

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

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SCHEDULE OF COURSES FOR WINTER 2013

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

Benjamin Franklin – Live

Date: Monday, January 7, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Meyer Chovitz, AKA Benjamin Franklin



Course Description: Hear the humor and sadness of Benjamin Franklin as he tells about his life and accomplishments. From his inventions, experiences in his childhood and the type of work he did during his lifetime, he will talk about the American Revolution, his time in England and France, writing the Declaration of Independence, and the struggle for American Independence.

Instructor: Meyer Chovitz lectures as Benjamin Franklin in educational institutions in Norfolk, Virginia Beach, Richmond, as well as local civic organizations. Mr. Chovitz has lectured previously for ILR on antiques.



Nobody is a Stranger – We All Are a Family

Date: Tuesday, January 8, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Jagdish Singh

Course Description: Are you afraid of people of other faiths? With this question in mind, Mrs. Singh will speak of her beliefs in the equality of all, including those children with whom she was forbidden to play, and who she later taught to read and write. She embraces the Sikh religion, which emphasizes the universality of all people. She believes that her purpose in life is to impact others, especially children in a way that they will learn to respect and serve others. She will tell us about the Sikh religion, its customs, as well as the goals and accomplishments.

Instructor: Jagdish Singh received a B.A. from Barring Union Christian College in India, and a Masters Degree in Education, Guidance and Counseling from ODU. She is one of the Founders of Citizens First, a non-profit organization that promotes non-violence and human rights. Mrs. Singh serves on the Human Rights Council of Virginia, on the Cox Cable Committee for Non-Profit Organizations of Hampton Roads, and on the Interfaith and Intercultural Board of Norfolk State University.



Dating over 60: Become a Master in Dating/Mating Skills

Date: Wednesday, January 9, 1:00 – 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Shellie Fraddin

Course Description; You're alone now, and you don't like it, and the alternative is overwhelming: *dating*. Perhaps you're divorced or widowed and would like to have a companion/mate/date? Yet, it's been a long time since you've dated and you don't have a clue. Many things have changed in the dating world. You're not the same person you were before you were married. Your needs are different, your body is different; your mind is different. You're successful in many other aspects of your life, yet you don't understand why you feel so insecure, anxious and scared about dating.

Instructor: Dr. Shellie Fraddin specializes in Senior Health & Fitness. She is a Coach, Author, Speaker, Licensed Zumba Gold Fitness Instructor and Licensed Massage Therapist. When living in California, she created and taught classes for The Learning Annex on dating and mating skills.

She was interviewed by the New York Times, San Diego, MS and Mademoiselle Magazines for her fun style and dating expertise. The company sent her to San Francisco and New York to teach adults of all ages, classes, such as "How To Flirt", "How To Find Your Mate", "The Getting To Know You Party" and "How to Begin a Conversation."



Has Congress Failed America?

Date: Thursday, January 10, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Dr. Charles Dunn

Course Description: Congress may be the most under-appreciated governmental body in America today. Years ago Mark Twain said “Fleas can be taught almost anything that a Congressman knows.” Some say our Congress is archaic and anachronistic. Should we and can we restore it to its original position as “first among equals”? Join us as we ponder whether there is hope for our legislative body.

Instructor: Dr. Charles Dunn is Distinguished Professor at Regent University where he was Dean of the Robertson School of Government 2004-2010. Chairman of the Fulbright Foreign Scholarship Board 1989-93, he has served on legislative committees and commissions. Dr. Dunn has received numerous honors and awards, most recently the Dr. Wolfgang Pindur Award for Distinguished Public Service in Academia and Practice.



