



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

1881 University Drive, Virginia Beach, VA 23453

(757) 368-4160

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SCHEDULE OF COURSES FOR SUMMER 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.*

The Sacred Art of Purifying/Detoxifying Body, Mind and Spirit

Date: Tuesday, July 9 (10:00 – 12:00 Noon)

Cost: \$10

Location: PrimePlus Norfolk Senior Center, 7300 Newport Ave.

(see Directions on 'Misc.' page)

Instructor: Dr. Shellie Fraddin

Course Description: Detoxifying, Cleansing, Purifying, are terms we usually relate to the physical body alone. Yet, this process exceeds far beyond the physical. It's a powerful way to become happy, healthy and whole. When we eliminate clutter or excess on one level, it spills over and heals us on all levels. Achieving wholeness and wellness requires the integration of simple tools and techniques to purify and cleanse your body, mind and spirit. We cannot have an imbalance (illness) on one level without the imbalance being on all levels. In this 2-hour class, we will learn many cleansing strategies and their benefits that you can do at home. You'll also learn how clutter can impact your overall health.

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*. She is also a licensed massage therapist and licensed Zumba Fitness Instructor for adults, seniors and kids.



A Picture Is Worth A Thousand Words

Date: Wednesday, July 10 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Dr. Sarah P. Deaver



Course Description: Learn about art therapy and awaken your inner creativity. This class describes the profession of art therapy, a health profession that is founded on the healing nature of art-making. Art therapists work with all people from childhood through adulthood to address and ameliorate a range of problems and concerns, and to enable them to access the therapeutic benefits gained through artistic self-expression. Students will learn about the history of art therapy, art therapy education, and the ways in which art therapists work with clients in assessment and therapy.

Instructor: Dr. Sarah P. Deaver is a Registered Board Certified Art Therapist, and Professor at Eastern Virginia Medical School, in the Graduate Art Therapy and Counseling Programs. She is President of the American Art Therapy Association.



Thomas Jefferson - An Extraordinary Man in Remarkable Times

Date: Thursday, July 11 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Robert Torgler



Course Description: Relive the life of America's first philosopher-politician. With Jefferson's Renaissance skills and his countless contradictions, he remains America's icon. The lecture will cover new material from Jon Meacham's Pulitzer Prize winning biography.

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.

Art Reflects Society

Date: Monday, July 15 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Gray Puryear



Course Description: Have you ever wondered what compels artists to create the objects they do? Join Gray Puryear for a fascinating look at selected works from the Chrysler Museum of Art and the motivation behind the art – events in the artist’s personal life as well as the social, religious and political issues of the day. Expect a few humorous anecdotes of touring in the museum to be thrown into the mix.

Instructor: Gray Puryear was a part-time employee at the Chrysler Museum of Art in 1971 while in his final year of earning a B.A. in History at ODU. He left the museum to take a full-time position with the city of Norfolk, but his love for the museum and art remained strong. After retiring from the city with 34 years of service, he entered the Chrysler Museum’s volunteer docent program. He is concluding his seventh year as a museum docent and is putting his history degree to good use.



Oh, The Stories Your Plants Can Tell: The Folklore & Symbolism of Flowers & Herbs

Date: Tuesday, July 16 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Carol D. Chewning



Course Description: Those simple plants in your gardens have a charmed past with all sorts of tales to tell. Come take a stroll through the history, folklore and mythology of our green friends. Have you heard about rosemary’s wild ride to the New World? Or what flower caused the stock to crash? Did you know that flowers have a language all their own? And, why would you want a tussie-mussie? Forget about the weeding, watering and dead-heading and spend a morning with the mystical, magical side of nature.

Instructor: Carol Chewning 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.

20th Century Singers and Songwriters of Virginia

Date: Thursday, July 18 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructors: Lynn Kelley & Karen Roberts

Course Description: It's Summer! So, sit back, enjoy and learn. Lynn and Karen will entertain us with various instruments and discuss 20th Century songwriters of Virginia with selections in Folk, Bluegrass, Blues, Country and Jazz.



