

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

1881 University Drive, Virginia Beach, VA 23453
(757) 368-4160 website: www.oduilr.com email: oduilr@juno.com

SCHEDULE OF COURSES FOR FALL 2013

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

Retracing the Viking Route to the New World (Pt.1&2)

Dates/Times: Tuesday, October 1 (1:00 – 3:00 pm) *and*
Tuesday, October 8 (1:00 – 3:00 pm)

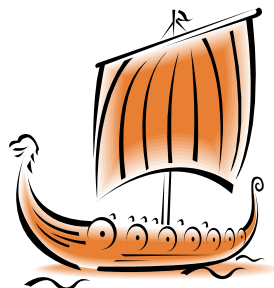
Cost: \$20

Location: VBHEC

Instructor: Devorah Ben-David Elstein

Course Description: 2013 marks the 1,013th anniversary of when the first Europeans (the Vikings) discovered North America. In the first of this two-part course, we will learn who the Vikings were (as a people) and visit four countries along the Vikings' infamous nautical route with great Viking sites to see. In the second part, we will take a virtual road trip along Newfoundland's famous Viking Trail to L'Anse aux Meadows, a UNESCO World Heritage Site where North America's first authenticated Norse settlement is waiting for you to explore.

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 in 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 last January, has journeyed to every continent on earth and has traveled the globe 33 times. The next trip will be with her husband as her photographer!



The Power Generation

Date/Time: Thursday, October 3 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Dr. Bill Murray

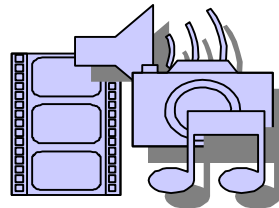
Course Description: Solar, natural gas fired, hydro, nuclear and wind power have all been mentioned as possibilities for generating electricity in Virginia. In this class, our expert will explain how utilities plan for new generation, the advantages and disadvantages of different generation sources,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

Instructor: Dr. Bill Murray is Managing Director of Public Policy for Dominion Power Company.



Law and Business of the Entertainment Industries

Date/Time: Monday, October 7 (1:00 – 3:00 pm)
Cost: \$10
Location: VBHEC
Instructor: Martin Silfen



Course Description: The focus of this class will be the economic considerations involved in the lives of extremely successful entertainers, including, but without limitation, their revenue sources from third parties and their liabilities to said parties involved in their careers. The widely accepted view is that these entertainers earn millions of dollars without consideration for payments made to many others who have assisted the entertainers in reaching their financial goals. The economic reality suggests otherwise.

Instructor: Martin Silfen received his law degree in 1960 from Brooklyn Law School. He was a member of the Bars of New York and Virginia. His varied career in Sports and Entertainment Law has included working with entertainers such as REM, LL Cool J, Sir Elton John, Joe Namath, Dave Matthews, Patti Lupone and Judy Collins. He has also taught at the Law Schools of the University of Virginia, William and Mary, and Regent University, while doing visiting professor teaching in Argentina and Brazil. He also served as the President of the Virginia Beach Forum in 1999 and 2009 and of Temple Emanuel 2003 ó 2006. Both he and his wife Dory are ILR members.

Public Philosophy

Dates/Times: Wednesday, October 9 (10:00 – 12:00 Noon)

Note: Dr. Talreja offers two classes: **Pt.1- Wed., Oct. 9 (10:00 – 12:00 Noon) and Pt.2- Tues., Nov.12 (10:00 – 12:00 Noon)**

Cost: \$10 for one class; \$20 for both

Location: VBHEC

Instructor: Roshan Talreja, M.D.

Course Description: Bits of information, knowledge, and time-tested wisdom for everyday life. Everyone has a philosophy of life, but few have the privilege or leisure to puzzle out the fine points and examine the big questions. Philosophy can once again become a way of life as East meets West in this age of globalization.

Instructor: Dr. Roshan Talreja is a retired physician and self-styled philosopher.



The Roof of Africa

Date/Time: Thursday, October 10 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: Carl Fincke

Course Description: It's a heck of a view from up there, on the summit of Mt. Kilimanjaro. The tallest peak in Africa, at a little over 19,000 feet, is not the most difficult climb, but it's no cakewalk either. It is an increasingly popular destination for adventurers, some of whom are trying to see the ancient volcano's glaciers before they disappear.

Instructor: Carl Fincke is currently editor for the Regional Team at the *Virginian-Pilot*; formerly sports editor, business editor, military editor and investigative editor.



