

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

1881 University Drive
Virginia Beach, VA 23453
(757) 368-4160 email: oduilr@juno.com
www.lions.odu.edu/org/ilr

SCHEDULE OF COURSES FOR FALL 2011

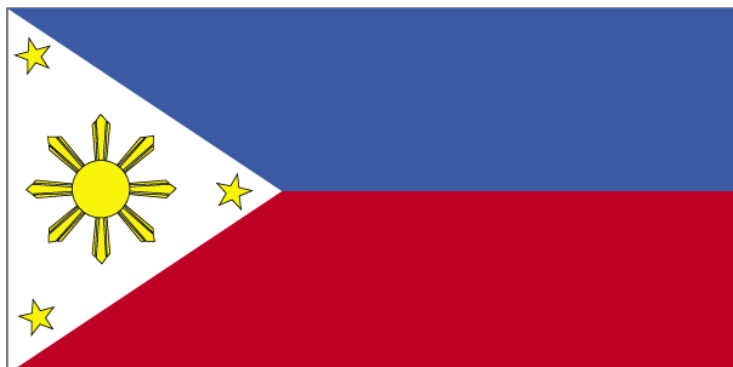
*ILR does not discriminate with respect to race, color, sex, religion, or national origin.
The opinions expressed by our speakers are not necessarily the opinions of ILR
or Old Dominion University.*

Society and Culture of the People of the Philippines

Date: Monday, Oct. 3, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Araceli Suzara

Course Description: This class allows us to travel vicariously around the Philippine Islands and meet a variety of cultures and peoples. From the Cordillera in northern Luzon to the Muslim territories of southern Mindanao, we will learn of patterns of human interaction and significant values of the Filipino people. Each region offers a unique experience of human interconnectedness of the east and the west, of societies and cultures.

Instructor: Dr. Araceli Suzara is Assistant Professor of Sociology and Criminal Justice at Old Dominion University and Director of the Filipino American Center. She is a frequent presenter to various groups and serves on the boards of several organizations including the Norfolk Sister City Association. Her undergraduate degrees are from Assumption College in the Philippines, and advanced degrees in Sociology from Loyola University.



Spiritual Awakening – Epiphany

Date: Tuesday, Oct. 4, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Roshan Talreja

Course Description: An Epiphany is always sudden – catch the moment, get the message! Dr. Talreja is a retired physician and philosopher whose previous ILR presentations have proved stimulating and thought provoking.

Instructor: Dr. Roshan Talreja was born in New Delhi, India. He took his pre-Med training at Cambridge University in England and graduated from Delhi University Medical School. Postgraduate studies continued in England, India and the United States. He completed his Internal Medicine Residency in 1973, received a fellowship in Cardiology in 1974 and trained in Emergency Medicine in 1975. Dr. Talreja recently retired from medical practice in Virginia Beach.



Our Universe: What We Know About It; What We Don't

Date: Wednesday, Oct. 5, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Declan G. De Paor

Course Description: More and more is learned about our magnificent universe each year. The Hubble telescope, the sophisticated celestial probes, and other detection devices have produced immense amount of data on our cosmos. However, much of what we have learned is that we still have much more to learn. What is dark matter; dark energy? What are the new theories of the origin of the universe and where is it headed? These and other topics will be discussed in detail by Dr. De Paor, the Director of the ODU Pretlow Planetarium.

Instructor: Dr. Declan G. De Paor is Associate Professor in the Department of Geophysics and Core Curriculum at ODU and Director of ODU's Planetarium. Dr. De Paor's previous positions include: Junior Lecturer at Galway University, Associate Professor at Johns Hopkins University, Research Professor at Boston University, Adjunct Professor at George Washington University. He was Senior Fulbright Scholar at the University of Albany and Endowed Lecturer at the University of Texas.

Buy Fresh, Buy Local

Date: Thursday, Oct 6, 10:00 – 12:00 Noon

Cost: \$10

Locations: VBHEC and Farmers' Market on Princess Anne Road*

Instructor: Lynn Schultz

Course Description: Buy Fresh Buy Local Hampton Roads is the local affiliate of the nation-wide local food movement called Buy Fresh Buy Local. Our goal is to make it easier for you to find, choose and appreciate great local foods while supporting the farmers and watermen that produce them, the markets that sell them, and the restaurants that serve them. We publish a local food guide and show up at farmers' markets and community events. We love the chance to talk about what fresh local food means to you and our community.

