

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

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## **SCHEDULE OF COURSES FOR SPRING 2013**

*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.*

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### **Cruising with Cargo**

**Date:** Thursday, April 4 (1:00 – 3:00 pm)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Carl Fincke



**Course Description:** And now for something completely different ó a different way to cruise, and a different way to transit the Panama Canal. Carl Fincke, Enterprise Editor for the Virginian Pilot, will share his recent experience aboard a container ship. He signed on as a passenger in order to go through the Canal. His 11-day voyage took him to four ports in three countries.

**Instructor:** Carl Fincke is Enterprise Editor at the Virginian-Pilot. He has served as Editor of the following departments: Business, Investigative, Military and Sports.



### **The Virginia Zoo Experience**

**Date:** Monday, April 8 (1:00 – 3:00 pm)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Greg Bockheim



**Course Description:** Hear and see things you may never have known about the 100-year-old site of the Virginia Zoo. How are animal populations genetically managed? How are offspring shared among the country's zoos? And, how and why are animal exhibits designed? We will find out what new animals will be arriving, what babies are on the way, and what new construction is planned at the Virginia Zoo.

**Instructor:** Greg Bockheim is Executive Director of the Virginia Zoo.

## Exploring This Thing We Call Language

**Date:** Tuesday, April 9 (10:00 – 12:00 Noon)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Bernadette Kinlaw

**Course Description:** This class will build on Bernadette's previous presentation on verbal and written communication. The discussion will go beyond the basics of grammar and explore word usage, word origins and some quirkiness in the English language.

**Instructor:** Bernadette Kinlaw is an editor at The Virginian Pilot. She has worked at the newspaper in a number of capacities since 1988, including copy desk chief, weekend planner and page designer. She has been writing a grammar blog/column since March 2012. She received a B.A. in English from Cornell University and a M.A. in Journalism from Northwestern University.



## China: A Solo Adventure

**Date:** Tuesday, April 9 (1:00 – 3:00 pm)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Joanne Kimberlin

**Course Description:** The wind in your hair ó some yearn for it! No explanation necessary ó or even possible. There's just a wanderlust that haunts your bones and grows stronger with the years, until you find yourself bound for Beijing, surrounded by strangers, with the worries of loved ones echoing in your head. "By yourself? Are you crazy?" Could be.

**Instructor:** Joanne Kimberlin works for The Virginian-Pilot. As a reporter attached to the newspaper's Enterprise Team, she writes about all kinds of subjects from gangs to moon rocks to mercenaries. In addition to various national, state and local awards, Ms. Kimberlin was chosen as a 2007 Pulitzer finalist for explanatory reporting for the series "Blackwater: Inside America's Private Army." Before coming to the Pilot, she was with The Daily Press and has been an editor, columnist and reporter.

## Modern Middle East Politics

**Dates:** Wednesday, April 10 (10:00 – 12:00 Noon)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Curtis Ryan

**Course Description:** Join our Middle East expert for a discussion of the ongoing consequences of the Arab Spring, which began on December 17, 2010, in Tunisia. Dr. Ryan's recent trip to the Middle East provided him with an opportunity to interview the King of Jordan. Come and find out what is going on now in Jordan, Tunisia, Egypt and other countries of the region.

**Instructor:** Dr. Curtis Ryan is Associate Professor of Political Science at Appalachian State University. His expertise is in Middle East politics, comparative politics and international and regional security; he is author of books, articles and chapters on these areas. Dr. Ryan received his undergraduate degree from Drew University. His Masters and Doctorate are from University of North Carolina at Chapel Hill.



## Conducting the Virginia Symphony

**Date:** Thursday, April 11 (10:00 – 12:00 Noon)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** JoAnn Falletta



**Course Description:** What is the job of the conductor? Is he/she really doing anything up there? What is it really like to be in the middle of all that wonderful music? JoAnn Falletta will explore the world of the conductor, from the training required to the great maestros of the past to the challenges of being an American music director. She will share her own personal musical history and highlights of the Virginia Symphony. Be prepared for a little "conducting lesson" as well.

