



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

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Virginia Beach, VA 23453
(757) 368-4160 e-mail: oduilr@juno.com

SCHEDULE OF COURSES FOR FALL 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.*

The Socrates Club

Date and Time: Thursday, Oct. 2, 10:00-12:00
Cost: \$10
Location: VBHEC
Instructor: Dr. Roshan Talreja

Course Description: Ask the big questions, become a good thinker, discover the leisure of Life Long Learning. Come to this gathering of public philosophy and move from knowledge to wisdom.

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.



Who was Edgar Cayce?

Date and Time: Monday, Oct. 6, 1:00-3:00
Cost: \$10
Location: VBHEC
Instructor: Beverly George

Course Description: Edgar Cayce (1877-1945) has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century. For more than 40 years of his adult life, Cayce gave 14,306 psychic "readings" to thousands of seekers, while in an unconscious state. In fact, the Cayce material covers an astonishing 10,000 different topics. Learn more about this very gifted man as you explore a sampling of the Cayce information on dreams, health, ESP, and other topics. You will appreciate why millions of intrigued souls from all walks of life visit the world-renown Association for Research and Enlightenment, Inc. (A.R.E.), an official historical landmark, located at the "north end" of the Virginia Beach oceanfront.

Instructor: Beverly A. George is a full-time psychology lecturer for Old Dominion University. As an avid researcher of holistic health and metaphysical subjects for most of her adult life, Beverly first visited the A.R.E. to attend a conference in 1982. For nearly 30 years she has been a popular conference speaker and lecturer at the A.R.E. and is known for her inspirational presentations as she motivates individuals to apply spiritual concepts in everyday life.



All-day class

NRA Refuse To Be A Victim®

Date and Time: Tuesday, Oct. 7, 10:00-12:00 *and* 1:00-3:00
Cost: \$20 (and \$10 at the door for the information booklet)
Location: VBHEC
Instructor: Brian R Hirschler

Course Description: *Millions of Violent and Property Crimes Committed Annually*

Safety experts agree the single most important step toward ensuring your personal safety is making the conscious decision to Refuse To Be A Victim®. You stand a much better chance of preventing criminal attack if you develop a safety plan before you need it. That is why the Refuse To Be A Victim® crime prevention seminar was developed. It is a program of the National Rifle Association.

The seminar teaches easytounderstand methods you can use to increase awareness and prevent criminal confrontation. In just four hours, you will get the tools you need to develop your own personal safety strategy, including information about: The Psychology of the Criminal Mind, Home & Phone Security, Automobile & Travel Security, Personal & Technological Security, SelfDefense Devices and Training Options. And More!

CLASS IS LIMITED TO 20...SO SIGN UP EARLY. TO RECEIVE YOUR CERTIFICATE, YOU MUST PAY, AND ATTEND, BOTH CLASSES. YOU MUST PAY \$10 FOR THE *BOOKLET OF INFORMATION*, AT THE DOOR, BY CHECK OR CASH.

Instructor: Brian Hirschler is a Lifetime member of the NRA, President of Norfolk County Rifle Range, an NRA Training Counselor certified to train Instructors and students in the many different firearm disciplines such as: Pistol, Rifle, Shotgun, Personal Protection Inside Home, Personal Protection Outside the Home, Home Firearm Safety Instructor, Metallic Cartridge Reloading, Shotgun Shell Reloading and Range Safety Officers.

He is an NRA Chief Range Safety Officer, International Defense Pistol Association (IDPA) Safety Officer, International Association of Law Enforcement Firearms Instructor (IALEFI) Member, Rylin Tactical Instructor, Refuse To Be A Victim® Instructor and Refuse To Be A Victim® Regional Counselor.



