

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

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

**SCHEDULE OF COURSES FOR FALL 2009**

**Pilotage in Virginia - Yesterday, Today and Tomorrow: Changes & How  
They Will Affect the Virginia Pilots in the Future**

Date: Thursday, Oct. 1, 10:00 -12:00 Noon  
Cost: \$10  
Location: VBHEC  
Instructor: Capt. George S. Watkins, Ret.

**Course Description:** Who were the first pilots who guided ships through the waters of Hampton Roads? What lures would-be pilots through years of training? Why do they brave often turbulent seas and dangerous ascensions, ensuring safety for the boats and ships of others? Will their jobs become obsolete and be left to mechanics and, perhaps, robots?

**Instructor:** Dr. George Watkins served with the Virginia Pilot Association for 40 years. He received his Unlimited Masters in 1962 and served as a Special Pilot for the Naval Aircraft Carriers and the USS Wisconsin for 15 years. Capt. Watkins was a member of the regulatory State Board for Branch Pilots for over 20 years, is Past Chairman of the Virginia Conference on World Trade and a member of the Board of Directors for the Virginia Maritime Association.

## **Fire in the Sky**

Date: Monday, October 5, 10:00 - 12:00 Noon  
Cost: \$10  
Location: VBHEC  
Instructor: Dr. Duane Harding

Course Description: It you haven't seen several double rainbows, you're not looking! Part I: Rainbows, halos and other colors in the sky. Part II: Lightning safety. More than 100 people are killed, and 1,000 people are injured by lightning every year. Every thunderstorm has lightning and can be a killer. Many are killed when it's not raining.

Instructor: Dr. Duane Harding received his Ph.D. in Meteorology from the University of Michigan in 1977. He has taught at the University of Michigan, East Kentucky University, Christopher Newport University, Virginia Tech and ODU. We all know him from his decade as a chief meteorologist on local television.

## **Problems of a Genius: The Life of Michelangelo**

Date: Tuesday, Oct. 6, 10:00 - 12:00  
Cost: \$10  
Location: VBHEC  
Instructor: Leonette Adler

Course Description: Michelangelo was blessed with enormous talent and long life. But, despite monumental success, his 89 years were full of problems, aggravations and frustration.

Instructor: Leonette Adler is an award-winning artist whose works have been shown in numerous museums and galleries on the East Coast. Leonette taught at the Chrysler Museum Art School for 5 years and at Norfolk Academy for 25 years. She is a member of ILR and has presented many popular classes previously.

## **From Arachnophobia to Arachnophilia: A Transformative Exploration of the The Natural History of Spiders, Scorpions, Mites and Ticks**

Date: Thursday, Oct. 8, 1:00 - 3:00 PM  
Cost: \$10  
Location: VBHEC  
Instructor: Dr. Victor R. Townsend, Jr.

Course Description: When it comes to arachnids, most people have strong, generally negative impressions and opinions. In this course we will attempt to separate fact from fiction as we examine and dispel many popular myths regarding these animals. Other topics will include a review of the extraordinary diversity of form, behavior and ecology of temperate and tropical species, as well as a synopsis of the impact of arachnids upon humans.

A brief review of local taxa with an emphasis on common species and those of economic or medical significance will be provided. Specimens (living & preserved) will be available for direct observation and demonstrations will be made regarding the sensory physiology of select species.

Instructor: Dr. Victor Townsend is currently an Associate Professor of Biology and the Coordinator of the Dept. of Biology at Virginia Wesleyan. He received a B.S. from ODU, and a MS and PhD from the University of Louisiana. Dr. Townsend does yearly research expeditions to the West Indies and Central America and still finds time to co-author over 38 articles for peer reviewed scientific journals, as well as participate in numerous seminars.

## **Presidential and Congressional Scandals - Watergate to Abscam**

Date: Thursday, October 15, 10:00 - 12:00 Noon  
Cost: \$10  
Location: VBHEC  
Instructor: Dr. G. William Whitehurst

**Course Description:** Congressman Whitehurst will give us an inside look at the scandals that occurred during his 18 years in Washington. His presentation will include a profile of President Nixon and some of the misconduct of Dr. Whitehurst's congressional colleagues.