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

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



Energy and the Environment

Date: Tuesday, Oct. 11, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Dr. Glen Sussman

Course Description: Our instructor will provide an examination of energy policy in the U.S. with attention given to the various sources of energy (non-renewable and renewable) and the impact on the environment. We will discuss the merits of the different sources of energy, which sources might be better or worse, and how we might go about the task of building a future based on conservation, energy efficiency, low carbon output, and appropriate use of renewables.

Instructor: Dr. Glen Sussman is a professor at Old Dominion University and author of three books as well as many professional articles. He taught in Japan in 1999. He was the Political Science Department Chairman at ODU from 2000-2006. Dr. Sussman has received several teaching awards, most recently the Arthur M. Schlesinger, Jr. Research Fellowship.



George Washington and his Generals: Heroes and Harlots

Date: Wednesday, Oct. 12, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Robert Torgler



Course Description: Once again we are privileged to hear Bob Torgler offer uniquely interesting stories of our Revolutionary War. In the annals of warfare over the centuries, no event was more miraculous than the American Colonies' defeat of the British Empire's great armies. While there were many reasons, one stands out – the leadership of General George Washington and his 28 senior generals. Relive his command and the lives of the key six – three heroes and three harlots – thus, the title!

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

Nature and Norfolk: The History of the Norfolk Botanical Gardens

Date: Thursday, Oct. 13, 10:00 – 12:00 Noon
Cost: \$10
Location: Norfolk Fitness & Wellness Center/ Senior Center
7300 Newport Avenue, Wards Corner Area*

Instructor: Cheryl S. White

Course Description: Begun in 1938 through a Works Progress Administration grant and the labor of over 200 African American women and men, the Norfolk Botanical Garden now stretches over 155 acres and contains over 30 themed gardens. Cheryl White, whose Master's research included the Garden's nomination to the National Register of Historic Places, will share details of the Garden's early history and examine its continued importance in the city of Norfolk.

Instructor: Cheryl White is a Hampton Roads native and received a BA in Art History from Old Dominion University in 2003 and MA in Humanities in 2006. Her Master's thesis included the nomination of the Norfolk Botanical Gardens to the National Register of Historic Places, a distinction that was awarded to the Garden in December 2005. Cheryl currently works as the Curatorial Assistant at the Chrysler Museum of Art and teaches art history courses at ODU. She has recently been published by AltDaily.com and RVA Magazine and is active in several local arts organizations including Art Everywhere and Hampton Roads, the Canvas Project.

****Directions to Norfolk Fitness & Wellness/Senior Center, 7300 Newport Ave.***

From I-64 West – Virginia Beach

Take Exit #276C/Little Creek Rd
- Turn left onto E. Little Creek Rd, (VA-165)
- Stay on Little Creek Rd., crossing Granby St. to Newport Ave.
- Turn left onto Newport Ave.
- End at Norfolk Fitness & Wellness Center at 7300 Newport Ave., Norfolk

From downtown Norfolk

Get on Hampton Blvd., passing ODU and over bridge to Little Creek Rd.
- Turn right onto Little Creek Rd.
- Stay on Little Creek Rd. to Newport Ave.
- Turn right onto Newport Ave....Norfolk Fitness Center will be on left.



Contemporary Art Center Tour

Date: Friday, Oct. 14, 10:00 – 12:00 Noon
Cost: CAC members – Free; Non-members \$5.00
Location: Contemporary Art Center, 2200 Parks Ave., Virginia Beach*
Instructor: Holly Ackiss, Education and Programs

Course Description: Today we will see how two contemporary artists take traditional landscape painting to new levels. Artist Kim Keever's large scale photographs were created by constructing miniature topographies in a 200-gallon tank filled with water. Colored lights disperse color pigments, producing mystical atmospheres captured by camera. Keever's work has been exhibited at the Metropolitan Museum of Art, MOMA and the Virginia Museum of Fine Arts.

Jean-Pierre Roy's landscapes enlarge on the art of the Hudson River school of paintings. Authentic geographic details blend with fantasy and forces of nature. Light and shadows merge and collide as the real becomes surreal. Roy teaches at the American Academy of Art in New York where his work has been exhibited.

Directions: I-264 East to end of expressway; turn left at Parks Avenue, and into parking area.



