

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

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## **SCHEDULE OF COURSES FOR FALL 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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### **Come Visit the Elephants in Marie's Garden**

**Date/Time:** Monday, Oct. 1, 10:00 –12:00 Noon

*(Rain Date: Monday, Oct. 8, 10:00 – 12:00 Noon)*

**Cost:** \$10 (*Free... for Members of the Zoo*)

**Location:** Norfolk Zoo (meet at the front gate), 3500 Granby Street, Norfolk

**Instructor:** Marie Butler

**Course Description:** In February we heard Marie Butler's wonderful and entertaining description of what it's like to plan, plant and care for the beautiful gardens at the Norfolk Zoo (*I've Got Elephants in My Garden! What's Your Problem?*). Now we have the opportunity to visit the zoo and enjoy Marie's guided tour of the African exhibit and Trail of the Tiger exhibit, in addition to her tour of the gorgeous landscaping, rain garden and flower beds. There will be a lot of walking, so dress comfortably. Optional activities after the tour include the train tour (\$2) and lunch at the African restaurant. **Note: Rain date! (see above)**

**Instructor:** Marie Butler has a degree in Landscape Horticulture from The University of North Carolina. She taught horticulture at the North Carolina School for the Blind, designed landscapes in Virginia Beach, studied and taught ikebana in Asia, participated in the Master Gardener Program for 20 years, and was deemed worthy to be the tigers' personal gardener at the Virginia Zoological Park. Now she has the enviable position of Landscape Coordinator at the Zoo, and is paid to shop for plants!



## Beyond Training:

### How Athletes Enhance Performance Legally and Illegally

**Date/Time:** Tuesday, Oct. 2, 1:00 – 3:00 PM

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Dr. Mel Williams

**Course Description:** Success in sport is accompanied by fame and fortune. Although the two keys to sport success are genetic endowment with specific sport traits, and appropriate physiological, psychological, and biomechanical training to maximize those traits, many athletes attempt to go beyond training by use of various performance-enhancing substances. This lecture will focus on such substances athletes have used over the years in attempts to achieve athletic success and earn that gold medal.

**Instructor:** Dr. Mel Williams is an Eminent Scholar Emeritus at Old Dominion University, who received his Ph.D. in Physical Education and Exercise Science from the University of Maryland and joined ODU in 1968. At ODU, he founded the Human Performance Laboratory, and the Wellness Institute and Research Center. His textbooks, *Lifetime Fitness and Wellness: A Personal Choice*, and *Nutrition for Health, Fitness & Sport* have been used by colleges and universities.



## The History of Consumer Credit.....\$

**Date/Time:** Wednesday, Oct. 3, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Dr. Larry Filer

**Course Description:** The class takes a critical look at the proliferation of consumer credit use, starting from the origins to modern day. We will analyze the role government regulation has played in limiting credit access in some instances, but expanding the supply in other markets. We will also discuss what role consumer behavior has played in determining the size of the credit market. The course ends with a discussion of the current Dodd-Frank legislation and the impact on credit in the future.

**Instructor:** Dr. Larry Filer serves as Director of the MBA Program and Director of the College of Business and Public Administration's Executive Education Center at Old Dominion University. He is an Associate Professor of Economics and 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 legislators. His undergraduate degree in economics is from Westminster College, and his masters and doctorate degrees from the University of Kentucky.

# The Terra-Cotta Soldiers and the First Emperor of China

**Date/Time:** Thursday, Oct. 4, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Professor Ping Tcheng

**Course Description:** A recent issue of National Geographic tantalized us yet again with drawings and photos of the Terra-Cotta Soldiers of Xian. Dr. Tcheng will talk about the first Emperor of China, his contributions to Chinese civilization, and the now-famous sculptures, designed to protect him as he lay in his tomb.

**Instructor:** Professor Ping Tcheng received a Ph.D. from the University of Virginia in 1968, and is a Professor at Old Dominion University, and an Engineer at NASA.



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## Captain Edward John Smith (1850 – 1912)

**Date/Time:** Tuesday, Oct. 9, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Joseph Filipowski

**Course Description:** Captain Edward John Smith (1850-1912) was commander of RMS OLYMPIC prior to taking command of the RMS TITANIC. The White Star Line was controlled by J. P. Morgan's International Mercantile Marine Corporation. There were vast engineering changes in the Trans-Atlantic passenger liners during the life of Captain Smith. He started serving his apprenticeship at seventeen years of age and rose through the ranks, achieving command of larger and more powerful ships, and transitioned from pure sail to sail with steam power.

