

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

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## **SCHEDULE OF COURSES FOR SPRING 2012**

*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.*

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### **Sex and Love in the Eastern and Western Worlds**

**Date:** Monday, April 2, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Roshan Talerja

**Course Description:** Human concepts of affection are understood differently in different cultures. This lecture by our favorite philosopher will examine some of those differences. Dr. Talerja's recent ILR presentations "What is Knowledge?" and "What is Wisdom?" and "Religion and its Purpose" have been very popular with our members.

**Instructor:** Dr. Roshan Talerja was born in 1945 in New Delhi, India. He took his pre-med training at Cambridge University in England and graduated from Delhi University Medical School. Postgraduate training was accomplished in England, India and the United States. He completed his Internal Medicine Residence in 1973, a Fellowship in Cardiology in 1974, and trained in Emergency Medicine in 1975. Dr. Talerja recently retired from his medical practice in Virginia Beach. He is a member of the American College of Physicians, the American College of Preventative Medicine and the American Philosophical Association.



## Eat Wild for Health

**Date:** Wednesday, April 4, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Vickie Shufer

**Course Description:** Discover which plants growing wild in your backyards, gardens, or surrounding fields and forests can be added to your diet and the health benefits they offer. Become familiar with the cycles of plants and how they provide what we need when we need it: the greens in the spring, the fruits in the summer, the roots in the fall and the nuts in the winter. Learn harvesting and processing techniques and how to prepare gourmet wild food dishes. Taste samples of prepared wild food dishes.

**Instructor:** Vickie Shufer is a naturalist, forager, and publisher who has lived in Virginia Beach since 1979. She is the author of *The Everything Guide to Foraging*, published by Adams Media and the editor and publisher of The Wild Foods Forum newsletter since 1994. She has also co-authored several river guidebooks for southeastern Virginia and northeastern North Carolina. Vickie has a certified, 16-acre native nursery in northeastern North Carolina where she propagates coastal native plants and teaches groups how to use them for survival. Using False Cape State Park's Environmental Education Center, she hosts weekend programs on Wilderness Survival Skills and Wild Women Weekends.



## VDOT Project Development Process – Conception to Completion

**Date:** Thursday, April 5, 1:00 – 3:00 PM  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Adam Jack

**Course Description:** Building Virginia's highways and roadways is in the press almost weekly. The person responsible for the planning, investment and engineering of more than 1,200 projects in Hampton Roads with a combined construction value in excess of \$13 billion will discuss the entire transportation project development process. Highway construction is a very large part of the Commonwealth's budget and how this money is allocated and spent should be of great interest to everyone.

**Instructor:** Adam Jack is a native of the Washington-Baltimore area. He has a bachelor's degree in Civil Engineering from West Virginia University and is a registered professional engineer in multiple states. He has more than 25 years of transportation experience throughout the mid-Atlantic and Gulf Coast regions. Mr. Jack is an active member of the American Society of Highway Engineers and the Civil & Environmental Engineering Visitors' Council at ODU. Adam joined VDOT after designing and managing transportation projects for more than two decades in private industry.

## Cities of the World

**Date:** Tuesday, April 10 and Thursday, April 12, 10:00 – 12:00 Noon

**Cost:** \$20

**Location:** VBHEC

**Instructor:** Dr. Donald Ziegler

**Course Description:** This class will focus on cities in the Middle East, Asia, Australia and New Zealand. Have you been to any cities in these realms or are you planning a visit? This will help you put everything into perspective. From near and far we will look at planet Earth's urban geography by focusing on city histories, cultural landscapes, signature architecture and the role of changing relative location in explaining growth and change, all of which will require inspection of maps and plenty of photographs.

**Instructor:** Dr. Zeigler is Professor of Geography at ODU's Virginia Beach campus. He has traveled widely in the Middle East and Europe, has been a Fulbright scholar in Morocco, has held visiting scholar appointments in Syria and Jordan and has led over a dozen teacher seminars to the Mediterranean region and other parts of the world. He served as President of the National Council for Geographic Education in 1997 and now is President of Gamma Theta Upsilon, the international honor society in geography. He received a statewide award for outstanding teaching in 2006. His Ph.D. is from Michigan State University.



## Tissue Simulation – An Integral Part of Digital Imaging

**Date:** Tuesday, April 10, 1:00 – 3:00 PM

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Bill Drury

**Course Description:** Digital Imaging has essentially put Kodak out of the film business, but the shift away from film-based medical imaging has spawned a new niche business to manufacture "things" that will look like humans when viewed by the various new diagnostic modalities. The most sophisticated niche company in this behind-the-scenes world of medical imaging physics is located right here in Tidewater. CIRS, Inc. was started in 1982 to solve an early digital imaging question "how to use the CT scanner to perform Quantitative Imaging?" Today the company provides test tools, training devices and quality assurance "Phantoms" to physicists, physicians, and researchers around the world. Our speaker will explain the technologies in lay language, provide samples for "show and tell" discussion, and discuss future applications.

**Instructor:** Bill Drury, a native New Englander, graduated from the Naval Academy in 1958. Along the way he received a M.S. degree from the School of Petroleum Engineering at the University of Kansas, and spent a large part of his Navy career in the field of petroleum

procurement and distribution. Retiring in 1981 as Force Supply Officer for the Atlantic Fleet Surface Force, he co-founded Computerized Imaging Reference Systems, Inc. The company designs and manufactures its products here in Tidewater, employs over five dozen skilled craftsmen and is recognized worldwide for creative solutions to Tissue Simulation applications.