Events, Personalities and Publications that Gave Rise to the Russian Revolution

Dates: Monday, Oct. 17 and Wednesday, Oct 19, 10:00 – 12:00 Noon
Cost: \$20
Location: VBHEC
Instructor: Kathryn Cross

Course Description: The French Revolution, the great "isms" (liberalism, conservatism, socialism, etc.) of the 19th century and World War I, together with a great number of fascinating personalities such as Vladimir Lenin, the Romanov czars and czarinas, and Rasputin who helped create conditions that led to the Russian Revolution of 1917. Join us as we explore the causes of one of the most significant revolutions in history by analyzing some of the important events and people of the 19th and 20th centuries. A subsequent course will be planned to cover the years following the Russian Revolution of 1917 and the rise of the Communist party.

Instructor: Kathryn Cross received a B.A. degree in European History and Journalism from Washington and Lee University in 2002. She was awarded a 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.

Landscape Painting in Dynastic China –

Dragon Veins, Hemp-Fiber Strokes and Buddhist Retreats

Date: Thursday, Oct. 20, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Joyce Bernstein Howell

Course Description: Beginning with images produced during the Northern Sung Dynasty, ink landscape became a distinctive and lasting tradition through the Yuan, Ming and Xing Dynasties of China. Art historical study of Chinese landscape painting investigates its varied characteristics, such as the symbolism of rocks, trees, and water; the vocabulary of strokes and washes and their correlation with calligraphy; and the societal value of retreat into nature. This class will explore the chronological development of landscape painting in China, as well as its place in a broader Asian cultural tradition.

Instructor: Joyce Bernstein Howell has a Ph.D. in Art History from the University of Virginia. She is Professor of Art History at Virginia Wesleyan College.



Virginia Opera's *Hansel and Gretel*

Date: Wednesday, Oct. 26, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Dr. Glenn Winters

Course Description: This class is designed to prepare students for the second production of Virginia Opera's 2011-2012 season, Humperdinck's adaptation of the Grimm Brothers' *Hansel and Gretel*. Appropriate for opera aficionados and beginners alike, the class features complete musical and dramatic analysis illustrated with video and audio excerpts.

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, Italy.

Journey to “the End of the World”

Date: Thursday, Oct. 27, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Carl Fincke

Course Description: Presentation of travel and trek to Patagonia: A three-week, whirlwind spin through Argentina and Chile, with a focus on Patagonia – the relatively unspoiled region at the bottom tip of South America, a region also known as “the end of the world.” We’ll visit with penguins, beavers and glaciers, and get more encouragement to “get out there and do it – whatever that is – while you can.”

Instructor: Carl Fincke is Enterprise Editor of the Virginian Pilot. Prior to that he was Business Editor, Military Editor, Sports Editor, and investigative reporter.



Modern Day Pilgrimage—A Journey to Santiago de Compostela

Date: Tuesday, Nov. 1, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Michael Pearson

Course Description: What is a pilgrimage and what inspires a person to make one? For more than 1000 years people have been walking the Santiago de Compostela Camino in northwest Spain. Dr. Pearson, author of many travel books, will talk about this beautiful Camino in the 21st Century, about an enlightening journey he took with 8 students in the summer 2011, and how books and places change our visions of the world.

Instructor: Michael Pearson teaches creative writing and American Literature at Old Dominion University. He has published essays and stories in major newspapers and journals and is the author of five nonfiction books. His novel Shohola Falls (2003) imagines the hidden life of Mark Twain and the journal of Thomas Blankenship, the real-life Huck Finn. Willie Morris, former editor of Harper's said, “Michael Pearson is one of our nation’s finest memoirists.”

How to Conquer the *New York Times* Crossword

Date: Wednesday, Nov. 2, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Lynn Feigenbaum (*ILR member*)

Course Description: Yes, you really can do tough crosswords, even the wildly wicked ones in Saturday's *New York Times*. Sure, puzzles are.... puzzling. But they're fun and a great way to keep your brain cells active. In this class you'll learn solving tricks and strategies, tackle a second language (crosswordese) and do actual solving. You'll also get an inside look at the competitive world of crossword tournaments and its quirky personalities. And we'll tackle such deep philosophical questions as: Is it cheating if you Google a clue?

Instructor: Lynn Feigenbaum has been doing the *New York Times* crossword for what seems like forever. A retired newspaper writer/editor, she has written about her travails to the annual American Crossword Puzzle Tournament and interviewed *Times* puzzle editor, Will Shortz. It took Lynn 45 years to complete her B.A. at Cornell University; hopefully it will take her less time to complete the Masters in Humanities she's pursuing at ODU.