Laugh for the Health of It

Date/Time: Monday, October 14 (1:00 – 3:00 pm)

Cost: \$10

Location: Primeplus Norfolk Senior Center (PNSC), 7300 Newport Avenue
(see *Directions on 'MISC' page*)

Instructor: Dr. Shellie Fraddin

Course Description: What do Dr. Norman Cousins, Dr. Patch Adams and Dr. Laurence J. Peter have in common? They all believe in the healing power of Laughter, which increases

endorphins, reduces stress, strengthens the immune system, moderates pain and exercises the lungs. Dr. Patch Adams, dressed as a clown in his medical practice, included laughter as an essential part of his medical treatment. Dr. Norman Cousins, former Editor of *The Saturday Review*, recovered from a life-threatening tissue disease, using laughter to relieve pain and strengthen his immune system. Dr. Laurence J. Peter, author of *The Laughter Prescription*, states that laughter stimulates the brain to produce its own painkillers. This class, repeated by ILR members' requests, is both experiential and educational. You will learn the physiological and psychological benefits of laughter, how to increase and develop your sense of humor, and do exercises to limber up body, mind and spirit.

Instructor: Dr. Shellie Fraddin holds a Ph.D. in Natural Health Sciences and is a Life Coach specializing in Senior Health and Wellness. She is a published author of *Let's Eat Breakfast: A Cookbook Nourishing Mind, Body and Spirit*. She is also a licensed massage therapist and licensed Zumba Fitness Instructor.



The Inside Scoop on Social Networking

Date/Time: Thursday, October 17 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: Gigi Badawi



Course Description: Have you ever wondered about the purpose and how to use social networking programs like Facebook, Twitter, Craig's List and distance learning classes? What is Shutterfly, and how can it be used to organize your photographs? And, most importantly, what is the best way to make sure that if you subscribe to one of these sites, you know the best way to keep your information safe? Here is a chance to learn from someone who teaches internet security to teachers in the Chesapeake School System. Also, she is one of the most popular teachers in the Adult Education Program in a course on both internet security as it applies to Social Network sites, as well as how each of many of the more popular of those sites work and can be effectively used.

Instructor: Gigi Badawi is currently the Assistant Director of Internet Technology for the Chesapeake School System. She graduated from ODU and also received her Master's Degree there as well. Having taught both French and Mathematics in high school, she became 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.

Monet and the Joy of Impressionism

Date/Time: Monday, October 21 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: Leonette Adler



Course Description: By the end of the 20th century impressionism became immensely popular and Claude Monet is considered one of the most skilled artists of the movement. His work was dedicated to the study of light and its changing effect on nature. His gardens at Giverny were the subject of a series of luminescent works, *Japanese Bridge and Waterlily Pool*, plus 48 canvases of the waterlilies. Monet's other well-known paintings include *Rouen Cathedral*, *Haystacks* and *Poplars*.

Instructor: Leonette Adler is an award-winning artist whose works have been shown in numerous galleries on the East Coast. Leonette taught at the Chrysler Museum Art School for five years and at Norfolk Academy for 25 years. She is a member of ILR and has presented many popular classes for ILR and other local organizations.



What We Carry

Date/Time: Tuesday, October 22 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: Elena Barr Baum

Course Description: Personal studies of local holocaust survivors will be shared through documentary film, replicas of personal artifacts and mementos.

Instructor: Elena Baum is Holocaust Commission Director.

Understanding Opera: Mozart's *The Magic Flute*

Date/Time: Wednesday, October 23 (1:00 – 3:00 pm)

Cost: \$10

Location: VBHEC

Instructor: Dr. Glenn Winters



Course Description: A comprehensive introduction to the second production of Virginia Opera's 2013-14 season: Mozart's immortal fantasy *The Magic Flute*.

This survey will include historical background and complete musical and dramatic analysis, illustrated with video and audio excerpts. Recommended for seasoned opera-goers and beginners alike.

Instructor: Dr. Glenn 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.



Our Biblical Matriarch's Table

Date/Time: Thursday, October 24 (10:00 – 12:00 Noon)

Cost: \$10

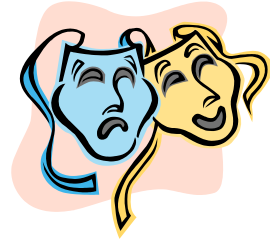
Location: VBHEC

Instructor: Idit Benmor-Pilch

Course Description: The first in a series of sessions discussing the history and development of Jewish Cooking. The instructor will introduce the students to kinds of food mentioned in the Hebrew Bible in the context of the Ancient Near East; how were they prepared, how they were served, and how did one become known as an elegant hostess.

Instructor: An instructor in Hebrew Language at ODU, Idit Benmor-Pilch is a fifth generation Israeli who holds Bachelor degrees in Hebrew Language/Literature and Teaching. In the United States she earned a Masters Degree in Jewish Education and has taught at the Jewish Theological Seminary of American and Queens College. Always interested in cooking and baking in the many different Jewish communities around the world, she has experimented in her own kitchen, developing new variations of traditional recipes and combined foods from different communities to create an original menu.