## **The Miracle of Philadelphia – Our Constitution**

**Date:** Wednesday, April 11, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Robert Torgler

**Course Description:** This is the remarkable story of the crafting of the U.S. Constitution. Meet an amazing group of framers: Franklin, Madison, Hamilton and Jay. Contrast the brilliance of 18<sup>th</sup> century politicians with those of today. Our popular historian of American history, Bob Torgler, offers another fascinating story about those early Americans who did so much in the framing of our lives.

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



## **Firearms Safety and Introduction to Handguns**

**Date:** Thursday, April 12, 1:00 – 3:00 PM  
**Cost:** \$10  
**Location:** Lynnhaven Shooting Range  
2664 Lishelle Place (near Lynnhaven Mall)  
**Instructor:** Roger Gossett (ILR member)

**Course Description:** Mr. Gossett will provide a basic introduction to firearms safety and the proper operation of handguns. The instructor will explain the basic types of handguns, the differences between revolvers and semi-automatic handguns, the uses of handguns for target shooting and personal defense, and explain the different calibers of ammunition available. Basic laws for carrying a concealed handgun will be discussed. Examples of various types and sizes of handguns will be demonstrated and available for familiarization. **NO FIRING OF HANDGUNS WILL BE DONE DURING THIS CLASS.** Information for anyone desiring to learn more will be made available. **Note location.**

**Instructor:** Roger Gossett is a qualified NRA instructor for Pistol, Rifle and Shotgun. He is a former Department of Criminal Justice firearms instructor and former DCJS-qualified security guard. Mr. Gossett has forty years experience as an instructor, is a Life Member of the NRA and an active member of the Virginia Beach Rifle and Pistol Club.

## Having Fun with Social Media at Triond - Online Publishing

**Date:** Monday, April 16, 1:00 – 3:00 PM  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Erwin K. Thomas (ILR member, past Board V.P.)

**Course Description:** Triond is a social medium website serviced from Tel Aviv providing for broadened Internet use of interactive media, e.g. Facebook, Twitter, etc. Triond provides a complete publishing service of quality content of all types in different media formats that reach a global audience. Dr. Thomas will explain its working in detail including the role of cyber friends in a global community.

**Instructor:** Erwin Thomas was born in Georgetown, Guyana, South America and holds degrees in Radio-TV-Film, TV Journalism, and a Ph.D. in Journalism. Erwin taught at Norfolk State University for 25 years and retired as a Professor, after having served as Chair and Graduate Coordinator of Mass Communications and Journalism. He also taught International Journalism and Broadcasting at the University of Wisconsin and University of Guyana and was a recipient of a Ford Foundation Fellowship and Gannett Scholarship. Publications include: *Make Better Videos with your Camcorder* (1991), *Handbook on Mass Media in the United States* (1991), and *Mass Media in 2025*, published in 2001 by Greenwood Press.



## Life in China since the Cultural Revolution

**Date:** Wednesday, April 18, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Qiu Jin

**Course Description:** China has experienced dramatic changes in the past two decades. Not only has its economy grown at an unprecedented pace, it also has gone through great social changes. The political structure, however, seems to remain the same, still maintaining a totalitarian regime. In order to understand the nature of this paradox as well as the changes in Chinese society, the lecture will start with the Cultural Revolution, the foremost catastrophe of Mao's regime, based on personal experiences. It will then highlight the social changes since then through a comparison of the systems before and after Deng Xiaoping's reform.

**Instructor:** Dr. Qiu Jin is Director of Asian Studies at Old Dominion University and the author of four books and numerous articles on contemporary Chinese history. A frequent lecturer, she and her work have been nominated for numerous awards. She is the recipient of grants and fellowships and is currently involved in several research projects. Dr. Jin has degrees from Beijing Normal University and the University of Hawaii where she earned her doctorate in 1995.

## The Rise of the Professional Actor

**Date:** Thursday, April 19, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Sally Shedd

**Course Description:** In this class we will investigate the shift from the predominance of the amateur actor of the classical and medieval periods to the professional actor of Elizabethan times. We will continue to trace the development of acting through seventeenth century France and Restoration England. Along the way we will discuss evolutions in actor training, casting practices and the actor's position within both the theater and culture at large.

**Instructor:** Dr. Sally Shedd is Professor of Theatre at Virginia Wesleyan and Division Chairman of Humanities.



## Hollywood's Western as Genre and Myth (Pts. 1 & 2)

**Dates:** Tuesday, April 24 *and* Thursday, April 26, 10:00 – 12:00 Noon  
**Cost:** \$20  
**Location:** VBHEC  
**Instructor:** Dr. Gary Edgerton



**Course Description:** For nearly two centuries, Americans have embraced the Western like no other artistic genre. This story form has been utilized in literature, painting, film, radio and television to explore questions of national identity and purpose. This course introduces the conventions, evolution and meanings of Hollywood's Western within the broader aesthetic, socio-historical, cultural and political dimensions of life in America.