Foreign Policy Made Easy (AKA Foreign Policy for Dummies)

Date: Thursday, Nov. 3, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Dr. Carol J. Pretlow

Course Description: A humorous approach to understanding the guidelines and rules for developing foreign policy analysis; this course is designed to provide easy, step-by-step approaches for deconstructing contemporary foreign policy issues and problems. Through model group exercises, the steps for understanding the construction of policy development in Afghanistan, Israel, Egypt, Pakistan, etc., will be examined. A recommended bibliography will be provided for those interested in supplementing their knowledge of this field.

Instructor: A tenured associate professor in the Department of Political Science of Norfolk State University, Carol J. Pretlow is a graduate of Fisk University (B.A. in Political Science), Norfolk State University (M.A. in Mass Communications) and The American University Washington College of Law (J.D./LL.M in International Law).

As founding Director of the Consortium for Strategic and Global Studies (Housed in the NSU College of Liberal Arts), the professor has been an adjunct professor of foreign policy at The National Defense University Joint Forces Staff College in Norfolk, a visiting professor at Tongji University in Shanghai, China (2001), a research fellow at the Lauterpacht Centre of International Law of Cambridge University, United Kingdom (2005-2009) and at the W.E.B DuBois Institute for African-American Studies at Harvard University in Cambridge, MA (1999). Most recently, Professor Pretlow has been a regular guest on the WHRO (Channel 15) – “Another View”.



Firearms, Safety and Introduction to Handguns

Date: Thursday, Nov. 10, 1:00 – 3:00 PM
Cost: \$10
Location: A&P Arms Lynnhaven Shooting Range
Instructor: Roger Gossett (*ILR member*)

Course Description: This class offers an introduction to firearms safety, followed by a hands-on demonstration of different sizes and types of handguns, to include full-size and snub-nose revolvers and full-size and concealable semi-automatic pistols. It will include a discussion of different calibers of ammunition and the effects of ammunition on the human body, as well as ammunition used exclusively for target shooting. **No actual firing of guns** will take place during the class. However, anyone wishing to practice at the shooting range may do so at the end of the class. Handguns are available for rental at the shooting range. Estimated cost for renting is about \$40.00, depending on type and caliber of handgun to be rented.

NOTE: *This class will be held at the A & P Arms Lynnhaven Shooting Range, 2664 Lishelle Place, Virginia Beach, VA 23452*

Instructor: Mr. Gossett is a National Rifle Association Qualified Instructor, teaching Handgun, Rifle and Shotgun. He is a Department of Criminal Justice Service (DCJS) Qualified Firearms Instructor and a DCJS Qualified Armed Security Guard. He has been teaching Concealed Carry classes each week for the past six years and has a total of forty years experience teaching.



Oceana:

Our Endangered Oceans and What We Can Do to Save Them

Date: Monday, Nov. 14, 10:00 – 12:00 Noon
Cost: \$10
Location: Norfolk Fitness & Wellness Center/ Senior Center
7300 Newport Avenue, Wards Corner Area*
Instructor: Mike D’Orso

Course Description: An examination of the myriad threats facing the planet’s oceans from overfishing to ocean acidification caused by carbon emissions to pollution from oil and other sources.

Instructor: Mike D’Orso graduated from William & Mary in 1975 with a degree in Philosophy and got his M.A. in 1981. He got his start with *The Williamsburg Paper* and *The Virginian-Pilot* and has gone on to write 15 books of narrative non-fiction. Seven have been best sellers and have been nominated for a Pulitzer. He has appeared on “Oprah”, C-Span’s “Book-TV”, MSNBC, numerous NPR Radio programs, including Michael Feldman’s “Whatd’Ya Know?” His new book, which he co-authored with actor/activist, Ted Danson, came out this April and for which this course is named. Mike has talked to us before and has been guest speaker at an ILR annual luncheon. He is co-author with actor and activist Ted Danson of *Oceana: Our Endangered Oceans and What We Can Do to Save Them*. Mike D’Orso’s work includes 15 books; seven have been bestsellers and three have been nominated for the Pulitzer Prize.

***Directions to Norfolk Fitness & Wellness/Senior Center, 7300 Newport Ave.**

From I-64 West – Virginia Beach:

Take Exit #276C/Little Creek Rd.

