



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

1881 University Drive, Virginia Beach, VA 23453

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SCHEDULE OF COURSES FOR SPRING 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.*

Coping: Changes in Family Roles and Responsibilities

Date and Time: Tuesday, April 1, 10:00-12:00 noon

Cost: \$10

Location: VBHEC

Instructor: R. Clinton Crews

Course Description: Family dynamics are affected in many ways as we advance through life's later stages. The results of these changes require shifts in the roles that members have to assume. This presentation will introduce the participants to a psychoeducational model which is widely used in applying problem-solving techniques to cope with the challenges that life brings.

Instructor: Mr. Clint Crews, MPH, is Assistant Professor at the Eastern Virginia Medical School in Norfolk, Virginia in the School of Health Professions and in the Director of the Master of Surgical Assisting Program. He has served in a variety of positions throughout his career that have focused on educating individuals, as well as organizations, around the importance of advocating for vulnerable populations, mainly children and the elderly. He was involved in a statewide initiative that addressed reducing childhood injuries. He is the Chair of the Commission on Aging for the City of Chesapeake, Virginia and was director of the statewide immunization coalition, Project Immunization Virginia, which was awarded the Centers for Medicaid and Medicare Services Certificate of Merit for his development of the campaign *Vaccinate and Vote*. He serves as an Advisory Board Member of the GlaxoSmithKline Patient Advocacy Leadership Summit and is responsible for developing and guiding a patient advocacy agenda. In the academic setting, he serves as a course lecturer and student advisor in the masters of public health program, training students on how to effectively engage underserved communities by understanding their true health concerns and serving as their voice. His personal research area is a special focus on teaching men how to become their own health advocates.



U-Boats off the Virginia Coast During WWII

Date and Time: Tuesday, April 8, 10:00-12:00 noon

Cost: \$10

LOCATION...

Meyera Oberndorf Central Library... auditorium

4100 Va. Beach Blvd., Va. Beach 23452

Instructor: Al Chewning

Course Description: You might hear local fishermen talking about “Tiger”, “Atwater”, and “Menominee” as being great places to catch tautogs, flounder, and sea bass. Do you know that these are the names of ships? These are only a few of the dozens of vessels that were torpedoed by German submarines off the Virginia coast during World War II. Do you know that one night in June, 1942, the U-701 set 15 underwater mines in the entrance channel to the Chesapeake Bay? The submarine, operating on the surface, was so close to shore the Captain was afraid that car headlights would reveal their position? Hear these stories and many, many more, gleaned from newspapers, war reports and personal interviews.

Instructor: Al Chewning holds degrees from the University of Richmond and Hampton University. He is the owner of Histories and Haunts, LLC and is listed in the National Registry of Living Historians. He is on the board of Advisors of the Old Coast Guard Station and Museum in Va. Beach. He is a storyteller and author of 4 books about Virginia Beach history, including *The Approaching Storm: U-Boats off the Virginia Coast During World War II*. The Virginian-Pilot in 1994, when the book was published, wrote “His description of the sinkings and the efforts of the meager U.S. naval forces to counter the submarines and the many pictures accompanying his account are a vivid reminder to us all this was a battle that could have been lost.”



The Coins & Currency of Colonial America

Date and Time: Wednesday April 9, 10:00-12:00 noon

Cost: \$10

Location: VBHEC

Instructor: Erik Goldstein

Course Description: Erik will give an overview of the bewildering array of the coins, currency, and even wampum that circulated in America - largely interpreted as the “New World” from its discovery in 1492 until the Revolutionary War. Actual specimens will be brought for examination by the students, and good digital images of the pieces under discussion will be projected onto the screen via PowerPoint.

Instructor: Erik is Curator of Mechanical Arts & Numismatics at the Colonial Williamsburg Foundation. He has been a lifelong student of the numismatics, arms, military history and the material culture of the 17th & 18th centuries. He received a BA in Fine Arts/Illustration from Parsons School of

Design and worked as a professional numismatist and consultant. Since accepting his position at Colonial Williamsburg, Erik has focused on using his two distinct specialties as educational platforms. In the area of military history, he has lectured at the *War College of the Seven Years War* at Fort Ticonderoga and the *Annual Guilford Courthouse Revolutionary War Lecture Series* amongst numerous others. In the realm of numismatics, he instructs a class on the money of Colonial America as part of the American Numismatics Association's *Summer Seminar* every July. He has written more than two dozen articles and authored four books. In 1997 he was awarded the "*Man at Arms Cup*" for outstanding service to the field of Arms & Armor.



Post-Traumatic Stress:

What's Different about the Battlefield of Today?

Date and Time: Thursday, April 10, 10:00-12:00 pm

Cost: \$10

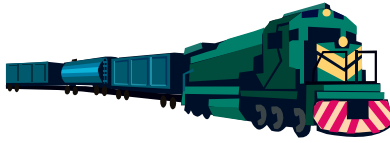
Location: VBHEC

Instructor: Mark L. Donald, MS

Course Description: This presentation focuses on the psychological stressors that today's soldiers face, and the differences from veterans of previous wars. The presenter will discuss personal experiences from the battlefield and relations with fellow veterans regarding combat stress that range from the Second World War to Afghanistan.