**Instructor:** Dr. Gary Edgerton is an Eminent Scholar, professor and Chair of the Communication and Theatre Arts Department at Old Dominion University. He won First Place in the 2008 John G. Cawelti Book Award of the American Culture Association. He has authored numerous books on television and film including Ken Burns's America, The Columbia History of American Television and Mad Men: Dream Come True TV. His doctorate degree in Communication is from the University of Massachusetts.

## Was Machiavelli a Machiavellian? What We Can Learn from Him Today

**Date:** Wednesday, April 25, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Dr. Charles Burgess

**Course Description:** After a brief look at Niccolo Machiavelli's life and times and some reference to his work *Discourses on Livy*, we'll concentrate on *The Prince*. Since the sixteenth century, this book has been notorious as a handbook for tyrants and evil dictators, and certainly it is full of advice that nobody wants to see followed. But is that all it is? Can we in fact learn some positive lessons from it? Is it relevant to the political situation today ó internationally and domestically? Discussion will be encouraged.

**Instructor:** Dr. Charles Owen Burgess was a full-time faculty member at Old Dominion University from 1955 to 1995 and is now a Professor Emeritus in English. He is teaching one course a semester in World Masterpieces for upper level English majors. Formerly he was Graduate Dean, Provost and Vice President for Academic Affairs, and Dean of the College Arts and Letters. He holds an A.B. in English and Comparative Literature from Columbia University, an M.A. in English from the University of Chicago, and a Ph.D. in English and Comparative Literature from Columbia University. He has published a textbook *Drama: Literature on Stage*, and a number of articles on literature and academic affairs. For twelve years he was on the Norfolk Commission for the Arts and Humanities, where he was a founding member. He has been active (and may be again) in regional theatre as actor and director, particularly at the Little Theatre of Norfolk, the Norfolk Theatre Center (ancestor of the Virginia Stage Company), and the Generic Theatre.



## Finding a Personal Theology

**Date:** Monday, April 30, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** Primeplus Norfolk Senior Center (See directions on next pg.)

**Instructor:** Rabbi Lawrence Forman

**Course Description:** Almost 4000 years ago our ancestors committed themselves and their posterity to a religious quest ó the search for meaning in a world that often appears devoid of the Divine Presence. Over the centuries each religious system has participated in this quest to discover God's will ó to apprehend ultimate truths, to discover ethical absolutes. Judaism, Christianity, Buddhism, Taoism, Hinduism and Islam, to name but a few of the present World Religions, desire to make the world a better place for all people, ethically and ritually. Of course there are extremes in any religious system, but generally the mainline focus of maturing religious systems is to cooperate with each other to seek the mystery of the hidden God and to dialogue in interfaith settings toward mutual understanding and respect. Each religion has programs that include an emphasis on Social Justice, right action, caring for the homeless, the poverty stricken, the sick, the aged and those who have lost their way in the world. All of this should lead us toward a greater awareness of that Source in the Universe before whom all of us stand and before

whom all of us are responsible. Perhaps we need to ask more questions, knowing there is not one correct or only answer. How open are we to the journey to discover the hiding God and to personal meaning and purpose? **Note Location.**

**Instructor:** Rabbi Lawrence Forman, Rabbi Emeritus, Ohef Sholom Temple, was born and raised in Seattle, Washington and received his B.A. from the University of Washington. He was ordained at Hebrew Union College-Jewish Institute of Religion in Cincinnati and received a Masters of Arts in Hebrew Letters from the Seminary. Rabbi Forman served as Post Jewish Chaplain in the U.S. Army, where he attained the rank of Captain. In 1970, the Rabbi was called to Ohef Sholom Temple in Norfolk, Virginia. In 1987, he was awarded the Doctor of Divinity degree by the Hebrew Union College-Jewish Institute of Religion. In May, 1993, Rabbi Forman received his earned Doctoral degree from Boston University's School of Theology. Rabbi Forman served Ohef Sholom Temple with distinction for thirty years as Senior Rabbi. After retiring, he founded the Institute for Jewish Studies and Interfaith Understanding at Old Dominion University. While teaching at ODU, Rabbi Forman became the faculty advisor to the Turkish Muslim-Rumi Forum Better Understanding Club, and he continues to conduct many interfaith dialogue sessions between Christians, Muslims, Catholics and Jews.

***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**



## **Murder on the Metro Explored!**

**Date:** Wednesday, May 2, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Annette Finley-Crosswhite

**Course Description:** This class explores the first murder to have occurred in the Paris metro, the assassination of 29-year-old Laetitia Toureaux on May 16, 1937. Toureaux's murder remains officially unsolved and is the most famous locked room mystery in European history. She was killed in a closed metro car between stops with no witnesses. The course will focus on the crime itself and on the right-wing political organization connected to the murder - the notorious "Cagoule," one of the first modern terrorist organizations. In 1936-37 Toureaux was working as a private detective and infiltrated the group but subsequently lost her life. The course will place the murder in the context of the turbulence that engulfed France on the eve of World War II.

**Instructor:** Dr. Annette Finley-Crosswhite received her B.A. from the University of Richmond and her Ph.D. in Early Modern European History from Emory University in 1991. Professor Finley-Crosswhite has been at ODU for nearly 20 years and has been very active in their graduate program and was the Chair of the History Dept. 2006-2010. Her research led her and co-author Gayle Brunelle to write Murder in the Metro which was selected as Favorite Book of 2010 by *History Today*.