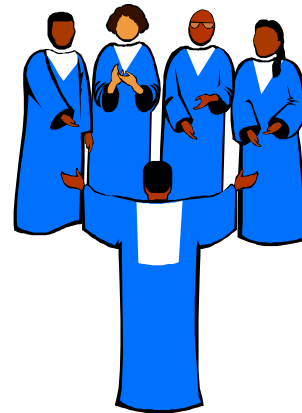
Sing a Story

Date: Tuesday, January 15, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Larry VanNostrand



Course Description: Sit back and enjoy a performance by well-known performer and composer, Larry VanNostrand. Amazing insights and truths about our values, history and culture are often revealed in the songs we write about ourselves. The ballad, or story-song is an integral part of the oral tradition in literature and life. Come and learn about who you are. Sing a story!

Instructor: Larry VanNostrand is a retired teacher, performer with the Savoyards, Symphonicity, Storybook Players, Host of the Lollipop Children's Concerts, composer, 36-year member of the Chancel Choir of First Presbyterian Church of Virginia Beach.

Goya, Painter of the Spanish Mind

Date: Wednesday, January 16, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Leonette Adler

Course Description: Discover the dark and fascinating world of the great painter Francisco Goya. Illness resulted in his deafness, which served to heighten his insight as an artist. A favorite of the Spanish court, his portraits of the royal family and Duchess of Alba brought him success and acclaim.

Instructor: Leonette Adler is an award-winning artist whose work has been shown in numerous museums and galleries on the East Coast. Recently she was one of the Virginia artists included in the collection of landscapes on exhibit at the Peninsula Fine Arts Center. Leonette taught at the Chrysler Museum Art School for five years and at Norfolk Academy for 25 years.



Celebrating Sea Turtles

Date: Wednesday, January 16, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Karen Burns and Katie Vaughan

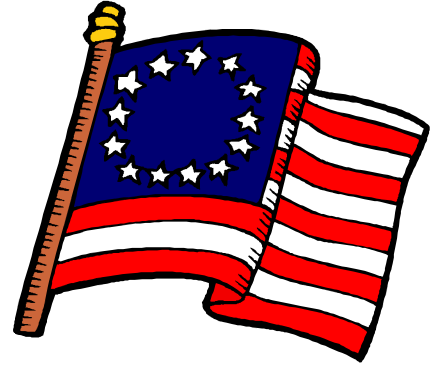
Course Description: Sea Turtles are visitors to the coast of Virginia. Learn about these fascinating marine reptiles through this hands-on, interactive educational program. Participants will find out about the history, conservation issues and local efforts to ensure the protection of these amazing animals.

Instructor: Karen Burns has worked in the Education Department of the Virginia Aquarium and Marine Science Center for 19 years. Karen has written, received and administered grants to develop and implement educational programs for a diversity of audiences. She teaches at ODU and Hampton University, and has developed and given many staff workshops at the Aquarium.



The Battle of Valley Forge

Date: Thursday, January 17, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Robert Torgler



Course Description: The defining moment of the Revolutionary War did not occur on the battlefield ó but during the winter at Valley Forge, Pennsylvania. Relive the days as an embattled George Washington ó near resignation ó remade the entire war effort and insured victory.

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



1619 – The Making of America

Date: Wednesday, January 23, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Patrick Mbajehwe

Course Description: “When Did We Become Americans?” is the theme of the conference that will be held for the next several years at Norfolk State, Old Dominion and William & Mary. These area colleges and universities are sponsoring a series of lectures and round-table discussions concerning the significance of 1619, just 12 years after the founding of Jamestown, as the benchmark for the development and evolution of American Society. Topics will include: “Rendering of American Indian Images.” Dr. Mbajehwe will share some of the themes that are being discussed by the consortium.

Instructor: Dr. Mbajehwe received his B.A. in Nigeria, M.A. and Ph.D. in African and American History from Emory University. He currently is a Professor at Norfolk State University and Co-Director of the Joseph Jenkins Roberts Center for African Diaspora Studies. He has published works in African History and World History.

Understanding Opera

Date: Wednesday, January 23, 1:00 – 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Glenn Winters



Course Description: This class, the third of four devoted to Virginia Opera's 2012-13 productions, examines Andre Previn's *A Streetcar Named Desire*, an adaptation of Tennessee Williams's classic American stage play. Many are familiar with the film adaptation starring Marlon Brando and Vivian Leigh; Previn's music brings to life the unforgettable tragic heroine, Blanche DuBois. Students receive comprehensive musical and dramatic analysis, illustrated by video and audio excerpts. This class is recommended for opera beginners and aficionados alike.