Historic Buildings in the Shadow of MacArthur Mall – A Walking Tour

Date and Time: Monday, Oct. 13, 10:00-12:00

Cost: \$10

Location: St. Paul's Episcopal Church, the Willoughby-Baylor House
and the Moses Myers House

Instructor: Gray Puryear

Course Description: Join Chrysler Museum docent Gray Puryear for a walking tour of historic buildings in a two-block area that wraps around the east and north sides of the MacArthur Mall in Norfolk and learn about Norfolk's fascinating early history. The tour begins at St. Paul's Episcopal Church, built in 1739 and the only structure remaining from Norfolk's colonial past, proceeds to the Willoughby-Baylor House, built in 1794, and concludes with an extensive tour inside the Moses Myers House, built in 1795 and the home of the first permanent Jewish residents of Norfolk. *(Note: There will be no tour inside the first two buildings.)*

Due to space limitation inside the Moses Myers House, the walking tour is available only to the first 20 persons to sign up.

Parking Instructions: It is recommended that you park in MacArthur Mall on the side (Nordstrom's) facing St. Paul's Blvd. When you exit the parking area on foot on that side, St. Paul's Episcopal Church will be in front of you on the right. Mr. Puryear will be waiting for you there. The parking fee should be \$1 upon exit.

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 in his eighth year as a museum docent and is putting his history degree to good use.

Power Generation

Date and Time: Tuesday, Oct. 14, 10:00-12:00

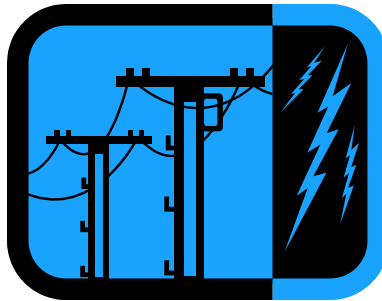
Cost: \$10

Location: VBHEC

Instructor: Dr. Bill Murray

Course Description: Solar, natural gas fired, hydro, nuclear and wind power have all been mentioned as possibilities for generating electricity in Virginia. In this class our expert will explain how utilities plan for new generation, the advantages and disadvantages of different generation sources, and the role of energy efficiency and distributed generation.

Instructor: Dr. Bill Murray is Managing Director of Public Policy for Dominion Power Company since 2007. Prior to that he was legislative director for Governors Warner and Kaine, vice president for policy at the Virginia Hospital and Healthcare Association and a senior staff member with the Virginia General Assembly. He is also an adjunct professor at the Medical College of Virginia. Dr. Murray earned his bachelors degree from the University of Virginia and his Ph.D. in public policy from Virginia Tech.



The Cyclic Rise and Fall of Chinese Dynasties

Date and Time: Wednesday, Oct. 15, 1:00-3:00

Cost: \$10

Location: VBHEC

Instructor: Dr. Ping Tcheng

Course Description: A brief look at the history of China and its people. Why does this cyclic change occur? Also a discussion of the turbulent transitions.

Instructor: Dr. Tcheng has a Ph. D. from the University of Virginia and is now a retired professor from ODU and a retired engineer from NASA.



Evolution of Homo Sapiens

Date and Times: Tuesday, Oct. 21, 10:00-12:00 (Pt. 1)

Tuesday, Oct. 28, 10:00-12:00 (Pt. 2)

Cost: \$10 each

Location: VBHEC

Instructor: Walt Brown

Course Description: What is the most interesting topic for a lecture? You, of course! Genetics and logic suggest that about 6-7 million years ago, an ape-like creature gave birth to several children. Two of these were female. The descendents of one slowly evolved into our modern chimpanzee and bonobos. The other daughter produced---you! While the story of how you came to be is far from complete, its general outlines are fairly well accepted by scientists who study the archaeological and anthropological evidence. Come learn about the few fossils and the bits of genetic material that are used to support the theory that human beings (Homo sapiens) evolved from a common ancestor with the modern chimpanzee, and how we came to be the earth's dominant species.

Instructor: Walt Brown has been a member of ILR from (almost) its beginnings. He has served as a member of the Curriculum Committee and as Treasurer. He and his wife, Jane, have presented many programs to our group on topics that have ranged from travelogues to genetics. Walt's work career was in the field of science education. He holds degrees from the University of Oklahoma and The Ohio State University.