## “It’s Nimmo, not Neemo”

**Date:** Thursday, May 3, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Jennifer Brown Estes and Susan Stephens Kellam

**Course Description:** For more than 200 years the Nimmo United Methodist Church stands at what was once a well-known crossroads of the southern part of Princess Anne County, now Virginia Beach. A nearby road was given the name Nimmo Parkway; one may ask why? Who were the Nimmos of 1723 and from where did they come? What was their role in the development of Norfolk and Princess Anne County? What is the story of the church and who were the families of that church? These are some of the questions that will be answered.

Through the personal memoirs written in 1967, at age 96, by Ella Brock (Whitehurst) Nimmo, we will explore a lively view of life in Princess Anne County where Miss Ella grew up. She frequented the Dam Neck Mills, attended Nimmo Church and listened to her family discuss their Civil War experiences. In 1888 she became a teacher in the Princess Anne County Public School System. The Nimmo family lineage includes Nimmo, Brock, Spratley, Whitehurst, Lovette, Thorowgood, Keeling, Walke and others.

**Instructors:** Jennifer Brown Estes is a life-long member of the Nimmo United Methodist Church and a descendant of John Brown, one of the first Trustees. After getting her BA in education from Longwood College she taught in the Virginia Beach Public Schools and later volunteered with Gifted Education and Middle School Curriculum development. She is a member of the Princess Anne/Virginia Beach Historical Society. Jennifer’s respect for Nimmo’s rich history was nurtured by Ella Nimmo and her daughter, Elizabeth, as well as Jennifer’s Grandmother Brown. She has filmed living histories and events at the church as well as collected church memorabilia since the sixties.

Susan Stephens Kellam is from Savannah, GA. In 1962 she married David Kellam and has been an active member of Nimmo Church ever since. She has served as a teacher, leader and church historian at Nimmo UMC. Susan taught at Lotus Pond Learning Center for 23 years. She is a member of the Princess Anne/Virginia Beach Historical Society and serves on the board for the Whitehurst/Bufington House Foundation. Both Susan and Jennifer became passionate about Nimmo history through their friendship with the last Nimmo family member to attend Nimmo Church - Elizabeth Nimmo Atwood who died in 2005 at age 100.



## Change in the World: In our Lifetime

**Date:** Monday, May 7, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Rear Admiral Fred Metz, Retired

**Course Description:** Rear Admiral Metz will review major events (political, economic, and cultural) starting with the 1930s decade by decade. Then we will discuss how these events determine and affect the current national strategy. We will analyze and project what the world may look like 20 years from now. This involves some group dialogue and lively discussion.

**Instructor:** Rear Admiral Metz is a native of Atlantic City, New Jersey. A Naval Aviator, he received his wings in 1957. Aviation tours in A-4 and A-6 aircraft, which included four combat tours to Viet Nam. He had seven command tours of aircraft squadron, air wing and ships on both the east and west coast. Shore duty included instructor duty and staff assignments in Norfolk and Whidbey Island, WA. He had two tours in the Pentagon; Operations, Political Military division and head of Aircraft Carrier Programs for the Chief of Naval Operations. College includes Gettysburg College, Naval Postgraduate School and Naval War College, studies in the Middle East and China. Retired after 35 years of service, activities include Defense consulting, painting and traveling with his wife of 52 years, Jenny.



## Taking the Mystery out of Antiques

**Date:** Tuesday, May 8, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Meyer Chovitz

**Course Description:** How do you tell real antiques from fakes? Learn about antique glass, silver, furniture, rugs, porcelains, etc. What about buying antiques at auctions? Find out about appraisals and much more!

**Instructor:** Meyer Chovitz is a life-long resident of Tidewater with over 44 years of experience in dealing in antiques. He has been a licensed auctioneer and was manager of Hoffman Galleries. He currently owns Premier Antiques & Auctions, and is an associate member of the International Society of Appraisers and the Appraisers Association of America. His appraisal work includes the IRS, the U.S. Navy, museums, historical homes and for private individuals. His previous visits to ILR have been very informative.

## HELP! I'm in Trouble!

**Date:** Thursday, May 10, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Battalion Chief Tim Riley

**Course Description:** No one thinks about the Fire Department when things are going well, but the Fire Department is responsible for everything that goes wrong from a serious fall, a drowning, an explosion or a chimney fire. Proud civil servants, well trained men and women are available to help when called. Chief Riley will outline training, equipment, budgets, volunteerism, CERT, and outreach. As seniors, we fall into the category of "Most Vulnerable," They are there to help.

**Instructor:** Battalion Chief Tim Riley is a native of Rochester, New York, a graduate of the University of Richmond, and a Navy veteran who decided to settle in Virginia Beach. He has been with the Virginia Beach Fire Department for 27 years and is currently the Public Information Officer. During that time he has become a nationally registered paramedic (he was with FEMA in Haiti) and also is a paramedic for FBI SWAT teams. In his spare time the last 15 years, he has been with the Nightingale rescue unit.