The Actor's Craft – An Appreciation



Date/Time: Thursday, October 24 (1:00 – 3:00 pm)

Cost: \$10

Location: VBHEC

Instructor: Chris Hanna, Artistic Director of Virginia Stage Company

Course Description: Chris Hanna will pull from his 30-year career of training and directing American actors to make an analysis of what makes for a truly great performance. How much relies on raw talent and how much is built by hard work? What separates a career flash from lifetime achievement? Hanna will give an insider's view that will include working demonstrations with members of the VSC's performance company.

Instructor: Chris Hanna has dedicated 30 years to balancing the overlapping missions of developing new plays, breathing fresh air into dramatic classics, and engaging communities in the power of live theater. Career highlights before arriving in Virginia include serving as Resident Director at the Juilliard School, working with the play development staff of London's Royal Court Theater and the New York Shakespeare Festival, and eight seasons as Artistic Associate for the Chautauqua Theater Company in New York. He holds an MFA from the University of California at San Diego (UCSD). In addition to serving as Artistic Director of Virginia Stage, Chris is an Associate Professor of Theatre Arts at Old Dominion University. Between the two venues, he has staged over thirty productions for Hampton Roads audiences and looks forward to many more.



Tango Delta Nominal – Landing *Curiosity* on Mars

Date/Time: Monday, October 28 (10:00 – 12:00 Noon)

Cost: \$10

Location: Central Library Auditorium of Va. Beach (CLA-VB)

Instructor: Dr. Juan R. Cruz



Course Description: In August 2012, NASA successfully landed the rover *Curiosity* on the surface of Mars. Before its scientific mission could start, *Curiosity* had to survive “Seven Minutes of Terror” – the Entry, Descent, and Landing (EDL) sequence. Starting from an approach speed of 5.8 kilometers per second, the EDL system had to protect *Curiosity* from the heat of entry, deploy a parachute at supersonic speed to slow down descent under rocket power, and perform the challenging “sky crane” maneuver to gently place *Curiosity* at the base of Mount Sharp in Gale Crater. All this had to be accomplished without human intervention after a trip from Earth to Mars of 563 million kilometers. Using animations, movies, and photographs this talk will describe the design, development, and operation of the *Curiosity* rover EDL system and reveal the meaning of “Tango Delta.”

Instructor: Dr. Juan Cruz is an aerospace engineer in the Atmospheric Flight and Entry Systems Branch at the NASA Langley Research Center in Hampton, VA. His research area is entry, descent, and landing of planetary exploration missions. He was a member of the entry, descent and landing team for three Mars missions: The Mars Exploration Rovers *Spirit* and *Opportunity* (2004), the *Phoenix* Lander (2008), and the Mars Science Laboratory *Curiosity* rover (2012). He has a bachelor’s degree from MIT, a master’s degree from George Washington University, and a doctorate degree from Virginia Polytechnic Institute, all in aerospace engineering.



Theodore Roosevelt and the Making of America

Date/Time: Wednesday, October 30 (10:00 – 12:00 Noon)
Cost: \$10
Location: Central Library Auditorium of Va. Beach (CLA-VB)
Instructor: Robert Torgler



Course Description: How did Theodore Roosevelt rise from being a sickly youth to the Presidency and heights of Mount Rushmore? Elected in 1901, Roosevelt brought excitement and increased powers to the Presidency.

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



Martyrdom: What Is It and Why Is It?

Date/Time: Thursday, Oct. 31 (1:00 - 3:00 pm)
Cost: \$10
Location: VBHEC
Instructor: Professor Fred ("Tripp") York

Course Description: Dr. York will address the creation of the Christian idea of martyrdom as it has worked itself out over its rich and varied traditions. From those who committed suicide (in order to avoid some form of dishonor) to the iconic deaths in the Roman coliseum, Christianity has had a long love affair with martyrs. He will also discuss various martyr 'test cases' including Christians whose understanding of religion was inseparable from their political agency. This will include: Joan of Arc, Dietrich Bonhoeffer, Oscar Romero, and Martin Luther King, Jr.

Instructor: Dr. "Tripp" York is currently an assistant professor of religious studies at Virginia Wesleyan College. He has a M.T.S. in Ethics from Duke University, and a Ph.D. in Historical Theology and Ethics from Garrett-Theological Seminary. He has written and edited nine books including, *Living on Hope While Living in Babylon*, *A Faith not Worth Fighting For*, and his most popular book, *The Devil Wears Nada*. He is also co-editor of *The Peaceable Kingdom Series* and is currently writing for the Virginia Zoo.

Note: **Part 1** of this class is a repeat of the class offered in Feb 2013; due to illness we had to reschedule **Part 2** for this fall. Since there were over 40 folks on the waiting list, we decided to repeat both parts so as to include the waiting list folks and anyone else. Thus you may sign up for either or both of the sessions, which will be held at the Central Library Auditorium with room for all of us.