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 holds a B.M. and M.S. 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 Opera Festival of Roma in Rome.



How to Research the History of YOUR Home

Date: Thursday, January 24, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: William Inge

Course Description: Find out the who, what, and when of your home's history! Mr. Inge, our speaker who presented the class, Lost Norfolk, will teach you how to use the materials that are necessary to find out when your home was built, who the architect was, the initial cost, the interior and exterior designs and subsequent renovations, the history of the neighborhood, and maybe even the history of the original owners. Mr. Inge will bring city directories, plats, telephone books and local history books.

Note: This class is best suited for people whose homes were built prior to 1960 in the Norfolk and surrounding Tidewater.

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

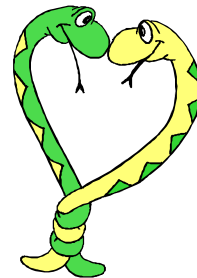
estate appraiser for that city. He has been a free-lance building historian for the past 30 years, and has been the Building Historian for the Sargeant Memorial Room of the Norfolk Public Library

*Note: Mr. Inge will gratefully accept Booker T. Washington and Norview High School yearbooks and **anything** from the past that has to do with Norfolk and the Tidewater area for inclusion in the Sargeant Memorial Collection. This is a great home for all of those old yearbooks, letters, postcards, magazines, etc. that you have been hanging on to but that have lost some of their sentimental value or you now need to clean out. Class participants are welcome to bring the items they wish to donate to the class.*



Reptiles – Everything You Wanted to Know

Date: Monday, January 28, 10:00 - 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dennis McNamara



Course description: Welcome to the Diverse World of Reptiles: This presentation will be an introduction to the great diversity of reptiles found throughout the world with a little emphasis on our local species. Our lecturer will bring a guest to this lecture.

Instructor: Dennis McNamara graduated from ODU with a B.S. in Psychology, but, started his reptile career at Animal Jungle in Virginia Beach. He began working at the Zoo in January, 2000. He is currently the head of the Herps Dept. (Amphibians and Reptiles) at the Virginia (Norfolk) Zoo. He privately keeps and breeds multiple species of reptiles and has done so for 20 years. He's active in field work and trade shows up and down the East coast, and is very much looking forward to us having a great discussion about the wonderful Reptile World.



United States – China Relations in the Twenty-first Century

Date: Tuesday, January 29, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Dr. Qiu Jin

Course Description: With the rapid rise of the Chinese economy in the past three decades, China has emerged into one of the most important economic powers in the world. What does this mean to the relationship between the U.S. and China? We will review the history of the U.S. & China relations and examine the current situation from the Chinese perspective,

including China's political thinking, their view on their nation and government and the new Chinese nationalism.

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 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 degree in 1995.



Neighbors Building Neighborhoods

Date: Thursday, January 31, 1:00 – 3:00 PM

Cost: \$10

Location: Primeplus Norfolk Senior Center

7300 Newport Ave., Norfolk VA (*see Directions on pg. 9*)

Instructor: Councilman Tommy Smigiel, City of Norfolk

Course Description: Norfolk's new *Neighbors Building Neighborhoods* Program is a community ownership and market-driven model for effective neighborhood revitalization. It is based on the Healthy Neighborhoods and Asset-Based Community Development community building principles. These two concepts are making a difference in communities across the country by creating an environment where all members of the community work together to identify and mobilize the positive attributes of their neighborhood (assets), look out for each other as good neighbors, invest through improvements to their homes and neighborhood blocks, and position them as excellent places to live. Councilman Smigiel will give an overview of Norfolk's implementation of NBN and how this could help improve the quality of life in Norfolk.