The discussion will cover the history of the White Star Line and the Irish ship builder, Harland & Wolff of Belfast, and the life and commands of Captain Smith. Three serious mishaps involving the vast displacement of these ships marred the nearly perfect safety record of Capt. Smith. We will examine the balance of power and speed, versus comfort and luxury as played by these magnificent ships and men.

**Instructor:** Joseph Filipowski is well known in local theater and media. He has performed with the Virginia Beach Symphony as historical interpreter and worked in major films.

## The Election of 2012 – Will Winning Change Anything?

**Date/Time:** Wednesday, Oct. 10, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Dr. Martin Sheffer

**Course Description:** American government is dysfunctional; and the outcome of the 2012 presidential election will change very little. The powers that control America--an American oligarchy--will remain untouched in spite of whichever political party controls government. And the problem lies with the very people who created the problem--the voters.

**Instructor:** Dr. Martin Sheffer received his B.A. and M.A. from Hunter College and City University of New York, and a Ph.D. from the New School for Social Research. He has taught at Old Dominion University and Tuskegee University. He has also taught University-level summer sessions on the American Presidency, Constitutional Law, and American Government for the Junior Statesmen of America Foundation at Princeton and Georgetown Universities. He has written extensively on the Constitution, the Presidency and American political thought.



## Transportation 101

**Date/Time:** Thursday, Oct. 11, 10:00 – 12:00 Noon

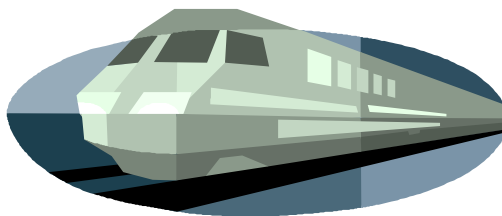
**Cost:** \$10

**Location:** VBHEC

**Instructor:** Thelma Drake

**Course Description:** Thelma Drake is the Director of Rail and Public Transportation for the Commonwealth of Virginia. DRPT's mission is to improve mobility and expand transportation choices in Virginia. The Agency is charged with establishing, maintaining, improving and promoting public transportation, transportation-demand management, ridesharing, and passenger and freight rail transportation in the Commonwealth.

**Instructor:** Thelma Drake is a former member of the U.S. House of Representatives (2005-2008) and Virginia's House of Delegates (1996-2004). Her understanding, and involvement in the legislative process both at federal and state levels, positions her well to serve the people of Virginia in her role as Director of Rail and Public Transportation.



## Wordplay: The Joy of Verbal Recreations

**Date/Time:** Monday, Oct. 15, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Rod Evans

**Course Description:** This class will cover numerous forms of wordplay, including not only anagrams and palindromes, but also lesser-known forms, such as contronyms, heteronyms, and paraprosdokians. The focus will be the clever and humorous use of language.

**Instructor:** Dr. Rod Evans is a Lecturer in Philosophy at Old Dominion University. He also teaches in a two-way televised format. He has written more than a dozen books on a variety of topics ranging from Fundamentalism to legalized gambling, and his most recent, *Tyrannosaurus Lex*. He received his undergraduate degree in Philosophy from Old Dominion University, and his M.A. and Ph.D. from the University of Virginia.



## Say What You Mean and Mean What You Say, Then Be Quiet!

**Date/Time:** Tuesday, Oct. 16, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Bernadette Kinlaw

**Course Description:** Words are the key to clear communication, and they are accompanied by commas, apostrophes and other intricate things. Learn about common grammar mistakes and how to make them right. Learn how to write more concisely. Learn a few tricks to using the correct word in the correct situation.

**Instructor:** Bernadette Kinlaw is an editor at *The Virginian-Pilot*. She has worked at the newspaper in a number of jobs since 1988, including copy desk chief, weekend planner and page designer. She has been writing a grammar blog/column since March 2012. She received a B.A. in English from Cornell University, and a M.A. in Journalism from Northwestern University.

## General Ben Butler and the Contrabands

**Date/Time:** Thursday, Oct. 18, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** John V. Quarstein

**Course Description:** Major General Benjamin Franklin Butler spent almost three months in Hampton Roads in 1861. During those 90 days Butler was involved with several Civil War firsts, including the Contraband of War decision, Battle of Big Bethel, Burning of Hampton and the capture of Hatteras Inlet. Learn about this lawyer and politician and how he helped to transform the Civil War into a war about freedom.