Instructors: Karen Roberts and Lynn Kelley have over 50 years of music instruction and performance experience between them.



A Brief Understanding of the World of College Sports

Date: Monday, July 22 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: Joanne Renn

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

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



Virginia Elections

Date: Wednesday, July 24 (10:00 – 12:00 Noon)

Cost: \$10

NEW LOCATION...

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

Instructor: Brian Kirwin

Course Description: As Ken Cuccinelli and Terry McAuliffe campaign to lead Virginia, we'll look at both campaigns and how they are positioning to win in November. Also we'll examine the other campaigns this year, with a special look at Virginia's history of off-year elections and single-term governors. We'll also recap the 2012 elections and see what trends are developing for the near future.

Instructor: Brian Kirwin is a Political Consultant and the Government Relations expert for Rourke Public Relations. Brian honed his skills at a major publishing firm, advertising agency and the Muscular Dystrophy Association where he helped promote special events raising over one million dollars annually for three consecutive years. In June 2011 the national magazine *Campaigns & Elections* named him one of Virginia's most influential political players. Brian consults on local, state and federal campaigns through Virginia, is frequently quoted by national political reporters and is a political columnist for the *Daily Press*.



The English Civil Wars: The Triumph of Parliament

Date: Thursday, July 25 (10:00 – 12:00 Noon)

Cost: \$10

NEW LOCATION...

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

Instructor: Jared Setnar



Course Description: Revolution -- Historically, the American Revolution which gave birth to our nation, or the French Revolution with its radical ideas and death of a monarch, are the most commonly known. However, the "grandfather" of revolutions is the English Civil Wars. England was turned upside down in the 17th Century, from the abolishment of the monarchy to the creation of a Puritan Commonwealth. The effects of the English Civil Wars are not only the roots of Modern England, but are the foundation which the American and French Revolutions were built upon. This lecture will show how England was a century ahead of the curve.

Instructor: Jared Setnar received a Bachelor's Degree in History from Virginia Wesleyan College and Master's Degree in European History from James Madison University. He is a member of Phi Alpha Theta, and was Editor of the Madison Review at James Madison. He currently is Co-Director of the Upper School at Chesapeake Bay Academy.

Prerequisites for Democracy

Date: Wednesday, July 31 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Maria Fornella-Oehninger

Course Description: Optimism among scholars of comparative politics is giving way to despair as we see what is happening in several Latin American countries, in Russia and to the Arab Spring. A review of an old topic seems in order: what are the prerequisites for a functioning, effective, sustainable Democracy? This course will center on variables which have been offered as explanations of when, why and how Democracy can take root in different political settings. We will look at the main theories - cultural, economic and institutional - and illustrate them with specific examples from different regions of the world.

Instructor: Maria Fornella-Oehninger holds degrees in English, French and International Law from the University of the Republic of Uruguay, as well as a Masters Degree in International Relations from Old Dominion University. She has been Director of the ODU Model United Nations Program and a senior lecturer. She teaches Comparative Politics, European Politics and Latin American Politics at ODU. She is also active in the local chapter of Virginia Organizing doing advocacy work for Immigration Reform.



From the Boston Tea Party to ObamaCare--250 Years of Taxation

Date: Thursday, Aug. 1 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Jon Bischel

Course Description:

1. The justification for progressive income taxation: “Tax that bush, tax that tree, but for heaven's sake, don't tax me!”
2. The history of income taxation from the 1960s to present in capsulated format
3. How income tax laws get enacted--the who and why
4. Tax burdens in the USA versus foreign countries
5. You may not even get out of taxation alive--estate taxation, a deadly matter.

Instructor: For the past 40 years Jon Bischel specialized in international taxation, principally as a law professor at Syracuse University and director of the first ABA approved on-line graduate tax program, while at Regent University.