Instructor: In 2007 Tommy Smigiel was Norfolk's Teacher of the Year, in 2008 and a finalist for National Teacher of the Year. On Norfolk's City Council he co-chairs the Health, Education and Families Sub-committee and serves on the Communities and Public Safety Committee. He is Co-Chair of the East Little Creek Road Business Association and the Mayor's Ocean View Task Force. He is a board member of Old Dominion University Darden College of Education Advisory Committee, and was recently honored by the Norfolk Jaycees as an Honorary Member.



Age-Proof Your Brain

Date and Time: Monday, Feb 4, 1:00 - 3:00 PM

Cost: \$10

Location: Primeplus Norfolk Senior Center (see *Directions below*)
7300 Newport Ave., Suite 100, Norfolk, VA

Instructor: Dr. Shellie Fraddin

Course Description: There are many steps we can take to protect and nourish our brain cells. Specific foods, mental and physical exercises, music ,loving touch, massage and laughter all have a powerful impact on the activity of your brain. Let's be proactive together and take steps to preserve and increase brain function as we age.

Among the topics that will be covered are:

- which foods support/diminish brain function
- the effect of laughter on brain health
- how loving touch releases brain hormones
- how stress affects brain function and sleep
- how food choices support healthy brain function

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).

***DIRECTIONS** to Primeplus Norfolk Senior Center, 7300 Newport Ave.

<u>From I-64 West – Virginia Beach</u>	<u>From downtown Norfolk</u>
•Take Exit #276C/Little Creek Rd.	•Get on Hampton Blvd., pass ODU and go over
•Turn left onto E. Little Creek Rd/VA-165	bridge to Little Creek Rd.
•Cross Granby St. to Newport Ave.	•Turn right onto Little Creek Rd. to Newport Ave.
•Turn left onto Newport Ave.	•Turn right onto Newport Ave.
•7300 Newport Ave. is on the left .	•7300 Newport Ave. is on the left .

Poets and Pedagogues: From Chaucer to Mr. Chips

Date and Time: Thursday, Feb 7, 1:00 - 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Page Laws



Course Description: What do great writers tell us about education, teaching and learning throughout one's life cycle? Hear insights from Geoffrey Chaucer, William Shakespeare, Emily Dickinson, Langston Hughes, Margaret Walker and Dudley Randall. What's so dear about those "dear old Golden Rule days" (school days)? Are our "bright college days" the best days of our lives? Bring favorite book titles, passages and literary gems of your own about teaching and learning.

Instructor: Dr. Page Laws is Professor of English at Norfolk State University and the Director of the Honors Program. She is also the Humanities Consultant and Consulting Dramaturge for the Virginia Stage Company. Named NASA Eminent Scholar for 2002-03, she is the recipient of two Fulbrights, two NEH fellowships and has published widely on theater and film. She received a M.B. from Wellesley, and a M.A. and Ph.D. from Yale.



The War of 1812: the Good, the Bad, and the Ugly

Date and Time: Monday, Feb 11, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: John V. Quarstein

Course Description: The War of 1812 is an often forgotten conflict. Yet, the citizens of the Chesapeake Bay felt the fury of the British invaders. The British arrived on 5 February 1813, and, after raiding the upper Bay struck at Norfolk. The Virginia Militia, US Navy and US Army units combined to repulse the British at Craney Island. The British then sacked the town of Hampton and eventually established a base on Tangier Island. In 1814, the British defeated militia troops at Blandenburg and then burned Washington DC. It was a national disgrace; however, the British were defeated at Fort McHenry and North Point. The war was basically over by then.



The War of 1812 course will discuss the causes, events and implications of this conflict which is often referred to as the Second War of Independence. This conflict gave our nation a sense of unity, a realization that stronger national defense would be needed and European influence on the Western hemisphere was to be limited.