The Rise & Fall of Napoleon Bonaparte (Pt.1&2)

Dates/Times: Monday, Nov. 4 (10:00 – 12:00 Noon) *and*
Thursday, Nov 7 (10:00 – 12:00 Noon)

Cost: \$10 for each part (*Sign-up is separate*)

Location: Central Library Auditorium of Va. Beach (CLA-VB)

Instructor: Kathryn Cross



Course Description: In October of 1795, Corsican-born Brigadier General Napoleon Bonaparte famously broke up a Royalist mob "with a whiff of grapeshot" and began his steady ascent to power. Within two decades he took control of France, proclaimed himself Emperor, conquered nearly all of Europe, lost it all, tried to regain it and was finally exiled to St. Helena. His accomplishments and downfall are legendary as are his fascinating personality, his eccentric family and his love affair with Josephine. We'll look at many intriguing facets of his personal life and the repercussions of his rise and fall for France.

Instructor: Kathryn Cross received a B.A. degree in European History and Journalism from Washington and Lee University in 2008. She was awarded an M.S. in European History from Old Dominion University in 2008. Kathryn has taught advanced placement Modern European History at Nansemond Suffolk Academy from 2002 to 2010. Many ILR members will recall some of her outstanding earlier programs: The Renaissance, The Reformation, The French Revolution and Mary, Queen of Scots.



THE FOUR AGREEMENTS: A Book Discussion Facilitated by Shellie Gretah Fraddin, Ph.D. Health Coach

Date/Time: Tuesday, Nov. 5 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: Shellie Fraddin

Course Description: All Dr. Fraddin's classes are designed to help you achieve greater physical, mental and spiritual health and well-being, to prevent illness and to reduce/eliminate the need for pharmaceutical drugs and surgery. In the book, *The Four Agreements*, author Don

Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a simple, yet powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness and love. Thousands of years ago, the Toltec were known throughout southern Mexico as 'women and men of knowledge.' They were scientists and artists who formed a society to explore and conserve the spiritual knowledge and practices of the ancient ones. It will be helpful for you to read the 138-page book prior to the class. We will discuss each of the Four Agreements and explore how each can be integrated into your life to achieve a deeper level of health and well-being.

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

Dr. Fraddin is a licensed massage therapist and licensed Zumba Fitness Instructor (Basic, Gold for Seniors, Chair Zumba, AquaZumba, ZumbAtomic for kids and Advanced).



The Cavalier Hotel: Its History and Its Place in the Story of Virginia Beach

Date/Time: Wednesday, Nov. 6 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Dr. Stephen Mansfield



Course Description: The Cavalier Hotel opened in 1927, fulfilling the need for a flagship hostelry to replace the Princess Anne, which had burned in 1907. It quickly became a nationally-celebrated destination for business leaders, politicians, and entertainers. Through the Depression Years, WWII, and the resort's re-birth, the hotel also paralleled the saga of the Virginia Beach community and the lives of its citizens.

Instructor: Dr. Stephen Mansfield is an emeritus academic dean/professor of history at Virginia Wesleyan College, where he now serves as college archivist. He is past president and current program chair of the Princess Anne County/Virginia Beach Historical Society, a former chair of the Virginia Beach Historical Review Board, president of the Virginia United Methodist Historical Society, and author of *Princess Anne County and Virginia Beach*.

Under Attack

Date/Time: Thursday, Nov. 7 (1:00 - 3:00 pm)

Cost: \$10

Location: Central Library Auditorium of Va. Beach (CLA-VB)

Instructor: Steve Sudkamp

Course Description: If you can obtain news, weather, and sports, order a book from Amazon, and send and receive e-mail using a computer, you have sufficient technical background to enjoy this event. Don't let the description below deter you from attending!

The presentation will examine various aspects of cyber operations, both civilian and military. A detailed description of a successful cyber-attack will be employed to introduce concepts as well as demonstrate the sophistication of adversaries. The cyber environment will be explored from various views: historical, social, technical, with practical implications and ramifications. The conclusion will demonstrate integrating cyber operations into military operations, including a review of one military theater exercise where some of these principles were applied.

Instructor: Captain Steve Sudkamp, USN, Retired, wrote his first computer program as a junior at Madison East High School (Wisconsin) in 1967. He graduated from the U.S. Naval Academy; earning a degree in Mechanical Engineering. Computers remained a hobby as he served in submarines including command of USS Henry Clay (SSBN-625). Later, as the Director of Command, Control, Communications, and Computers (C4) at US Forces Japan (J6), his team was the first in DoD to thwart the NSA Red Team from penetrating his computer networks two years in a row. As the Johns Hopkins University Applied Physics Lab technical representative to Naval Network Warfare Command, his study of US Navy SATCOM bandwidth during OIF (Operation Iraqi Freedom) became the basis of Navy testimony to the Congress. Captain Sudkamp has spoken at various foreign and American military forums. Honors include Air War College Teacher of the Year and Phi Kappa Phi Honor Society.