**Instructor:** Dr. O.W. Whitehurst, a long term member of the Norfolk community, represented the 2nd District in the US House of Representatives for 18 years. He served on several important committees: Armed Services, Intelligence, and Ethics. Dr. Whitehurst is well known in academic circles having started his teaching career in 1950 at ODU, where he was Dean of Students prior to his election to Congress. He continues to teach history and political science. Dr. Whitehurst received his BA in history from Washington and Lee, his MA from the University of Virginia, and is PhD in American Diplomatic History from West Virginia University.

## **General Cornwallis and The Battle of Yorktown**

Date: Monday, Oct. 19, 10:00 - 12:00 Noon  
Cost: \$10  
Location: VBHEC  
Instructor: John V. Quarstein

**Course Description:** Today marks the anniversary of the Battle of Yorktown, which ended the American Revolutionary War in 1781. Washington and his troops were camped in West Point, hoping to capture New York City from the British. After hearing that Cornwallis was gathering his forces in Yorktown, Washington marched his troops 400 miles to the Yorktown Peninsula. The rest is history!

**Instructor:** Dr. John V. Quarstein is an award-winning historian, preservationist, and author of nine books. He is historian for WHRO, and frequently seen on Channel 15 on the local history segments of "Here and Then," and the award-winning "Civil War in Hampton Roads" series. John received the National Trust for Historic Preservations Presidential Award for Historic Preservation in 1993 and the Civil War Society's 1996 Preservation Award in 1996. Other awards include the 2007 Silver Emmy for "Jamestown: Foundations of Freedom" and 2008 Bronze Award for "The Civil War in Hampton Roads" film series. John served as Adjunct Professor at William and Mary, University of Virginia and Virginia Commonwealth University

## **Why Icelanders Eat Fermented Shark - How the Environment Shapes Icelandic Culture**

Date: Monday, October 12, 10:00 - 12:00 Noon  
Cost: \$10  
Location: VBHEC  
Instructor: Rut Juliusdottir

Course Description: Imagine an island in the North Atlantic: it's cold and isolated, but through the centuries the Icelanders had to make do with what the island provided. The lecture will focus on the history and culture of Icelandic food, cooking and storage. How was it possible, before the age of electricity to store food over the long cold winters with little access to salt? Which vegetables grow in the far North? How were they stored during the winters? Learn about the weird food Icelanders ate and still eat: sheep heads and testicles, puffin, fermented shark, blood pudding, whale meat, etc. Food is a country's cultural anchor and the history of food tells us about how the population of the island on the brink of being uninhabitable, persevered.

Instructor: Our speaker is a practicing lawyer in Iceland and in the Spring she spoke to us about the collapse of the Icelandic economy. Vivacious and knowledgeable, she is eager to share her country's history with us.

## **A Primer on Mobile Computing**

Date: Tuesday, October 13, 1:00 - 3:00 PM  
Cost: \$10  
Location: VBHEC  
Instructor: Rusty Waterfield

Course Description: Have you ever wondered - what is the difference between an iPhone, an iPod, or a cellphone? Would you like to know the difference between Blackberries and a Bluetooth? The Chief Information Officer of the ODU Office of Computing and Communication Services, which provides mobile computing and communication support for the faculty and staff of the university, will answer these questions.

Instructor: Rusty Waterfield is responsible for the OCCS Department at ODU which provides effective communication in the use of computing and communications technologies in teaching, learning, research, and administrative endeavors across the University.

## **Darwin, Darwinism and the Modern Theory of Evolution**

Date: Tuesday, Oct. 20 & Tuesday, Oct. 27, 10-00 -12:00 Noon  
Cost: \$20  
Location: VBHEC  
Instructor: Dr. Walter R. Brown

**Course Description:** 2009 is the 200th birthday of Charles Darwin, a man who has been called "the greatest scientist in history." We will discuss Darwin's important contribution and follow its "evolution" to the present form.

**Instructor:** Dr. Walter Brown devoted 30 years to public education as a Science teacher and supervisor. He earned his PhD from Ohio State. A long time member of ILR, Dr. Brown and his wife Jane have previously given presentations on geology, and his travels to Alaska, Africa Antarctica and Peru.

## **A Genie of Remembrance: Unleashing Memory for the Creative Essay**

Date: Thursday, Oct. 22, 1:00-3:00 PM  
Cost: \$10  
Location: VBHEC  
Instructor: Suzanne Rhodes

**Course Description:** The workshop will guide participants in the art of the creative essay as they write for an audience of family members (children, grandchildren, etc.). Several topics will be offered as options. Some writing will be done in class with explorations in figurative language and freshness of expression as well as consideration of form. The essay will make a beautiful gift for the family.