Instructor: Mark Donald retired in January 2010 as the most decorated Medical Service Corps (MSC) officer in the history of the United States Navy. During his military career he served as a Reconnaissance Marine, Navy Corpsman, Navy SEAL and MSC Physician Assistant. He participated on numerous campaigns including Operation Enduring Freedom and both the first and second Iraq wars. He is the recipient of three of the nation's top medals including the Navy Cross, the Silver Star and Bronze Star. He has served on the Board of Directors for the Legion of Valor, and two terms as the Commander for the Military Order of the Purple Heart for the Department of Virginia. He is currently the Committee Chairman for the 2016 Purple Heart National Convention, which is to be held in Hampton Roads, August 2016.

The Trans Siberian Railroad



Date and Time: Thursday, April 10, 1:00 - 3:00 pm

Cost: \$10

Location: VBHEC

Instructor: Mr. Robert Kunzinger

Course Description: It's not what you think it is! We will discuss the terrain, towns, and cities. Out of this topography developed the people and their culture from the time of Czarist Russia to the present.

Instructor: Mr. Kunzinger is a professor of Humanities, Tidewater Community College. He is the author of seven books of essays.



Looking Back at the November 2013, 2014 Virginia Elections- Winners and Losers and Why?

Date and Time: Monday, April 14, 10:00 - 12:00 noon

Cost: \$10

Location: VBHEC

Instructor: Paula Miller

Course Description: Examining what the State election results for 2013 and 2014 mean for the State of Virginia from Governor to Delegates in the House and Senate. We will also discuss how the new Administration fared in the first session.

Instructor: Paula Miller was first elected to the Virginia House of Delegates in Dec. 2004. She represented the 87th District in Norfolk until her House district was dismantled in the redistricting. She has remained active in politics and will talk about her own political future. Currently, Paula is the Public Information Officer for the Norfolk Sheriff's Office. She is also Vice President of the Norfolk Crime Line Board and Vice President of the Virginia Public Safety Foundation.

Come for “A Ride on the Wild Side”

Date and Time: Wednesday, April 16, 10:00 - 12:00 noon
Cost: \$10
Location: VBHEC
Instructor: Evelyn Flengas

Course Description: Squirrels, opossums, rabbits, and even those pesky raccoons all have a major role to play in Virginia’s wonderful natural world. Learn why it is so important to rehabilitate injured orphaned wildlife with the goal to release healthy animals and birds back into their natural environment. Evelyn brings over 22 years of experience to helping “the critter’s” get back on their feet. She will explain what it takes to actually open and run a wildlife refuge right here in Virginia Beach. In fact National Geographic filmed her raccoons and refuge this year as part of a documentary that will be aired in 2014. And to top off the presentation some of the refuge inhabitants will attend to visit with us.

Instructor: Evelyn Flengas has her state license from the Va. Dept. of Game and Inland Fisheries. She also has a Federal permit from Fish and Wildlife and a Special Exhibits permit from the USDA and VDEIF that allows her to keep non-releasable wildlife for education. She is a published author on the wonderful experiences with “the critters”. She and her husband Jim started Evelyn’s Wildlife Refuge in 1995. **Pam Monahan** is the computer guru and the vice-president of the Refuge. She is a renowned photographer as well as a Master Naturalist and wildlife rehabilitator.



Let’s Think About Thinking - That’s Doing Philosophy

Date and Time: Thursday April 17, 10:00 - 12:00 noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Roshan Talreja

Course Description: Sometimes it’s fun to just sit back and think about the issues underlying a subject. The BBC ran a successful TV program called the “Public Philosopher” wherein a noted Harvard philosopher did just that. ILR has its own Public Philosopher, Dr. Roshan Talreja, who will extemporaneously guide us as we explore those deep and sometimes murky questions of Life. Where will this session take us? Your guess is as good as mine.

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.

The Folklore and Symbolism of Flowers and Herbs

Instructor: Carol Chewing

Instructor: Carol holds degrees from the University of Massachusetts and the University of Delaware. She is a lifetime member of The Herb Society of America with a particular interest in folklore, historical uses of herbs, and plant symbolism. Carol has taught at Colonial Williamsburg, the U.S. National Arboretum, Elderhostel, and Norfolk Botanical Gardens.



Instructor: Sgt. Brian Watson, Det. Rex Hahn, Det. Jessica Cole

Instructors: Sergeant Brian Watson started his career with the Virginia Beach Police Department in 1989. As a patrolman he worked Summer Operations and then worked in Special Operations for seven years as a Fatal Crash Investigator and Hostage Negotiator and was then promoted to Sergeant in 2006. He has been assigned to the Detective Bureau since June 2013 and is the current Economic Crime Supervisor. Detective Rex Hahn started his career with the Virginia Beach Police Department in 1998 after serving in the United States Marine Corps from 1987. He worked patrol, community policing, 90-day precinct detective and School Resource Officer at Independence Middle School. He has been a detective since 2000, investigating Domestic Violence cases and now, since 2006, Economic Crimes. He is currently assigned to the United States Secret Service Task Force as the Virginia Beach Police Department liaison. Detective Jessica Cole is from Virginia Beach. She started her career with the Virginia Beach Police Department in 2002 at the 1st precinct and has been a detective since 2005. She has been assigned to the Economic Crime Unit since 2008. Before this assignment she was assigned to the Domestic Violence and Robbery squads.

