

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

1881 University Drive

Virginia Beach, VA 23453

(757) 368-4160 email: oduilr@juno.com website: www.oduilr.com

SCHEDULE OF COURSES FOR SUMMER 2012

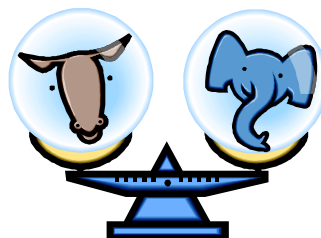
*ILR does not discriminate with respect to race, color, sex, religion or national origin.
The opinions expressed by our speakers are not necessarily the opinions of ILR
or Old Dominion University.*

Marketing a Candidate

Date: Monday, July 9, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Brian Kirwin

Course Description: How are candidates marketed in the political process? Are the methods different from traditional marketing? Yes! Political pro Brian Kirwin will share various marketing methods that are used to promote a candidate. He will discuss polling, advertising, issue advocacy and include both positive and negative campaigning. He will also give you a clear view of the races in 2012

Instructor: Brian is a political consultant in Virginia. He has consulted over 30 Virginia political candidates and is a frequent analyst in local, state and national political media, including Fox News, CNN, The Washington Post, the New York Times and is an occasional columnist in Virginia newspapers. Last year, the national magazine *Campaigns & Elections* named Brian Kirwin one of Virginia's most influential political forces. He consults for many of today's decision makers in state and local government. Want to know which way the wind is blowing in Virginia politics? Ask Brian.



Faith through Fascinating Food

Date: Tuesday, July 10, 10:00 AM – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Dr. Craig Wansink

Course Description: Welch's Grape Juice was created by a Methodist layman. The Presbyterian Sylvester Graham made "Graham Crackers" with the belief that the eating of them would suppress carnal desires. Honey is the only kosher food to come from a non-kosher animal. The railing at the front of many Christian churches originated as ways to keep dogs out which roamed in churches out away from the communion elements. Food and religion are linked in many ways. This session focuses on the unusual role of food out and the role of unusual foods in world religions.

Instructor: Dr. Craig Wansink is Chair and Professor of the Department of Religious Studies at Virginia Wesleyan College and Senior Pastor at Second Presbyterian Church in Norfolk. A native of Iowa, Craig has studied at universities in Japan, Jordan, Germany and Israel. He completed his Ph.D. at Yale University in New Testament and Ancient Christianity.



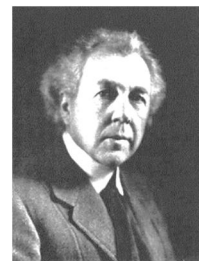
Frank Lloyd Wright in Virginia

Date: Wednesday, July 11, 10:00 AM – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Dr. Robert Wojtowicz



Course Description: We will examine the career of America's best-known architect by focusing on his projects for the Old Dominion: the Larkin Pavilion for the Jamestown Exposition, the Rosenwald School project for Hampton University, the Pope-Leighey House in Fairfax, the Louis Marden House in McLean, and the Andrew and Maude Cooke House in Virginia Beach. Wright's career spanned more than sixty years, and these projects show the full range of his creative powers, from the Prairie designs of the 1900s to the Usonian designs of the 1950s. Wright opened a new path to a fuller, more spiritual and light-filled existence.

Instructor: Robert Wojtowicz is a professor of art history and Associate Dean for Research and Graduate Studies in the College of Arts and Letters at Old Dominion University. He received his Ph.D. in the History of Art from the University of Pennsylvania, his M.A. in Art History and Archaeology from Columbia University, and his M.A. and B.A. in American Civilization from the University of Pennsylvania. Dr. Wojtowicz is an expert on the life and work of critic Lewis Mumford and the author of several books.

Laugh for the Health of It



Date: Monday, July 16, 10:00 AM – 12:00 Noon

Cost: \$10

Location: → Prime Plus Norfolk Senior Center, 7300 Newport Ave.