He has written 13 books and numerous articles on taxation having been cited as authority by the Tax Court and U.S. Supreme Court. During the Reagan administration, Jon served as a member of the Advisory Committee to the Commissioner of Internal Revenue. Since 1971 Jon has served as Assistant Secretary, a special advisor or rapporteur for the UN Committee of Experts on International Tax Cooperation. Most recently he served as a member of the Board of Accountancy for the Commonwealth of Virginia. He continues to do tax structuring for high net worth clients and closely held corporations.

Jon received a BBA and JD from the University of Wisconsin, and LLM (Taxation) Boston University.

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Oyster Restoration: Why it is So Important and How We Are Doing

Date: Tuesday, Aug. 6 (1:00 - 3:00 pm)
Cost: \$10
Location: VBHEC
Instructors: Karen W. Forget and Laurie Sorabella

Course Description: Have you wondered why so many people and organizations are working so hard to bring oysters back to our local waterways? We will explain the importance of oysters, what happened to them and what is being done to bring them back.

You will learn about the life cycle of oysters, a little about their anatomy, and threats to them. We will bring habitat cubes and you will have a chance to learn to identify some of the other marine animals and plants that live on and around an oyster reef.

This will be an informative and fun class. You will never look at an oyster the same way again!

Instructor: Karen Forget is the Executive Director of Lynnhaven River NOW. Lynnhaven River Now is a river restoration organization in Virginia Beach that has built 63 acres of sanctuary oyster reef. In addition, LRNOW manages a spat catcher program, promotes and installs oyster castles and other oyster shoreline practices, manages the Save Oyster Shell program, and partners with the Chesapeake Bay Foundation on the citizen oyster gardening program. The co-presenter is Laurie Sorabella, Director of Oyster Reef Keepers of Virginia. Oyster Reef Keepers manages all of the school oyster gardening programs in Hampton Roads.



Tackling Debt and Deficits: Belt Tightening in a Slow-Growth Economy

Date: Monday, Aug. 12 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: Dr. Larry "Chip" Filer

Course Description: This class examines the research that has been done on the effects of debt and deficits on a nation's economic growth. We will look at the policies that countries have undertaken to limit deficits and pay down outstanding debt (often referred to as austerity); paying particular attention to the difference between austerity plans for moderately growing economies versus slow-growth economies.

Instructor: Dr. Larry Filer serves as Director of the MBA program and as Director of the College of Business and Public Administrations' Executive Education Center at ODU. Dr. Filer specializes in macroeconomic policy research. His published work has appeared in academic journals and mainstream media such as the *Virginian-Pilot*, *Inside Business*, *Forbes.com*, *MSNBC* and *Yahoo Finance*. He has served as an advisor to state and regional development groups and to legislators. He holds masters and doctoral degrees in economics from the University of Kentucky.

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Dance As If Your Life Depends on It

Date: Tuesday, Aug. 13 (1:00 - 3:00 pm)

Cost: \$10

Location: VBHEC

Instructor: Dr. Shellie Fraddin



Course Description: It's exercise, it's laughter and fun, and it often involves social interactions. Dancing is great for all ages and that includes us, with a few modifications now and then.

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).

DNA--A Mirror for Human Existence - or Not?

Date: Thursday, Aug. 15 (10:00 – 12:00 Noon)

Cost: \$10

NEW LOCATION...

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

Instructor: Walter Brown

Course Description: We have all come to accept that something called DNA is used for many purposes. But do we really understand what DNA is and how it can be used?

- Can DNA help me find Great-Grandfather Jones?
- Were my New England ancestors Pilgrims or Indians?
- Am I really related to King Olaf the Fat?
- Was my cousin really a Neanderthal?
- Who was the First Family of America?
- Who were my genetic "Adam and Eve"?

Join us in looking into the mirror of DNA and watching the Human Experience!