The Wyeth Family – Three Generations of Artists

Date: Thursday, April 24, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Leonette Adler

Course Description: Andrew Wyeth is well known as one of the most accomplished American artists of the 20th century. His father N.C. Wyeth was a prominent illustrator of children's classics such as *Treasure Island* and *The Last of the Mohicans*. Continuing the artistic tradition of his father and grandfather, Jamie Wyeth has won acclaim as a skilled contemporary artist. *Note: ILR members going on the April 29-30 trip to Longwood Gardens and Brandywine River Museum, which has many of the Wyeth family's art on display, will find this lecture of particular interest.*

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.



Jewish Cuisine from around the Globe

Date and Time: Monday, April 28, 10:00 - 12:00 noon

Cost: \$10

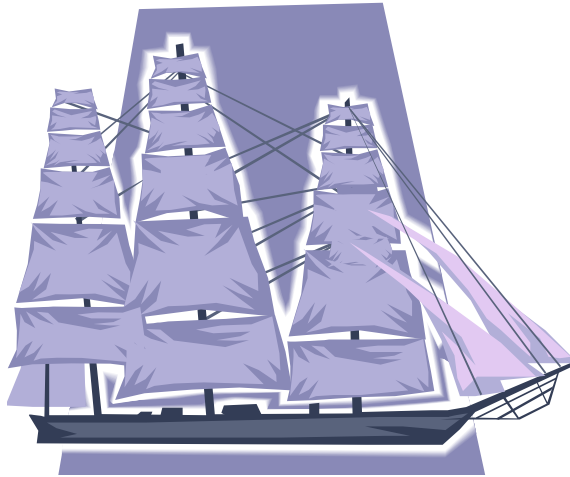
Location: VBHEC

Instructor: Idit Benmor-Piltch

Course Description: At this second in a series on the history and development of “Jewish cooking”, our instructor will summarize events leading to the spread of Jewish presence throughout the eastern hemisphere and the interaction of Jewish civilization with the cultures of native populations. A major element of this cultural give-and-take is embodied in the foods that people prepared and consumed in Europe, the Mediterranean basin and the Middle East. Of special interest will be the manner in which many foods were adapted to the rules of Jewish dietary laws.

Instructor: An instructor in Hebrew language at Old Dominion University, Idit Benmor-Piltch holds bachelor degrees in Hebrew language/literature and in teaching from Haifa University. In the U.S. she earned a Masters Degree in Jewish education at the Jewish Theological Seminary of America and has taught Hebrew at JTS and Queens College in the CUNY system. As a fifth generation Israeli, she has always been deeply interested in the traditional foods cooked among many different Jewish communities around the world. Experimenting in her own kitchen, Idit develops variations of traditional recipes and considers the wholesomeness of ingredients to create an original and healthful menu.

Tall Ship “Sagres”-The World’s Most Beautiful Ship



Date and Time: Tuesday, April 29, 10:00 - 12:00 noon

Cost: \$10

Location: VBHEC

Instructor: Commander (Portuguese Navy) Luis Nuno Sardinha Monteiro

Course Description: The class will cover the history, the symbols, and the roles of the Portuguese tall ship “Sagres”. The ship was built in 1937, in Hamburg (Germany), with the original name “Albert Leo Schlageter”. After World War II, the ship was kept by the USA as a war prize. The ship was then given to Brazil and in 1962 Portugal acquired the ship and renamed it “Sagres”.

Instructor: Commander Sardinha Monteiro is a commander in the Portuguese Navy and graduated from the Portuguese Naval Academy in 1991. He completed a Master of Science course in “Navigation Technology” and received a prize and medal for the most outstanding graduate in the course. He earned a PhD in “Engineering Surveying and Space Geodesy” and his thesis received two awards. In September 2005 he became Professor of Navigation at the Portuguese Naval Academy and has published several books. In 2006 he was designated the ministerial representative in the Working Group for the development of the European Satellite Navigation System and in July 2008 he received from His Royal Highness the Duke of Edinburgh a special title in recognition of his distinguished career in the Portuguese Navy and for his work on Differential GPS in coastal waters. Commander Monteiro has published several scientific and technical papers and received prizes for those papers. He has been the Commanding Officer of the *Sagres* since May 2011 and was appointed to NATO’s Allied Command Transformation, in Norfolk which started Sept. 2013.