**Instructor:** JoAnn Falletta has been the Music Director of the Virginia Symphony since 1991 and has led the orchestra in many artistic achievements, which include performances at Carnegie Hall and the Kennedy Center. She also serves as Music Director of the Buffalo Philharmonic Orchestra and Principal Conductor of the Ulster Orchestra. In addition to conducting, Maestro Falletta is a published poet and a renowned classical guitarist. A graduate of Mannes School of Music in New York, Falletta holds master's and doctorate degrees from The Juilliard School and has been awarded 11 honorary doctorates.

# **Nurturing Your Heart: A Multidimensional Approach**

**Date:** Monday, April 15 (10:00 – 12:00 Noon)

**Cost:** \$10

**Location:** Prime Plus/Norfolk Senior Center (see *Directions on pg. 6*)

**Instructor:** Dr. Shellie Fraddin

**Course Description:** The heart is a multidimensional symbol of life and love. It is the symbol of Valentine's Day. It is the muscle that is part of the circulatory system, pumping the blood through our arteries and veins. It is influenced by diet and exercise, by anger and sadness, by joy and laughter, by forgiveness and celebration. According to the World Health Organization, heart disease remains the #1 killer. Why? What factors have we overlooked in our quest for longevity and youth that heart disease is still taking lives? In this two-hour class we will examine the components of healing, protecting, and nurturing your heart. We will look at the physical, emotional, psychological, and spiritual aspects, and you will create your own healthy lifestyle program to accomplish your healthy long-term goals.

**Instructor:** Dr. Shellie Fraddin is a 73-year-old passionate, high energy woman with NO health problems, NO major surgery and takes NO medications. Dr. Shellie has been in the natural health field for more than 50 years. Dr. Shellie is a pioneer in the Health & Wellness field. She graduated magna cum laude from LaSalle University with a Ph.D. in Natural Health Sciences. She is the author of three books, has hosted radio shows in CA, NY and FL, has been interviewed by Ms. San Diego and Mademoiselle magazines, and the New York Times. She was a guest on both the Geraldo Rivera and Dr. Oz TV shows.



## **The Population Bomb - Looking Backward, Looking Forward (pts. 1 & 2)**

**Dates:** Tuesday, April 16 and Thursday, April 18 (10:00 – 12:00 Noon)

**Cost:** \$20

**Location:** VBHEC

**Instructor:** Dr. Donald J. Zeigler

**Course Description:** Look back on the predictions made by Paul Ehrlich in "The Population Bomb". Consider the pressure of world population on food, the environment, jobs and medical care. Dr. Zeigler will examine "the population problem" from optimistic and pessimistic perspectives, and take a peek at the population geography of the United States after the 2010 census.

**Instructor:** Dr. Don Zeigler is Professor of Geography at ODU's Virginia Beach campus. He has traveled widely in the Middle East and Europe, has been a Fulbright scholar in Morocco,

held visiting scholarly 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 President of Gamma Theta Upsilon the international honor society in geography



## **The Meaning of Life (pts.1 & 2)**

**Dates:** Monday, April 22 and Wednesday, April 24 (10:00 – 12:00 Noon)

**Cost:** \$20

**Location:** VBHEC

**Instructor:** Stuart Gordon

**Course Description:** More than 2500 years ago Socrates wrote “The unexamined life is not worth living.” As most of us enter the autumn of our lives we reflect upon whether our lives had any meaning and the issue of our mortality. We are not alone. Over the centuries great minds have wrestled with these issues. The world religions, philosophers, and writers have attempted to answer the questions to their satisfaction. We will discuss: Lucretius, Socrates, Camus, Satre, Nietzsche, Voltaire, Kafka, Tolstoy, Dostoevsky, C.S. Lewis, Thoreau, Emerson, Hesse, Rand, Spinoza, Leibnitz, Marquis de Sade, Russell, Zen, Taoism, Bhagavad Gita. We will examine these various views and see if we are able to shed some light on eternal questions and maybe in some small measure come to terms with the issue.

**Instructor:** Stuart Gordon is a retired attorney. He attended Brooklyn College and Brooklyn Law School. After practicing Law in New York for 15 years he moved to Virginia Beach with his family and practiced law until his retirement. He has had a lifelong interest in philosophy and has given lectures at the ILR in the past. These included lectures on Thoreau, Emerson, Hamilton, Adams, and Theodore Roosevelt.