The Changing Newspaper Industry

Date/Time: Wednesday, Nov. 13 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: R. Bruce Bradley

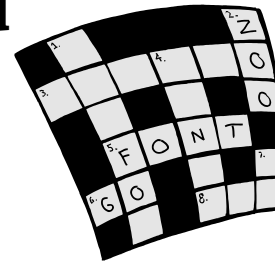


Course Description: Mr. Bradley will speak about the history of the *Virginian-Pilot* and Landmark Communications and the changing Newspaper Industry, including its future.

Instructor: Bruce Bradley is a retired president and publisher of the *Virginian-Pilot* newspaper and president of the newspaper division of The Pilot's parent company, Landmark Enterprises (formerly Landmark Communications). He worked for Landmark for 35 years including stints at Landmarks' newspapers in Roanoke and Greensboro, NC.

The Wacky History of the Crossword

Date/Time: Thursday, Nov. 14 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Lynn Feigenbaum



Course Description: The crossword puzzle turns **100** on December 21, 2013, a piece of Americana that dates back to World War I, Henry Ford's assembly line and the federal income tax. FUN was the theme of the first "word-cross." But its saga is inextricably tied into such historic upheavals as the post-Victorian rise of leisure time, the manic Roaring '20s and the bleak aftermath of Pearl Harbor. The early puzzle was wildly popular and greatly reviled. Divorce, murder, "temporary madness" ...all were blamed on this craze. We will examine how the crossword survived such notoriety, and whether it will survive a new challenge: the decline of print newspapers. AND, OF COURSE, WE'LL DO SOME SOLVING OF OUR OWN!

Instructor: Despite the lure of crosswords and tournaments, retired journalist Lynn Feigenbaum managed to finish her Master's in Humanities at Old Dominion University this year; her thesis topic: "Crosswords at a Crossroads: The Puzzle Turns 100. What is the Clue to its Survival?" To her knowledge, only her professors have waded through its 110 pages.



Lee Hall and Endview Plantations; the Inside Stories

Date/Time: Monday, Nov. 18 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: J. Michael Moore

Course Description: Learn all about Lee Hall, the historic brick plantation that was built during the period from 1848-1849. It is located near Newport News, and listed on the National Register of Historic Places. It was the headquarters for the famous Confederate generals, John B. Magruder and Joseph E. Johnson during the Peninsula Campaign of the American Civil War. Nearby is Endview Plantation which was used as a hospital during the Civil War and as a campground during the Revolutionary War and the War of 1812.

Instructor: J. Michael Moore is currently the curator for Lee Hall Mansion and Endview Plantation. However, he is also a member of the Maritime Archaeological and Historical Society. He is the co-author with John Quarstein of Yorktown's Civil War Siege, as well as several other books and articles.

New Members' Class

Date/Time: Monday, Nov 18 (1:00 - 3:00 pm)
Cost: FREE
Location: VBHEC
Instructor: Robert Chapin

Course Description: ILR offers a lot to its members. Not only do we offer lectures on a broad range of topics, we also have social events, seminars on literature and current foreign policy issues and a book club. We conduct local tours of interesting enterprises, government facilities and trips to regional historical sites and attractions. ILR continues to evolve as it perceives the needs of its members. This class or meeting is about how all this happens and how you can make your preferences, ideas, and suggestions known and influence ILR's future directions. The class is FREE!

Instructor: Robert Chapin has been an ILR member for nine years, past Vice President, President, Past President and currently Treasurer and Director. He started this course/meeting as a way to help new members understand how ILR is organized and what it has to offer. It is a work in progress awaiting your questions and input.



The Wild Land of Borneo

Date/Time: Tuesday, Nov 19 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Willy Fluharty

Course Description: After trekking with the former headhunters of the Iban tribe in Borneo, Mr. Fluharty gained an intimate knowledge of both the cultural and economic challenges they face due to logging, dams and environmental degradation. Join Mr. Fluharty for a bird's eye view of the primitive Iban culture and the history and economics of Borneo.

Instructor: Mr. Fluharty received a B.A. in Government and International Relations from Lehigh University and an M.A. in Foreign Affairs and International Politics from University of Virginia. He is currently the Director of the NEXUS Global Studies Program at Cape Henry Collegiate School. He has shared many of his travel adventures with ILR to our delight.

Culture and Economic Growth: What Can We Learn From Other Societies to Revitalize American Economy?

Date/Time: Wednesday, Nov. 20 (10:00 – 12:00 Noon)

Cost: \$10

Location: Central Library Auditorium of Va.Beach (CLA-VB)

Instructor: Dr. Shaomin Li

Course Description: While there is little doubt that the American economy is in trouble, there is no consensus on how to fix it. Most of the discussions focus on the political and economic policies, and virtually no attention has been paid to culture: one of the most important and yet ignored factors that affect how hard and efficiently people work. This lecture reviews how culture affects economic growth across countries and explores whether the experience of other countries can shed light on how to revitalize the American economy.