From Bed Warmers to Dog Collars: The Household Accessories Collection at Colonial Williamsburg

Date/Time: Wednesday, April 30, 10:00 – 12:00 noon

Cost: \$10

Location: VBHEC

Instructor: Amanda C. Keller

Course Description: Please join Amanda C. Keller, Assistant Curator of Historic Interiors & Household Accessories at Colonial Williamsburg, for a two-hour lecture exploring the household-related antiques in the collection. These objects are often not studied or discussed at much length but are integral to making a historic house or interior come to life. Together, we will examine objects from the late 17th to mid-19th century including objects such as bed warmers, trunks, writing equipment, spectacles, bird cages, key baskets, and even 18th century mouse traps!

Instructor: Amanda C. Keller is the Assistant Curator of Historic Interiors and Household Accessories for the Colonial Williamsburg Foundation. For the past five years, she has been researching and furnishing the historic buildings to create authentic period rooms, assisting with historic area seasonal changes and designing the faux food table displays. Three years ago, she was asked to curate Colonial Williamsburg's vast collection of antique household accessories. In 2006, she received her B.A. in History from Hartwick College in upstate New York with concentrations in art history, museum studies, and gender studies and then moved to Wilmington to attend the University of Delaware's Winterthur Program in American Material Culture where she received her M.A. in 2008. She has helped furnish the Charlton Coffeehouse, the Anderson Armoury Kitchen, Bassett Hall servant's quarters, and the Wythe kitchen. She is always on the hunt for acquiring more household accessories to use for exhibitions in the Art Museums of Colonial Williamsburg as well as the historic house interiors.



Making Sense of the Peculiar Practices of Worship

Date and Time: Thursday, May 1, 1:00 – 3:00 p.m.

Cost: \$10

Location: VBHEC

Instructor: Dr. Craig Wansink

Course Description: Railings in the front of churches initially kept dogs away from communion elements. The baptismal font traditionally has eight sides for a very peculiar reason. The words "hocus pocus" developed as a Protestant slur against Catholic theology's "Hoc est corpus meum" (this is my body). This class focuses on a series of case studies related to the aesthetics, the music, the architecture, the sacred time, the history, and the theology of worship. Together we will examine how practices so vital to many people are so incomprehensible to others.

Instructor: Dr. Craig Wansink is Chair of the Department of Religious Studies at Virginia Wesleyan College, and Senior Pastor of Second Presbyterian Church, Norfolk. Dr. Wansink's Ph.D. is from Yale University, he has studied at colleges and universities not only in Japan, Jordan, Germany, and Israel,

but also in Iowa and Illinois. His research focuses on New Testament, ancient Christianity, and world religions, but has also received national and international press coverage of his research on food and religion, and on the relationship between soldiers' combat experiences and religion.



Marine Mysteries

Date and Time: Monday, May 5, 10:00 - 12:00 noon
Cost: \$10
Location: VBHEC
Instructor: Karen Burns

Course Description: Join education specialist, Karen Burns, on a hands-on journey to uncover some mysteries of the marine world. Discover what those bones, teeth, egg cases and shells really are that sometimes wash up on the beach.

Instructor: Karen Burns graduated from Western Connecticut State University with a Bachelor of Arts degree in biology. She has been at the Virginia Aquarium since 1993 as an Education Specialist III, responsible for overseeing all public programs and visitor enhancement events. Development and implementation of education programs including adult and senior programs, volunteer and staff training and educational materials for the Aquarium's Sensible Seafood initiative are her primary responsibilities.



Weather Potpourri

Date and Time: Tuesday, May 6, 10:00 - 12:00 noon
Cost: \$10
Location: VBHEC
Instructor: William Sammler



Course Description: Let's get together and Talk about the weather since we can't do anything about it! This class will provide some basics regarding weather and prediction as well as severe weather. We will also learn how to make the most of resources available from the NWS and how to get weather information from them.

Instructor: William Sammler is the Warning Coordination Meteorologist at the Wakefield forecast office. A 25-year employee of the National Weather Service, he spent 10 years in Kansas City before coming to Wakefield in 1994. He coordinates with state and local emergency managers, participates in training initiatives and has received several awards. Bill has a B.S. in Meteorology from Rutgers University and a M.S. in Meteorology from St. Louis University.

Socialism: Utopian, Scientific and *Staatssozialismus*

Date and Time: Thursday, May 8, 10:00 - 12:00 noon

Cost: \$10

Location: VBHEC

Instructor: Frank Palmieri

Course Description: Set within an historical context, we will discuss the three major Utopian Socialists: Saint-Simon, Robert Owen, and Charles Fourier. We'll examine their concerns about the emerging industrial society and the solutions they proposed. Time will be devoted to explaining why they were considered to be Utopians. Second, we will turn our attention to the political-economists David Ricardo, the Ricardian Socialists, their influence on Karl Marx and the development of Scientific Socialism. We will move on in our discussion by looking at the implementation of State Socialism by Prince Otto von Bismarck in Germany. We will close by returning to Marx and Engels and their thoughts on Bismarck's programs

Instructor: Raised as a Connecticut Yankee, Frank studied at Southern Connecticut State University in New Haven and The New School for Social Research in New York City as well as at the University of Sussex in Brighton, England. He taught at colleges in Old and New England, as well as Virginia. Most recently Frank has relinquished control of his data storage consulting business to his California partner, sliding into a semi-retirement mode. He continues to seek a cure for his bibliomania via reading, writing and speaking.