**Instructor:** John Quarstein is an award-winning historian, preservationist, lecturer, and author. He served as historian for the city of Hampton's 400<sup>th</sup> anniversary. He previously worked for 30 years as the director of the Virginia War Museum, and as a consultant to The Mariners' Museum's MONITOR Center. He has been involved in a wide variety of historic preservation initiatives, including the creation of Civil War battlefield parks and historic house museums. He also serves on several boards and commissions such as Virginia Civil War Trails, Virginia War of 1812 Bicentennial Commission Advisory Council, and the Newport News Sesquicentennial Commission.

John is the recipient of the National Trust for Historic Preservation's 1993 President's Award for Historic Preservation; the Civil War Society's Preservation Award in 1996; the United Daughters of the Confederacy's Jefferson Davis Gold Medal in 1999; and the Daughters of the American Revolution Gold Historians Medal in 2009.

He is historian for the local PBS station WHRO and helped create films documenting "The Civil War in Hampton Roads" and the "Here and Then" series on television. He is a frequent guest on the WHRV radio program "HearSay." He also has produced, narrated and written several PBS documentaries on Jamestown, "The Civil War in Hampton Roads" which was awarded a Silver Telly in 2007, and "Hampton: From the Sea To The Stars." He has won national awards for each one of these projects.



## **The American Revolution and Historical Memory**

**Date/Time:** Monday, Oct. 22, 1:00 – 3:00 PM

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Dr. Jane Merritt

**Course Description:** Since 1776 the ideals and myths surrounding the Revolution have been invoked repeatedly to explain American institutions and identity. Because this era deals with our foundational story, Americans have difficulty separating facts from fiction. Was the Boston Tea Party really a protest over taxation? Did young men join the militia out of idealism, a sense of adventure or for a \$20 bounty? We will try to make sense of the role that historical memory played and still plays in our understanding of the American Revolution.

**Instructor:** Dr. Jane Merritt is Associate Professor in the Department of History at Old Dominion University. She is the recipient of numerous fellowships and grants and the author of numerous publications. She has particular expertise in the areas of the American Colonial period, the Revolutionary War and Native American history. She received her undergraduate degree in History from Vassar College, her M.S. and Ph.D. in History from the University of Washington.



## **Stories from Princess Anne County:**

### **Diary of Ella Brock Whitehurst Nimmo (1869-1967)**

**Date/Time:** Tuesday, Oct. 23, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Jennifer Brown Estes and Susan Kellam

**Course Description:** Via the memories of Ella Nimmo, we will peek into life in old Princess Anne County. Ella wrote of windmills, superstitions of the time, one-room schools, boating on the Lynnhaven River, and Civil War stories. We will enjoy a delightful verbal walk through another time. Jennifer and Susan charmed us earlier with the history of Nimmo United Methodist Church.

**Instructors:** Jennifer Estes is a lifelong member of Nimmo United Methodist Church, and Susan Kellam is Nimmo's Church Historian.

## Understanding Opera: Die Fledermaus



**Date/Time:** Wednesday, Oct. 24, 1:00 – 3:00 PM  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Glenn Winters

**Course Description:** This class is the second of four covering the productions of Virginia Opera's 2012-13 season, and will highlight Johann Strauss Jr.'s immortal Viennese operetta *Die Fledermaus*, a celebration of champagne, dancing and high spirits from Vienna's Golden Age. Students will receive comprehensive musical and dramatic analysis, illustrated with video and audio excerpts. Recommended for opera beginners and aficionados alike. Check Glenn's blog: [Droperablogspot.com](http://Droperablogspot.com).

**Instructor:** Dr. Glenn Winters joined the Virginia Opera in 2004 as Community Outreach Musical Director. He received his Ph.D. in Music from Northwestern University, and also holds a B.M. and M.M. in piano performance from Indiana University. His background includes teaching college level piano, arts administration at two universities, and extensive performing experience as solo pianist and accompanist. An operatic baritone, Dr. Winters has sung over a dozen principal roles, including a guest appearance with the OperaFestival of Roma in Rome.



## Rwanda Genocide

**Date/Time:** Thursday, Oct. 25, 1:00 – 3:00 PM  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Sara Sewell

**Course Description:** This course examines the 1994 Rwandan Genocide, which resulted in the deaths of approximately 800,000 people in 100 days of ethnic violence between Hutus and Tutsis. It focuses on the events that contributed to the outbreak of the genocide, such as European colonialism and ethnic tensions. It also explores responses to the genocide, including those by the United Nations and the United States. Finally, it discusses Rwanda since the genocide, focusing especially on efforts to come to terms with the violence and rebuild Rwandan society.