(See directions on... pg. 10)

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 is both experiential and educational, and you will learn: the physiological and psychological benefits of laughter; how to increase/develop your sense of humor; exercises to limber up body, mind and spirit, and tools to increase Laughter experiences.

Instructor: Dr. Shellie Fraddin is a 73-year-old, passionate, high energy woman with NO health problems, NO major surgery and takes NO medications. Dr. Shellie has been in the natural health field for more than 50 years, when very few people believed that people could alter their own lives with healthier lifestyle changes. Many consider Dr. Shellie a pioneer in the Health & Wellness field. She graduated magna cum laude from La Salle, University, with a Ph.D. in Natural Health Sciences at 55 years old. She is the author of 3 books, and has hosted radio shows in CA, NY and FL, has been interviewed by Ms., San Diego and Mademoiselle Magazines, as well as The New York Times and The London Daily Mirror for her expertise. She was an invited VIP guest on both The Geraldo Rivera and Dr. Oz shows for her expertise in health and wellness.



The Peacemaker

Date: Wednesday, July 18, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Reverend Steve DeLeon

Course Description: Forty years after the end of WWII and the start of political independence for the Philippines, rival tribes continued to be governed by their indigenous cultural laws, customs and traditions. In the mountainous region of northern Luzon, conflicts led to bloodshed. Father Steve DeLeon was assigned to establish and renew peace pacts. In addition, there was ongoing conflict between the rebel group, the New Peoples Army, the armed wing of the Communist Party and the Armed Forces of the Philippines. Locals caught between the two forces suffered casualties. Our speaker was involved in peace negotiations and was suspected of being a spy. Father DeLeon will share some of his experiences as a peace negotiator in the Philippines.

Instructor: Reverend Steve DeLeon is currently pastor of Star of the Sea in Virginia Beach. He was previously assigned as pastor and Director of the Justice and Peace Office of the Divine Word Missionaries in the Northern Philippines and later in the Asia Pacific region. He received degrees from Divine Word Seminary in the Philippines and Urbaniana University in Rome, Italy, and Catholic University in Washington, D.C.



A Road Less Travelled – Putting It All Together

Date: Wednesday, July 18, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Jeff Meredith



Course Description: Jeff Meredith recently announced that he will no longer direct productions for the Virginia Musical Theatre. A career of 49 years and an obvious love of theater are tempting ó will he or won't he? The first half of his presentation will cover his career, from age 12 until present. In the second part, Jeff will give a behind-the-scenes survey of how a production is chosen and how the various elements come together.

Instructor: Jeff Meredith has a BFA in Theatre Arts from VCU, a MFA in Directing from NYCU and completed Master Classes in Directing at Yale University. He has directed over 200 plays, musicals and reviews. He has worked for Lincoln Center, Metropolitan Opera, the Los Angeles Philharmonic and American Ballet Theatre. In 1991, Jeff founded the Virginia Musical Theatre, and is currently its Artistic Director.



A Visit to the Chrysler

Date: Friday, July 20, 11:00 – 12:30 PM
Cost: Free
Location: → Chrysler Museum
Instructor: Anne Blanchard

Course Description: Chrysler Museum administrators have announced plans for a major renovation and expansion project starting January 2013. For approximately 16 months our favorite museum will be closed. This is an opportunity to see the highlights of the collection before all these changes occur. We will also visit the new Glass Studio for a glass-making demonstration.

Instructor: A longtime member of ILR and Co-Chair of the Curriculum Committee, Anne Blanchard has been a docent at the Chrysler Museum since 2006.

Lunch on your own – Cuisine & Company is available at the Chrysler, and there are many good restaurants in the area.

New Ways of Looking at Scripture

Date: Monday, July 23, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Father Jim Parke



Course Description: The Bible is the most quoted book in all of history; it is also the most misunderstood as well as misused book in the world. Bible scholars continue to spend long hours reflecting on the many books of the Bible, the authors, the times, the language, the culture, the literary forms. We are in a very fortunate place to consider some very new ways that lend even greater credence to the message. These new ways will require us to put on a new lens to understand the messages contained therein. This will be a most informative - as well as even fun ó class.