Instructor: Dr. Shaomin Li is Eminent Scholar and Professor of International Business at Old Dominion University. He received his B.A. in Economics from Peking University, Ph.D. in Sociology from Princeton University and was a Post-Doctoral Fellow at Harvard University. His commentaries have appeared in the *Wall Street Journal*, the *Financial Times* and the *New York Times*. In 2008, the Governor of Virginia awarded him the Outstanding Faculty award.



MacArthur Memorial Guided Tour

Friday, October 18, 2013 at 10 A.M.

*[Park at the MacArthur South Parking
Deck or Ride the Tide]*

Visit the newly renovated visitor center and the famous MacArthur Memorial displays. Guided tour (1.5 ó 2 Hrs.) explores the changing worlds of the 19th and 20th centuries. Follow several wars, a cold war, as well as political, social, and technological changes through the life and achievements of General of the Army Douglas MacArthur. Tour includes a 24-min. movie about the life of General MacArthur. The memorial opens at 10 A.M. and the tour will commence at 10:30.

Cost of the tour is \$5. At the Visitor Center you can have your Parking Ticket validated for 3 hours of free parking at the MacArthur parking deck.

Optional Luncheon: After the tour we will walk around the block for Lunch at the Vineyards Trattoria at 147 Granby Street (across the street from the Mall). Enter on the form below your choice from their menu. **Lunch is \$20** ó includes entrée, soup or salad, bread, soft beverage, dessert, taxes and gratuity.

Sign-up deadline: Friday, October 4.

NOTE: NO REFUNDS AFTER THIS DATE

MAXIMUM: 30



-----cut here-----
Name(s) _____

Lunch Menu features the *2013 Restaurant Week* selections:

- | | |
|---|-----------------------|
| _____ Tortellini Pollo | _____ Salmon Salad |
| _____ Farfalle Pollo Bianco | _____ Lasagna Alforno |
| _____ Mediterranean Steak Salad | _____ Penne Ala Vodka |
| _____ Chicken, Veal or Eggplant Parmigiana (pick one) | |



Coffee and Conversation

Date: **Wednesday, October 9th**

Time: 11:45 . 1:00pm

Place: VBHEC

Join us for our quarterly session of Coffee and Conversation.

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

Everyone is encouraged to come, but we particularly hope to meet the members who will be at the Higher Ed Center on Wed., for Dr. Talreja's class, "**Public Philosophy**". So stop in after class and enjoy a beverage, sandwich, and cookies provided by the ILR, **free of charge**.

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

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

Hope to see you there!



ILR Mediterranean Delight

Join us for a Mediterranean experience right at Hilltop Shopping Center. We will spend 45 minutes learning about and tasting olive oils and vinegars from around the world. Following that, we will walk across the street to have lunch at Baladi Mediterranean Café.

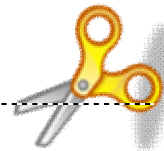
Date:	<u>Friday, November 15, 2013</u>
Savor the Olive:	Olive Oil class and tasting: <u>11:00-11:45 AM</u>
Baladi Mediterranean Café:	Lunch @ <u>11:45 AM</u>
	<i>(Lunch includes: soup, non-alcoholic beverage, dessert, taxes and gratuity)</i>
Cost:	\$23
Sign-up Deadline:	Friday, Nov. 8, 2013
Maximum:	30

Savor the Olive is a specialty store and a purveyor of artisan olive oils and vinegars. It offers Extra Virgin Olive Oil from the current harvest of the Northern and Southern Hemispheres. It also offers both dark and white balsamic vinegars; all are from Modena, Italy. Savor the Olive is a tasting house, in the European style, where the oils and vinegars are stored in Italian stainless steel fustis.

Baladi is a Mediterranean Café offering authentic foods that are prepared fresh daily. Baladi uses only natural and organic foods prepared with traditional methods. Vegetarian, vegan and gluten free dishes are available.

Location: From I-264 E, take Exit 21B (First Colonial, North); cross over Laskin Rd., then turn right at the entrance sign for “Hilltop North” and continue to the end of the divided road, *Savor the Olive* is in a building to the left and parking is available. *Baladi* is on the right side, across the road and next to Wild Birds Unlimited.

Please select your choice(s) from the entrees below. Detach and return with payment.

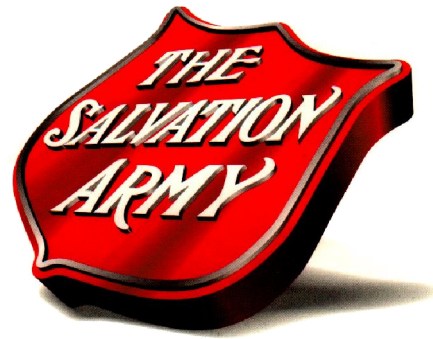


NAME (s) _____

1. **Shawermah Platter:** thinly-sliced chicken strips marinated in olive oil and spices, served on mixed greens with Tahini sauce. ()
2. **Beef kabob platter:** char-grilled on bed of basmati rice with vegs. and Taziki dip. ()
3. **Moussaka:** roasted eggplant topped with sautéed tomatoes, chickpeas over couscous. ()

NEEDED...