## **The Importance of Multi-Faith Understanding and... the Dangers of Religious Intolerance**

**Date:** Tuesday, April 23 (10:00 – 12:00 Noon)

**Cost:** \$10

**Location:** Primeplus/Norfolk Senior Center (see *Directions on pg.6*)

**Instructor:** Rabbi Lawrence Forman

**Course Description:** Leonardo Da Vinci, perhaps the most significant figure of the Italian Renaissance, told his disciples: “the more you know of men and things, the more you love them. From great knowledge, great love springs. To know a man or a thing deeply, profoundly, inwardly, is to learn to love all human life.”

Today we know the truth of what Da Vinci taught his disciples: that knowledge of the ðotherð brings understanding and compassion, and that most hate springs from ignorance and fear. This morning, I would like to share a bit of my own experience with interfaith work among Christianity, Judaism and a particular facet of Islam, Turkish Islam. In the late 1990s, after serving our community for three decades, it became obvious to me that great accomplishments in the area of human rights and human services would in the future have to come from the impetus of our main-stream religions. In order for that to happen, I believed, that we, in our respective Churches, Mosques and Synagogues, would not only have to study and know about our own faiths, but also, we would need to learn about the faiths and beliefs of our neighbors. The tragedy of 9-11 made the idea of understanding other religions and the concept of Interfaith Dialogue even more relevant and crucial for our very survival as a freedom-loving nation, based on Jeffersonian values and the principles of our Constitution.

Iðve worked in the interfaith community all my life. I have very dear and special friends in all of these religious systems. We have shared the microphone both on radio and television. But it was as faculty advisor to the Turkish-Muslim Better Understanding Club of ODU that I learned of the broader ramifications of the Rumi Forum and Turkish Islam. In that advisory position, I was invited to travel to Turkey to get a firsthand experience of the excellent science and math schools being built in the Middle East and Africa by the Turkish Philanthropist, Philosopher and Scholar, Fetullah Gulen, a man who continues to work for open dialogue and understanding between all races, religions and ethnicities.

**Instructor:** Rabbi Lawrence Forman is Rabbi Emeritus at Ohef Sholom. He received a B.S. from the University of Wisconsin, M.A. and Doctor of Divinity from the Hebrew Union College-Jewish Institute of Religion. After retiring from Ohef Sholom, he founded the Institute for Jewish studies and Interfaith Understanding at ODU and was Faculty Advisor for the Turkish Muslim-Rumi between Christians, Muslims, Catholics and Jews.

**Directions to Primeplus/Norfolk Senior Center:** from Va.B - take I-64, then Exit #276C/Little Creek Rd., turn Left onto E. Little Creek Road/VA-165; cross Granby St. to Newport Ave., turn Left onto Newport Ave., 7300 Newport is on the left.



## Oceana: The Home of all those Jets

**Date and Time:** Thursday, May 2 (10:00 – 12:00 Noon)

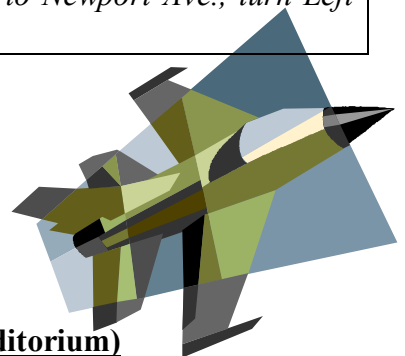
**Cost:** \$10

**Meyera Oberndorf Central Library (auditorium)**

**4100 Va. Beach Blvd., Va. Beach 23452**

**Capt. Christopher Chope**

**NEW LOCATION...**



**Course Description:** Naval Air Station Oceana has been a part of Virginia Beach since before there was a "city" of Virginia Beach. We hear about it in more ways than one all the time. Yet what do you, as a citizen, really know about its history, its mission, and its total effect on this corner of Virginia? Well it is time for our "Command Brief". And it isn't just military

statistics and goals; it is people and community as well. Come learn about this very big part of your neighborhood.