Instructor: John V. Quarstein has B.A. and M.A. degrees in History and is an award-winning historian and preservationist. He was Director of the Virginia

War Museum and advisor for the Mariners' Museum's U.S.S. Monitor Center project, and has nine published books to his credit. John is currently historian for the City of Hampton, the local public broadcasting station WHRO, and helped create a series of films documenting "The Civil War in Hampton Roads." He is frequently seen on the "*Here and Then*" series on local television, and is often a guest on the WHRV radio program "*Hear Say*."



Coastal Virginia in the Golden Age of Piracy: As Told from Two Points of View

Date and Time: Tuesday, Feb 12, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Al & Carol Chewning

Course Description: Life in coastal Virginia in the 17th century was difficult at best. In this class, two costumed interpreters, a pirate and a tavern owner, will relate stories about their roles in society and how they managed a mutually beneficial relationship. They will discuss societal rules, food, medical practice, superstitions, the economy, and many other topics related to their lives. Their use of museum quality reproduction display items makes this program extremely educational and entertaining.

Instructor: Al holds degrees from the University of Richmond and Hampton University. He is the owner of Histories and Haunts, LLC and is listed in the National Registry of Living Historians. He is on the board of advisors of the Old Coast Guard Station and Museum in Virginia Beach. He is a storyteller and the author of four books on Virginia Beach history.

Carol holds degrees from the University of Massachusetts and the University of Delaware. She is a lifetime member of the Herb Society of America with a particular interest in historical uses of herb and plant symbolism. She has taught at Colonial Williamsburg, the U.S. National Arboretum, Elderhostel and Norfolk Botanical Gardens.

As a married couple, the Chewnings have been doing living history for almost 15 years.



What's Up with Our Solar System?

Date and Time: Wednesday, Feb. 13, 10:00 – 12:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Dean Bohan

Course Description: What is the relationship between a wintergreen lifesaver and the nebulae in space? How can we learn about the moon's phases with balloons? The answers will become evident through this lecture. Group participation will guarantee a fascinating way to learn astronomy as you never have before.

Instructor: Dr. Bohan's biology background comes from Old Dominion University, but most of his experience was derived in the field. He has been doing Christmas Audubon Bird counts for 15+ years. He 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. Bohan 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.



Animals in Love

Date and Time: Thursday, Feb 14, 1:00 - 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Lisa L. Behm

Course Description: Join us for an informative and humorous presentation that explores the secret sex lives of many animal species and the science behind their "love in the wild." We will take a look at many examples of animal attraction, animal courtship, and animal mating that can often be very bizarre! Learn about nature's love chemicals and enhancements.

Instructor: Lisa Behm earned a Bachelor's degree in Wildlife and Forest Biology from SUNY-College of Environmental Science and Forestry in Syracuse, NY and a Master's degree in Biology from Old Dominion University; focusing her Master's research on the aye-aye (*Daubentonia madagascariensis*).

She also worked at the zoo as a keeper of small animals and primates for 6½ years and then as the first Animal Registrar for 3 years. She then began teaching Biology full-time at the Chesapeake Campus of Tidewater Community College in 2003.

Namibia: The Land of Desert and Cheetahs

Date and Time: Wednesday, Feb. 20, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Willy Fluharty

Course Description: In May of 2012, Cape Henry Collegiate School sent a group of seniors to Namibia, an arid, undeveloped country in the southwest of Africa. Students worked on a service project in a remote Himba school near the Angolan border. The Himba are a very poor tribal minority that is greatly affected by poor health and poverty. Students also worked with the Cheetah Conservation Fund to further their understanding of the plight of the world's largest remaining population of wild cheetahs. This presentation will include a video and focus on economic development as a key ingredient to conservation of endangered species.

Instructor: Willy Fluharty is Director of Nexus, the International Studies Program at Cape Henry Collegiate School. Nexus has sent over 200 students abroad to 25 countries around the world accomplishing its mission of educating students through experiential education. He received a B.A. in Government & International Relations from Lehigh University, and M.A. from the University of Virginia in Foreign Affairs: International Political Economics.