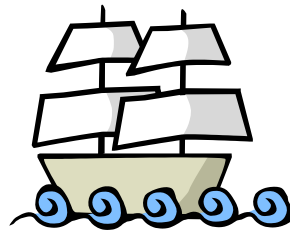


Understanding Opera: *H.M.S. Pinafore*

Date and Time: Wednesday, Oct. 22, 1:00-3:00
Cost: \$10
Location: VBHEC
Instructor: Glenn Winters

Course Description: This class will prepare students for the second production of Virginia Opera's 2014-2015 season: Gilbert and Sullivan's classic *H.M.S. Pinafore*. Complete musical and dramatic analysis is provided, illustrated with audio and video excerpts. Recommended for opera aficionados and beginners alike.

Instructor: Dr. Winters joined Virginia Opera in 2004 as Community Outreach Musical Director. He received his PH.D. in Music from Northwestern University and also holds graduate degrees in piano performance from Indiana University. His background includes teaching college-level piano, arts administration, and extensive performing experience as pianist, accompanist, and singing (operatic baritone). His classes are always a delight.



Technology Update

Date and Time: Thursday, Oct. 23, 10:00-12:00

Cost: \$10

Location: VBHEC

Instructor: Gigi Badawi

Course Description: The first lecture on the "technological advances for beginners" was such a success that now is the time for another update. Learn about Twitter, Shutterfly, and what is meant by "the cloud" on your cell phone or IPAD or Kindle. And one of the most exciting programs are the opportunities on MOOC... (Massive open online course) such as Coursera. These online courses are yours for just signing up, letting you take classes from UVA, Duke, Univ. of Michigan, Brown, Princeton. all for FREE! Also, you will have an opportunity to find out about the latest technological advances that you have always wondered about.

Instructor: Gigi Badawi is currently the Assistant Director of Information Technology with the Chesapeake School System. She graduated from ODU and also received her masters degree there as well. After having taught both French and Mathematics in high school, she become certified in Informational Technology and is currently responsible for many of the challenging aspects of the program for the Chesapeake Schools. Ms Badawi is also a world traveler when she has the time, which isn't often.



A Historic Journey to the Panama Canal

Date and Time: Wednesday, Oct. 29, 1:00-3:00
Cost: \$10
Location: VBHEC
Instructor: Devorah Ben-David Elstein

Course Description: “2014 marks the 100th anniversary of the Panama Canal; one of the world’s most important waterways. By linking the Atlantic and Pacific coasts, this impressive feat of 20th century engineering continues to provide merchants the opportunity to ship their goods cost-effectively today.

The majority of our classroom journey will focus on the riveting and often disturbing (in terms of worker conditions and mortality rates) history of the building of the Panama Canal. Having recently returned from the Panama Canal, I will also share my impressions (enhanced by video) of what it’s like to cruise (for nine hours one-way) through the three massive canal locks.

Expansion of the Panama Canal is currently underway and is slated to be completed this year. I will conclude my talk by comparing the two project components and how gifted engineers are striving to design a sister canal that meets the needs of shipping today.”

Instructor: Devorah Ben-David Elstein is a freelance journalist and luxury travel writer for publications across North America and Asia. But she first cut her journalistic baby teeth as a special correspondent for the *Charlotte Observer*, covering the latest culinary trends in historic Charleston, SC. When she relocated to Virginia, she introduced international travel to the *Richmond Times-Dispatch* and also had a weekly travel talk radio show with a reach of over 800,000 listeners. In 2008, she moved to Sandbridge Beach and added the *Virginian-Pilot* to her writing portfolio. Devorah, who married Dr. Morris Elstein, has journeyed to every continent on earth and has traveled the globe 33 times.



Antiques-Real or Fake

Date and Time: Thursday, Oct. 30, 10:00-12:00

Cost: \$10

Location: VBHEC

Instructor: Meyer Chovitz

Course Description: Antiques are a mystery to many of us. What makes one item so precious and another item ho hum? Are there things we can be aware of about an antique before an appraisal? Do the words "made in China" on the back or bottom raise a question about authenticity? What are the positives and negatives of auctions for the average antique buyer? Enjoying antiques just for what they are and what they represent without the price tag should also be a part of the picture. Your great grandmother's sofa, glass ware, silver etc. do not have to be valued for cash but can be valued as family treasures that you now have more knowledge of because of a good appraisal. Mr. Chovitz's class can start you along whatever path you chose for those special items.