## Life aboard the Monitor during the Civil War

**Date:** Monday, May 14, 1:00 – 3:00 PM

**Cost:** \$10

**Location:** Primeplus Norfolk Senior Center, Norfolk (see directions on next pg.)

**Instructor:** Russ Morrison

**Course Description:** The revolutionary Monitor ironclads were naval heroes of the Civil War but life aboard these revolutionary ships was difficult and dangerous during both combat and day-to-day operations. The presentation is based on letters from crew members and accounts of their operations during many combat operations. Crew members compared life aboard Monitors like living in the bottom of an iron lined well— damp, hot, and rust under the surface of the water. We will discuss life aboard from the first combat with the *USS Virginia/Merrimack* through the months of operations in support of McClellan's peninsular campaign, the sinking of the original USS Monitor, and life aboard follow-on Monitors in the Battle of Mobile Bay, and attacks on Fort Sumter and Fort Fisher.

**Instructor:** Russ Morrison is a docent at the Mariner Museum with a specialty in history of the USS Monitor. He is a USAF veteran retiring as a Colonel with Command Pilot Wings. He holds a BS degree from the U.S. Air Force Academy and an MA degree from the University of Nebraska. Russ's many ties to the sea include seascape painting, aquatic sports, underwater exploring, boating, renovating a house in the Outer Banks, and a continuing study of Maritime history.

**This is an off-site class to be held at Primeplus Norfolk Senior Center, 7300 Newport Ave, Norfolk**

***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**



## **The Geologic History of Hampton Roads**

**Date:** Tuesday, May 15, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Dr. G. Richard Whittecar

**Course Description:** Tidewater Virginia has a rich and cataclysmic history about which you will want to know more. For example, Hampton Roads is gradually sinking into the Atlantic at a rate of between 5 and 7.5 inches per century. Wouldn't you like to know why? What natural forces shaped Tidewater? What does nature have in store for us in the future? Our speaker, an Associate Professor in the Department of Ocean, Earth and Atmospheric Sciences at ODU, will discuss the geologic past, present and future for us.

**Instructor:** Dr. G. Richard Whittecar received his B.S. from the University of North Carolina. Both his M.S. in Geology and PhD in Geology and Geography (jointly granted degree) were earned at the University of Wisconsin. He was designated as a University Professor for teaching as a lifetime award by ODU in 1998. He and his wife and two children have called Virginia Beach home since 1979. Dr. Whittecar is passionate about wetlands, Cheerwine soda, and beautiful red soil



## **“Buy Fresh Buy Local” is Not Just a Catchy Saying**

**Date:** Wednesday, May 16, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC, and field trip to the Farmers' Market at 10:45 AM

**Instructor:** Lynn Lewis Schultz



**Course Description:** The first part of the course will be a discussion of how food production has changed at both the national and local level, with specific information about our food distribution system in Hampton Roads. The second half of the course will be a field trip to the Virginia Beach Farmers' Market to discuss with local farmers, grocers and seafood vendors the benefits of buying locally as well as what is available in season.

**Instructor:** Lynn Lewis Schultz earned a B.S. in Mathematics Education and an M.S. in Secondary Education at Old Dominion University. After teaching high school students, Lynn was an Instructor and Senior Lecturer at ODU. She has volunteered in local, state and national political campaigns. Lynn is also active in many local organizations such as the Chesapeake Bay Foundation and the Lynnhaven River Oyster Restoration. She is President of *Buy Fresh Buy Local Hampton Roads*.

Following Lynn's 10:00AM presentation at VBHEC, at 10:45 we'll go to the Farmers' Market on Princess Anne Rd (car pools are recommended). From VBHEC, it's a short 5-minute drive: turn right onto University Dr. to Princess Anne Rd, then turn left onto Princess Anne Rd, and at intersection of Princess Anne Rd and Dam Neck Rd, you'll see the entrance to the Farmers' Market - it will be on the left.



## Impressionists Degas and Cassatt

**Date:** Thursday, May 17, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Leonette Adler

**Course Description:** Mary Cassatt and Edgar Degas are center stage in this presentation by our wonderful Leonette Adler. The Frenchman Degas with his ballet dancers and adventures into sculpting and the American Cassatt with her views of mothers and families during those late 1800s will be a delight to study. Their works and friendship was a wonderful part of the beginning of that golden age of Parisian art we all hear about and Woody Allen writes movies about.

**Instructor:** ILR member Leonette Adler is an award-winning artist whose works have been shown in numerous museums and galleries on the east coast. Her work can be seen currently in galleries in Charlottesville and Richmond. She taught art history at the Norfolk Academy for 25 years, and has presented many popular classes to our ILR.



## Behavior Management for Grandparents

**Date:** Monday, May 21, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Peter M. Dozier, MD

**Course Description:** Grandparents and extended family members can be enormously helpful to the behavioral development of children, both by direct interaction with a child and through influence of the parents by modeling effective behavior modification. Through video and discussion, we will consider the role of environmental factors in the development of oppositional behaviors and review evidence-based parenting practices proven to reduce problem behaviors among children. For many adults, these behavioral techniques may challenge core beliefs about authoritarian parenting, and grandparents are in a unique position to give support while parents practice this very effective strategy.

**Instructor:** Dr. Peter Dozier is currently the Director of Child and Family guidance & Consultation at CHKD. He started his career path by earning his Dr. of Medicine degree from EVMS in 1984. Then he was a resident in Pediatrics at CHKD and in General Psychiatry at EVMS. He moved on to Johns Hopkins serving as Clinical Fellow in Child Psychiatry. He came back to CHKD in 2008 to develop child psychiatry at the hospital and to pediatric residents.