**Instructor:** Captain "Gator" Chope, a native of Winston-Salem, NC, is a 1989 graduate of The Citadel and holds an M.A. in National Security and Strategic Studies from the Naval War College. Stationed for many years at NAS Oceana, he has logged over 3800 flight hours and over 1000 carrier landings in the A-6, F-14 and F/A-18. He served as Commanding Officer of the Fighting Redcocks of Strike Fighter Squadron 22, and is authorized to wear numerous personal and unit awards. Capt. Chope came back to Virginia Beach in March 2012 as the NAS Oceana Executive Officer, and will become Commanding Officer in August 2013.



## **It's Never Too Late: Living Life from your Bucket List... ...Now**

**Date and Time:** Monday, May 6 (1:00 - 3:00 pm)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Shellie Fraddin, Ph.D.

**Course Description:** "Nobody can go back and start a new beginning, but anyone can start today and create a new ending." ... Maria Robinson

I'm sure there are parts of your life you'd like to change. You've wanted to for years and just never got around to doing it. Perhaps it's a new haircut or a different style of clothing? Perhaps it's shaving off your beard or mustache, perhaps its losing a few extra pounds, so you can get into your favorite pair of pants. Maybe you always wanted to sing or play an instrument and didn't have time or didn't think you were good enough.

You're at the stage in your life where you should not have to live with unresolved regrets and disappointments.

In this 2-hour class, we will dare to dream, have fun, laugh, dance, whatever, as we explore and create your bucket list, a list of all those things you always wanted to do and didn't.

**Instructor:** Dr. Shellie Gretah Fraddin is a Health Coach, author, speaker specializing in Aging Gracefully Programs, a licensed Zumba Fitness Instructor, and a licensed Massage Therapist.

## A Brief Understanding of the World of College Sports

**Date and Time:** Tuesday, May 7 (10:00 – 12:00 Noon)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Joanne Renn

**Course Description:** Being a female athletic director in a land of males can be interesting from time to time. Joanne will share with us some of her lessons learned in that arena while bringing us up to date on how college sports are organized. There is a lot behind "game days". It can be a lot more enjoyable for the spectator if they can appreciate some of the ins and outs of leagues, recruitment procedures, and who all those coaches "helping" the coach are. Some twists and turns will speak to how the athletic director stays sane with music and outside interests.

**Instructor:** Joanne Renn earned a B.S. in Psychology at ODU on an athletic scholarship and an M.S. in Human Resources Management in Public Administration. She is currently Director of Athletics at Virginia Wesleyan College. Her previous class for ILR on "Hiking Yosemite" was quite a delight and very informative.



## Clash of Empires: The Battle for Gallipoli

**Date and Time:** Wednesday, May 8 (10:00 – 12:00 Noon)  
**Cost:** \$10  
**Meyera Oberndorf Central Library (auditorium)**  
**4100 Va. Beach Blvd., Va. Beach 23452**  
**Mr. P.T. Underwood**

**NEW LOCATION...**

**Course Description:** This course will provide an overview of the World War I Gallipoli Campaign where Great Britain and France fought the Ottoman Empire in a failed attempt to seize Constantinople (Istanbul) and eliminate Turkey as an ally of Imperial Germany. The political and military issues surrounding the campaign will be examined, as well as the actual conduct of the naval and ground operations.

The failure of the campaign resulted in the collapse of the sitting British Government led by Prime Minister H.H. Asquith and the dismissal of the campaign's primary supporter, Winston Churchill, as First Lord of the Admiralty. The campaign is also recognized as a major turning point in the history of both Australia and New Zealand, whose soldiers played a crucial role in the campaign.



**Instructor:** Mr. Underwood received his B.A. from VMI and his M.S. in History from Duke. He has taught history at Annapolis and is currently teaching at the Naval War College in Norfolk.



## **The Jamestown Journey**

**Date and Time:** Thursday May 9 (1:00 to 3:00 pm)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Joseph Filipowski

**Course Description:** An "in depth" two-hour discussion of the driving forces that lead to the departure from England of the Susan Constant, Godspeed and Discovery under the command of Captain Christopher Newport for Virginia. We start with Ferdinand and Isabella's daughter Catherine and her marriage to Henry VIII. Henry's divorce and the creation of the Anglican Church bring about the virtual destruction of the Roman Catholic Church in England and accelerates the Protestant revolt of Luther. We look at Henry's dynastic succession, Edward, Mary and, finally, Elizabeth. Through Elizabeth's successful reign we discuss the forces that bring about the formation of the "Virginia Company" and the early exploration efforts in Virginia and the Chesapeake Bay under the leadership of Captain John Smith.