Instructor: Father Jim Parke has been a priest for 47 years serving as high school faculty member and principal, pastoral leader for a seminary college, as well as pastor for four parishes in the Roman Catholic Diocese of Richmond. He holds a Master's degree in Theology from St. Mary's Seminary and University. He is currently the Roman Catholic co-pastor for the Church of the Holy Apostles, the only Episcopal/Roman Catholic Church which was founded in 1977.

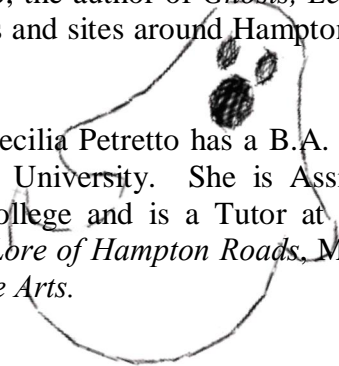


Investigations into the Paranormal

Date: Wednesday, July 25, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Cecilia Petretto

Course Description: Are ghosts real? Do houses retain the spirits of those deceased? Are the spooky legends that abound in southeastern Virginia real? Using her experiences in the paranormal, Cecilia Petretto, the author of *Ghosts, Legends and Lore in Hampton Roads*, will describe allegedly haunted houses and sites around Hampton Roads and offer advice for those interested in this ghostly pursuit.

Instructor: Cecilia Petretto has a B.A. in English and Master of Arts in Teaching Literature from Old Dominion University. She is Assistant Professor in the Humanities Division at Tidewater Community College and is a Tutor at TCC's Writing Center. In addition to her book *Ghosts, Legends, and Lore of Hampton Roads*, Ms. Petretto's work has been published in *The Journal of the Fantastic in the Arts*.



THE WAR OF 1812

Date: FRIDAY, July 27, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Robert Torgler



Course Description: Relive the *highs* and *lows* of this forgotten war of 1812. Discover who really won and who really lost. The importance of the war to America and Hampton Roads may surprise you!

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



Let Food Be Your Medicine

Date: Tuesday, August 7, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Shellie Fraddin

Course Description: While traditional or ðallopathicö medicine is barely a century old, the practice of natural medicine using nature as a pharmacy can be traced back through all of the ancient civilizations. Hippocrates, the Father of Medicine, said, ðLet food be your medicine and medicine be your food.ö In this class youöll learn:

- which everyday foods have medicinal qualities
- specific foods that affect your moods
- the herbs and spices with medicinal properties
- the foods that increase cholesterol and triglycerides
- which foods increase/reduce arthritic symptoms
- the secret of oxidation/antioxidants in the aging process
- specific foods which are highly allergenic
- the foods that aid digestive problems
- benefits of yogurt



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

"I would like to introduce you to my Friends"

Date: Wednesday, August 8, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Dean Bohon



Course Description: This talk is derived from a series of presentations given to the public by Dr. Bohon at Northwest River Park. It will have a daytime theme. Much of the discussion will include the following: birds that come to your feeder; flowers blooming throughout the spring, summer and fall months; poison ivy, lichens and mosses; snakes in the neighborhood; the most venomous spider in North America as well as the ticks we need to be aware of.

Instructor: Dr. Bohon's biology background comes from Old Dominion University. Most of his experience was derived in the field. He has been doing Christmas Audubon bird counts for 15+ years, is a member of the Virginia Herpetological Society, and has been on several herpes counts, including a count at Northwest River Park. In fact, Northwest River Park has been his venue for the past 25 years - giving flower walks, night hikes, canoe trips, bird and star hikes, and tree identification programs.

Dr. Bohon has been an optometrist in Great Bridge since 1975 and his patients say that they are never quite sure what subject in science will be talked about during their eye examination. His previous class with ILR was a great success and he is back by *popular demand*.