**Instructor:** Dr. Sara Sewell is a Cultural History professor currently teaching at Virginia Wesleyan College. She has a Ph.D. in European History from the University of Wisconsin, and has done extensive study in Europe on sabbaticals. She has presented many insightful and delightful classes for ILR.



## Finding a Personal Theology – Part Two

**Date/Time:** Tuesday, Oct. 30, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** Primeplus Norfolk Senior Center, 7300 Newport Ave., (see *Directions below*)

**Instructor:** Rabbi Lawrence Forman

**Course Description:** Reference: *Finding God: Selected Responses*.<sup>\*</sup> Please read the sections on Spinoza, Kaplan and Buber and write down any questions that might come to mind or that would make for good discussion.

Let us consider Spinoza ó 16<sup>th</sup> century Pantheist who felt God was in everything, and, therefore, the essence of everything is God. What does that say about Moses or Jesus or Buddha? So what was extraordinarily special about any of them? According to Spinoza, each person has the same spark of spirituality and godliness as Jesus had. What does accepting Spinoza's philosophy say to Christianity?

Let us consider Kaplan ó 20<sup>th</sup> century naturalist who claimed that "God is the power that makes for Salvation." What is "Salvation" to you? How does God play a part in such Salvation? Kaplan finds deep meaning in his culture, ethnic and ethical ties to his heritage and tradition. Can we find religious meaning in our culture, our ethnic backgrounds and the ethical tenets by which we choose to live? How can we formulate a modern religious response that can have meaning for us and for our children and grandchildren?

Let us consider Martin Buber, a 20<sup>th</sup> century philosopher, and scholar, accepted both by the Christian and Jewish communities. Buber contended that God is found in the relationship of an "I for a Thou", even in an "I for an It". God can be spoken of in terms of intellectual search (Buber translated the Hebrew Bible into German, his mother tongue) and through Midrash or stories of Master Teachers, specifically, the Hasidic Masters who lived in the 17<sup>th</sup> and 18<sup>th</sup> centuries but were essentially wiped out by the Nazis.

I also have a book of Sermons I have written that was published by my Congregation. These sermons are good examples of rabbinic Midrash and rabbinic homiletical style through which one can build a philosophy of life that is modern and can co-exist with a variety of Christian, Jewish and even Islamic religious interpretations. Copies will be available. (\$10)

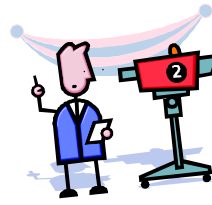
<sup>\*</sup>Paperback is available at Barnes & Noble, and Amazon.

**Instructor:** Rabbi Lawrence Forman is Rabbi Emeritus at Ohef Sholom. He received his B.A. from the University of Wisconsin, M.A. and Doctor of Divinity degree from the Hebrew Union College-Jewish Institute of Religion. After retiring from Ohef Sholom, he founded the Institute for Jewish Studies and Interfaith Understanding at ODU, and was faculty advisor for the Turkish Muslim-Rumi between Christians, Muslims, Catholics and Jews.

**Directions to Primeplus Norfolk Sr. Center:** From Va. Beach 1-64 W., 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.

## The Evolution of TV News in the USA

**Date/Time:** Thursday, Nov. 1, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Jack Hurley



**Course Description:** The presentation will provide an overview of the reach and impact of TV and Cable News from the early days to the present. It will also focus on the challenges facing TV and Cable news operations on both the national and local levels.

Competition for audiences and ad revenues is fierce not only among the network and local news providers. Audiences are splintered. Staffs have been reduced. As newspapers continue on a downward spiral, the electronic news media is more diverse and more influential. Can any of the legacy news providers keep up with the technological advances? They must find a way or become irrelevant in a mobile society with an ever-shortening attention span, and an overload of information! TMI.

**Instructor:** Jack Hurley has been involved with commercial broadcast news for over 30 years. This included being executive director of Gannett News Service/TV in D.C. which included working with the nationally syndicated *USA Today on TV*. He is a recipient of the SPJ/SDX national award for excellence in television editorializing.

He retired as Senior Vice President/Broadcasting and deputy director of the \$450 million Newseum in Washington D.C. He had overseen broadcast services, Newseum productions, technology & systems, and programs and education. He is currently a consultant for Museums *Media Management* in Virginia Beach.



## Blood & Iron: The Creator of Modern Germany

**Date/Time:** Monday, Nov. 5, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Jared M. Setnar

**Course Description:** Prussia and Austria were the most powerful German states in the nineteenth century. Their relationship and competition are essential in understanding how the modern nation of Germany was created in 1871. Why did German unification take so long, and what effect did France have on the creation of Germany? This lecture will demystify the politics behind German unification.