Instructor: Walter Brown is a long-time member of ILR and a frequent contributor to its programs. He spent 30 years in the Education Business, and holds a Ph.D. in Science Education from Ohio State University. He and his wife Jane are frequent travelers and have presented several programs describing their adventures.

Walt and Jane are attempting to discover links to their family histories and have used DNA in these searches. Their other interests include History and Archaeology - fields that use DNA on a regular basis. These interests have led them to information about our genetic history that may surprise you.



A Look at Medieval Books of Hours & Their Illustrators

Date: Monday, Aug. 19 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: Ashton Little

Course Description: The Medieval Books of Hours became a mainstay in religious devotion from the 12th century forward. We will start with a look at the history of traditional Medieval Books of Hours and the time periods in which they were created. Then the instructor will guide us through a comparison of the work of two artists, one known and the other unknown. Then we will take a closer look at other famous and quite exquisite Books of Hours.

Instructor: Ashton Little holds a B.A. in Art History from Hollins University (2012) and did his internship at Chrysler Museum and Gallery NOSCO, London in 2011.



Fair Division: The Mathematics of Sharing

Date: Tuesday, Aug. 20 (10:00 – 12:00 Noon)

Cost: \$10

Location: VBHEC

Instructor: Joseph E. Smith

Course Description: Fair Division -- The Mathematics of Sharing. Any trouble cutting something in half to share with a friend? How about sharing a Twinkie, but between 3 people? Not an easy object to make into thirds; how can it be most fair to all involved? Can it be fair to get more of the cake, less of the cream? Or vice versa? Is it fair not to get any? How about sharing something valuable?

If you have ever watched the movie "War of the Roses" with Kathleen Turner and Michael Douglas, portraying a couple who must divide their belongings, you would hope that there are better ways to be fair in Estate Division. Wars have begun because one side did not get their fair share. If only each side had taken the course of Discrete Math, it just might be a more peaceful world!

Instructor: Joseph Smith holds a B.S. in Electrical Engineering from ODU in 1995 and is a Certified Math Teacher in the State of Virginia. He received his Teacher Certification in 2001 and taught General Math from 2001 through the present. He has taught Discrete Math and Probability/Statistics to upper classmen (11-12 grades) from 2006 to present.

The Life of a Civil War Soldier



Date: Wednesday, Aug. 21 (10:00 – 12:00 Noon)

Cost: \$10

NEW LOCATION...

Meyera Oberndorf Central Library (auditorium)

4100 Va. Beach Blvd., Va. Beach 23452

Instructor: Al Chewning

Course Description: The American Civil War has been described as "the most defining event in this Nation's history" and it was the common soldier who made it so. This program is not about statistics, battles, or commanders. It is about the individual soldiers, southern and northern, who made up the two great armies. It is about the simple, yet fascinating details that are overlooked in most history books. Museum quality reproductions, first-person accounts taken from diaries and letters, and an interactive presentation will bring history to life and might make you question some long-held beliefs.

Instructor: Al 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 Virginia Beach. He is a storyteller and author of four books on Virginia Beach history.



From 60-600 Years: The Journey of Our Body, Brain & Spirit

Date: Thursday, Aug. 22 (10:00 – 12:00 Noon)

Cost: \$10

NEW LOCATION...

Meyera Oberndorf Central Library (auditorium)

4100 Va. Beach Blvd., Va. Beach 23452

Instructors: Father Jim Parks & Dr. Ray Iglecia

Course Description: Aging is the most complicated stage of our evolution to perfection. We will discuss when to let the spirit take over before we break down in our bodies and brain.

Instructor: Father Jim has been a priest for 47 years serving as high school faculty member and principal, pastoral leader for a seminary college, as well as a pastor for four parishes in the Roman Catholic Diocese of Richmond. He holds a Masters degree in Theology from Saint Mary's Seminary and University.

