
VBHEC	29 (Tues)	10 am	Rhythm and Rehab		10.	
VBHEC	31 (Thur)	1 pm	Diets Don't Work		10.	
			AUGUST			
VBHEC	4 (Mon)	1 pm	Resilience with Life's Challenges		10.	
VBHEC	5 (Tues)	10 am	To Use or Abuse Statistics		10.	
CLA-VB	7 (Thur)	1 pm	Native Americans		10.	
				TOTAL		

VBHEC ... Va. Beach Higher Ed Center

PNSC ... Primeplus Norfolk Sr. Center

CLA-VB ... Central Library Auditorium of Va. Beach

LOCATION	DATE	TIME	AUGUST (cont'd)	NAME(s) of Registrants	COST	TOTALS
VBHEC	11 (Mon)	10 am	Crime in Virginia		10.	
VBHEC	12 (Tues)	1 pm	Pete Seeger		10.	
Founders Inn	12 (Tues)	5:45 p	Tuesday on the Terrace (Sign-up deadline: July 29, Min: 25/Max: 40)		35.	
VBHEC	14 (Thur)	10 am	Lawrence of Arabia		10.	
VBHEC	18 (Mon)	10 am	Thinking About Life		10.	
VBHEC	19 (Tues)	10 am	After a Disaster, Now What?		10.	
VBHEC	20 (Wed)	10 am	Gardens & Pleasure		10.	
PNSC	21 (Thur)	1 pm	Norfolk Public Schools		10.	
VBHEC	25 (Mon)	10 am	Restoring American Cultural Influence		10.	
VBHEC	27 (Wed)	1 pm	Opera: Sweeney Todd		10.	
Lam's Home			SEPTEMBER			
	12 (Fri)	5:30 p	Pot Luck Dinner (Sign-up deadline: Sept. 5, Max:40)		6.	
Fredericksburg	18 (Thur)		Fredericksburg Adventure (If interested, please return form ASAP....)	See enclosed Expression of Interest form		
<i>It's Membership Renewal Time.....</i> <i>It's Membership Renewal Time.....</i>			ILR Membership Year (June 1, 2014 – May 31, 2015) (Please send "MEMBERSHIP RENEWAL" form with your payment) [NOTE: you can use one check for all payments]		15.	
Total (this page)						
Total (front page)						
Total						
(If using VOUCHERS, please include with your payment) Subtract voucher total –						
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

MEMBERSHIP RENEWAL

Membership year
(June 1, 2014 - May 31, 2015)

Membership fee is \$15.00 per person
Please make your check *payable to ILR*

Please Print

LAST NAME _____ FIRST NAME _____

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ ZIP CODE +FOUR _____

PHONE _____ CELL PHONE _____

EMAIL _____

REMINDER: *In order to attend classes, you must be a member of ILR.*

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