**Instructor:** Suzanne Rhodes is the Director of Public Affairs for the charity Angel Flight in Virginia' Beach. She is the author of two books of poetry, *What a Light Thing*, *This Stone and Weather of the House*, and a book of creative nonfiction, *Sketches of Home*. She has recently published work in the Sow's Ear Poetry Review and The Spoon River Poetry Review. She has a M.A. in poetics from Johns Hopkins University and has taught at ODU, St. Leo University and King College.

## **This Land Is Your Land: Woody Guthrie and The American Dream**

Date: Wednesday, Oct. 28, 10:00 - 12:00 Noon  
Cost: \$10  
Location: VBHEC  
Instructor: Dr. Joseph Cosco PhD

**Course Description:** This course will deal with the life, times and music of the folk singer Woody Guthrie and the profound influence he has had on social and musical movements, beginning with the years of the Great Depression and continuing today. The lecture will include: lecture, YouTube videos and discussion. This is one of ODU's "Last Lecture Series."

**Instructor:** Dr. Joseph Cosco is Associate Professor of English at ODU. He is also the Graduate Program Director and Coordinator of American Studies.

## **Daughter of the Regiment**

Date: Wednesday, Oct. 28, 1:00 - 3:00 PM  
Cost: 1 :00 - 3:00 PM  
Location: VBHEC  
Instructor: Dr. Glenn Winters

**Course Description:** Think all operas by Italians feature sickly, dying sopranos? Guess again: this French farce, written by Donizetti for a Parisian audience, is strictly for laughs. Tomboy Marie, the original "army brat", discovers she has noble lineage and is forced to shed her military life and adopt the manners of High Society. Will this country mouse find happiness in the big city? This charming piece is genuinely funny, and is a great introduction to opera for newcomers. The class will provide complete background information and all the musical/dramatic analysis to prepare you fully for Virginia Opera's sparkling production. The class will be illustrated with audio and video excerpts.

**Instructor:** Dr. Glenn Winters is the Community Outreach Musical Director of the Virginia Opera. He received his PhD in music from Northwestern University. His background includes art administration, teaching college level piano, composition of children's musicals and extensive experience as an operatic baritone. His ILR classes are very popular and well attended.

## **Culture Change: Changing the Way We Care for Each Other as We Age**

Date: Thursday, October 29, 10:00 - 12:00 Noon  
Cost: \$10  
Location: VBHEC  
Instructor: Sonya Barsness

**Course Description:** "Culture Change" is the common name given to the national movement for transformation of older adult services. Culture change seeks to transform care settings such as nursing homes, assisted living communities to be places people can grow and thrive. In this presentation we will learn how culture change is defined, discuss the meaning and treatment of aging, hear examples of how it has been implemented in long-term care, and develop an understanding of how to influence and support this movement.

**Instructor:** Sonya Barsness has a Master of Science in Gerontology and has 15 years of experience in aging. Sonya's experience has been primarily in the areas of long term and dementia care. She is a consultant whose clients include the Alzheimer's Association, the Pioneer Network, Planetree, Virginia Association for Home Care and Hospice and Virginia Commonwealth University.

## **Weather, or Not ...**

Date: Tuesday, November 3, 10:00 - 12:00 Noon  
Cost: \$10  
Location: VBHEC  
Instructor: William Sammler

**Course Description:** Lows, warm fronts, high pressure areas, 40% chance of rain, barometric pressure, tropical depression. If you have ever puzzled over a weather forecast this class is for you. Weather affects how we dress, whether we travel or stay home, whether we batten down the hatches for a storm and even how we feel. Our speaker will help us understand the weather forecasts and terminology, learn of the myriad of weather information sources available to everyone and familiarize us with some of the more sophisticated aspects of National Weather Service web sites.

**Instructor:** William Sammler is the Warning Coordination Meteorologist at the Wakefield forecast office. A 25-year employee of the National Weather Service, he spent 10 years in Kansas City before coming to Wakefield in 1994. He coordinates with state and local emergency managers, participates in training initiatives and has received several awards. Bill has a BS in meteorology from Rutgers University and an MS in meteorology from St. Louis University.