Instructor: Meyer Chovitz is a lifelong resident of Tidewater with 50 years experience in dealing with tangible personal property. He often says, "I am older than many of the items that I am asked to appraise." Having a background as a frustrated drama student was always a big plus to being an auctioneer for 40 years. He was manager of probably the most prestigious auction house in Tidewater - Hoffman Galleries - and also opened and owned Premier Antiques & Auctions for 20 years. Some of his clients include: The National Trust for Historic Preservation, The Internal Revenue Service, the U.S. Navy, attorneys, bank trust departments, the Norfolk Naval Museum, historical homes, the Heritage and the Waterman's Museum. Meyer has lectured for different groups throughout the area and has been an advisor for a national show about antiques. Everyone...be on your toes. He may give a quiz on antiques and appraising. Beware!!!

The Protestant Reformation

and the Art of Hals, Rembrandt and Vermeer



Date and Time: Monday, Nov. 3, 10:00-12:00
Cost: \$10
Location: VBHEC
Instructor: Leonette Adler

Course Description: The Protestant Reformation of the 16th Century ushered in a new artistic era. Instead of religious and historical themes, the paintings done by the Dutch masters centered on human subjects and everyday subjects. Hals, Rembrandt and Vermeer were the great realistic painters of this era. Skillfully using light and shadows, their artwork is illuminated by sunlight and harmony of colors.

Instructor: Leonette Adler is an award-winning local artist whose art work has been shown in numerous museums and art galleries on the East Coast. Leonette taught at the Chrysler Museum Art School for five years and at Norfolk Academy for 25 years. A member of ILR, she has presented many popular art history lectures for ILR and lectures for the Tidewater Antiques and Arts Association.



Operation Ocean Shield: Fighting Piracy in the 21st Century

Date and Time: Tuesday, Nov. 4, 10:00-12:00
Cost: \$10
Location: VBHEC
Instructor: Capt. Jorge Nobre de Sousa

Course Description: What does piracy look like in the 21st Century and how are we counteracting it? In this class we will learn about the assignment of the Portuguese Navy's Frigate *Alvares Cabral* under the NATO Flag and the operation "Ocean Shield" fighting piracy in the Indian Ocean in 2009.

Instructor: Capt. Jorge Nobre de Sousa is currently the Branch Head of Operational Command and Control at the NATO Headquarters, SACT in Norfolk. Since joining the Portuguese Navy in 1981 he has had a distinguished career both at sea and on shore. He has been awarded the Military Order of Aviz, Distinguished Services Military Merit, Naval Cross and Exemplary Conduct national medals. Additionally he was awarded NATO and WEU medals.



The Battle of Fredericksburg and the War of Public Opinion in the American Civil War

Date and Time: Wednesday, Nov. 5, 10:00-12:00

Cost: \$10

Location: VBHEC

Instructor: Jared Setnar

Course Description: In any war the morale of the home front is crucial; this was especially true in the American Civil War. In December of 1862 the Union and Confederate troops clashed outside of Fredericksburg, Virginia resulting in a Confederate victory. The military tactics used on both sides, as well as how news of the battle was received on either side of the Mason-Dixon Line are what makes this clash between Union and Confederate armies an important chapter in the American Civil War

Instructor: Jared Setnar teaches history at Chesapeake Bay Academy where he is also Director of the Upper School. He has a Bachelor of Science in History from Virginia Wesleyan College and his Master's degree is in European History.



Winston Churchill

Date and Time: Thursday, Nov. 6, 10:00-12:00
Cost: \$10
Location: Virginia Beach Central Library
Instructor: Robert Torgler

Course Description: Historians generally agree that Winston Churchill was the greatest leader of the century. Follow his life from a lonely childhood through wartime heroics to Parliamentary leadership roles and his role as the singular force-fighting world Fascism. His towering strength, soaring prose and oratorical genius were awesome. We will view his life in two parts—from his youth and ascendancy as Prime Minister and from his leadership role that personified the “never surrender” ethos that helped win World War II.