Not Just Your Mother's Pearls

Date: Monday, May 12, 10:00 – 12:00 noon

Cost: \$10

Location: VBHEC

Instructor: Sharon H. Puryear

Course Description: Did you know that pearls are teetotalers? (They do not like alcohol.) Join us for a fascinating look at the world of pearls, an adornment beloved by royalty and everyone's grandmother. If you think all pearls are round and white, you will learn that pearls are actually created in an array of sizes, shapes and colors by a variety of mollusks. Learn some history, some lore, pearl care and how to tell the difference between natural, cultured and imitation pearls. The presentation will include on-site examples of pearls and the mollusks that produced them.

Instructor: Sharon Puryear is a Norfolk native who still lives in the city of her birth and even the same house in which she was raised (yes, there really are such people). She shares that house with her husband, Gray, and four cats. Sharon graduated from Old Dominion University with a degree in English. She has worked for forty years in the retail jewelry business, culminating in eighteen years as co-owner of McCormack & Puryear Jewelers in Ghent before retiring at the end of 2013. She is extremely knowledgeable in all facets of the jewelry business, but her passion is pearls.

New Thinking on the Causes of War: Lessons for Foreign Policy and Life in General

Date and Time: Tuesday, May 13, 10:00 - 12:00 noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Kurt Gaubatz

Course Description: War has been a constant in human history. The quest to limit the reliance on mass violence to resolve conflicts between social groups has been similarly pervasive. In this session we will look at some of the traditional explanations for the causes of war and at some more recent developments that may help us better understand the dynamics of human conflict and its resolution.

Instructor: Dr. Kurt Gaubatz is associate professor with the Department of Political Science and Geography and the Graduate Program in International Studies at Old Dominion University. He has been Visiting John G. Winant Lecturer in American Foreign Policy at Oxford University and was on the faculty at Stanford University. He was the Susan Louise Dyer Peace Fellow at the Hoover Institution at Stanford. Professor Gaubatz did his undergraduate work in economics at U. C. Berkeley. His masters degrees are in international law from the Fletcher School of Law and Diplomacy and in theology from Princeton Theological Seminary. His Ph.D. in political science is from Stanford. He is the author of *Elections and War* and well as numerous articles.



How It Happened in Hampton Roads: Racial Integration

Date and Time: Wednesday, May 14, 10:00 - 12:00 noon
Cost: \$10
Location: VBHEC
Instructor: Cecelia Tucker

Course Description: Desegregation of Norfolk's public schools was a dramatic and painful process for many. The class will learn about some of the principals involved and the roles they played. There will also be testimony from some persons who were personally involved.

Instructor: Cecelia Tucker is assistant to the President for Community Relations at Old Dominion University where she has been since 1991. She holds a degree in biology from Virginia Union University and a masters degree from Michigan State University. Widely recognized as a community leader, Ms. Tucker has served on boards of a plethora of community organizations in the Hampton Roads area and received many awards for her contributions. Ms. Tucker held three state appointments under Governors John Dalton and Charles Robb. She was a member of the Bi-racial Monitoring Committee for both governors and served on the Virginia Enterprise Zone Task Force for Governor Robb.

A South African Odyssey

Date and Time: Tuesday, May 20, 1:00 - 3:00 p.m.
Tuesday, May 27, 1:00 - 3:00 p.m.

Cost: \$20

Location: VBHEC

Instructor: Dr. Clayton Drees

Course Description: Explore the colorful, complex and often tragic history of South Africa, a country where diverse ethnicities and cultures came together over 350 years to write a story of conflict, oppression, perseverance and heroism, a story personified in the life and career of the late great Nelson Mandela.

Instructor: Dr. Clayton Drees is the Frank H. and Jane P. Batten Professor of History at Virginia Wesleyan College where he serves as Director of the General Studies Program and Chair of the Social Sciences Division. He is the author of a number of historical works, including *The Late Medieval Age of Crisis and Renewal* and a new book on Bishop Richard Fox. He has done many wonderful classes for ILR.



Crossing the Boundaries of Decency?

12 Years a Slave and the Pornography of Pain

Date and Time: Wednesday, May 21, 1:00 - 3:00 p.m.

Cost: \$10

Location: VBHEC

Instructor: Dr. Page Laws

Course Description: The 2013 film of Solomon Northrup's 1853 slave narrative certainly deserves praise and not censure for its creators' decision to depict the full horrors of slavery. But it does raise important issues regarding cinematic renderings of slavery both in serious films and parodic ones (e.g. *Django Unchained*). The psychological boundary between freedom and slavery within the soul of Solomon Northrup is the subject matter to be ostensibly observed and studied in the film. But there is another line in this film---a line between desirable historical verisimilitude and potentially titillating sadism---that also bears careful scrutiny and discussion.