**Instructor:** Joseph Filipowski was an ODU history major and a psychology minor life-long student. He is well known in local theater and media and is a SAG-eligible character actor. He has performed with the Virginia Beach Symphony as an historical interpreter and worked in a number of major films.



## **The Last Deployment**

**Date and Time:** Monday, May 13 (10:00 – 12:00 Noon)  
**Cost:** \$10  
**Meyera Oberndorf Central Library (auditorium)**  
**4100 Va. Beach Blvd., Va. Beach 23452**  
**Retired Chief Bill Seith**

**NEW LOCATION...**

**Course Description:** A Navy Seal's view of Yemen's military, culture, economy, history, tribal structures, human rights, and religion. As a member of an American Civil Affairs Team for seven months in 2009, Bill Seith traveled from the Red Sea to the Gulf of Aden and north to the capital, Sana.

**Instructor:** After 21 years as a U.S. Navy Seal, Bill Seith retired as Special Operations Chief. He holds a B.S. from Southern Illinois University.

## **Living Wills: Interpretation and Ethical Dilemmas in Clinical Practice**

**Date and Time:** Tuesday, May 14 (1:00 - 3:00 pm)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Anne Lansley, RN, MSN, CHPN

**Course Description:** The focus of this course will be to review the impact of a living will and advance-care planning on clinical practice. A clinical case study will be used to discuss the impact and ethical dilemmas related to the interpretation of an advance directive on patient care.

**Instructor:** Anne Lansley graduated from George Washington University. Her master's degree focused on end-of-life issues. She has 20 years experience working in neurosurgical intensive care and has been involved in organ and tissue donation with Life Net/Health. She is currently with the palliative care team at Sentara Norfolk General Hospital and has been a member of the hospital ethics committee for over 20 years.



## **Not all Retirement Communities are the Same**

**Date and Time:** Thursday, May 16 (10:00 – 12:00 Noon)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Robert Chapin

**Course Description:** This course is a follow-up to a course ILR offered four years ago about choosing a retirement community. This course is an update based on our search and decisions over the last four years. The main topics are: What is a retirement community, why move to a retirement community, what are the financial considerations, and what are the social considerations? The objective of the course is to offer a broad perspective of the possibilities and to help organize the decision process.

**Instructor:** Robert Chapin has 25 years association with a retirement community where five members of his family have lived, five years of personal research in the local area, and personal experience with the decision process and the transition from "our house to our new home."

## Some Cool Histories of Weather Forecasting

Date and Time: Wednesday, May 22 (10:00 – 12:00 Noon)  
Cost: \$10

**Meyera Oberndorf Central Library (auditorium)**  
4100 Va. Beach Blvd., Va. Beach 23452  
Duane Harding, Ph.D.

**NEW LOCATION...**



**Course Description:** Weather forecasting began about 5,000 years before the invention of television. Meet a few of the people from the past. Among them: An ancient Greek who became a (non-petroleum) oil tycoon, invented astronomy, and fell into a well 2500 years before Lassie was born; a librarian who looked down a well to measure the size of the earth; a mischievous monk and blasphemous brother tossed into jail for making rainbows; an iconoclastic 17th century student who disagreed with his iconic teacher--and helped overturn 2,000 years of scientific and religious thought; an 18th century secret super-scientist and feminist, disguised as a mild-mannered French adulteress; and Frankenstein--he wasn't the monster you thought.

**Instructor:** *Duane was born in coastal Maine to be near his mother.* He grew up near Boston and on Cape Cod. He studied at the College of Engineering of the University of Michigan to become an oceanographer, meteorologist, atmospheric physicist, and historian of physical science and religion. As a scientist, he did research projects about the Space Shuttle, thunderstorms, and acid rain. For a year he worked inside Kilauea, the active volcano in Hawaii. He was a tenured associate professor in Kentucky until he was talked into becoming a broadcast meteorologist on television. He is now an expert witness for attorneys, an amateur genealogist, and a Master Gardener, all part-time, and a full-time narcoleptic.