## Dysfunctional Families of Renaissance Italy

**Date:** Monday & Wednesday, May 21 & 23, 1:00 – 3:00 PM  
**Cost:** \$20  
**Location:** VBHEC  
**Instructor:** Dr. Clayton Drees

**Course Description:** This course will explore the good, the bad and the ugly careers of some of the most notorious ruling families of the Italian Renaissance in an effort to bring their most colorful and heinous peccadilloes to light. Lectures and audio-visual presentations will focus on the Visconti and Sforza of Milan, the Medici of Florence, the Borgia papacy of Alexander VI in Rome, the Gonzaga of Mantua, the Este of Ferrara and the Montefeltro of Urbino to name just a few.

**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.

## In the Belly of the Beast

**Date:** Tuesday, May 22, 1:00 – 3:00 PM  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** D. D. Delaney

**Course Description:** D.D. Delaney was a correspondent for *Port Folio Weekly*, Hampton Roads' leading alternative newspaper, from 1998 until the publisher closed it down in 2009. During that time Delaney regularly covered the area's peace movement, a small but dedicated community of folks who oppose American wars and militarism here in the largest naval installation in the world. In 2010 he collected 77 articles from the ones he wrote on this movement and published them in a two-booklet set entitled *In the Belly of the Beast*. In this session Delaney will review the activities of the movement during those years, introduce its most prominent members, link its activities to national and international figures and movements, and open for discussion its values and strategies.

**Instructor:** D. D. Delaney has been a poet, playwright, actor, and all-purpose theater person since the mid-1970s. Most recently, in addition to his performance poetry, his theatrical projects have included the role of Morrie Schwartz in the 2010 Generic Theater production *Tuesdays with Morrie* and his solo performance of his fifth annual holiday special, "The Concise Dickens' Christmas Carol," which he adapted from the original in 2006.

He has published two collections of plays, *Lunar Fool* and *In the Pastures of the Sun*; a book of poetry, *Collected Poems from the Consciousness Wars*; and several pamphlet-sized works, including "Poems of Transition: 2008-2009" and an essay on health and healing, "Always Safe, Always at Home."



## Andy Warhol: Portraits at MOCA (aka CAC)

**Date:** Wednesday, May 30, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** MOCA (Va. Museum of Contemporary Art)...see directions below  
**Instructor:** Holly Ackiss

**Course Description:** This exhibit features original works from the Andy Warhol Museum in Pittsburgh. By including screen prints, drawings, paintings, Polaroids, and vintage family photos this exhibition explores the phenomenon that is Warhol on a deeply personal level. It includes over 200 portraits and is considered the most comprehensive exhibit of Warhol's work and life. It debuted in 2010 at the Warhol Museum and is exhibiting at MOCA for the first time in the US since then.

**Instructor:** Holly Ackiss is the Gallery and Program Manager at MOCA.

**Directions:** I-264 East to end of expressway: turn left onto Parks Avenue, and continue into the parking area on your right.



# Coffee and Conversation

*and the  
ILR 5th Annual Art Show*

**Date:** Wednesday, April 11<sup>th</sup>

**Time:** 11:45 . 1:15 pm

**Place:** Room 169 (directly across from front desk in VBHEC Atrium)

Join us for our quarterly session of Coffee and Conversation. **And for an extra treat** you'll also have a chance to view the art works and meet some of the artists of ILR's Fine Art Show.

What's Coffee and Conversation? It's an opportunity to socialize with fellow ILR members. We also wish you would get acquainted with the members of our **Board of Directors who will be there with blue & white name tags** to help you spot them. Please feel free to share ideas and make suggestions for future ILR programs and events.

All members are encouraged to come, but we particularly hope to meet those who will be attending Bob Torgler's class "***The Miracle of Philadelphia – Our Constitution***" in the morning and/or at the **ILR Board Meeting** in the afternoon.

So stop in after class and enjoy a beverage, sandwich, and cookies provided by the ILR, **free of charge**.

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

See you there!



# PLEASE REMEMBER.....

WHEN YOU PARK ON VBHEC CAMPUS



To place your ***Parking Permit...***

on CAR DASHBOARD

*or*

hang from REAR-VIEW MIRROR

\* \* \* \* \*

*(VBHEC does enforce parking regulations)*

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## ***Inclement Weather...***

VBHEC follows the lead of ODU's main campus. When ODU is closed due to weather, ILR class is 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
2. Call the ODU main campus infoline/operator: 683-3000

Note: When an ILR class is cancelled due to weather, registrants get *full refund vouchers*.



## Ride “The Tide” and Sail “the American Rover”

Enjoy an afternoon riding Norfolk’s light rail system - The Tide, followed by a Daytime Harbor Cruise on The American Rover.

**Date:** Friday, April 27, 2012

**Cost:** \$16/person (the Rover) + dinner on your own at Outback Steak House. (There is also a \$ .75 fee to ride The Tide each way; you can buy your tickets at the station, or go online to [www.gohrt.com](http://www.gohrt.com))

**Time:** Meet at the Newtown Rd. Tide station at 2:00 pm, and ride The Tide to MacArthur Square Station.

We will walk 2½ blocks to Waterside, where we will board the American Rover. The harbor cruise will be from 3:00 – 4:30 pm. While sailing on board the American Rover, the ship’s captain will give a live narration.