## **Portraits of Adulterous Women**

Date: Tuesday, November 3, 1:00 - 3:00 P.M.  
Cost: \$10  
Location: VBHEC  
Instructor: Dr. Marguerite Ulmer

**Course Description:** Motivated by passionate love, unhappiness, rebellion, revenge or simple lust, women in fiction betray their partners for a variety of reasons. Just as their motivations vary, so do the reactions of their partners, their societies, and their authors. By examining works from the 16<sup>th</sup> century to the 20<sup>th</sup>, we will question and examine the perennial issue of adultery.

**Instructor:** Dr. Marguerite Ulmer is Chairman of the Upper School English Department at Cape Henry Collegiate School. She taught a wonderful class on Fitzgerald and Hemingway for ILR last fall.

## **Has Grammar "Deserted this Realm"?**

Date: Wednesday, November 4, 1:00 - 3:00 PM  
Cost: \$10  
Location: VBHEC  
Instructor: Don Birmingham

**Course Description:** These words expressed the frustration of the masters at Oxford University in 1466 about the relaxation of rules developed by monks as they translated from Latin texts, but the complaint could well describe how traditional grammarians feel about modern English. Led by a veteran English instructor, this course will discuss the importance of formal grammar, review the basic rules and evaluate skills by taking a writing assessment from the SAT, a test taken by most college-bound seniors in the U.S. We will also look at the grammatical style of some great American authors like Thoreau, Hemingway, and Fitzgerald and pick up some grammatical "tools" that writers use to fine-tune their expression.

**Instructor:** Don Birmingham received his BA in English from Amherst College and his MS in Sports Management from the University of Massachusetts in 1992. After working in the area of sports and wellness at among other places Virginia Wesleyan, he began his English teaching career at Nansemond-Suffolk in 1998. He has taught or currently teaches the Advanced Placement and Honors English courses at the 8<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade levels. He has been Dean of Students and is now the Director of College Counseling.

## The News Media

Date: Thursday, November 5, 1:00 - 3:00 PM  
Cost: \$10  
Location: VBHEC  
Instructor: Dr. Glen Sussman

**Course Description:** In addition to the three major national institutions—President, Congress and Supreme Court—the news media plays an important role in American politics. In this class we will look at the evolution of the news media from the early days and how it is used by different groups and ages. We will discuss whether there is bias in media coverage and whether it changes during routine times and during presidential elections.

**Instructor:** Dr. Glen Sussman is an Old Dominion University professor and author of three books as well as many professional articles. He taught in Japan in 1999. He was the Political Science Dept. Chairman at ODU from 2002 to 2006. Dr. Sussman has received several teaching awards, most recently the Arthur M. Schlesinger, Jr. Research Fellowship.

## Current Aircraft Carrier Operations

Date: Monday, November 9, 10:00 - Noon  
Cost: \$10  
Location: VBHEC  
Instructor: Captain Ladd Wheeler USN

**Course Description:** The Aircraft carrier *USS Theodore Roosevelt* is the world's most powerful combat ship and is currently docked in Norfolk. In command of the ship is Captain Charles Wheeler, who will honor us during this class period with a discussion of the recent deployment in support of Operation Enduring Freedom during which the ship and air-wing provided air support to coalition forces operating on the ground in Afghanistan. The lecture will include photo and video highlights from the deployment and will give participants an appreciation of life on this floating city while at sea. This class is a very special opportunity for ILR members, so let's fill the room!

**Instructor:** Captain Wheeler is currently Commanding Officer of the *USS Theodore Roosevelt* (CVN-71). He began his Navy career through the ROTC program at the University of Kansas with a BS in Chemical Engineering in 1982. Among his many duty assignments, he has served on the *USS Kitty Hawk*, the *USS Dwight D. Eisenhower*, the *USS Harry Truman*, and the *USS Mount Whitney*. His Naval aviation shore assignments included the A-6, F-14, F/A-18, A-12 Avenger II, and Tomahawk Testing Programs.

## Judaism 101

Date: Wednesday, November 11 and November 18, 10:00 - Noon  
Cost: \$20  
Location: At Temple Emanuel  
Instructor: Rabbi Howard Mandell

*\*Directions to Temple Emanuel, 424 25th Street, Virginia Beach: On the corner of Baltic Ave & 25<sup>th</sup> St. (Ocean Front area), Virginia Beach. Parking on streets in the neighborhood.*

**Course Description:** It was 3,000 years ago the God said to Abraham, the Father of the monotheistic religions, "Go forth to the land I will show you".

We will explore together, among other things, the values, traditions, laws and customs, which have given the Jewish people the faith and courage to survive, even thrive, over the past 3,000 years.