Instructor: Robert Torgler attended the College of William and Mary and 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.



Victorian Memorial Art & Mourning Customs

Date and Time: Monday, Nov. 10, 10:00-12:00

Cost: \$10

Location: VBHEC

Instructor: Bobette Nelson

Course Description: Never have the rituals and customs of mourning been as detailed and rigid as they were in the Victorian era and they included such things as dress, social behavior and photography. We will learn about Victorian mourning customs and juxtapose those with today's burial practices. The Elmwood Cemetery, est. 1853 in Norfolk provides examples of Victorian memorial art as well as the symbolism often featured. If time permits we will discuss conservation practices and the challenges and rewards faced by those doing this work.

Instructor: Bobette Nelson is Executive Director of the Norfolk Society for Cemetery Conservation. She has served as the Cultural Resource Manager for the Norfolk Bureau of Cemeteries. She holds Bachelor's Degrees in Anthropology, History and Philosophy from the University of West Florida and her Master's Degree in Public Administration from Old Dominion University.



United States and Latin American Relations

Date and Time: Wednesday, Nov. 12, 10:00-12:00

Cost: \$10

Location: VBHEC

Instructor: Dr. Francis Adams

Course Description: The United States has a long and often contentious relationship with the nations of Latin America. This session examines the history of U.S. - Latin American relations from the early nineteenth century to the contemporary era. Focus is also placed on the central opportunities and challenges that impact U.S. - Latin American relations today, including economic ties, narcotics trafficking, and immigration.

Instructor: Francis Adams is a Professor of Political Science. Dr. Adams completed his Bachelor's degree in International Studies at St. Thomas College (St. Paul, Minnesota), his Master's degree in International Development at Syracuse University, and his doctorate in Government at Cornell University. Since joining the ODU faculty in 1995, Dr. Adams has served as Director of the undergraduate International Studies program, Associate and Acting Director of the Graduate Program in International Studies, and Chair of the Department of Political Science and Geography. His teaching and research areas include: international political economy, international development, globalization, and Latin American politics.



Coffee and Conversation

Date: **Wednesday, Nov. 12, 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 “**U.S.-Latin American Relations**” class. Stop in after class and enjoy a beverage, sandwich, and cookies provided by 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!

A Gathering at Concord

Date and Time: **Thursday, Nov. 13, 10:00 – 12:00 (Pt. 1)**

Tuesday, Nov. 18, 10:00-12:00 (Pt. 2)

Cost: **\$20**

Location: **VBHEC**

Instructor: **Stuart Gordon**

Course Description: The first half of the 1800's in Concord, Massachusetts was a time when a group of writers came together to produce a flowering of American literature. We will attend a gathering of Thoreau, Emerson, Melville, Hawthorne, Alcott, Fuller and others to look at their lives, writings and interaction with each other.

Instructor: **Stuart Gordon attended Brooklyn College and Law School. He is a retired attorney who has given numerous lectures at ILR.**



The Socrates Club

Date and Time: Monday, Nov. 17, 10:00 -12:00
Cost: \$10
Location: VBHEC
Instructor: Roshan Talreja

Course Description: Let us think the unthinkable, imagine the impossible, discuss the improbable, engage in soul searching and let us “do” philosophy.

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 the American Medical Association and the American Philosophical Association. He enjoys public philosophy where east meet west...science meets spirituality... knowledge meets wisdom.



Book Learning

Date and Time: Thursday, Nov. 20, 10:00-12:00
Cost: \$10
Location: VBHEC
Instructor: Bob Gilson

Course Description: Our presenter has spent the past three years helping dispose of library donations that are antique, collectable or unusual. He will focus on how to determine if that old or even new book on your bookshelf has any value. We'll hear about first editions, first printings, ISBN numbers, condition, scribbling on the pages and other factors which affect the worth of great Aunt Sally's 1903 copy of *Rebecca of Sunnybrook Farms*. You may bring a book with you and Bob will help you find which dealers on line are asking for the same book in the same condition. He will also have information on how you may join the Friends of the Virginia Beach Public Library to encourage the love of books among people of all ages.