Instructor: Dr. Page Laws is Professor of English at Norfolk State University and the Dean of the Honors College. She has served on the Virginia Foundation for the Humanities Board, the Norfolk Commission on the Arts and Humanities and currently serves on the national board of the Association for Core Texts and Courses. Named NSU Eminent Scholar in 2001-3, she is the recipient of two Fulbrights, two NEH fellowships and has published widely on cultural studies, theater and film. She received a M.B. in English and Comparative Literature from Wellesley College, along with a M.Phil. and Ph.D. in Comparative Literature from Yale University.

Are you Optimistic, Pessimistic, or Just a Mystic?

Date and Time: Thursday, May 22, 10:00 – 12:00 noon

Cost: \$10

Location: VBHEC

Instructor: Dr. Roshan Talreja

Course Description: Our popular philosopher, Roshan Talreja, offers both Eastern and Western perspectives on the question. Our choices guide us--- and he guides us beyond common perception, cutting through to the real meat of the issue. Be prepared to be both challenged and amused by his presentation.

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.



7th Annual ILR Art Show

April 22 – May 15, 2014

ODU-VB & ILR are presenting the 7th Annual ILR Art Show in the VB Higher Ed Center Atrium.
It's free and open to the public.

If you:

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

REMINDER...

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: April 1st, 2014

Hanging of show*: Mon., April 21 ... 11a.m – 1 p.m.
* (work must be ready to hang when you arrive)

RECEPTION: Tues., April 22 ... 4:30 - 6:30 p.m.

Taking down of show: Fri., May 16... 9 a.m.-noon
(work must stay up for the duration of the show)

NOTE: Please enter all information below as you would like it printed on your Title card(s) that will be on display next to your work.

NAME: _____ Ph#: _____

Email address: _____

Title: _____

Media: _____

Size: _____

Price: _____ NFS: _____

Title: _____

Media: _____

Size: _____

Price: _____ NFS: _____

Do you have any special type of display requirements? ☐ No ☐ Yes

Please include a bio (100 words or less); returning artists, please update, if necessary.

Send Bios and forms to the ILR office :

email to Johnsondianep@juno.com

mail to ODU/ILR ATTN: Diane Johnson, 1881 University Drive, Virginia Beach, VA 23453



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Coffee and Conversation

Date: **Wednesday, April 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 “**Coins & Currency of Colonial America**” class. 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 # will be posted in the Atrium 1) on the white placard board standing in the center aisle as you walk in the front entrance, and 2) on the ceiling-mounted monitor across from the front desk, 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!

HAPPY DAYS

Let's join Richie, Joannie, Mr. and Mrs. Cunningham and the Fonz, as they take us down memory lane with a powerhouse rock 'n roll score. *The Virginia Musical Theatre* proudly presents Happy Days, a musical based on the iconic television show of the same name.

When: Saturday, April 26, 2014, matinee performance

Where: The Sandler Center for the Performing Arts, 201 Market Street at Town Center Virginia Beach

Cost: We are pleased to offer a special group rate to ILR members of **\$30** per ticket.

Free parking: Available at the Westin Hotel and at Dick's Sporting Goods. Both lots have entrances on Market Street, south of Virginia Beach Blvd.

Where and time to meet: Just inside the Box Office door (to the far right of the Sandler Center) between 1:00 and 1:30 p.m. for ticket distribution. Look for the "ILR" sign. Performance will begin at 2:00 p.m.

Deadline for registration and refunds: Wednesday, March 26th. There can be no cancellation refunds after that date.

Dining: This would be a great time to catch lunch or dinner at one of the fine restaurants within easy walking distance of the Sandler Center e.g. McCormick and Schmick, California Pizza, Sonoma, Bravo Cucina, etc.

Questions: If you have questions on the day of the event, call Susan Clarke, #395-9394.



The Old Coast Guard Station

**24th Street & Atlantic Avenue
Friday, May 2, 2014**

Enjoy a day at the beach with a guided tour of The Old Coast Guard Station Museum, both a Virginia Historic Landmark and on the National Register of Historic Places. Built in 1903 as a Life Saving Station, it is the only existing station in Virginia that is open to the public. Enjoy the charming Museum Store with its nautical gifts and collectibles. After the tour, stroll the boardwalk to 25th St. to see the Norwegian Lady Monument and the Naval Aviation Monument. Then gather for lunch at Harpoon Larry's, 24th St. & Pacific Ave. Everything is within 2-3 blocks. Wear comfortable shoes. Parking and museum admission are included in the price of lunch at Harpoon Larry's. Carpooling is a must. The Old Coast Guard Station does not have handicap access – stairs only – no elevator.

DATE: Friday, May 2, 2014
ARRIVAL TIME: 9:45 at Harpoon Larry's parking lot, 24th St. & Pacific Ave.
TOUR: 10:00 a.m., Old Coast Guard Station, 24th St. & Atlantic Ave.
LUNCH: 12:00 Noon at Harpoon Larry's
COST: Depends on lunch choice. See below.
DEADLINE: April 16, 2014
MAXIMUM: 30
MUSEUM ADMISSION (\$2.50) INCLUDED IN PRICE OF LUNCH

Select one entrée and dessert per person. Return with payment to ILR by April 16, 2014.
Lunch includes choice of beverage - tea, soda or coffee, dessert, tax and gratuity.