We will look at contemporary Judaism in the United States and the challenges it faces. We will, also, seek to examine the questions you always wanted to ask but have not had the chance to ask.

**Instructions:** Rabbi Mandell began serving the Temple Emanuel, a synagogue in the Conservative Movement of Judaism, in Virginia Beach in August 2008. This is his second career. He graduated from the University of Pennsylvania and Georgetown Law Center and practiced law for thirty years in Alabama. He specialized in civil rights and constitutional law and started the first racially integrated law firm in Alabama. In 2002 he retired and enrolled in the Jewish Theological Seminary in NYC and was ordained in 2008.

## Common Eye Diseases and Eye Problems

Date: Thursday, November 12, 10:00 - Noon  
Cost: \$10  
Location: VBHEC  
Instructors: Dr. Rahim Kanji and Dr. Kim-Chi Pham

**Course Description:** There are many eye-related diseases and problems that occur with age. Learn more about the following issues that can impact our daily vision: Diabetes, Cataracts, Macular Degeneration, Glaucoma, Dry eyes, Hypertension, Thyroid Conditions, Retinal Detachments, common eye surgeries, and many more. The lecture will cover signs and symptoms to look for, along with the management and treatment options.

**Instructors:** Dr. Rahim Kanji holds both Honors Specialist Degree in Biochemistry and Mathematics and an Education Degree from the University of Toronto. He is also a graduate of Nova Southeastern University College of Optometry. Dr. Kim-Chi Pham is a graduate of the University of Montreal where she earned her Doctorate of Optometry. She completed her primary care residency at Nova Southeastern University and also became an Associate Professor and supervisor of their Primary Care Clinic. Dr. Kanji and Dr. Pham are now private practice optometrists at Modem Eyes Optometry located at the Sentara Princess Anne Health Complex in Virginia Beach.

## **Lifting the Veil of Time: The Culture of Middle Eastern Belly Dance**

Date: Wednesday, November 18, 1:00 - 3:00 PM  
Cost: \$10  
Location: VBHEC  
Instructor: Josie Sprague

**Course Description:** This class will explore the history and traditions of the dance. We will listen to and discuss the rhythms and instruments used and will see how the Belly Dance continues to evolve. It is great exercise! DVDs of famous dancers from different Arab nations will be shown to the class. There will be a live demonstration by the instructor.

**Instructor:** Josie Sprague, an ILR member, has been belly dancing for 35 years. She has performed for audiences locally in a group and as a soloist. Josie currently teaches Level I Belly Dancing at Seatack and Princess Anne Recreation Centers.

## **Heart of the Middle East: The 21<sup>st</sup> Century Persian Gulf Region**

Date: Thursday, November 19, 1:00 - 3:00 PM  
Cost: \$10  
Location: VBHEC  
Instructor: Rear Admiral Hal Bernsen

**Course Description:** There is no "one size fits all" description of the modern Persian Gulf region. Political structures, strategic location, economic leadership, and the elephant in the room; oil, will all be discussed and updated to NOW. The trip from Saudi Arabia to Iran crosses centuries as well as miles. Our speaker has lived and traveled there in more than one hat and can give us a balanced look at this fascinating group of nations.

**Instructor:** Rear Admiral Bernsen held the position of Commander of all Naval Forces in the Middle East (1986-88). He has been the Chairman of the National Council of U.S. Arab Relations, and serves on the Board of Physicians for Peace.

# ***ILR NEWS***

## **SCHOLARSHIP**

**The First ILR Scholarship has been awarded!**

The scholarship was designed to help a deserving student with an excellent academic record continue on to graduate school.

The recipient is Ms. Kimberly Lentz. Ms. Lentz is a very deserving young lady who is pursuing her graduate degree in School Counseling.

## **ILR BOOK CLUB**

The ILR book club is in full swing. The group meets on the 3<sup>rd</sup> Tuesday of each month at 1p.m. If you love to read come join the group. Cost is \$ 2.00 at the door.

## **SENIOR SLIDERS**

The line dancing class was so much fun the Curriculum Committee tried to arrange another session for the Fall. Since we need the atrium for this group we were unable to come up with a date that worked for both the ILR and ODU.

We hope to have a class in the spring!

## **GREAT BOOKS READING & DISCUSSION GROUP**

The group meets bi-weekly on the first and third Friday of each month with the first meeting in early September. The cost for tuition and book is \$50.00.