Dr. Iglecia is a Board Certified Psychiatrist who has worked as a consultant with various agencies in the area including Kings Grant Assisted Living; Norfolk City Jail; Baypointe Rehab, Virginia Beach; Seaside Healthcare, Virginia Beach; to name but a few. He received the Navy Achievement Medal for services as a flight surgeon in Vietnam, as well as other commendations as a flight surgeon during that war; and has lectured at Walter Reed Hospital on Detoxification Protocols.

‘A Good House of Entertainment for Gentleman Travelers’: Understanding 18th C. Tavern and Coffeehouse Interiors at Colonial Williamsburg

Date: Tuesday, Aug. 27 (10:00 – 12:00 Noon)
Cost: \$10
Location: VBHEC
Instructor: Amanda Keller

Course Description: Amanda Keller will discuss the many years of research and numerous exciting discoveries that were made during the reconstruction of the 1765 Richard Charlton Coffeehouse which was funded by the Mars Family. We will cover the differences between tavern and coffeehouse interiors in the eighteenth century and the thought process that goes into figuring out how these public buildings would have originally been furnished. We will also look at many antique objects together that are used in the taverns and coffeehouse today, giving you an up-close and behind-the-scenes look at these special buildings at Colonial Williamsburg.

Instructor: Amanda Keller is the Assistant Curator of Historical Interiors and Household Accessories at the Colonial Williamsburg Foundation.



Understanding Opera: Verdi's *Falstaff*

Date: Wednesday, Aug. 28 (1:00 - 3:00 pm)
Cost: \$10
Location: VBHEC
Instructor: Glenn Winters



Course Description: Giuseppe Verdi, known for his dark tragedies, capped off his career at age 80 with *Falstaff*, a sparkling, effervescent Shakespearean comedy. This class will prepare students for Virginia Opera's performances with comprehensive musical and dramatic analysis, illustrated with audio and video excerpts. Recommended for opera beginners and aficionados alike.

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



Date: **Thursday, July 11th**

Time: 11:45 – 1:00pm

Place: VBHEC

Join us for our quarterly session of Coffee and Conversation.

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

Everyone is encouraged to come, but we particularly hope to meet the members who will be at the Higher Ed Center on Thursday, July 11th for Bob Torgler's class, "**Thomas Jefferson: An Extraordinary Man**". 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!



FUN AND FESTIVE ON THE SPIRIT OF NORFOLK! SILVER SERIES CRUISE/BIG BAND MUSIC

When: Wednesday, July 17, 2013. Be at the *Spirit of Norfolk* dock by 11:00 a.m. Ship will return to dock at 2:00 p.m. Ship will sail, rain or shine, barring a hurricane warning.

Where: 333 Waterside Drive, Norfolk, VA 23510. Ride *the Tide* to the MacArthur Square Station, and walk east toward the river, or park at the *Marriott*, entering the garage at Waterside Dr. and Atlantic Ave., and take their covered aerial walkway over to Waterside.

Join Us For: Name that tune
Trivia contest featuring main events/year
Twist and Jitterbug contests

Food: Silver Series Menu

Chef's daily selection: tilapia fillet with lobster cream, herb-marinated roasted chicken, three-cheese pasta al forno, garlic smashed potatoes, local vegetables, garden fresh salad station, classic potato salad, Italian pasta salad, variety of breads and butter. Dessert duo: Chocolate Mousse Truffle & Vanilla Bean Cheesecake

Price: \$38.50 each. Non-refundable after deadline date.

Deadline date: Monday, July 1, 2013



421 High Street, Olde Towne
Portsmouth, VA
Sunday, August 11, 2013

Enjoy a walk down memory lane with a Sunday Matinee and dining experience at the *Commodore Theatre*. This is a restored 1945 Art Deco style motion picture theater. There are reworked murals in the auditorium and lobby areas as well as beautiful Italian leaded crystal chandeliers. It is located in historic Olde Towne. The *Commodore Theatre* is on the National Register of Historic Places and the Virginia Landmarks Register. Fred Schoenfeld, who purchased and restored this lovely theater, will be taking us on a brief tour and giving us its history prior to show time. Dining is part of the experience. Sandwiches, desserts, salads, pizza and beverages are available.