## Abraham Lincoln and His Rise to Greatness - 1862

Date and Time: Thursday, May 23 (10:00 – 12:00 Noon)  
Cost: \$10

**Meyera Oberndorf Central Library (auditorium)**  
4100 Va. Beach Blvd., Va. Beach 23452  
Bob Torgler

**NEW LOCATION...**



**Course Description:** Relive America's most perilous year and the near loss of The Union. On one man, an unschooled frontier lawyer, depended the survival of the country.

**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. Mr. Torgler was a senior docent and lecturer at the Smithsonian Museum of American History and National Archives, specializing in the Revolutionary era.

# What's new in Medicine: The Head and Neck Edition

**Date and Time:** Thursday May 23 (1:00 - 3:00 pm)  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Christine Franzese

**Course Description:** Medicine has been continuously advancing, not just with new medications, but also with different treatment options and surgical techniques. Curious to hear about what's new?

Allergy can make people miserable, but getting stuck by a needle every week or month doesn't sound like a lot of fun either. Sublingual therapy is available for allergies and asthma and can be safely used every day at home. How do they work? What do they taste like? Join us to find out

Sinusitis and sinus pressure headaches plague many people. Until recently this meant surgery in the operating room; now balloon sinuplasty allows patients to get relief in the office.

Come find out more about this exciting technique!

**Robotic surgery:** the DaVinci robot is a new development in the world of surgery and is used in many fields. In the Head and Neck, it's used for robotic thyroid surgery [thyroidectomies] and oral cancer resections. Using the robot in selective cases can greatly decrease hospital stays and recovery time. Come find out more about robotic surgery!

**Instructor:** Dr. Christine Franzese, MD, FAAOA is a general otolaryngologist who specializes in allergy, and is currently an Associate Professor in the Department of Otolaryngology at Eastern Virginia School of Medicine [EVMS].

Dr. Franzese is currently serving as a Member-at-Large on the American Academy of Otolaryngic Allergy [AAOA] Board of Directors. She received her M.D. from SUNY Upstate Medical Center, and completed her residency training at Penn State Milton S. Hershey Medical Center and the University of Mississippi Medical Center. She stayed on as faculty at the University of Mississippi Medical Center for eight years where she was Residency Program Director, as well as Associate Professor.



## Coffee and Conversation

**Date:** Thursday, April 11<sup>th</sup>

**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, but we particularly hope to meet the members who will be at the Higher Ed Center on Thursday, April 11<sup>th</sup> for JoAnn Falletta's class, "**Conducting the Virginia Symphony**". So stop in after class and enjoy a beverage, sandwich, and cookies provided by the ILR, **free of charge**.

The room number will be posted on the TV monitor in the Atrium/Lobby, and on the door of the ILR office. We'll be there from 11:45 . 1:00pm.

**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!**



## *KAYAK TIME 2013*

**WEDNESDAY, MAY 15th 3:00-6:00 TO DINNER**

This will be an “early” sunset dinner paddle. The paddle itself will be about 2½ hours with the new Blue Pete’s as our goal by 6ish. Participants will park their cars at Blue Pete’s by 3:00 and be ferried to the starting point which is the dock behind Surf & Adventure Co at 577 Sandbridge Road. We will be wandering around the Mill Creek Marsh area and northern Back Bay looking for local wildlife and enjoying the pristine settings before heading into Muddy Creek.

We are using a new tour company for this outing. Look up [www.SurfAndAdventure.com](http://www.SurfAndAdventure.com) for more information or visit their store some time when you are out and about in the Hell’s Point Golf or Sandbridge area. A map will be posted on the ILR bulletin board.