The Plight of Mental Illness Today

Date and Time: Thursday, Feb. 21, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Father James Parke & Dr. Ray Iglecia, MD

Course Description: Dr. Ray Iglecia and Father Jim Parke invite you to a learning and discussion about the wonderful developments that have been made in the treatment of mental illness. They will also consider the serious limitations in the treatment and the lack of sufficient funding on all levels for adequate care.

Instructors: Father Jim has been a priest for 47 years serving as high school faculty member and principal, pastoral leader for a seminary college as well as a pastor for four parishes in the Roman Catholic Diocese of Richmond. He holds a Master's degree in Theology from Saint 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 in the world, founded in 1977. His class this summer was great.

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



The Terra-Cotta Soldiers and the First Emperor of China

Date and Time: Monday, Feb. 25, 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.

Yes, this is the same course as the one taught in October. Due to the very positive experience for both Dr. Ping Tcheng and the class members he has consented to return and do the course again for all of those on the waiting list and others who have heard about what they missed. **(Waiting List folks will automatically be signed up, so please let us know if you cannot attend.)**

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.



The Rise and Fall of Napoleon Bonaparte

Date and Time: Tuesday, Feb. 26, 10:00 – 12:00 Noon }
Thursday, Feb. 28, 10:00 – 12:00 Noon }

Cost: \$20

Location: VBHEC

Instructor: Kathryn Cross

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

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



Understanding Opera: The Marriage of Figar

Date and Time: Wednesday, Feb 27, 1:00 - 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Glenn Winters



Course Description: This class concludes the survey of Virginia Opera's mainstage productions of 2012-2013 with one of the greatest comedies ever composed, Mozart's sublime *The Marriage of Figaro*. Students receive comprehensive musical and dramatic analysis, illustrated with video and audio excerpts. Recommended for opera beginners and aficionados alike.

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

Wine Tasting

Total Wine & More*

1744 Laskin Rd., VB
Marketplace at Hilltop

www.totalwine.com

Fri., January 18



Join us for a private wine tasting at the New Wine Superstore. **total wine** has over 8,000 Wines, 2,000 Spirits and 1,000 Beers. A highly educated and knowledgeable wine expert will present and pour during your tasting. We will be in a private room in the store and will taste wine from the Southern Hemisphere. There will be white and red wine from Australia, New Zealand, Chile, Argentina and South Africa. Cheese, crackers and bread are included with the wine tasting.

DATE: Friday, January 18, 2013

TIME: 4-6 PM

PLACE Total Wine @ Hilltop (1744 Laskin Road)

PRICE: \$16/pp

SIGN-UP DEADLINE: January 4, 2013

Max: 40

The following are suggestions of nearby restaurants at Hilltop for dinner afterwards should you decide to continue the fun. (No Reservations have been made for dinner)

Burton's Grill ~ Bangkok Garden ~ Fire & Vine ~ Cobalt Grille

***Special Discounts* on wine tasted during the event.**

Directions: From Norfolk, take I-264 East to First Colonial Road North. Cross over Laskin Rd. and take a left onto the service road. Marketplace at Hilltop will be on the right.

***Total Wine is located in the former "Borders Bookstore" on the corner of the center.**



Valentine's Day Party



Location Jackie & Nick Azaransky's Home
4629 Sam Bates Court
Virginia Beach, VA 23462

Directions South on Independence Blvd., right onto Edwin Drive [opposite Mt. Trashmore], left onto Southern Pines, right onto Bob Jones, right onto Sam Bates Court.

Date Friday, February 8th, 2013

Time 5:30 p.m. ~.....?

Cost \$6.00 per person



Bring your favorite heavy hors-d'oeuvre or dessert to share. Wine and soft drinks are provided.

Deadline January 31st, 2013

Limit 45 people





Coffee and Conversation

Date: **Monday, Feb. 11th**

Time: 11:45 . 1:00pm

Place: VBHEC

Join us for our quarterly session of Coffee and Conversation.