After the cruise, we will have an early dinner at the Outback Steak House located near the dock. Dinner will be at your own expense.

The Ship sails rain or shine, so dress for the occasion! In the event the trip is cancelled, in advance, due to extreme inclement weather, we will notify you.

Trip limited to 25 people.



# SPRING KAYAK ADVENTURE

FRIDAY, MAY 4, 2012

## Stumpy Lake

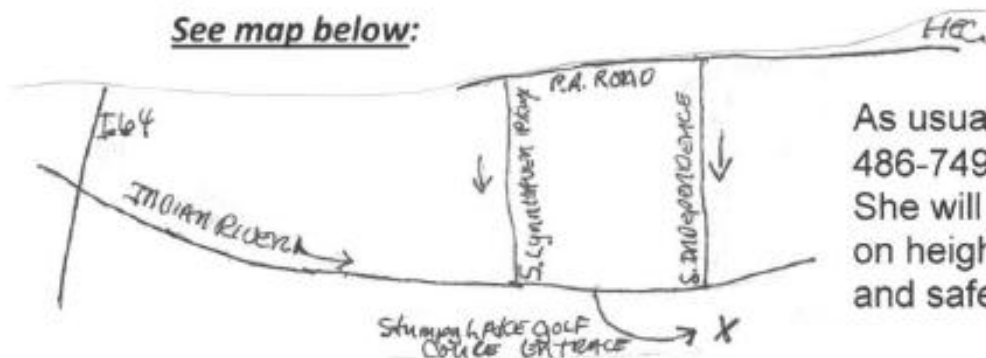
**Cost: \$50.00 (Minimum 15, Maximum 20)**

This time the city did a 21<sup>st</sup> century kayak/canoe launch site! You have to see it to believe it. No wet shoes getting in or out and no slippery bank to maneuver.

We will meet there at **10 A.M.** for our typical "three-hour tour". There is parking for about 10 cars right at the site, and the rest can be at the golf course club house not quite a football field away. That is also where the lovely restrooms are located. There is also a nice casual dining area that includes a snack bar and drink bar plus both an inside and patio café area. Drive out some afternoon, it is not that out of the way and yet you are out of the "city" while you are visiting the lake area.

**Directions:** You can come in on Indian River Road heading south, South Independence Blvd, or South Lynnhaven Parkway. The exit to the Stumpy Lake Golf Course is between Lynnhaven and Independence on Indian River. The *put in* is right after you cross the causeway across a piece of the Lake. You can not miss it.

**See map below:**



As usual, call Judy Schooley at 486-7490 with any questions. She will call all of you to check on height and weight for kayak and safety vest fitting.

Please fill out required information and put tear off in with Registration form.



Name(s) \_\_\_\_\_

Phone # \_\_\_\_\_ Kayak (circle) single double

*Spring Kayak Adventure 2012*

# The Mariners' Museum



Join us for an exciting day as we explore the **Mariners' Museum** in Newport News, VA. Designated by Congress as America's National Maritime Museum, it is the most comprehensive maritime history museum in the country! For more than 75 years, the Museum has celebrated the spirit of seafaring adventure, but in 2007, they were awarded the American Association of Museums' Excellence in Exhibition Award for the new **Monitor Center**, which was added to the original museum.

With a docent-led tour, we will get an overview of the original museum, including the exquisite miniature ships carved by artist August F. Crabtree in collaboration with his wife Winnifred. We will then proceed to the USS Monitor Center with its full-scale replica of the **Monitor** and enter the battle action of March 8 and 9, 1862. By boarding the replica and using interactive exhibits, those dates come alive when the **USS Monitor** stopped the **CSS Virginia** from destroying the Union's wooden fleet in Hampton Roads and history was changed. You will witness that history and witness today's history being made, as artifacts from the **USS Monitor** are recovered from the wreck site off Cape Hatteras and conserved for display at the **Monitor Center**.

**Date and Time:** Friday, May 18, 2012 at 10:00 am in the lobby where our tour will begin.

**Cost:** \$20. This includes the two-hour docent-led tour and lunch of sandwiches, salad, cookies and drink. You are free to explore the museum on your own after lunch.

**Directions:** The museum is an easy drive traveling west on I-64 to exit 258A or J Clyde Morris Boulevard. Continue south for 2.5 miles (J. Clyde Morris becomes Avenue for the Arts) then turn left onto Museum Drive, the entrance for the museum.

**Deadline for Registration:** May 1, 2012

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*Please detach and send this information with your check and Registration form:*



**Name (s)** \_\_\_\_\_ **Tele #** \_\_\_\_\_

**Check if vegetarian:** \_\_\_\_\_ (otherwise a variety of meats will be offered)

**Circle Drink of choice:** Coke Sprite Diet Coke Water

The Mariner's Museum, May 18, 2012



# FLY ON A MAGIC CARPET

## Mark Gonsenhauser's Rug & Carpet Superstore

4153 Virginia Beach Blvd., Virginia Beach, VA

486-6600

Ever wondered about the origins of the lovely handmade oriental carpets you see gracing the floors of historic homes and many of today's residences? Ever wondered about how they are woven and who weaves them? This is your opportunity for answers to these questions and others. Join us for a presentation by Diane Samareh, design consultant. Mark Gonsenhauser is Hampton Roads oldest and largest decorative and oriental rug and carpet showroom, with 20,000 sq. ft. of hand-made and machine-made rugs from around the world.