Cost for the kayaking adventure will be \$48. Dinner will be on our own at Blue Pete’s. As usual, if you have any questions, please call Judy Schooley at 486-7490. I will also be in touch with everyone in May with any last-minute instructions. Limit: 15



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**Detach this part and send in with your check**

NAME (s) \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

**KAYAK:** Circle one...      **Single**      **Double**



## **RAPPAHANNOCK RIVER CRUISE and INGLESIDE PLANTATION WINERY**

Come join us for a delightful cruise on the Rappahannock River. Enjoy a look at the bald eagle and other water fowl. We will dock and enjoy a tour of the Ingleside Plantation Winery, lunch, wine tasting and shopping.

Ingleside Plantation Winery is one of the oldest and largest wineries in Virginia. The Plantation built in 1834, has served as a boys' school, a Civil War garrison, a courthouse and a dairy. It has served as a winery since 1890.

If you want to bring a snack for the morning, please feel free to do so. Since it takes less than 2 hours to get to Rappahannock, there will not be a restroom stop. Restroom is on board the bus.

**Trip Date: Thursday, June 6, 2013**

**Time:** Leave **Target** (1245 N. Military Highway, Norfolk) **7:15 AM**  
**Look for FUN TOURS bus.**  
Return **7:00 PM**

**Lunch:** A buffet lunch is included.  
If you have any specific dietary needs, please let us know when you sign up for the trip.

**Minimum:** 30 people      **Maximum:** 45 people

**Registration**      Monday, May 6, 2013  
**Deadline:**

**Cost:** \$95.00 per person (includes transportation, cruise, tour, lunch, wine tasting, taxes and gratuities)



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website: [www.oduilr.com](http://www.oduilr.com)

## **ILR TRIP DISCLOSURE FORM**

**NAME OF EVENT: Rappahannock River Cruise**

**SIGN-UP DEADLINE: May 6, 2013**

***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 \_\_\_\_\_

*\*Husband and wife must both sign.*

Rappahannock River Cruise 6.6.13





## Have Lunch at CrAive in the Art Institute

4500 Main Street, Town Center, Virginia Beach, VA 23452

**Tuesday, June 4, 2013      12:00 Noon**



Join us for lunch at CrAive, prepared and served by the students of the International Culinary School. A brief tour of the third floor culinary facility will follow lunch.

ILR members who were on the *waiting list* for lunch at CrAive on August 22 ,2012, will have first consideration for this event.

The Art Institute of Virginia Beach prepares students for careers in design, media arts, culinary arts, and management in creative fields.

CrAive is a teaching dining room that provides culinary students with real-world experience in food preparation and dining room management.

**DATE:** Tuesday June 4, 2013

**TIME:** 12:00 p.m. (noon)

**WHERE:** 4500 Main Street, Suite 100, Town Center, Virginia Beach, VA 23452  
Meet in the main elevator lobby of the Art Institute

**LUNCH:** Our lunch will be a buffet with a variety of food stations. The students choose the menu so we won't know in advance what our choices will be. However, a complete meal will be offered including vegetarian options and beverages.

**RSVP DEADLINE:** Tuesday, May 7, 2013

**MAXIMUM:** 45

**MINIMUM:** 25

**PRICE:** \$15.00 includes taxes and gratuity

**PARKING:** There are two free public parking garages on Town Center Drive, just around the corner from the Art Institute on Main Street: *Cosmopolitan Apartments Parking Garage* and the *Armada Hoffer Tower Parking Garage*.





# 6th Annual ILR Art Show

***April 2 – 30, 2013***

ODU-VB & ILR are presenting the 6th Annual ILR Art Show for the entire month of April in the VB Higher Ed Center Atrium. It's *free and open to the public*.

## **REMINDER...**

### **If you...**

- ... are an ILR member
- ... are an artist (amateur, professional, all mediums)
- ... have an original work or two (returning artists: art work never shown in past shows)

**We encourage you to sign up and exhibit your work! Finish it, Frame it, Enter it!**

Note: examples of works from past shows: batik, oil, pastel, needlepoint, silk painting, watercolor, paper marquetry, pencil, wood, acrylic, mixed media

ENTRY DEADLINE: ***March 15, 2013***

***Opening RECEPTION:*** *Wed., April 3 (4:30 – 6:30 pm)*  
***in the VBHEC Atrium***  
***(free and open to the public)***

**Questions??** Call Daisy Smith at 467-2270, or email: [artsy@macs.net](mailto:artsy@macs.net)  
Entry forms are at the ILR office; or can be emailed to you.