Instructor: Bob Gilson retired from the National Transportation Safety Board in 2001. He was first director of the NTSB Academy in addition to being the Agency's Chief of Labor and Employee Relations. The author or co-author of eight books for federal managers, Bob is a regular contributor to Fedsmith.com, a news site focusing on Federal employment issues. Bob also works as a consultant to a number of Federal Agencies. He is currently serving as chief negotiator for the National Capital Region, National Park Service and the Pension Benefit Guaranty Corporation in contract bargaining with the unions representing their workforces. Bob is a graduate of St. Joseph's University in Philadelphia.



GPS—There are New Stars in the Sky!

Date and Time: Tuesday, Nov. 25, 10:00-12:00

Cost: \$10

Location: VBHEC

Instructor: Commander Luis Monteiro, Portuguese Navy

Course Description: The U.S. Global Positioning System (GPS) is an amazing system that provides real-time positioning and navigation with an accuracy never experienced before. This course will cover the history of the system, its constitution and functioning principles, as well as the most updated and ingenious applications of GPS.

Instructor: Commander Sardinha Monteiro has been in the Portuguese Navy since 1991. His Masters Degree is in Navigation Technology and his Ph.D. is in Engineering Surveying and Space Geodesy. His work has been recognized with numerous awards. Commander Monteiro served as Commanding Officer of *Sagres* from 2011-2013 and is currently serving with the NATO Allied Command Transformation in Norfolk.



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.



KAYAK ADVENTURE

Friday, October 3, 2014

BACK BAY CREEK LOOP

We will park at the Horn Point small boat launch area in Back Bay National Wildlife Refuge. This is located south of Pungo. Take a right on Muddy Creek and then another right on Horn Point Road. Parking is limited to 9 regular spaces and two handicapped, so we will need to coordinate a bit of carpooling. The kayak route has lots of wildlife viewing and very little power boat traffic. For a map and assorted write ups Google Back Bay National Wildlife Refuge and then the Horn Point put in (It is #7 on their map). It does have restrooms! Also look at the WildRiver Outfitters site for more information.

Actual paddle will begin at 10:00; be there at 9:45

Duration on the water: 3 hours

Cost: \$50

Participants: Minimum 15 / Maximum 20

Email Judy Schooley judyschooley@cox.net with any questions or concerns. She will contact everyone who is going, a week in advance, to confirm.



Detach this part and send in with your check

NAME (s) _____

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EMAIL _____ PHONE

KAYAK: *Circle one...* Single / Double
with _____



ILR Book Group

If you love to read, come join our group!



The ILR Book Group meets on the 3rd Tuesday of each month from 1:00 to about 3:00 pm, room to be announced.

SEPTEMBER

Fiction: ***Paris: The Novel*** by Edward Rutherford

Non-Fiction: ***The Death of Santini*** by Pat Conroy

OCTOBER

Fiction: ***Ape House*** by Sara Gruen

Non-Fiction: ***The Presidents Club*** by Nancy Gibbs



OKTOBERFEST

Friday, October 17, 2014

***O'Connor Brewing Co.
211 W. 24th Street, Norfolk***

Calling craft beer aficionados and those wannabes to join fellow ILR members for a private tour, tasting and buffet lunch at O'Connor Brewing Co. O'Connor is locally owned by Norfolk native son, Kevin O'Connor. This craft beer brewery began in the summer of 2009 in Kevin's backyard. The operation subsequently moved to its first Norfolk location. As the brewing operation grew, it was time to move again in May 2014 to a larger location – a former furniture warehouse. O'Connor brews several beers regularly as well as limited releases and unique seasonals. We will have our own private tour, followed by a 4-beer tasting flight and delicious buffet lunch. The atmosphere is casual, fun and unpretentious.