**DATE:** Friday, June 15, 2012

**TIME:** 10:00 A.M.

**COST:** \$1.00 Administrative Fee *(Non-Refundable)*

**DEADLINE:** June 8, 2012

**MAXIMUM:** 30

**LOCATION:** *MARK GONSENHAUSER*, 4153 Virginia Beach Blvd., is a free-standing building diagonally across the street from Willis Wayside Furniture Store.

**PARKING:** On-site parking.

**OPTIONAL LUNCH:** 12:00 Noon at *BONEFISH GRILL*, 3333 Virginia Beach Blvd., Virginia Beach, (Princess Anne Plaza Shopping Center), 306-3323. Separate Checks. Limited lunch menu.

From Mark Gonsenhauser: Continue 1.7 miles on Virginia Beach Blvd. to Princess Anne Shopping Center (right hand side - where Sam's Club is located). *BONEFISH GRILL* is in shopping center.

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Please clip and return this portion, along with payment, to ILR by June 8, 2012 deadline date.



Name(s): \_\_\_\_\_

Optional Lunch: Bonefish Grill - Yes \_\_\_\_\_ No \_\_\_\_\_

June 15, 2012 – *Fly on a Magic Carpet*



# 5th Annual ILR Art Show

***April 3 - 30, 2012***

ODU Virginia Beach & ILR are presenting the 5th Annual ILR Art Show for the entire month of April 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)

**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: *March 15<sup>th</sup>, 2012***

**Hanging of show:** Mon., April 2 ... 2 - 4 p.m.  
*(work must be ready to hang when you arrive)*

**Take down of show:** Tue., May 1... 11a.m. - 1 p.m.  
*(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#:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Title:** \_\_\_\_\_ **Title:** \_\_\_\_\_

**Media:** \_\_\_\_\_ **Media:** \_\_\_\_\_

**Size:** \_\_\_\_\_ **Size:** \_\_\_\_\_

**Price:** \_\_\_\_\_ **NFS:** \_\_\_\_\_ **Price:** \_\_\_\_\_ **NFS:** \_\_\_\_\_

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

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

**ODU/ILR**  
1881 University Dr.  
Virginia Beach, VA 23453  
[oduilr@juno.com](mailto:oduilr@juno.com)

**Questions?? Call Daisy Smith at 467-2270, or email: [artsy@macs.net](mailto:artsy@macs.net)**

# "Marines to Millionaires"

**Tuesday, June 26, 2012**



Since the opening of the **National Museum of the Marine Corps**, Triangle, Virginia, in November 2006 more than 1.7 million visitors have reminisced of days gone by. Inside this building era exhibit galleries utilize cutting edge multimedia technology and will take you onto the beach at Iwo Jima, through a frigid winter night on watch against possible attack in Korea, and into a hot "LZ" (landing zone) in Vietnam. Combining priceless artifacts with documentary films, combat art, and recordings of Marines telling their own stories, the galleries bring the wartime experiences of every Marine to life. You can even get a feel for what boot camp was really like!!



Our 2<sup>nd</sup> venture on this day is **Hillwood Museum** located in Washington, D.C., the estate of Marjorie Merriweather Post (yes Post Cereal heiress)! We will have lunch at the café, and tour the Mansion with all its breathtaking collections from Faberge eggs, priceless Russian icons, to exquisite furniture and jewelry. This estate is a well-kept secret of 25 acres (including 13 acres of formal gardens) that everyone should see. Here is a chance to get a glimpse of "where fabulous lives!"

<b>Travel Date:</b>	<b>Tuesday, June 26, 2012</b>
<b>Cost:</b>	<b>\$95.00 per person</b> (incl. transportation, entrance fees, guided tours, 2 meals, tax & gratuities)
<b>Deadline:</b>	<b>Friday, May 25<sup>th</sup></b>
<b>Minimum:</b>	<b>40 / Maximum: 45</b>
<b>Cancellation:</b>	<b>Friday, June 1<sup>st</sup></b>
<b>Depart:</b>	6:00 a.m. from Target, Military Hwy, Norfolk (front parking lot)
<b>Return:</b>	8:30 p.m. Estimated

*Please select one entrée per person for lunch and return this portion with the Trip Disclosure form to the ILR office by Friday, May 25<sup>th</sup>:*



- 1<sup>st</sup> choice: oven roasted turkey breast sandwich  
2<sup>nd</sup> choice: ham & brie sandwich  
Or  
3<sup>rd</sup> choice: spinach quiche

**Entrée**

**Initials**

_____	_____
_____	_____
_____	_____

Print Name(s) \_\_\_\_\_ Telephone: \_\_\_\_\_

Marines to Millionaires, June 26, 2012



*Institute for Learning in Retirement*  
*1881 University Drive*  
*Virginia Beach, VA 23453-8083*  
*Phone: 757-368-4160, e-mail: oduilr@juno.com*

## **ILR TRIP DISCLOSURE FORM**

**NAME OF EVENT: Marines to Millionaires**  
**Quantico,VA - Wash.,DC**

**CANCELLATION DEADLINE: Friday, June 1<sup>st</sup>, 2012**

***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.