The *Commodore Theatre* presents first run films. It features a 41 ft. screen and THX and Dolby Digital sound, as well as the latest digital projection equipment. We will not have the movie title until about one-two weeks before August 11. Once we know the title, you will be informed.



DATE:	Sunday, August 11, 2013
ARRIVAL TIME:	12:30 P.M.
COST:	\$1.00 Administrative Fee – Non-Refundable
DEADLINE:	August 2, 2013
MAXIMUM:	30
LOCATION:	<i>Commodore Theatre</i> , 421 High St., Olde Towne, Portsmouth
PARKING:	Free parking: on-street, County Street behind Children's Museum or any city parking lots or garages all within walking distance. Carpooling suggested.
MOVIE TITLE:	TBA – sometime before August 11
MOVIE ADMISSION:	\$5.00 Cash or \$6.00 Credit Card. Same day ticket sales only.
DINING:	Credit Cards accepted. Separate checks.



FALL 2013 KAYAK ADVENTURE



MONDAY, SEPTEMBER 16th

COST: \$50

TIME: 10:00am to 1:00pm

GUIDES AND EQUIPMENT: WILDRIVER OUTFITTERS

We will put in at the 64th Street First Landing State Park Narrows area. We will investigate a number of oyster beds being developed by Lynnhaven River NOW, and local citizens that we will be learning about in our August class. We will see the area inhabited by the Chesapeake Indians for a thousand years before Capt. John Smith and the boys arrived. We will also be looking at possible channels that modern research and old maps say made Cape Henry an island in the early 1600s. And, above all, we will have a lovely leisurely paddle.

Our serious rain date will be Thursday the 19th. As always, if you have any questions, please call Judy Schooley at 486-7490. Fill out the form below and return with your regular course signup.

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



NAME (s) _____

EMAIL _____ **PHONE** _____

KAYAK: Circle one... Single kayak Double kayak

To help in kayak and life vest selection: Height _____ T-shirt size _____

ILR REMINDERS...

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 (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** – 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 – 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?

A: 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. When in doubt, you can call the office.

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

A: The classroom # will be posted in 2 places:

1. On the ceiling-mounted monitor across from the front desk, in the Atrium
2. On the door of the ILR office (room 125)

Q: Can I bring a guest to a class, activity or trip?

A: 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.



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.

JUNE

Fiction: *Flight Behavior*, B. Kingsolver

Non-Fiction: *Five Chiefs*, John Stevens

SEPTEMBER

Fiction: *Three Junes*, Glass

Non-Fiction: *Prague Winter*, Albright and Woodward



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.

Pot Luck Dinner

Date: Friday, September 20, 2013

Location: June Lam's Home
1420 Cooper Circle
Virginia Beach, VA



DIRECTIONS: Virginia Beach Blvd. to North Great Neck Road. Take a right onto Mill Dam Road, take a left onto South Woodhouse Road (ALANTON), left onto Whittier Road, left onto Cooper Road, and take a right onto Cooper Circle.

Time: 5:30 PM

Cost: \$6.00



Please bring your favorite dish to share******No desserts please**, they will be provided, as will wine and soda.

DEADLINE: Friday, September 13, 2013

MAXIMUM: 40



MISC:

Q. Would you like to update your driving skills and get a deduction on your auto insurance?

AARP has notified ILR that they will again be offering their **Driver Safety Course**

Dates: Thurs., June 13 & Fri., June 14 (*both days req'd*)
Time: 9 a.m. to 1 p.m.
Where: Princess Anne Rec Center (Nimmo Parkway)
Cost: \$12 for AARP members; \$14 for non-members
Contact: Mercedes Coveney (ph. 426-6023)

ILR sponsored this 4-hour course in our Summer 2012 Schedule, and it was taught by Mercedes Coveney. She is a retired educator from NYC; in 1997, she became an instructor for the Drivers Safety Program, which was then known as "55 Alive." For questions and/or to sign up, just call Mercedes.