Lost Norfolk: Norfolk's Lost Architectural Heritage

Date: Tuesday, August 14, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: William Inge

Course Description: Redevelopment, fires, and neglect have led to the loss of a large number of architecturally significant buildings in Norfolk. This program highlights some of Norfolk's well-known and not so well-known structures that have been lost to history. Vintage photographs will illustrate over a century's worth of losses to our architectural landscape. Join us as we take a journey through the buildings of the past and find out what happened to them. Which ones will you remember? How about the single-family home with 44 bedrooms?

Instructor: Bill Inge, a Norfolk native, is a graduate of Norfolk Collegiate School and Lynchburg College where he received a B.A. in History and American Studies. He is a former antiques dealer and owner of an architectural salvage business in Lynchburg, and a senior real estate appraiser for that city. He has been a free-lance building historian for the past thirty years, and since 2007, he has been the Building Historian for the Sargeant Memorial Room of the Norfolk Public Library.

"Stranger Anxiety": Facts and Myths about Recent Latino Immigration into the U.S.

Date: Wednesday, August 15, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Maria Fornella-Oehninger



Course Description: International migration is not new. Indeed, it is through migration that most countries in the Americas were populated. Economic globalization and free trade agreements have resulted in soft borders and free movements of goods, capital and labor. This, plus increased perceptions of insecurity and a rise in drug crimes has provoked a public outcry in the U.S. This course will present a general overview of push and pull factors that account for increased Latino migration into the U.S. since the early 1990s, and relate that increase to the NAFTA treaty and globalization. We will focus on facts and patterns of immigration while debunking myths and misperceptions.

Instructor: Maria Fornella-Oehninger holds degrees in English, French and International Law from the University of the Republic of Uruguay as well as a Master's Degree in International Relations from Old Dominion University. She has been Director of the ODU Model United Nations Program and a senior lecturer at ODU, where she now teaches Comparative Politics part-time. She participates in training for the Joint Staff College and is co-leader of the local Virginia Organizing Immigration Issue team. She is a frequent traveler to South America and Europe.



Music, Dance, Theater and a Walk in the Park

Date: Thursday, August 23, 1:00 P.M. – 3:00 P.M.
Cost: \$10
Location: VBHEC
Instructor: Emily Spruill Labows

Course Description: In spite of difficult times, The Arts are flourishing in Virginia Beach. Do you realize that the city gains an economic as well as cultural advantage from our support? Where does our money go? Are you aware of future cultural plans for The Community? Emily Labows will answer these questions and will welcome our input.

Instructor: Mrs. Labows became Virginia Beach's Director of Cultural Affairs in May 2000. Previously, she served as Guest Services Coordinator for the Chrysler Museum. She spent three years with the Virginia Symphony, first as the Capital Campaign Coordinator, then as Assistant Director of Development.

She currently coordinates all cultural arts programs and her responsibilities include the Sandler Center for the Performing Arts, the Sandler Center for the Performing Arts non-profit Foundation, and the Arts and Humanities Commission and the public art program.

Born in Norfolk, Virginia, Mrs. Labows is a graduate of Norfolk Academy and earned an Art History degree from Virginia Commonwealth University in Richmond, VA.



An Introduction to Mediumship

Date: Tuesday, August 28, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Cinnamon Mancini

Course Description: During this class we will answer these questions and more:

- What role do Mediums play within the religion of Spiritualism, and how has this philosophy leaked out of the walls of the church and into the arena of society as popular culture?
- What does it mean to be an Evidential Medium?
- How does communication with the dead occur? Is speaking to the dead a gift, or is it a talent one can attune to?
- How did this Medium find her way to the work of Mediumship?
- Where do science and Mediumship meet? How are Mediums valuable to society?

After this presentation you will walk away with a better understanding of spiritualism and the role of Mediums in the wider context of understanding our world and our place in it.

Instructor: Cinnamon Mancini is a Psychic Spiritual Counselor and Teacher of the Intuitive Arts. She founded the Progressive Movement in Virginia Beach and travels throughout the Eastern United States, Scotland and the Bahamas bringing love, guidance, and spiritual understanding through her connection to Spirit.

Psychic from birth, it wasn't until a stroke threatened to take her life at a young age that Cinnamon agreed to embark on a path that would help to bring healing, and understanding to others.