**Instructor:** Jared Setnar earned his B.A. in History from Virginia Wesleyan College and his M.A. in European History from James Madison. He was written up in *The Virginian-Pilot* for his ability to bring history to life for his students. He is currently Upper School Co-Director and teacher at Chesapeake Bay Academy.

## Let's Talk About Happiness

**Date/Time:** Wednesday, Nov. 7, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Roshan Talreja, M.D.

**Course Description:** What is happiness? Is it the same for everyone or at every time in an individual's life? And where in the world is it hiding? Can we find it and would we recognize it when we did? Dr. Talreja would like to help us find it, recognize it, and enjoy it.

**Instructor:** Dr. Roshan Talreja was born in New Delhi, India in 1945. After completing his Medical degrees in England, India, and the U.S., he did his Internal Medicine Residence in 1973, a Fellowship in Cardiology in 1974, and training in Emergency Medicine in 1975. He retired from his medical practice in Virginia Beach a few years ago, and is finding happiness by sharing wonderful classes with ILR members.



## Why Mobility Matters and What We Must Do to Preserve It

**Date/Time:** Thursday., Nov. 8, 10:00 - 12:00 Noon

**Cost:** \$10

**Location:** Primeplus Norfolk Senior Center, 7300 Newport Ave. (see Directions on pg. 9)

**Instructor:** Philip Shucet

**Course Description:** The ability to gain access not only to the places we want to go, but also to things we desire to have and see, touches every walk of our lives. Mobility and accessibility are more than just roads, bridges, trains, buses and airplanes. Technology brings us up close to certain commodities and activities without ever leaving home. But the infrastructure we rely on to move cars and trucks still serves as the bedrock of mobility in the United States. And that bedrock is crumbling. Traditional means of preserving and growing infrastructure won't do. We must turn our eye toward new and sustainable solutions.

**Instructor:** Philip Shucet has had a 40-year career in transportation in both the public and private sectors, including serving as the Commonwealth Transportation Commissioner. As the Hampton Roads Transit President and CEO, He is credited with turning around HRT after numerous allegations of mismanagement and with the successful completion of Norfolk's light rail system. He is now the owner and President of The Philip A. Shucet Company.

## MOCA – A Bit of Mystery—A Lot of Art

**Date/Time:** Monday, Nov. 12, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** MOCA,\* 2200 Parks Ave.

**Instructor:** Holly Ackiss and Staff

**Course Description:** This trip to MOCA (Virginia Museum of Contemporary Art) will be a double treat, as there will be two separate exhibits to explore. First, we will visit **Woman on the Run**. Artist Tracy Snelling's exhibition focuses on the story of Veronica Hayden who is wanted in connection with her husband's disappearance. Instead of submitting to interrogation, this mysterious woman goes into hiding. Her husband has a questionable reputation so her role in his disappearance is unclear. Is she a femme fatale, a victim of abuse, or an innocent bystander trying to escape a bad situation?

Then we will view the works of **Walter Martin and Paloma Munoz**. In a not-so-subtle play on scale, the exhibition will feature both large-scale photomontages, and 9-inch tall snow globes, with wintry landscapes that harbor a dark underbelly. Martin and Munoz are husband and wife collaborators who sculpt and photograph these miniature worlds.

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

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



## Politics—Old, New & In-between

**Date /Time:** Tuesday, Nov. 13, 10:00 – 12:00 Noon

**Cost:** \$10

**Location:** VBHEC

**Instructor:** Jeanne Evans-Cox

**Course Description:** A history of my political career – behind the scenes, changes, similarities, strategies, and issues using lighthearted memories, political satire and fun stories of my 30-year career in politics.

**Instructor:** Jeanne Evans-Cox began her career as the Chief of Staff to Second District Congressman Owen Pickett from 1986 to 2001. As he was on the House Armed Services Committee, she specialized in military appropriations, procurement, and quality of life issues for servicemen and their families. She served as Regional Representative for Senator Jim Webb. Since retirement from Federal Service, Ms. Evans-Cox has been very active on many local issues (Chesapeake Bay Preservation, Historic Resources, First Landing Foundation, to name a few) and is now the Executive Director of the Central Business District Association of Virginia Beach.

# The Stuff That Dreams Are Made Of

**Date/Time:** Wednesday, Nov. 14, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Paula Justice

**Course Description:** In this course, we will spend the first half exploring how science, religion, and art explain the meaning and function of dream memories and the dreaming process in our lives. In the second half, we will break into small groups and experiment with two techniques for analyzing, interpreting, and working with our dreams. Please bring at least one recent or favorite old dream to the class, written down. If this dream is recent, also record what was going on in your life at that time.