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

Everyone is encouraged to come, but we particularly hope to meet the members who will be at the Higher Ed Center on Monday, Feb. 11th for John Quarstein's class, **"The War of 1812: the Good, the Bad and the Ugly"**. So stop in after class and enjoy a beverage, sandwich, and cookies provided by the ILR, **free of charge**.

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

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

Hope to see you there!



ILR Book Group

The ILR Book Group always has room for a few new faces. Please feel free to give us a try...

WHEN: On the 3rd Tuesday of the month

TIME: 1:00-3:00pm

LOCATION: VBHEC ...room 210

(There will be no December meeting)

For **January 15th**, we are reading **Rebel Wife** by Taylor Polites, and **My Extraordinary Life** by Sissy Spacek. (Read both or the one of your choice and join us January 15th).

For **February 19th**, we will be discussing **Gone Girl** by Gillian Flynn, and **See You in a Hundred Years** by Logan Ward. .



GREAT DECISIONS DISCUSSION SERIES **2013**

DATES: The first Wednesday of every month, starting February 6, 2013. The series lasts for 8 months.

TIME: 10 to 12 noon

COST: \$50.00, which includes the Great Decisions book

LOCATION: Virginia Beach Higher Ed Center (VBHEC)

Are you interested in current global issues? Would you like to engage in informed discussion on eight world affairs topics this coming year? Then the ILR Great Decisions Discussion Series would be a perfect fit for you.

This year we will be discussing: **The Future of the Euro, Egypt, NATO, Myanmar and Southeast Asia, Intervention, Iran, China in Africa, and Threat Assessment.** We prepare for each session by reading the materials especially prepared by the Foreign Policy Association. plus any additional sources we wish to bring to the table. This class is a discussion group, not a lecture.

Members, who wish to do so, take turns starting the discussion, calling on those who want to speak in an orderly fashion so all ideas are heard and discussed, and keeping us on topic. We use the questions in the book as a starting point.

Robert Chapin will be putting together a book order about 29 December. Those who have sent in their check and those who have confirmed their interest will be included in the order. You can learn more about Great Decisions at <http://www.fpa.org/>, follow the link to Great Decisions. If you need more information, e-mail Robert Chapin at k4ybz@cox.net.

Great Decisions is fun and interesting. There is no push for consensus. We walk away with our own opinions which have been tested in the heat of discussion. If you want to join us, sign up on the Winter 2013 Class Registration form at the end of this packet.

DATES to add to your 2013 calendar...

MARCH 15, 2013

EVENT: ANNUAL LUNCHEON & BUSINESS MEETING

PLACE: Westminster-Canterbury, 3100 Shore Dr., Va.B.

SPEAKER: Ryan Clemens, relative of Mark Twain (pen name of writer Samuel L. Clemens)

Invitations will be going out the first of the year!

APRIL 2 - 30, 2013

EVENT: 6th ANNUAL ILR ART SHOW

PLACE: VBHEC Atrium/Lobby

Anyone interested in participating in the show, please write a short paragraph about the type of artwork you do and how you got started, and send it to Daisy Smith. Include your name, address, email address, and phone no.

Note: if you would be interested in being interviewed for *The Beacon*, please include that with the rest of your information going to Daisy.

Send to **Daisy Smith:** artsy@macs.net OR 813 Sussex Ct., VB 23464, Ph: 467-2270

“IMPORTANT NOTICE TO ALL ARTISTS”

The *above* information* must be received by...

JAN. 15

*This information is not the formal application. Applications will become available on our website (oduilr.com) and in the office beginning in January.

ILR REMINDERS...

Inclement Weather

The Va Beach Higher Ed Center (VBHEC) follows the lead of ODU's main campus. When ODU is closed due to inclement weather, the ILR classes are canceled, but, if there is a 1- or 2-hour delay, the ILR morning class is canceled, and the 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 (3, 10 and 13)
2. Call the ODU main campus infoline: **683-3000** (has a recorded message)

Parking Policy

All lots are marked "Decal Controlled"

ILR members may park *anywhere* on campus parking lots, *EXCEPT* in metered, reserved, faculty or other prohibited parking areas. Many members prefer **Lot 3**, which is to the right of the building, and around toward the back, and they come into the building through the back and side entrance doors.