Meyera Oberndorf Central Library, VaB

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, 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**



SHENANDOAH CAVERNS and VIRGINIA MUSEUM of the CIVIL WAR

Tuesday, September 17 to Wednesday, September 18, 2013

We've arranged an overnight trip with a variety of activities. We'll start our adventures at Shenandoah Caverns, VA. Shenandoah Caverns reveals its natural beauty and wonders along a one-mile tour circuit where a comfortable 56-degree temperature is maintained year-round. It's the only cavern system with elevator service, level walkways and no stairs. There will be plenty of time to tour the stunning parade floats at American Celebration on Parade which will enthrall history buffs, art lovers and engineers alike. It's an amazing exhibit with huge floats, Presidential Inauguration Memorabilia and delightful animated figures. Unleash your inner child and enjoy! Lunch will be provided onsite.

Overnight accommodations are at The Quality Inn, New Market, VA. The New Market Historic District is a short walking distance (2 blocks) away. The Johnny Appleseed Restaurant onsite will provide Johnny's Fabulous Country Theme Dinner buffet.

Wednesday starts off with a buffet style breakfast before a tour of the Virginia Museum of the Civil War and New Market Battlefield. Then off to the Route 11 Potato Chip Factory.

TRIP DATES: Tuesday, September 17 to Wednesday, September 18, 2013

MINIMUM: 36 People **MAXIMUM:** 46 People

SIGN-UP DEADLINE: Wednesday, June 26, 2013

COST: \$197 double room occupancy \$234 single room occupancy
(Includes transportation, entrance fees, guided tours, 4 meals, lodging, tips and gratuities)

DEPART: Tues., Sept 17: TARGET (1245 N. Military Hwy., Norfolk) 6:00 AM

Bring your own coffee or juice. Muffins or Danish will be provided.

RETURN: Wed., Sept 18: Approximately 6:00 PM

Shenandoah Caverns Trip
Page 2

SEPARATE APPLICATIONS FOR EACH PERSON, PLEASE

Yes, I'd like to sign up for this great overnight trip.

Name: _____

Home Phone: _____ Cell Phone: _____

Email: _____

I'd like to share a double room (2 double beds) with _____ (name)

We will try to accommodate your roommate requests depending on arrival time of check AND application.

I'd like to share a double room and am willing to be paired up. _____ (initial)

I'd prefer a single room and am willing to pay the additional **\$37.00**. _____ (Initial)

BE SURE THAT YOU AND YOUR ROOMMATE SEND IN CHECKS AT THE SAME TIME TO ENSURE THAT YOU BOTH ARE GUARANTEED THE DOUBLE OCCUPANCY PRICE. NO DISCOUNT FOR ADDITIONAL PERSONS IN ROOM.

Lunch Choices at Shenandoah Caverns. Choose one.

Chicken Wrap _____

Roast Beef Wrap _____

Ham Wrap _____

Pimento Cheese on Roll _____

There will also be salad, chips and dessert plus iced tea and water.

All other meals are buffet style with plenty of selections for all.

NOTE: Any questions about this trip, please call the co-chair persons:

Betsy Blank at 495-0730 or DeeDee Rockefeller at 471-3661



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ILR TRIP DISCLOSURE FORM

NAME OF EVENT: Shenandoah Caverns

SIGN-UP DEADLINE: Wed., June 26, 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.*



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MEMBERSHIP RENEWAL

Membership year
(June 1, 2013 - May 31, 2014)

Membership fee is **\$15.00** per person
Please make your check payable to **ILR**

Please Print

LAST NAME _____ FIRST NAME _____

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ ZIP CODE +FOUR _____

PHONE _____ CELL PHONE _____

EMAIL _____

REMINDER: *In order to attend classes, you must be a member of ILR.*

ILR does not discriminate with respect to race, religion, sex, color or national origin.