SALVATION ARMY CHRISTMAS DEPOT VOLUNTEERS!



For the **9th** year in a row ILR will be participating in the Salvation Army Christmas Depot. We will again be working **two** shifts this December! The Salvation Army handles the actual distribution for not only its Angel Tree, Bears and Stockings, but also the USMC Toys for Tots and *The Virginian-Pilot's* Joy Fund program. It is quite a job, and, of course, reaches its peak the last couple of weeks before the Holiday.

Our jobs can be: 1) Angel Tree gift running
2) sorting bears and stockings
3) assisting families to their cars with gifts
4) assisting in the actual gift shopping process

The Marines do the heavy lifting and actual shelf stocking. We will be part of a volunteer effort by about 1500 people from start to finish.

We plan to work 12:30 to 4:30 p.m., on both...Monday, Dec. 16th and Thursday, Dec. 19th. Sign up if you wish to help. You are welcome to do both shifts. We are doing both afternoons as we have found that is when help is in short supply. Judy Schooley will call you with the location of this year's Depot, when she finds out and will answer any questions. Feel free to call her with any questions even before signing up (486-7490). You may also sign up as an individual for other shifts that week; call Judy for details. ***The Depot will be open...*** from Saturday, Dec. 14th through Saturday, Dec. 21st (not on Sundays).



Please clip & return this portion to the ILR office...

Name (s): _____

Phone # _____ e-mail _____

Circle the shift(s) you desire:

Monday, Dec. 16th

Thursday, Dec. 19th



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.

OCTOBER

Fiction: *Caleb's Crossing*, G. Brooks

Non-Fiction: *The Little Bookstore of Big Stone Gap*, W. Welch

NOVEMBER

Fiction: *Death Comes to Pemberly*, P.D. James

Non-Fiction: *My Beloved World*, S. Sotomayor



Great Books Reading and Discussion Group

The Great Books Reading and Discussion class for 2013-14 is open for registration. The class meets bi-weekly on the first and third Fridays of each month, with the first class in September. The class runs from that date until June. The book we use is *Great Conversations-6*. The readings that form the basis of our discussions can be found on the Internet at <http://store.greatbooks.org/great-conversations-6.html>. The book can also be purchased at this site for \$24.95.

As ILR is not responsible for the purchase of the book, obtaining it is up to the individual. There is also a small charge for membership in ILR, and for the rent of the room that the class meets in. Interested individuals can register with Theo in the ILR office. Should you have any questions, please get in touch with Dianne Pruden at (757) 431-3672, or at email dkpruden@gmail.com, or Leo Schutte at (757) 482-1057, or at email ingo5@verizon.net.

CELEBRATE TWELFTH NIGHT!

6:00-9:00PM
MONDAY, JANUARY 6
AT FRANCIS LAND HOUSE
3131 VIRGINIA BEACH BOULEVARD, VA. BEACH



Come experience a traditional Twelfth Night celebration on January 6th at Virginia Beach's historic Francis Land House! Ever since the Middle Ages, Christmas has been celebrated over a period of twelve days — with the Feast of the Epiphany traditionally ending the Christmas season on the "Twelfth Night". This holiday season, we invite you and your friends to enjoy an evening of festivities featuring:

- ~ A play by the Francis Land House Players ~ Dining Room
- ~ Dancing in the Parlor by the Williamsburg Heritage Dance Ensemble
- ~ Outdoor Bonfire — We'll bid farewell to Christmas 2013 and good luck to 2014 with the customary burning of Christmas tree, greens and wreaths
- ~ Music and refreshments of hot cider, breads and Twelfth Night Cake in the rustic house cellar



Sign-up Deadline is Friday, November 1

Cost: \$9 per person

Maximum 50 people

Starting at 6:00pm, groups of 25 will be scheduled in 20 minute intervals to tour through the house and entertainments. Guests should arrive 15-20 minutes prior to their designated tour time, of which you will be notified.