## ***ILR Book Group***



***If you love to read, come join our group!***

The ILR Book Group meets on the 3<sup>rd</sup> Tuesday of each month from 1:00 to about 3:00 pm, in room 210.

### **APRIL**

Fiction: *Canada*, Richard Ford

Non-Fiction: *Catherine the Great*, Robert Massie

### **MAY**

Fiction: *A Good American*, Alex George

Non-Fiction: *Destiny of the Republic*, Candice Millard



## ***Great Books***

The ILR Great Books discussion group welcomes new members for the upcoming 2013-14 year. Starting in September the class will meet approximately two Fridays a month until completion of the class in May.

If you have any questions, or would like to join Great Books, please contact Leo Schutte at (757) 482-1059, or e-mail him at [ingo5@verizon.net](mailto:ingo5@verizon.net).



## Hampton University Historical Walking Tour

Friday, April 12, 2013 10:00 a.m.

*[Raindate: see below]*

The year was 1861. During the American Civil War, Union Major General Benjamin Butler at Fort Monroe issued a decree that escaped slaves reaching Union lines would be “contraband of war” and they would not be returned to bondage. Waves of enslaved people rushed to the fort! A camp was built several miles away to house these newly freed slaves. Mrs. Mary Peake, a free Negro, was asked to provide some education. Her first class with 20 former slaves was held under this beautiful oak tree. That first “school” was the beginning of what is now Hampton University!

Join us for a 1-½ hour walking tour of historical Hampton University. Led by seasoned student guides we will “see” the school evolve before our eyes and have a chance to stand under Emancipation Oak. Our tour will begin in Whipple Barn, one of many buildings built by students in the 1880’s and 1890’s. We’ll also hear and see about the latest developments in today’s University.

Following the walking tour, we will enjoy lunch at the student “cafeteria.” Erase from your mind that picture of your own school cafeteria! This is a wonder of the modern world with food stations scattered throughout the building, preparing fresh entrees of choice before your eyes. After lunch, our guides will take us back to the parking area, or if you choose, to the on campus Art Museum with its many magnificent offerings.

**When:** Friday, April 12, 2013, starting promptly at 10:00 a.m. from Whipple Barn. This walking tour will occur on a clear day and if there is only a light drizzle. If rainfall is more substantial, the tour will be postponed a week to Friday, April 19<sup>th</sup> at the same time. Call Susan Clarke (#395-9394) if you have a question about the weather that day.

**Where:** We will meet at Hampton University. Get on I-64 going west toward Richmond. Take the 2<sup>nd</sup> exit after leaving the Hampton Roads Tunnel or #267. At the end of the exit ramp, turn left onto Settlers Landing Road. Immediately get in the left lane to turn onto E. Tyler Street. At the second light on E. Tyler, is E. Queen Street. Turn left to the 8:00 o’clock position (not the 10:00 o’clock position, which is also a left turn). You will see Whipple Barn on the left and after going through the Security Gate will turn into the parking area for that building. We will meet in the lobby of Whipple Barn. Please make every effort to carpool since parking is limited at Whipple Barn.

**Cost:** \$16 per person, lunch included.

**Deadline for Registration:** Friday, April 5<sup>th</sup>.

## Spring 2013 EVENT CALENDAR

Welcome ILR Friends—Join Us:



**March 19**  
 Tuesday  
 Room 158

***The Girl with the Dragon Tattoo***  
 Book Discussion with Snacks

12:30-2pm



**March 20**  
 Wednesday  
 Lecture Hall 244

**Spring Equinox Violin Concert**  
 Featuring Pavel Ilyashov

7-9 pm



**March 25**  
 Monday  
 Room 221

**ODU Wellness**  
**Wave**  
 4-5 pm

Free  
 Blood Pressure  
 Screening in the  
 Atrium prior  
 to each class



**March 26**  
 Tuesday  
 Lecture Hall 244

**Presenting Comedian**  
**Jen Kober**

4-5 pm



**March 1—27**  
 Atrium

**Larraine Fink's**  
**“Journeys” Art Exhibit**

Closing Reception to be held  
 Wednesday, March 27, 2—3:30 pm