



President's Corner

C L A S S N O T E S

The ILR operates primarily as a volunteer organization and we can take pride in the fact that many of our members step beyond ILR to offer their services as "volunteers" in the community. One of the organizations we support every year is the Salvation Army. Other opportunities include serving as a docent at one of the many museums, galleries, and places of historical interests in the Hampton Roads area. Mentoring students in local schools extends the "learning" part of our mission. The good news is that our members often gain more than they give because of the mental and social stimulation. I encourage each of you to keep alert for such opportunities.

~~ Dave Patterson

Upcoming Annual Meeting

Once a year we gather together to celebrate our achievements, elect Officers, and transact such other business that is properly brought before the meeting and luncheon. We will do all this on **Friday, March 30th** starting at 11:30 a.m. at Westminster-Canterbury, 3100 Shore Drive, Virginia Beach. Due to limited visitor parking carpooling is encouraged. Valet parking at \$7 per car available if desired.

We will honor our special guests, those that contribute so much to our successes, the Officers, the past presidents, and our dedicated volunteers. This is a grand time to meet new and old friends. I hope you will come.

~~Robert Chapin

Upcoming Events

Mar. 17 - St. Patrick's Day

Mar. 20 - 1st day of Spring

Mar. 30 - Annual Meeting

Apr. 7 - Passover

Apr. 8 - Easter

Apr. 22 - Earth Day

May 13 - Mother's Day

May 28 - Memorial Day

Important:

Report address changes to the ILR office as soon as possible of a new email address or change in mailing address to help keep our records up-to-date.

An Amendment to the Bylaws

Board Members 2011-2012:

President, Dave Patterson
Vice President, Mike McGraw
Secretary, Mary Delaney
Treasurer, Dave Jackson
Historian, Dale Harrell
Past President, Robert Chapin
At-large Board Members:
Sandy Barczak
John Ingram

Committee Chairs:

Curriculum:
Anne Blanchard
Judy Schooley
Membership:
Dorothy Wolfred
Nominating:
Vacant
Social:
Susan Clarke
Carol Smythers
Travel:
DeeDee Rockefeller
Volunteer:
Trude Englund
Administrator:
Theo Rozdilsky
Interim Newsletter Editor:
Sandy Barczak

You will have an opportunity to vote on a change to the Bylaws if you attend the Annual Meeting on Friday, March 30th. (Please see the accompanying article.) The Board of Directors will propose an amendment to the ILR Bylaws that will create a new standing committee: The Communications and Technology Committee. By the time you see this, you should have a letter about the Annual Meeting that includes the wording of the amendment.

Presuming that the amendment is passed, the new committee is expected to address a number of issues that have become increasing concerns to the Board over the last few months. One concern is the perceived need to improve member access to the Board and to increase awareness among ILR members of the questions and choices facing the Board. Another concern is how ILR can take advantage of the avalanche of technology to increase its efficiency, lower its costs, and improve its services to members. A third concern is ILR's vulnerability to the complexities of its present technology and how we can keep it up and running and protect ourselves from the inevitable failures. A fourth concern of the Board is to facilitate communications between members, increase public awareness of ILR, and to add value to ILR membership for its members.

The advantages of forming a seventh standing committee are that it gives these issues a permanent voice on the Board. The chair or co-chairs would be ex-officio members of the Board of Directors. The Chair(s) would have the authority, as limited by the Board, to engage technical support and spend the budget allocated to the Committee on its responsibilities. It is envisioned that the Editor of this newsletter and the Webmaster would be members of the committee. Passage of the amendment would increase the number of votes on the Board from 14 to 15.

The Bylaws are ILR's "Constitution." The Bylaws establish principles of governance and the responsibilities and authorities of the Board, the Officers, Members-at-Large, the Committees, and the Committee chairs. The Bylaws can only be changed by a two-thirds majority of the members attending the annual meeting or a special meeting of membership called by the Board, thus the reason for bringing up the amendment at this time. Currently, communications issues are being addressed by the Communications Working Group (CWG) made up largely of Board members. It is planned to replace the CWG with the Communications and Technology Committee and find replacements for the Board members who are already doing double duty on the CWG.

~~Robert Chapin



Humor Corner

You've reached middle age when all you exercise is caution.

~~ Unknown

Social Committee Event:

Ride the Tide and Sail the American Rover - Friday, April 27

Travel Committee Trip:

Marines to Millionaires - Tuesday, June 26

World Quest — Just Up the Street!!

How's your general knowledge? What do you know about Europe? Have you been to Africa? What's going on with the oceans? We members of the ILR are alert to what is going on around us, and, between us all, we know a little about a lot, and some of us know a great deal about a particular subject. All this means is that we are capable of fielding a very good team to compete in the annual World Quest competition, organized by the World Affairs Council. This is an event wherein teams of eight from universities, commerce, organizations and high schools answer questions relating to current affairs, geography and general knowledge etc., all preceded by a good dinner, a

raffle, open bar and general jollity.