Understanding Opera: The Pearl Fishers

Date: Wednesday, August 29, 1:00 P.M. – 3:00 P.M.
Cost: \$10
Location: VBHEC
Instructor: Dr. Glenn Winters



Course Description: This class, the first of four designed to preview productions of Virginia Opera's 2012-2013 season, will focus on Georges Bizet's exotic drama *The Pearl Fishers* (*Les pêcheurs de perles*), a tale of two Hindu men in love with the same beautiful priestess. Students receive comprehensive musical and dramatic analysis, illustrated with video and audio excerpts. It is 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 singer (operatic baritone). His classes are always a delight.



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**

AARP Driver Safety Class (Pt. 1 & 2)

Dates: Thursday, August 2, 9:00 a.m. - 1:00 p.m, and Monday, August 6, 9:00 a.m. -1:00 p.m,

Cost: There are 3 different fees (select one):

- During the period of July 1, 2012 thru August 31, 2012, those who were employed in the field of Education (as educators or support staff) will be provided the course/materials for \$5.00.
- For non-Educators, who are AARP members, the course fee is \$12.
- For non-Educators, who are not AARP members, the course fee is \$14.

Location: VBHEC

Course Description: The AARP Driver Safety Program course covers the latest rules of the road, defensive driving techniques, and how to operate a vehicle more safely in today's increasingly challenging driving environment. The course also reviews the normal aging process and how to make adjustments to accommodate common age-related changes in vision, hearing and reaction time. Topics like how to minimize the effects of dangerous blind spots and navigating busy intersections are also covered. Many insurance companies give a discount for your completion of this course (LIMIT 40)

Instructor: Mercedes R. Coveney, M.S. Ed. is a retired educator from New York City. She has resided in Virginia Beach since 1996, and loves being here. The late Thomas Glickman, former State Coordinator of DSP, recruited her as an instructor in 1997 for the Driver Safety Program-which was initially known as "55 Alive." As a member of several community service organizations, her time is mostly spent volunteering throughout Hampton Roads.

NOTE: The payment for this AARP course must be made payable to ... "AARP."

AARP DRIVER SAFETY CLASSROOM COURSE

Please clip and return this portion, along with your check **payable to AARP**. (Note: you may include in same envelope with your Summer classes/events Registration form.)

SPECIAL OFFER EXCLUSIVELY FOR EDUCATORS'

AARP DRIVER SAFETY CLASSROOM COURSE

NAME: _____ EMAIL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

CURRENT/PAST EDUCATIONAL INSTITUTION: _____

POSITION HELD: _____ ARE YOU AN AARP MEMBER? ____ YES ____ No



Coffee and Conversation

Date: **Wednesday, July 18th**

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 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.

Everyone is encouraged to come, but we particularly hope to meet the people who will be at the Higher Ed Center on Wed., July 18th for Rev. Steve DeLeon's class "**The Peacemaker**" in the morning *and/or* "**A Road Less Traveled – Putting It Together**" with Jeff Meredith 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 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!



FRIDAY, JULY 13, 2012

**Join us for a relaxing Summer Luncheon
with a lovely view of the Chesapeake Bay!**

On Friday, July 13, 2012 at 11:30 a.m., plan to meet at the Lynnhaven Fish House Restaurant.

Located at 2350 Starfish Road, Virginia Beach, VA 23451, the restaurant is just off Shore Drive on the same side as Westminster Canterbury.

While featuring fresh seafood, there is a varied menu sure to please all.

You may have noticed the date – Friday the 13th and had some recollections of what that date means to you.

- ◇ *Do you have a story to share with us?*
- ◇ *Why is Friday the 13th an American Superstition??*
- ◇ *How do other countries feel about that date?*

Come for a lively discussion!

Open menu-----Separate checks-----Ample parking
No steps-----Private Room-----30 Reservations only

There is a \$1.00 per person, non-refundable charge to reserve space for the luncheon.