- Turn left onto E. Little Creek Rd, (VA-165)
- Stay on Little Creek Rd., crossing Granby St. to Newport Ave.
- Turn left onto Newport Ave.
- End at Norfolk Fitness & Wellness Center at 7300 Newport Ave., Norfolk

From downtown Norfolk:

Get on Hampton Blvd., passing ODU and over bridge to Little Creek Rd.

- Turn right onto Little Creek Rd.
- Stay on Little Creek Rd. to Newport Ave.
- Turn right onto Newport Ave....Norfolk Fitness Center will be on left.

Free Exercise of Religion:

From Polygamy to the Ingestion of Peyote

Date: Wednesday, Nov. 16, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Dr. Martin Sheffer

Course Description: Under the free exercise clause of the First Amendment, the government is prevented from getting in the way of people's ability to practice their religious beliefs. At the same time, religious practice oftentimes becomes actionable behavior, that the federal and state governments can regulate. How can the average citizen, under such circumstances, ever be sure if the practice of his/her beliefs is actually religion or unprotected conduct?

Instructor: Dr. 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. Since 2000 he has taught university-level summer sessions on the American Presidency, Constitutional Law, and American Government for the Junior Statesman of America Foundation at Princeton and Georgetown Universities. His classes for ILR are always thought provoking.



Attack Submarine Challenges During the Cold War in the Arctic

Date: Thursday, Nov. 17, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Captain Merrill Dorman, USN Retired

Course Description: Early in the Cold War, the mission for American submarines under the ice was exploratory. In the later stages of the Cold War, the focus changed to potential combat operations. Capt. Dorman will describe this change in focus.

Instructor: Capt. Dorman is a retired submariner, U.S. Navy. He was Operations Officer Submarine Force Atlantic in 1985 and Director Arctic Submarine Lab (Coordinator, Naval Operations, Arctic) 1985-1989.

“An Angler in the Lake of Darkness”:

The Emperor Nero’s Misspent Youth and Reign

Date: Thursday, Nov. 17, 1:00 – 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Benjamin Haller

Course Description: As the quotation from *King Lear* in the title of this course nicely illustrates, Nero is one of the most easily recognized ruler-villains of all times. Arsonist, fratricide, matricide, uxoricide, persecutor of the Church, and even more unflattering appellations, most of them indisputably true, have been bestowed on Lucius Domitius Ahenobarbus (as he was named at birth) since his death in 68 A.D. It is not without cause, then, that throughout western history moralists seeking a model of a ruler who was not just bad, but *wicked*, have turned instinctively to Nero.

This class does NOT attempt to rehabilitate Nero’s reputation or excuse his atrocities, but rather to consider why it is that this one figure, many of whose predecessors did equally despicable deeds, has become synonymous with evil incarnate. Come join us for a lively discussion of a ruler who, if seldom lovable, was never boring!

Instructor: Dr. Benjamin Haller received his B.A. in Classics from William & Mary (Summa Cum Laude) and was a member of the American School of Classical Studies in Athens, 2001. He went on to his M.A. and Ph.D. at the University of Pittsburgh. He has been teaching at Virginia Wesleyan College for the past three years and is highly recommended to ILR by Dr. Clayton Drees.



The New “A” Words of Childhood and Beyond— Autism, ADHD and Aspergers

Date: Monday, Nov. 21, 1:00 – 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Stephen Deutsch



Course Description: These are mental health conditions we are hearing about in relation to our grandchildren and our neighborhood children. These conditions just do not disappear and many older folks probably have dealt with them as well. What exactly are they, how can they be diagnosed and treated, and what is the prognosis? EVMS is involved in research and study and Dr. Deutsch will be sharing this information with us as well as opening the floor for discussion of other related psychological topics of interest to the group.

Instructor: Dr. Stephen Deutsch is the current chairman of the EVMS Dept. of Psychiatry, and a Board Certified Psychiatrist. He is also a Fellow of the American College of Neuropsychopharmacology.

The Involvement of Princess Anne County, Virginia, in the Civil War

Date: Tuesday, Nov. 29, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Kenneth Harris

Course Description: At the outbreak of the Civil War, the Citizens of Princess Anne County, since annexed as part of the City of Virginia Beach, voted unanimously to join the Confederacy in their fight against Union oppression. Just over one year later, after nearly 700 men from this tiny farming community left to join the Confederate forces, it fell under Union occupation and remained under Union occupation for the duration for the war.