<i>DATE:</i>	<i>Friday, October 17, 2014</i>
<i>TIME:</i>	<i>11:00 A.M. – tour begins (Please wear comfortable shoes.)</i>
<i>COST:</i>	<i>\$ 26.00 (Incl. tour, beer tasting, buffet lunch, tax & gratuity)</i>
<i>DEADLINE:</i>	<i>October 8, 2014</i>
<i>MAXIMUM:</i>	<i>36</i>
<i>LOCATION:</i>	<i>O'Connor Brewing Co., 211 W. 24th Street, Norfolk (Between Llewellyn & Granby Street)</i>
<i>PARKING:</i>	<i>On-site parking and on-street parking. (Suggest carpooling.)</i>

DRIVING DIRECTIONS: *From Virginia Beach, travel Waterside Drive. It becomes Boush St. Continue straight and it becomes Llewellyn Ave. Turn right onto 24th St. - 211 W. 24th St. is on right*



*in middle of block.
An ILR Social Committee Event*



BRUCE MUNRO

“FIELD OF LIGHT”

EXHIBIT AT THE HERMITAGE MUSEUM & GARDENS

Can you imagine a more perfect setting?
The Hermitage Museum and Gardens is

a local and national treasure unto itself. Beginning this October through January 10th, its magnificent gardens are being transformed to accommodate an eight-piece sculpture exhibition by internationally acclaimed British artist, Bruce Munro. These are large scale, light-based installations placed along the walkway in the gardens, forest and along the shoreline of the Lafayette River at the Hermitage.

This is Munro's fourth USA exhibit, including one at Longwood Gardens in PA. Popular pieces inspired by shared human experience include *Field of Light*, shown above. The museum, also open, will house a permanent Munro installation. You can view the exhibit and the museum at your own pace. Docents will be at all stops.

When: Friday, November 7, 2014 at 4:40 p.m. Although we hope for clear weather, this event will be held, barring a nor'easter or hurricane.

Cost: \$20.00 per person. Trucks on premises will sell food & beverages (wine, beer, soft drinks). Members of the Hermitage Museum may prefer to order discounted tickets online for this same day.

Deadline for Registration and Payment: Friday, October 17, 2014. There can be no refund after this date because tickets will then be purchased from the Hermitage.

Where to meet and park: The light installation is on the grounds so there is no parking at the Hermitage. Instead, park at **the Second Presbyterian Church**, 7305 Hampton Blvd, Norfolk, VA 23505 and take a free shuttle bus to the nearby Museum. Tickets will be distributed outside the bus. Look for the ILR sign.

Directions to the Church: From Little Creek Road and Hampton Blvd, continue along the Blvd. toward downtown Norfolk (337W). Just past a couple of blocks of homes will be the Church on the right-hand side of Hampton Blvd.

An ILR Social Committee Event

HOLIDAY FESTIVAL OF LIGHTS at

LEWIS GINTER GARDENS

Our Holiday Event this year is the beautiful Lewis Ginter Gardens Festival of Lights on **Tuesday, December 9, 2014.**

These gardens have received an award by the Travel Channel as one of the top 12 Botanical Gardens in the US.

After our arrival you will have free time to wander the Conservatory with the train display, 100-foot decorated tree, lights and more lights with this year's theme of bicycles and more bicycles, as well as the gardens itself. Don't forget the gift shop for any last minute items. It is truly wonderful in there.

Our dinner seating is at 7:30 pm and will be a buffet of:

Roast Pork Loin with Cranberry Conserve

Seafood Newburg over Puff Pastry

Green Bean Bake

Spinach Salad with Apples, Peanuts & Sweet & Sour Vinaigrette

Cider Pilaf

Orange Glaze Carrots

White and Wheat Rolls

Carrot Cake & Pecan Pie

Iced Tea & Coffee

Wine will be an additional expense and may be purchased individually by each person.

Travel Date: Tuesday, December 9, 2014

Cost: \$58 per person, includes transportation, dinner, tips & gratuities

Deadline: October 30, 2014

Minimum: 45 - Maximum 50

Cancellation: November 18, 2014

Depart: Target, Military Highway, Norfolk at 3:30 pm

Return: 11:00 pm Estimated

There is walking and, of course, December conditions, so dress appropriately. The walking will be your choice of how much you wish to see as our tours will be self- guided.