Contact Jim Reynierse at 547-2416 or [jreynierse@cox.net](mailto:jreynierse@cox.net) for more information.

## **ART SHOW FOR ILR MEMBERS**

**Artists, are you interested in sponsoring another show for the ILR?**

The past several years ILR artists have sponsored an art show that is held in the VBHEC Atrium. The art show is for members to show off their many talents in painting, etching, photography, mixed media, batik, jewelry etc. We would like to know if there is any interest in our planning a Spring Art Show???

**If interested, please call Diane at 368-4160 or email [oduilr@juno.com](mailto:oduilr@juno.com) by September 30<sup>th</sup>**



## *FALL KAYAK ADVENTURE 2009*

This time we will be putting in at Dozier Landing (a new put-in) which is on West Neck Creek where it meets Princess Anne Road. That is between the Court House area and Seaboard Road. After going under Indian River Road about midway, we will pull out at West Neck Marina. The actual paddle time will be around two hours with a couple of small detours. (This is a continuation of our paddle through Virginia Beach).

- Date: Friday October 9<sup>th</sup>
- Time: Shuttle cars will be leaving West Neck Marina by 9:45. Put in will be 10:30. We should all be docked by 1:00.
- Cost: \$35 (minimum number of participants 10)

As usual Judy Schooley will be contacting you about a week before. If you have any questions call her at 486-7490.

This trip could be cancelled or postponed if WildRiver's new kayaks do not arrive in time.



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Name(s) \_\_\_\_\_ phone # \_\_\_\_\_

PFD size (comfortable T-shirt size) \_\_\_\_\_ / \_\_\_\_\_

(circle one) Single kayak

Double kayak with this person \_\_\_\_\_

I (we) are interested is going to a casual lunch afterwards.  Yes  No



# ***CHRISTMAS ON THE JAMES***

**December 8, 2009**

Join the ILR as it travels to **Sherwood Forest**, the home of John Tyler after he served as President of the United States from 1841-1845. The 1730s house has been restored and furnished with possessions of President Tyler and his young bride, Julia Gardiner. Still occupied by his grandson, it is known as the longest frame house in America.

Lunch will be served at the **Charles City Tavern**, formerly known as the Indian Fields Tavern.

MENU: Cup of Soup with 1/2 Chicken Salad Sandwich

Or

Chicken Salad Plate with Fresh Fruit and Vegetable and Bread

Dessert: Pound Cake with Berries and Cream

Non-alcoholic Drink Included

We will spend the afternoon at **Berkeley Plantation**, site of the first official Thanksgiving in 1619, birthplace of Benjamin Harrison, signer of the Declaration of Independence, and William Henry Harrison, 9<sup>th</sup> President of the United States, as well as the ancestral home the 23<sup>rd</sup> President, Benjamin Harrison. It is furnished with authentic antiques and surrounded by terraced boxwood gardens.

All venues will be decorated for the holidays and will have special holiday presentations.

**DATE:** December 8, 2009

**TIME:** Leave 8:00A.M. from Target on Military Highway in Norfolk

**COST:** \$94.00 -- This includes Transportation, entrance fees, lunch, and tips

**MINIMUM/ MAXIMUM # OF PEOPLE:** 35/45

**ESTIMATED TIME OF RETURN:** 6:00 P.M.

**DEADLINE FOR SIGN-UP:** October 15, 2009

**THERE WILL BE CONSIDERABLE WALKING AND STAIRS. Please be prepared!**

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**Please tear off and return to ILR**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Lunch: Soup and Sandwich \_\_\_\_\_ or Chicken Salad Plate \_\_\_\_\_



# *Wine Tasting*

**Professional Sommelier, Gina McVeigh, will share information about:**

- What to look for as you see, swirl and sip a variety of wines
- What to look for on wine labels
- Understanding how New and Old World Wines differ
- Pairing wines with food

**Date and time:** Friday, November 6, 2009 at 7:00 p.m.

**Location:** In the home of ILR member, Susan Clarke, 9484 Bay Front Drive, Norfolk, Virginia 23518.

**Cost:** \$15. No wine will be sold at this event.

**Limit:** Participation is limited to a maximum of 20 people

**Directions:** From Virginia Beach, take Shore Drive going west. The second light after Little Creek is "Pretty Lake." Turn right onto Pretty Lake and follow it to the end (about ½ mile). After the empty guardhouse, look for two buildings with blue rooftops. Take the road between those two buildings and dead-end at Bay Front Drive. Turn right; 9484 Bay Front Drive is on the left.