Greek Salad w/choice of dressing -	\$20.00	_____
Chicken Club Sandwich, fresh grilled chicken breast w/cheese, bacon, lettuce & tomato on roll w/chips -	\$22.00	_____
Carolina Pork BBQ sliders (3) w/coleslaw & chips -	\$23.00	_____
Malibu Coconut Grouper Sandwich w/chips may be w/o coconut breading, grilled, blackened -	\$25.00	_____

Dessert Choice – choose one:
Key Lime Pie _____ or Toasted Brownie Bites w/vanilla ice cream _____

Print Name(s) _____ Telephone: _____

The Old Coast Guard Station – May 2, 2014

ILR REMINDERS...

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)

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.

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.

SPRING KAYAK ADVENTURE
MONDAY, MAY 19th
COST: \$ 50



TIME: 10:30 *PUT IN* (arrive by 10:10)
Minimum-13, Maximum-20

This will be our **FIRST** trip on the Northwest River. It will be the proverbial 3-hour tour of the inlets and meanderings in a very scenic area enjoyed by many camping and tourist groups in the summertime.

We will be putting in at Bob's Fishing Hole, 4243 South Battlefield Blvd, Chesapeake. That is 8 miles south of Great Bridge. The easiest way to get there is to just get on Battlefield Blvd (Rt. 168) at some point and head south. You do not have to use the Toll part - just stay on the business route. Bob's is literally on your left after the Toll ends and merges with business Rt. 168. There is a little white store/check in building. The facilities consist of a port-a-potty which was very clean when I did my unannounced inspection and the store which has some snacks and drinks; it is mostly fishing gear. The actual dock area is very nice with ample parking. www.bobsfishinghole.com

WildRiverOutfitters will be doing the heavy lifting again. Mike Brewington and the crew are really looking forward to a fun trip in a beautiful area with our group of adventurous and hardy seniors. Feel free to call Judy Schooley at 486-7490 with any questions.



Name(s) _____ Phone # _____
Kayak: Single(s) or Double _____ Email _____
Height _____ T-shirt size _____



7th Annual ILR Art Show

April 22 – May 15, 2014

ODU-VB & ILR are presenting the 7th Annual ILR Art Show 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: *April 1st, 2014*

Opening RECEPTION: Tues., April 22 (4:30 – 6:30 pm)

in the VBHEC Atrium

(free and open to the public)

Questions?? Email Diane Johnson at johnsondianep@juno.com or call the ILR office at 368-4160. Entry forms are available on the ILR website www.oduilr.com, or at the ILR office, or can be mailed to you.



Join us for lunch at the Sonoma Wine Bar and Bistro.

Sonoma serves eclectic American food prepared with a European bistro flair. Enjoy a delightful lunch and try one of the 60 different wines available by the glass or the 325 wines by the bottle.

Date: June 13, 2014

Time: 11:30

Deadline June 1, 2014

Cost: \$23 (taxes and gratuities incl.) Wine is extra

Limit will be 30 people so sign up early. Sonoma Wine Bar is in the heart of Town Centre, Va. Beach, on the corner of Commerce and Market St. Free parking is available in several garages nearby.



Choose from the following and return with payment...by June 1

Name (s) _____

1st Course (choose One) Caesar Salad () Spinach Salad ()

2nd Course (choose one)

Crab Cake Sandwich with mango tartar on Kaiser roll ()

or

Short Rib Burger with spinach, bleu cheese on Kaiser roll ()

or

Turkey Panini with camembert, roasted red pepper, basil aioli ()

All sandwiches are served with seasoned fries. Included are tea, coffee or soda.

Sonoma Wine Bar & Bistro 6.13.14



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, in room 210.

MARCH

Fiction: *The Shoemaker's Wife*, Trigiana
Non-Fiction: *The Girls of Atomic City*, Kieraan

APRIL

Fiction: *The Ocean at the End of the Lane*, Gaiman
Non-Fiction: *The American Way*, S. Abramsky



2014 SPRING EVENT CALENDAR

Welcome ILR Friends

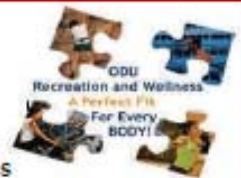
Please Join Us

Mondays
 March 24 — Circuit Training
 April 14 - Pilates

ODU VB Wellness Wave

4:00-5:00pm Room

Free Blood Pressure Screening in the Atrium prior to each class



Women's History Month

"Mattaponi Queen"

Book reading by Belle Boggs
 Reception with sales and book signing

March 20
 12:30-1:30pm
 Lecture Hall 244

Reception
March 27
 6:00-7:30pm
 Atrium

Youth Art Month

VBCPS "Art for Change"

Showcasing artwork utilizing recyclable materials and trash
 Exhibit runs from March 14–April 7



D.Nurkse
 Poetry reading and reception
 12:30-1:30pm
 Lecture Hall 244

National Poetry Month

"Life of Poetry"

Centennial Celebration

April 10

Teaching Poetry Seminar
 4:30-6:30pm
 Lecture Hall 244
 R.S.V.P.