**Instructor:** Paula Justice is a retired ODU undergraduate and graduate faculty member, and is currently an ODU Associate Adjunct Professor in Counseling and Communication. She is a Professional Counselor (LPC) in Virginia, and a certified hypnotherapist and Gestalt therapist. Her instructional specialties include interpersonal, group, family, gender, and conflict communication and counseling. She has given very well-received ILR classes on Dreams, Quakerism and Relationships. When not doing workshops and classes, she is busy with painting, acting, and enjoying her animal companions.



## Encompassing the Globe

**Date/Time:** Thursday, Nov. 15, 10:00- 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Catarina Lavrador



**Course Description:** Many asked for the return of Catarina Lavrador following her stimulating lecture on Regenerative Medicine. Well, she's back! This time, she will speak about her country, Portugal, and its role in the age of discovery, as it took the first steps toward globalization. This small country was once a global power; why and how did it happen? Portuguese is the 5<sup>th</sup> most spoken language in the world; what else is left from its early explorations and discoveries?

**Instructor:** Dr. Catarina Lavrador earned her Ph.D. in Regenerative Medicine, and is also a Veterinary Surgeon and an Assistant Professor at the University of Evora, Portugal. She is currently in the States with her N.A.T.O. husband for the nation of Portugal. Her last class with ILR was great.

## Afghan Journal

**Date/Time:** Thursday, Nov. 15, 1:00 – 3:00 PM  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Joanne Kimberlin

**Course Description:** There is so much information about that *still mysterious place* called Afghanistan, and yet we really have a hard time getting a feeling for the place and its people. This class will give us a boots-on-the-ground look behind the headlines and politics. Our speaker spent three weeks traversing the country as a reporter for *The Virginian-Pilot*. She will be sharing her photos, her experiences, and her impressions with us. As you can see by her credentials, she is no stranger to hard-core news and observations.

**Instructor:** Joanne Kimberlin works for *The Virginian-Pilot*. As a reporter attached to the newspaper's enterprise team, she writes about all kinds of subjects, from gangs to moon rocks to mercenaries.

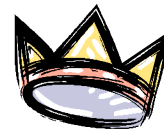
In addition to various national, state and local awards, Ms. Kimberlin was chosen as a 2007 Pulitzer finalist for explanatory reporting for a series she co-wrote: "Blackwater: Inside America's Private Army."

She has been with *The Pilot* for 12 years. Prior to that, she was with *The Daily Press* in Newport News, VA and various Florida newspapers. She has been an editor, a columnist and a reporter covering business, courts, general assignment and investigative beats.



## Uneasy Lies the Head: Shakespeare and Leadership Models, Good and Bad

**Date/Time:** Wednesday, Nov. 28, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Dr. Charles Burgess



**Course Description:** Shakespeare was fascinated with all kinds of human relationships: love, friendship, parents and children, masters and servants—but some of his most powerful plays deal with the issue of leadership on a larger scale. In his time, of course, that mainly meant kingship. The many kings and would-be kings in the plays consider how to rise to the top, how to stay there, how to inspire others to follow, how to accept responsibility, and whether it is all worth it after all.

This presentation will take a quick overview of kings in the major plays and the issues they bring up, but concentrate on the history plays. We'll start with early examples of Henry VI and the man who became Richard III, then take up Shakespeare's mature picture of kingship in Richard II, Henry IV and Henry V. Contrasting major speeches by these kings will be read and discussed, culminating in Henry V's St. Crispin's Day speech. Why did he succeed where the others had in different ways failed? Ample time will be allowed for discussion and questions.

**Instructor:** Dr. Charles 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 for 12 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 theater 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.



## **Class for new ILR Members**

**Date/Time:** Wednesday, Nov. 28, 1:00 – 3:00 PM  
**Cost:** FREE  
**Location:** VBHEC  
**Instructor:** Robert Chapin, Past President of ILR

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

**Instructor:** Robert Chapin retired from the U.S. Navy after 28 years as an Officer Naval Intelligence Specialist. He has been a member of ILR for eight years and has served on the Board of Directors in a number of capacities. He is currently our Treasurer. He started this course/meeting as a way to help new members understand how ILR is organized and what it has to offer. The course is very much a work in progress and he will welcome any inputs that would make the course more useful to ILR members.