Reservation Deadline is Monday, July 2, 2012



Tour the Art Institute and Have Lunch at CrAive

4500 Main Street, Town Center, Virginia Beach, VA 23452

Wed., August 22, 2012

Have you wondered what goes on in the Art Institute at Town Center? Join us for a tour followed by lunch at CrAive, prepared and served by the students of the International Culinary School.

The Art Institute of Virginia Beach is a private multi-campus college of creative professional studies. It prepares students for careers in design, media arts, culinary arts, and management in creative fields.

CrAive is a teaching dining room that provides culinary students with real-world experience in food preparation and dining room management.

DATE: Wednesday, August 22, 2012 **DEADLINE:** Wednesday, August 1, 2012
TIME: 12:00 Noon
WHERE: 4500 Main Street, Suite 100, Town Center, Virginia Beach, VA 23452
Meet in the art gallery, just to the left of the main elevator lobby of the Art Institute
LUNCH: Since our lunch will be prepared by the culinary students, we don't know in advance what the menu will be; however, you'll have several choices available (including vegetarian options):
 Soup or Salad
 Sandwich or Entree
 Plus a dessert and beverage

MAXIMUM: 30 **MINIMUM:** 15

PRICE: \$15.00 (includes taxes and gratuity)

PARKING: Lunch guests of CrAive may park in the lot directly across from the Art Institute (south side of Main Street, between Town Center Drive and Constitution Drive)



Pot Luck Dinner

Date: Friday, September 14, 2012

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

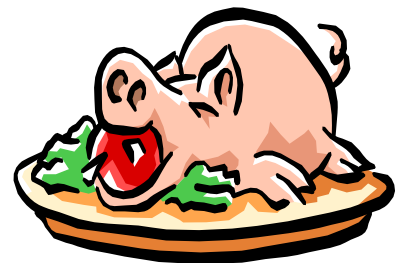
Cost: \$6.00



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

DEADLINE: September 7, 2012

MAXIMUM: 40





Welcome ILR Friends

OUT AMONG THE ROOSTER MEN



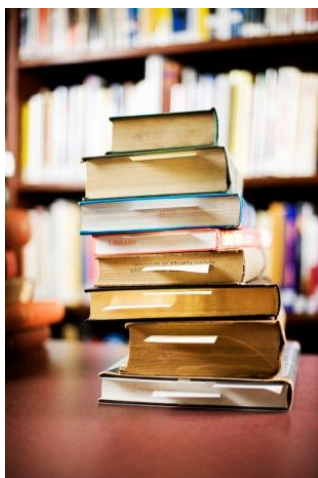
July 26, 2012
11am-12:30pm
Lecture Hall 244

Book sales provided by the
University Village Bookstore

Norton Girault is a master of short fiction. His stories display complex tone—comedy, humor and irony—to support his themes that span the decades of the 20th century. The book deals with the struggles of the artist, the consequences of war, misguided heroes, as well as the difficulty of relationships in love and between races.

Girault served in World War II and the Korean War. After retiring as a Navy captain, he taught English at Norfolk State University for 15 yrs. His stories, poems and essays have been published in Crescent Review, MSS, Snake Nation Review, Timbuktu, Long Story, and other magazines. He's been a scholar at Bread Loaf Writers' Conference and a guest at Yaddo Writers' Colony. A vital member of the IIR literary community, he has participated in Old Dominion University writing courses for many years.

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



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: *Small Island*, Andrea Levy

Non-Fiction: *Big Roads*, Earl Swift

JULY

Fiction: *The House I Loved*, Tatiana deRosnay

Non-Fiction: *Obama's Wars*, Bob Woodward



Great Books Reading and Discussion Group

(2012-13)

Great Books is now open to pre-registration for the 2012-13 sessions. Although these classes begin in September, we begin registration in the spring so that any interested participants can begin reading the selections in advance.

This coming year we will celebrate the short story and have adopted the *Short Story Omnibus* as our source for the readings. Selections include short stories by noted authors such as Edgar Allan Poe, Henry James, Anton Chekhov, Ernest Hemingway, Isaac Bashevis Singer, Saul Bellow, John Updike, and many more. In addition, we will read two novellas, *Benito Cereno* by Herman Melville and *Tom Outland's Story* by Willa Cather, and both are included in the anthology.