Reception
April 22
 4:30-6:30pm
 Atrium

7th Annual

Institute for Learning in Retirement

Art Exhibit

Exhibit
April 22-May 15
 Atrium

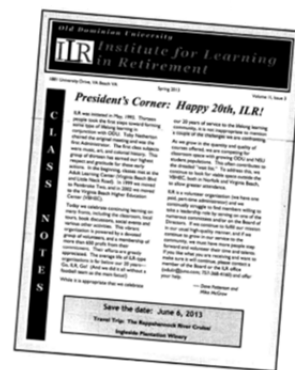
Special Event Guest Parking in Lot 3
 ODU Virginia Beach

1881 University Drive, Virginia Beach, VA 23453 www.odu.edu/vabeach 757-366-4100

MISC...

ILR Newsletter...

Our popular Newsletter is published quarterly, and posted on our website, www.oduilr.com, and members are notified of its availability by email.



Some members prefer to have the Newsletters sent to them in the mail.

If you'd like to receive the next 3 issues in the mail, we'll be glad to send them to you...there's a \$ 6 fee per 3 issues.

On the back of the Class Registration form, there's an **ILR Newsletter** category...just check it off, include the \$6 with your payment, and look for the next 3 issues in your mailbox. Happy reading!!

Central Library Auditorium of VaB (CLA-VB)

(aka Meyera Oberndorf library)

4100 Va. Beach Blvd.

FYI-1: 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")

FYI-2: No food or beverages are permitted in the auditorium

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.

ILR Classroom # postings

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 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)

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.

Please join us for a morning of modern marine science and an afternoon of local history in Gloucester County Virginia.

Visit the Virginia Institute of Marine Science (VIMS) at Gloucester Point and Historic Gloucester Village, the Oldest Living Village in Virginia



Enjoy a behind the scenes look at the Virginia Institute of Marine Science

- See a presentation on Sea Level Rise in Hampton Roads
- Visit a Teaching Marsh
- Visit a research laboratory

Everyone on the tour of VIMS must wear closed-toe, comfortable shoes (no sandals).

Sponsored by
The Institute For Learning
In Retirement
at Old Dominion University
Virginia Beach

Date:

Wednesday, June 4, 2014

Sign-up Deadline:

Friday, April 18, 2014

Cost:

\$42.00 per person
including transportation, entrance fees,
lunch, all gratuities (& bus driver tip)

Departure:

8:15 am at Target
(1245 N. Military Hwy, Norfolk)

Return:

5:30 pm (approximate) at Target

Minimum:
40 people

Maximum:
50 People



Visit Gloucester's Historic Village and tour its historic sites

- Tour the historic Court Circle Buildings
- Tour the Gloucester Museum of History
- See a video about Gloucester Events through History
- Enjoy a brief shopping opportunity in the historic village



Tours at Gloucester's Historic Village are hosted by the Gloucester County Department of Parks, Recreation & Tourism



ILR TRIP DISCLOSURE FORM

NAME OF EVENT: VIMS & Gloucester Historic Village

SIGN-UP DEADLINE: Friday, April 18, 2014

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.

Because ILR members have had difficulty collecting on trip insurance, ILR no longer offers or 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 _____

** Two members registering together must both sign.*

ILR TRIP SIGNUP FORM

NAME OF EVENT: VIMS & Gloucester Historic Village

SIGN-UP DEADLINE: Friday, April 18, 2014

No refunds after this date.

Please return this sheet, along with Trip Disclosure form, and check *payable* to ILR

Yes, I would like to sign up for this trip. My payment of \$42 is included.

Name: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Yes, I would like to sign up for this trip. My payment of \$42 is included.

Name: _____

Home Phone: _____ Cell Phone: _____

Email: _____

LUNCH will be at **Olivia's in the Village**, Main Street, Gloucester, VA. **CHOICES** (Please indicate your choice).

Name: _____

_____ Fried Crabcake Sandwich with Cole Slaw and French Fries

_____ Garden Salad Topped with Choice of Grilled Chicken or Local Fried Oysters

_____ Soup and Salad Combo. Seafood Chowder served with a House Salad and Roll

_____ Sautéed Vegetables tossed in Marinara and Served with Angel hair

Name: _____

_____ Fried Crabcake Sandwich with Cole Slaw and French Fries

_____ Garden Salad Topped with Choice of Grilled Chicken or Local Fried Oysters

_____ Soup and Salad Combo. Seafood Chowder served with a House Salad and Roll

_____ Sautéed Vegetables tossed in Marinara and Served with Angel hair

NOTES:

- 1) Any questions about this trip, please call the trip co-chair persons:
Mike Newbill at (757) 453-6985 or Don Sullivan at (757) 497-4719.

2) Everyone on the tour must wear closed-toe, comfortable shoes (no sandals) at VIMS.