Please sign and return this portion to the ILR as soon as possible, along with the Disclosure form, and your payment, to reserve your space. If you have any questions contact DeeDee Rockefeller at 471-3661, do not call ILR office as they will not have the answers.

Name_____

No._____

Phone

Name_____

No._____

Phone



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: _____



FALL 2014 CLASS REGISTRATION

LOCATIO N	DATE	TIME	OCTOBER	NAME(s) of Registrant s	COS T	TOTAL S
VBHEC	2 (Thur)	10 am	The Socrates Club		\$ 10.	
Pungo area	3 (Fri)	10 am	<i>Kayak Adventure</i> (Be there by 9:45am....Min: 15, Max: 20)		50.	
VBHEC	6 (Mon)	1 pm	Who Was Edgar Cayce?		10.	
VBHEC	7 (Tues)	10 am 1 pm	NRA Refuse to Be a Victim NRA Refuse to Be a Victim (Note: Bring an additional \$10 for the NRA booklet) (Max:20)		20.	
St. Paul's Church	13 (Mon)	10 am	Walking Tour - Historic Bldgs. by MacArthur Mall (Max: 20)		10.	
VBHEC	14 (Tues)	10 am	Power Generation		10.	
VBHEC	15 (Wed)	1 pm	Chinese Dynasties		10.	

Norfolk	17 (Fri)	11 am	<i>Oktoberfest - O'Connor Brewing Co.</i> (Sign-up deadline Oct. 8/ Max:36)		26.	
VBHEC	21 (Tues)	10 am	Evolution of Homo Sapiens		10.	
VBHEC	22 (Wed)	1 pm	Opera: <i>H.M.S. Pinafore</i>		10.	
VBHEC	23 (Thur)	10 am	Technology Update		10.	
VBHEC	28 (Tues)	10 am	Evolution of Homo Sapiens		10.	
VBHEC	29 (Wed)	1 pm	Panama Canal		10.	
VBHEC	30 (Thur)	10 am	Antiques - Real or Fake		10.	
			NOVEMBER			
VBHEC	3 (Mon)	10 am	Protestant Reformation		10.	
VBHEC	4 (Tues)	10 am	Fighting Piracy in the 21		10.	
VBHEC	5 (Wed)	10 am	Battle of Fredericksburg		10.	
				TOTAL		

VBHEC ... Va.Beach Higher Ed Center

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

LOCATION	DATE	TIME	NOVEMBER (cont'd)	NAME(s) of Registrants	COST	TOTALS
CLA-VB	6 (Thur)	10 am	Winston Churchill		10.	
Hermitage	7 (Fri)	4:45 p	The Hermitage Museum & Gardens (Sign-up deadline: Oct. 17)		20.	

VBHEC	10 (Mon)	10 am	Victorian Customs		10.	
VBHEC	12 (Wed)	10 am	U.S. & Latin American Relations		10.	
VBHEC	12 (Wed)	11:45-1:00p	Coffee & Conversation		FREE	
VBHEC	13 (Thur)	10 am	A Gathering at Concord		10.	
VBHEC	17 (Mon)	10 am	The Socrates Club		10.	
VBHEC	18 (Tues)	10 am	A Gathering at Concord		10.	
VBHEC	20 (Thur)	10 am	Book Learning		10.	
VBHEC	25 (Tues)	10 am	GPS - New Stars in the Sky		10.	
			DECEMBER			
Meet @ Target in Norfolk	9 (Tues)	3:30 p	Holiday Festival of Lights Lewis Ginter Gardens, Richmond <i>(Sign-up deadline: Oct. 30. Min: 45, Max: 50/ Cancellation: 11/18)</i>		58.	
tba. ..	16 (Tues)	12:30-4:30p	Salvation Army Christmas Depot Volunteering	----- -----		
	17 (Wed)					
			If a lavender Membership Renewal form is enclosed, oops!....you haven't yet renewed. To do so, simply send in the form with payment. ----- [NOTE: you can use <u>one</u> check for all payments]		\$15 / person	

(this page)	Total
(front page)	Total
Total	
voucher total –	<i>(If using VOUCHERS, please include with your payment)</i> Subtract
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