We meet bi-weekly on the 1st and 3rd Friday of each month with the first meeting in early September. The cost for tuition and the *Short Story Omnibus* anthology is \$60. Interested individuals can register with Theo at the ILR office. Should you have any questions you can phone Jim Reynierse at (757) 547-2416 or e-mail him at jreynierse@cox.net.

ILR REMINDERS...

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 refunds will vary according to the individual trip policy.

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

Parking Policy

All lots are marked öDecal Controlledö

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 ö*Special Event*ö sign); and they come into the building through the back or side entrance doors.

NOTE: Be sure to always **display the Parking Permit on your car's dashboard or**
from

rear-view mirror ó ODU does enforce parking regulations

The **ILR Newsletter** will be coming out in mid-June í
í you can see it on our website: www.oduilr.com





Crisfield. MD Trip

"CRABS, CAKES and CRUISE"

Mon., September 10, 2012

Join us as we enjoy a step back in time to small city life where everything is more relaxed. Tour the "Crab Capital of the World", Crisfield. Maryland. After a quarter-mile guided walking tour, we will visit the J. Millard Tawes Historical Museum and Crab Shanty. Lunch will be served at The Crab Place where we will observe how this world-famous crab company picks crabs, makes their crab cakes, and ships them all over the world. You will also have the opportunity to purchase them to enjoy at home. We will finish up our day with a leisurely cruise, on The Bay Queen, down the Pocomoke River where deserting Union and Confederate troops, underground railroaders, bootleggers and smugglers all found refuge.

(Visit Crisfield, MD & Pocomoke City, MD web sites for a glimpse of our day's adventures.)

Trip Date: Monday, September 10, 2012

Minimum: 35 People

Maximum: 40 People

Registration Deadline: Monday, August 13, 2012

Cost: \$87 per person (all gratuities are included)

[Includes transportation, entrance fees, guided tours, lunch & river cruise]

Depart: **TARGET** (1245 N. Military HWY, Norfolk) **7:15 AM**

Or

CHESAPEAKE BAY BRIDGE TUNNEL (CSST) **7:30 AM** (parking lot on the right side of road, just before Tunnel entrance)

Return: Approximately CSST 6:15 PM

TARGET 6:30 PM

**** IMPORTANT ****

PLEASE NOTE: • If you have a shellfish allergy, this trip might not be good for you. - Walking shoes are recommended.

CRABS, CAKES and CRUISE

Please **return this sheet**, along with **Trip Disclosure Form**. And your **check** payable to
%b.R.+

NAME(S): _____

PHONE NUMBER: _ _____

**** PICK-UP:** Target (Norfolk) _____

 Chesapeake Bay Bridge Tunnel _____

**** LUNCH:** **SANDWICHES:** (CHOOSE ONE (1))

BROILED CRAB CAKE _____

FRIED SOFT SHELL CRAB _____

CHICKEN TENDERS _____

SIDES: (CHOOSE ONE (1))

FRENCH FRIES _____

ONION RINGS _____

HUSH PUPPIES _____

COLE SLAW, BEVERAGES & SMITH ISLAND CAKE ARE INCLUDED IN ALL MEALS. BEER & WINE ARE
AVAILABLE FOR ADDITIONAL COST.

Crisfield, MD 9.10.12

INSTITUTE FOR LEARNING IN RETIREMENT
ODU/Virginia Beach Higher Education Center
1881 University Dr., Room 125
Virginia Beach, VA 23453
(757) 368-4160 website: www.oduilr.com email: oduilr@juno.com

(Please print)