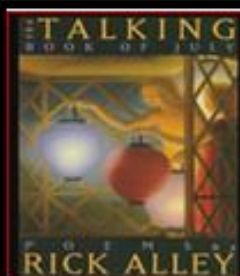
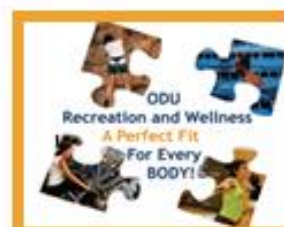
2013 Fall EVENT CALENDAR

Welcome ILR Friends – Please Join Us

September 11
October 9
November 13
December 4

ODU VB Wellness Wave
Wednesdays from 4:00 - 5:00 pm
Room 221

**Free Blood Pressure Screening in the
Atrium prior to each class.**



36th Annual Literary Festival
*Migrations:
Words in Motion*

**Thursday
October 10
12:30 – 1:30 pm**

Featuring

Rick Alley

"Talking Book of June"

Poetry Reading and Book Signing
Lecture Hall RM 244

"To follow or not: How to lead to success"

**Wednesday, October 30
Room 244 A&B**

7:00 – 8:30 pm

Reception following lecture

*Dr. Cigularov will present
recent research on what it takes to be
a successful leader*



Free and Open to the Public

ODU Virginia Beach

1881 University Drive, Virginia Beach, VA 23453

757-368-4100 www.odu.edu/vbhec



MISC:

ILR Newsletter...

Our popular Newsletter is published quarterly, and posted on our website, www.oduilr.com, and members are notified of their 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: 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")

Directions to Primeplus Norfolk Senior Center (PNSC)

7300 Newport Avenue

From I-64 West – Va. Beach:

Take Exit #276C/Little Creek Rd
Turn **left** onto E. Little Creek Rd/VA-165
Cross Granby St. to Newport Ave.
Turn **left** onto Newport Ave.
7300 Newport Ave is on the **left**

From downtown Norfolk:

Get on Hampton Blvd, **pass ODU** and
go over bridge to Little Creek Rd.
Turn **right** onto Little Creek Rd to Newport Ave.
Turn **right** onto Newport Ave
7300 Newport Ave is on the **left**

ILR REMINDERS...

Parking Policy

All lots at VBHEC campus 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 (see the “Special Event” sign); they come into the building through the back or side entrance doors.

NOTE: Be sure to always display the Parking Pass on your car’s dashboard or from rear-view mirror so ODU does enforce parking regulations. *Parking passes are issued from the ILR office.*

Class Cancellations

If a member cancels a program (at least 4 days in advance), the member is entitled to a refund voucher, minus a \$2 *administrative fee*. *Note:* Trip check refunds will vary according to the individual trip policy. A member can also request *transferring* to another class, at no charge.

If ILR cancels a program, there will be no *administrative* charge, and a full refund will be sent to the member so usually *refund vouchers* for class cancellations, and *refund checks* for social events/trips.

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

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

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

Q: How will I know in which classroom the VBHEC class will be held?

The classroom # will be posted in 2 places:

1. On the ceiling-mounted monitor across from the front desk, in the Atrium/Lobby
2. 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.

NOTE: The ILR Winter Program Schedule will be mailed at beginning of December 2013



*32nd Annual
Christmas Candlelight House
Tour*

Historic Edenton, NC

Friday, December 13, 2013

Yes, it's time to visit historic landmarks decorated for the Christmas season, and we hope that you will get into the holiday spirit by coming with us.

We will have an early buffet dinner at "Nothin' Fancy Café & Market" that serves delicious down-home cooking. This market is different from anything you have seen. It's the old Southern "Drucker's Store" from *Green Acres*, that sells antiques, collectibles and gifts for last-minute shopping needs before the holidays.

To complete the day, after dark we will step inside some of the most beautifully decorated homes for the holiday in Historic Edenton. These homes are located within walking distance of each other.

Date: Friday, December 13, 2013

Departure Time: 11:30 am at Target (1245 N. Military Highway, Norfolk)
(Eat an early lunch before boarding the bus; snack provided)

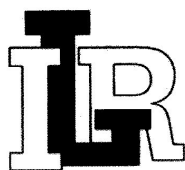
Cost of trip: \$65.00 per person

Minimum: 35 people

Maximum: 40 people

Sign-up deadline: Friday, November 1, 2013

Tip: There will be a fair amount of walking, so please wear comfortable shoes and dress warmly, as the weather changes in early evening.



ILR TRIP DISCLOSURE FORM

NAME OF EVENT: Edenton, NC

SIGN-UP DEADLINE: Friday, November 1, 2013

***BECAUSE OF CONTRACTUAL OBLIGATIONS, ILR CANNOT ISSUE REFUNDS
FOR TRIPS CANCELLED AFTER THE DEADLINE DATE LISTED ABOVE***

Should you have to cancel your reservation after the deadline date, you will be responsible for finding a replacement. If there is a waiting list for this trip, it may be possible for ILR to assist you in finding a replacement; if a replacement is found, a full refund will be issued to you.

Should there be no waiting list for the trip, you are responsible for finding your own replacement, and you must contact the ILR office with their name and phone number. ILR will not be responsible for the exchange of the trip fee between you and your replacement.

Due to the fact that ILR members have had difficulty collecting on trip insurance, ILR no longer offers nor recommends trip insurance.

You must return this form to ILR in order to secure your reservation

I acknowledge that I have read and agree to these stipulations.

Member's Name*(s) _____ Date _____
_____ Date _____

Phone Number _____ Cell Phone _____

**Husband and wife must both sign.*