Note: Please be sure to always **display the Parking Pass, either on your car's dashboard OR hang from rear-view mirror** as ODU does enforce parking regulations.

Class Cancellations

If a member cancels a program (at least 4 days before the date of the class), they will receive a refund voucher (minus a \$2 processing fee). Note: For trips, the member will receive a refund check (minus the \$2 fee), but the refund will vary according to the individual trip policy.

If ILR cancels a program, the members will receive a full refund voucher, or full refund check for a canceled trip.

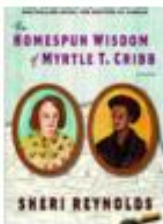
Spring 2013 EVENT CALENDAR

Welcome ILR Friends—Join Us:



Jan. 22 — Feb. 21
 Atrium Exhibit: go to
www.odu.edu/vbhec
 for hours

Virginia Beach City Public School
Visual Performing Arts Academy—*Evolution*
Opening Reception Jan. 22 Tues, 5-6:30 pm



January 31
Thursday
 Lecture Hall 244

The Homespun Wisdom of Myrtle T. Cribb,
A Novel by Sheri Reynolds

Reading & Book Signing
12:30 - 1:30 pm



March 20
Wednesday
 Lecture Hall 244

Spring Equinox Violin Concert
Featuring Pavel Ilyashov

6-7:30 pm



March TBA
 Lecture Hall 244

Girl with the Dragon Tattoo

Film Screening and Book Discussion
Date & Time TBA



Jan. 28, Feb. 25,
Mar. 25, Apr. 22
Mondays
Room 221

ODU Wellness Wave
4-5 pm

Free Blood Pressure
Screening in the
Atrium prior
to each class

ODU VIRGINIA BEACH
 1881 University Drive, Virginia Beach, VA 23453
 757-368-4100 www.odu.edu/vbhec

WALLOPS ISLAND PACKS A PUNCH

Thursday, March 7, 2013

History tells us the United States is a nation of explorers and adventurers. Thus, it is obvious NASA would be established to explore the cosmos that surrounds our planet. Now we have an opportunity to see and understand the tools that aid with this exploration.

Visit the machine shop where the skins for the sounding rockets are built and the testing facility where the rockets are tested before being launched on their missions. The Range Control Center is where the people behind the scenes launch the past, present and future flights. Tour the hanger and airport where runway testing, pilot flight practice and home base for numerous scientific studies is located. See the planes up close with a NASA pilot, followed by a Power Point presentation that discusses the current projects. Explore the exhibit hall where you will find displays on rockets, balloons, aircraft, moon rock from the Apollo 17 flight and the signed print of Neil Armstrong's footprint on the moon. In the Science on the Sphere, educational films are shown. With a guide, enjoy a short drive around the island base where the launch pads are located.

Lunch will be on your own in the cafeteria on premises.

There is standing and walking, so be prepared.

TRIP DATE:	Thursday, March 7, 2013
MINIMUM-MAXIMUM:	30
SIGN-UP DEADLINE:	Thursday, February 21, 2013
COST:	\$35.00
CANCELLATION DEADLINE:	Thursday, February 28, 2013

Check your desired place of departure and return w/Trip Disclosure form to ILR office by February 21, 2013.



Print Name(s): _____ Tel #: _____

6:00 A.M. – from Target, Military Highway

6:15 A.M. – from Chesapeake Bay Bridge

Return 6:00 p.m. ESTIMATED

March 7, 2013 – Wallops Island Packs A Punch



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

ILR TRIP DISCLOSURE FORM

NAME OF EVENT: Wallops Island

SIGN-UP DEADLINE: Feb. 21, 2013

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

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

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

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

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

I acknowledge that I have read and agree to these stipulations

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

Phone Number _____ Cell Phone _____

**Husband and wife must both sign.*