We have entered several times in the past - in 2007 we fielded two teams, the Aces and the Trumps. We never won, but neither did we disgrace ourselves. As we have the numbers and the talent, I propose that we consider entering again, the next session is November of this year. We welcome past participants who would like to "have another go" and everyone else interested, please call me (461-6382) or email me to learn more: ianpgoodwin@gmail.com.

~~Ian Goodwin

An Afternoon Visit to Snow and Ice



On February 2, about 75 members of ILR had a wonderful experience visiting the Antarctic and Arctic areas of Earth. Mr. Lukei's pictures and commentary made the whole area come alive and had many folks talking about possible travel in those directions in the next couple of years. The course write up gives the bare bones of where we all "went": Patagonia, Greenland, the Falkland Islands, Canada, South Georgia, the North Pole, and of course the Antarctic Peninsula. Mr. Reese Lukei took thousands of photos and we got to see the cream of the crop. His descriptions of the daily life on

the actual excursions for the traveler really made us want to get on one of those rubber rafts and go ashore as well.

Did you know that the Russian Ice Breakers in the Arctic do take tourists and that these ships use nuclear power? Do you have any idea the number of types of penguins there are? Did you know that Churchill Manitoba actually has a Polar Bear Jail? Where can you find flowers, the Arctic or the Antarctic?

It would be interesting to do a poll about three years from now to see how many ILR "students" from this class actually make the trek.

~~Judy Schooley

The Hidden Treasures of Italy



On January 23, about 40 of our members were whisked away to an Italian Holiday with Professor Patti Edwards while she displayed photos from recent trips to Italy. The class visited many hidden treasures from an artist's perspective such as breathtaking pictures of the countryside, beautiful flowers, architectural elements, and local shopping and cuisine.

The trip included Venice Biennial (an art show) and the tombs of Ancient Tarquinia as well as local and quaint towns you wouldn't find listed on one of the Internet websites. Many of the class participants had visited Italy and shared their knowledge of some of the highlights including homes made from mud.

Our class ended with a taste of Italy as Mrs. Edwards distributed Italian ice for all to enjoy. Magnifico! Arrivederci!

~~Sandy Barczak

Breaking News

24/7 Wall St. writers ranked VA Beach 2nd on "10 best cities for raising a family" list and also the "best-run city in America."



Buy Fresh, Buy Local

This article is penance for having fresh raspberries and fresh blueberries with my morning cereal every week of the year. Unhappily, what might be good for the farmers in Chile and Peru is not good for our neighbors or the environment. Moreover, the food on my breakfast table is not as good as what is available around the corner during the growing season. So why do I put up with poorer food and how do I make better choices?

Part of the answer is the convenience of the super market and its infrastructure. This nation has developed over the years what some call the most cost-efficient, least expensive food supply in the world. Less than 1% of our population feeds the country and provides exports to the rest of the world. 42,000 of the 2 million farms (2%) in this country produce 50% of our food. According to the Department of Agriculture, the trend towards concentration continues. This concentration is possible only because of the parallel development of an efficient transportation system that delivers the crops to the processors and to the markets.

One of the less desirable effects of this system of feeding the nation is that what we find in the supermarket is determined by survivability in the transportation and processing system rather than taste or nutritional values. Another downside in the drive for efficiency is monoculture and the resulting destruction of the environment that produces the food and the loss of varietal diversity. A third issue is the use of hormones, antibiotics, and herbicides/pesticides that occasionally end up on our plates.

The antidote for many of these issues is to eat seasonally and to buy your food from local farmers. If you buy from organic farmers, you sidestep even more issues. The central Atlantic states are a prime

food production region. The transition zone between the northern climes and the southern climes supports a great variety of crops. The ocean and the bay are a source of protein found only on the coasts. We even have great wines grown in the Commonwealth. If you don't eat well here, it's because you don't care enough to try the very best. (apologies to Hallmark)

If you do care, where do you find the locally produced food? The focal point for the answer is an organization called Buy Fresh, Buy Local – Hampton Roads. Their website, [http://](http://www.buylocalhamptonroads.org)

www.buylocalhamptonroads.org, has information about local farms, farmers' markets, restaurants that serve local foods, lists of seasonal foods, and recipes.

Another website that has more information about Virginia food is <http://www.buylocalvirginia.org>.

The national organization is Food Routes Network which runs a website at [http://](http://www.foodroutes.org)

www.foodroutes.org. This website is a great source for information about the Buy Fresh, Buy Local philosophy and our national and global agriculture issues. Like Nature, eating well is a dynamic process and what was delicious, nutritious, and available yesterday won't be available tomorrow. In many respects, eating well is like a treasure hunt. A workable menu requires insight into the seasons, a bit of help from the Internet, and some extra effort.

Lynn Shultz, who spoke to us about the local food scene last fall, is coming again this spring. See the Spring Quarterly for the schedule when it comes out. The course will include a presentation by Ms. Shultz and a visit to some of the vendors at the farmers' market around the corner from our classroom. *Bon appétit.*

~~Robert Chapin



Earth Day—Sunday, April 22
11am–4pm at Mount Trashmore Park

Refresh your approach to making our world a healthier place with various exhibits, displays and activities that will give you a chance to discover and explore effective and convenient ways to green your lifestyle.