**Call 362-3231, if questions.**



**Return this form to ILR for the November 6, 2009 Wine Tasting Name(s)**

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Telephone Number**

\_\_\_\_\_  
**# Attending**



## Time to Socialize at Rowena's Tea Room

(757) 627-8699

Before enjoying a delicious full tea at Rowena's Tea Room in Norfolk, we will be given a tour of the factory. Rowena will join us to talk about the history of the factory, her philosophy of life, tea etiquette, and how to prepare Thanksgiving dinner in one hour, except for the turkey!

The founder and President of Rowena's, Inc., Rowena Fullinwider has written two children's story cookbooks and co-authored the cookbook, "Celebrate Virginia." She has been recognized as the Outstanding Professional Woman of Hampton Roads and recently received the Woman of Distinction Award given by the YWCA.

- DATE:** Friday, October 16<sup>th</sup>
- TIME:** 10:30 Tour; 11:00 Tea, sandwiches, scones, cakes, curds, fruit
- COST:** \$19.00
- MINIMUM:** 15
- MAXIMUM:** 35
- DEADLINE:** October 1<sup>st</sup>
- Directions:** I-264 West, Exit 10, follow signs to E. City Hall Ave. Turn Right at St Paul's Blvd, Bear left onto US460/St Paul's Blvd East, Bear Rt. US58/St Pauls Blvd, Bear Rt. Monticello Ave. Turn left on E. Princess Anne Rd. Turn Rt. on Llewellyn, then Left onto W. 22 St. If you reach Colley Ave, you have gone too far.
- Parking:** The Center Shops parking lot beside Rowena's or the Rite Aid parking lot (across from Rowena's) -except for the reserved spaces.



# *Coffee and Conversation*

**Date:** Wednesday, October 28th Time: 11:45 -1:15

**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 greet old friends, get acquainted with new members, share our ideas and experiences, 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 Education Center on April 28th for the following classes: "This Land is Your Land: Woody Guthrie and the American Dream" and "Too Much Fun To Be an Opera: The Daughter of the Regiment."

The room number will be posted on the TV monitor in the lobby. We'll be there from 11:45 - 1:15.

So stop in before or after class and enjoy a beverage and sandwich and cookies provided by the ILR free of charge. If you wish to get a salad or larger meal from the Waves Cafe bring it on up as there will be tables and chairs.

Please RSVP either on the class enrollment form or call the office 4 days or more in advance. It helps us get the correct amount of lunch goodies.



## Saturday at the Chrysler Museum

The Chrysler Museum of Art continues its quarterly educational opportunity for members of Old Dominion University's Institute for Learning in Retirement.

### ***To Live Forever: Egyptian Treasures from the Brooklyn Museum***

**Saturday, November 7, 10 a.m. -- 1 p.m.**

More than 120 items from one of the world's greatest collections of Egyptian antiquities will make a stop in Hampton Roads this fall. Join a Museum Docent for a look at mummies, sarcophagi, jewelry, statuary, papyri, and other age-old pieces which explore the ancient Egyptian world and the universal theme of life after death.

**10 a.m. -- 12 noon    Lecture & Tour of the Exhibition**

**12 noon - 1 p.m.    Lunch by Cuisine & Co.**

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\$5.00 Each person for the Lecture & Tour

\$8.75 Lunchbox (Choice of Chicken, Tuna, Turkey and Cheddar, or Ham and Swiss Sandwich with Chips and a Cookie. Added charge for drinks.)

# Needed . . . Salvation Army Christmas Depot Volunteers



For the fifth 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 Joy Fund program. It is quite a job and of course reaches its peak the last couple of weeks before the Holiday. Sometime in Oct. they will secure a vacant box store location and that will become the Gift Depot. (Last year it was the old HQ Store on Va. Beach Blvd near town center.) Our job is mostly uniting families with their total gift grouping although some folks got involved in packing and sorting. 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 Tuesday Dec.15th and 12:30 to 4:30 p.m. Wednesday the 16<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 and to update you or you may call her with any questions. [486-7490] You can sign up as an individual for other shifts that week; call Judy for details.

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Name: \_\_\_\_\_

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

**Circle the shift you desire:**    Tuesday Dec 15 (12:30-4:30)    Wednesday Dec. 16 (12:30-4:30)