## **Operation Smile: Our Busy Neighbors**

**Date/Time:** Thursday, Nov. 29, 10:00 – 12:00 Noon  
**Cost:** \$10  
**Location:** VBHEC  
**Instructor:** Cindi Raglin, RN, Associate Director of Quality Assurance, Operation Smile

**Course Description:** Ever wonder how a group like Operation Smile got started right here in Tidewater Virginia? And in this volatile world, what types of problems confront the doctors and nurses who make life so much better for the thousands of children whose new appearances can open up new vistas? Are you curious about the new World Headquarters being built right next door to the HEC? In a program that will include some video, we will get a look at the behind-the-scenes work that makes this all possible.

**Instructor:** Cindi Raglin is the Associate Director of Quality Assurance with Operation Smile. She is a nurse and has traveled on numerous missions with the Operation Smile team.



# Coffee and Conversation

## MEET THE *WORKER BEES* OF ILR

Date: **Wednesday, October 10<sup>th</sup>**

Time: 11:45 . 1:15pm

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 the members of our **Curriculum, Social, Travel and Volunteer Committees**. They will be located at tables around the room. Find out how you, too, can participate in this great group. 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 Wednesday., October 10<sup>th</sup> for Dr. Martin Sheffer's class, "**The Election of 2012: Will Winning Change Anything?**" that morning. So stop in after class and enjoy a beverage, sandwich, and cookies provided by the ILR, **free of charge....**and get to know those worker bees.

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 . 1:15.

**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, October 19, 2012

## VISIT NAUTICUS AND THE BATTLESHIP *WISCONSIN*



Photo Credit: Wes Shinn

**\$21.00** for self-guided tour of Nauticus and Main Deck of the *Wisconsin*, and box lunch in the Outtakes Café @ Nauticus. Registration deadline: Friday October 5, 2012. No refunds after that date. Minimum: 15 people.

**10:00 A.M. Arrive and check in at the Nauticus Admissions desk.** Optional *guided tours* of the *Wisconsin* are available upon arrival, for an extra \$5 per person.

**10:00 A.M. – 12:00 Noon.** *Self-guided tour* time of Nauticus, Battleship *Wisconsin* and the Hampton Roads Naval Museum, is 2-3 hours; more if you're a Naval History enthusiast. Exhibits remain open till 5:00 P.M., so you can finish your self-guided tour following lunch, if you wish.

**12:00 Noon.** We will meet in the **Outtakes Café** on the first floor for box lunch. [*Please circle your selections below, then clip and return with your Registration form.*]

-----cut here-----



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

### Wraps

Included: Delicious Gourmet Wrap, Chips, Cookie, & Soft Drink

Circle one of the following:

Ham & Cheese  
Turkey & Cheese  
Chicken Caesar  
BBQ Chicken  
Very Veggie

### Sandwiches

Incl: Fresh Deli Meat & Cheese Sandwich, piled atop your choice of Bread, Chips, Cookie & Soft Drink

Circle one of each, of the following:

Turkey  
Ham  
Roast Beef  
Tuna Salad

American  
Swiss  
Provolone

White  
Wheat  
Rye  
Kaiser

# NORFOLK SOUTHERN MUSEUM & LUNCH AT THE VINEYARDS

**Friday, Nov. 2, 2012**

Join us for a self-guided tour of this small but fascinating museum, where we'll view many artifacts and learn about more than 180 years of railroad history. The first company to carry the name Norfolk Southern traced its beginnings to 1870, and served southeast Virginia and northeast NC. Since 1830, hundreds of railroads have combined, reorganized, and consolidated to form the 21<sup>st</sup> century **Norfolk Southern**, one of the nation's premier transportation companies. Norfolk Southern's Historical Archivist will give us a brief introduction and will be available to answer our questions.

## Did you know that.....

.....U.S. country music's first million-selling record was about the 1903 "Wreck of the Old 97," a Southern Railway train?

.....Jimmie Rogers was a brakeman from 1918-1924, and some of his songs were influenced by his railroad background?

.....Railroads initiated "**Standard Time**" or "**Railroad Time**" in 1883? (Congress made it official in 1918.)

Following the tour, we will walk 3/10 mile to The Vineyards Restaurant, 147 Granby St., Norfolk.