Name(s): _____

Address: _____

City, State, Zip: _____

Phone: _____ Cell Phone: _____

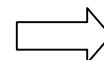
Email: _____



SUMMER 2012 CLASS REGISTRATION

<i>DATE</i>	<i>TIME</i>	JULY CLASSES	<i>NAME(s)</i>	<i>COST</i>	<i>TOTALS</i>
9 (Mon)	10 am	Marketing a Candidate		\$ 10.	
10 (Tues)	10 am	Faith Through Fascinating Food		10.	
11 (Wed)	10 am	Frank Lloyd Wright in Virginia		10.	
18 (Wed)	10 am	The Peacemaker		10.	
18 (Wed)	1 pm	A Road Less Travelled – Putting it All Together		10.	
23 (Mon)	1 pm	New Ways of Looking at Scripture		10.	
25 (Wed)	1 pm	Investigations into the Paranormal		10.	
27 (Fri)	10 am	The War of 1812		10.	
		AUGUST CLASSES			
2 (Thur)	9a - 1p	AARP Driver Safety Class (Pt. 1&2) (max. 40) <i>(See pg. 11 for complete instructions.....)</i> <i>Reminder: please make check payable to AARP</i>	(See explanation on pg. 11) <u>Education</u> 5. <u>non-Ed. (AARP)</u> 12. <u>non-Ed. (not AARP)</u> 14.		
6 (Mon)	9a - 1p				
7 (Tues)	10 am	Let Food Be Your Medicine		10.	
8 (Wed)	10 am	"I would like to introduce you to my Friends"		10.	
14 (Tues)	10 am	Norfolk's Lost Architectural Heritage		10.	
15 (Wed)	10 am	Latino Immigration into the U.S.		10.	
23 (Thur)	1 pm	The Arts in Va. Beach.; a Walk in the Park		10.	
28 (Tues)	10 am	An Introduction to Mediumship		10.	
29 (Wed)	1 pm	Understanding Opera: The Pearl Fishers		10.	
<i>Total</i>					

See other side for *off-campus* **CLASSES & ACTIVITIES:**



July 18 (Wed)	11:45 am	Coffee & Conversation (Please reserve...so we can get correct food amt.)		FREE	
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OFF-CAMPUS CLASSES, TRIPS & ACTIVITIES

DATE	TIME	NAME(S)	COST	TOTAL
July 13 (Fri)	11:30 am	Lynnhaven Fish House Restaurant (Separate checks for meal) (Max. 30)	1.	
July 16 (Mon)	10 am	Laugh for the Health of it (Primeplus Norfolk Senior Center)	10.	
July 20 (Fri)	11 am	A Visit to the Chrysler	FREE	
Aug. 22 (Wed)	12 pm	Tour the Art Institute/Lunch @ CrAive (Sign-up deadline: Wed., Aug. 1) (Min. 15; Max 30)	15.	
Sept. 10 (Mon)	7:15 am or 7:30 am	Crisfield, MD Trip "Crabs, Cakes and Cruise" (Sign-up deadline: Aug. 13) (Min. 15; Max 40)	87.	
Sept. 14 (Fri)	5:30 pm	Pot Luck Dinner @ June Lam's Home (Sign-up deadline: Sept. 7) (Max. 40)	6.	
<div style="position: relative; height: 100px;"> <div style="position: absolute; top: 0; left: 0; width: 100%; height: 100%; background: linear-gradient(to bottom right, transparent 49%, #ccc 49%, #ccc 51%, transparent 51%); background-size: 3px 3px;"></div> <div style="position: absolute; top: 10px; left: 10px; color: white; font-weight: bold; font-size: 1.2em;">It's Membership Renewal Time...</div> </div>		ILR Membership Year (June 1, 2012 – May 31, 2013) ----- (Please send "MEMBERSHIP RENEWAL" form with your payment) NOTE: you can use one check for all payments	\$ 15/person	
Total (this page)				
Total (front page)				
Total				
(If using VOUCHERS, please include with your payment)... Subtract voucher total –				
Total Due				

ILR reserves the right to cancel and/or make changes to classes, as necessary.

All members, please sign this form before returning to the office!

I do not hold Old Dominion University, or The Institute for Learning in Retirement, responsible for any injury which may occur during a special event, off-campus class or field trip, in which I participate.

Signature_____ Date_____

Signature_____ Date_____

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