**DATE:** Friday, November 2, 2012

**TIME:** 10:30 AM

**WHERE:** Meet inside main entrance of the Norfolk Southern Tower, 3 Commercial Place, Norfolk

**COST:** The tour is free. Lunch is \$17 . includes entrée, salad, bread, soft beverage, dessert, taxes and gratuity

**DEADLINE:** October 24, 2012      **NOTE:** NO REFUNDS AFTER THIS DATE.

**MAXIMUM:** 30

**PARKING:** public parking garages located at *Main St.* garage (close to Museum), corner of E. Main & Atlantic Sts. with entrance on Atlantic St. OR *Town Point* garage (closer to restaurant), corner of W. Main & Bousch Sts. with entrance on Main St. **Note:** There will be an hourly charge for parking, so please go to the website below to check.

For Information on these & other parking garages: [www.norfolk.gov/parking](http://www.norfolk.gov/parking)



*Please clip & return this portion, with \$17 per person, to the ILR by the deadline date: Oct. 24<sup>th</sup>, 2012.*

NAME(S): \_\_\_\_\_

**Circle #1, #2, or #3** (Dessert, with all entrees, is homemade tiramisu)

1. **Lasagna Alforno** – blend of meat & cheese lasagna topped with meat sauce & mozzarella cheese
2. **Chicken Parmigiana** – breaded chicken cutlet baked with marinara sauce & mozzarella cheese
3. **Penne Primavera** – sautéed mixed vegetables in a garlic and white wine sauce tossed with penne pasta

**NEEDED...**



## **SALVATION ARMY CHRISTMAS DEPOT VOLUNTEERS!**

For the **8th** year in a row ILR will be participating in the Salvation Army Christmas Depot. We will again be working **two** shifts this December! The Salvation Army handles the actual distribution for not only its Angel Tree, Bears and Stockings, but also the USMC Toys for Tots and *The Virginian-Pilot's* Joy Fund program. It is quite a job, and, of course, reaches its peak the last couple of weeks before the Holiday.

**Our jobs can be:**

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

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

**We plan to work 12:30 to 4:30 p.m. Tuesday, Dec. 11<sup>th</sup>, and 12:30 to 4:30 p.m. on Friday the 14<sup>th</sup>.** Sign up if you wish to help. You are welcome to do both shifts. We are doing both afternoons as we have found that is when help is in short supply. Judy Schooley will call you with the location of this year's Depot when she finds out and will answer any questions. Feel free to call her with any questions even before signing up (486-7490). You may also sign up as an individual for other shifts that week; call Judy for details. The **Depot** will be open from Monday, December 10<sup>th</sup> through Monday, December 17<sup>th</sup> (not on Sundays).



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

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

Phone # \_\_\_\_\_ e-mail \_\_\_\_\_

**Circle the shift(s) you desire:**

**Tuesday Dec. 11**

**Friday Dec. 14**



### *Great Books Reading and Discussion Group (2012-13)*

Great Books remains open to registration for the 2012-13 sessions. Although classes began September 7, new members can register at this time.

This year we are celebrating 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 first and third Friday of each month from 10:00 – 12:00. The cost for tuition and the *Short Story Omnibus* anthology is approximately (long story) \$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](mailto:jreynierse@cox.net). If you have serious interest, call him to hear the “long story” and more detailed instructions for registration.



# Old Dominion UNIVERSITY

Virginia Beach

## Fall 2012 EVENT CALENDAR

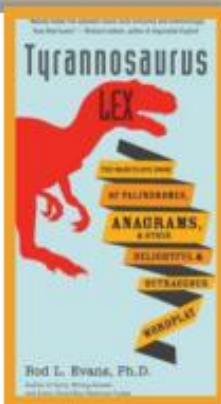
Welcome ILR Friends—Join Us:



Oct 4

Thursday

**35th Annual ODU Literary Festival**  
**Jan Freeman**  
**Reading, Discussion, & Book Signing**  
**12:30—2:00 pm** Lecture Hall, Room 244



Nov 14

Wednesday

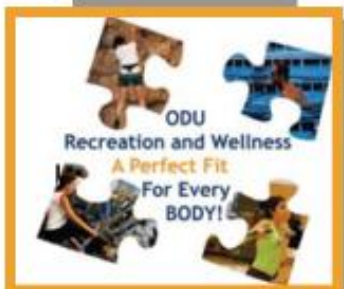
**Rod Evans *Tyrannosaurus Lex*:**  
**The Marvelous Book of Palindromes, Anagrams,**  
**& Other Delightful & Outrageous Wordplay**  
**Reading, Discussion, & Book Signing**  
**12:30—2:00 pm** Lecture Hall, Room 244

Sept 4, Oct 2, Nov 6, & Dec 4

Tuesdays

***ODU Wellness Wave***  
**Tuesdays**  
**from 12:30-1:30pm**  
**Room 221**

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



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