During this session, Princess Anne County born and raised historian and author Kenneth Harris will discuss the occupation: the robbery, looting, burning, and further degradations the remaining Princess Anne residents endured. These residents dealt with the occupation through guerilla activities in and around Princess Anne County southward to, and including, Knotts Island, NC; however, the local Confederate guerilla forces paid for their activities.

Instructor: Kenneth Harris, Historian, Researcher and Author of “*Princess Anne County, Virginia: its Contributions and Sacrifices to the War Between the States.*” He is the great, great, great grandson of Major Edgar Burroughs, and the great, great grandson of Private Eugene Edgar Burroughs, both of whom served in the Confederacy. Harris has dedicated the past 10 years of his life attempting to locate and mark the grave sites of Confederate veterans buried in Virginia Beach and has located over 150 of these sites. Some of these sites had previously been lost or destroyed by development.



Crime Prevention

Date: Wednesday, Nov. 30, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: MPO Dolly Deans

Course Description: You're alone in a parking garage at midnight when a stranger approaches. Would you know how to protect yourself and your property from harm? Join Master Police Officer Dolly Deans as she discusses and presents crime prevention scenarios related to both our personal safety as well as home security. She will discuss how and why crimes occur and teach us how to protect ourselves against becoming the victims of schemes, scams, and frauds.

Instructor: Dolly Deans is a graduate of Kellam High School in Virginia Beach. After earning a Bachelors Degree in Music, she served in the U. S. army for four years as an Intelligence Analyst; and in January 1989, began her career with the Virginia Beach Police Department. In 1997, Master Police Officer Deans became a part of the elite Crime Prevention Unit. She also currently serves as the Coordinator for the Senior Citizens Police Academy. In 2001, she became certified as a Crime Prevention Specialist. In 2011 Commonwealth's Attorney Harvey L. Bryant presented the 13th Annual Consumer Service Recognition Award to MPO Deans. Her work with Triad and other senior's groups has been formally recognized by the city.



Date: **Wednesday, October 12th**

Time: 11:45 – 1:15

Place: VBHEC

Join us for our quarterly session of Coffee and Conversation. Sorry about last time; hopefully things are back on track.

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

Everyone is encouraged to come, but we particularly hope to meet the members who will be at the Higher Education Center on Wed., Oct. 12th for Mr. Torgler's class "**General Washington and His Generals: Heroes and Harlots**" in the morning *and/or* at the **ILR Board Meeting** in the afternoon. The room number will be posted on the plasma TV monitor in the lobby/atrium, and on the ILR office door. We'll be there from 11:45 – 1:15.

So stop in after class and enjoy a beverage, sandwich, and cookies provided by the ILR **free of charge**. If you wish to get something from the Waves Café, bring it on up as there will be tables and chairs.

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!



TOUR THE MILITARY AVIATION MUSEUM

November 4, 2011 at 1000 Hours

(10:00 a.m. for you civilians!)

The Military Aviation Museum, located about 3½ miles south of Pungo on Princess Anne Road, may be the newest cultural attraction in Tidewater. It is certainly one of the largest with 103 acres, a 5,000 foot grass runway, 65,000 sq. ft. of exhibition space, five new buildings and over 30 aircraft, all but 2 of them flyable. The inventory includes a B-17, a Spitfire, a Corsair, trainers, fighters, bombers and liaison aircraft as well as other British aircraft and German aircraft and vehicles. The WW I hangar has over a dozen flying replicas of WW I aircraft. There is also a wonderful aviation museum for browsing after the tour proper.

A knowledgeable docent who will discuss the history and events associated with the aircraft on display will lead the ILR tour. The tour is planned to last about an hour and a half. **The cost is \$15.00 per person.** Some of us may wish to follow the tour with lunch at the Sea Crest Restaurant in Pungo.

Directions: From Pungo, go south on Princess Anne Road a few miles until, on the right side, you see a water tower, then the huge hangar, and finally the dinosaurs. There's a sign by the entrance road; they have a very nice parking lot.

ILR Mediterranean Experience!



Date: Friday, November 18

Savor the Olive: Olive oil tasting from 11:00 – 11:45 a.m.

Azar's Mediterranean Grill: lunch at 11:45 a.m.

Lunch includes: soup, salad, wraps, non-alcoholic beverage and dessert
(vegetarian choices available)

Cost: \$21/person (tip included)

Registration deadline: Fri., Nov. 11

Maximum: 25

Location: 1624 Laskin Rd, Virginia Beach

Directions: From I-264 E, take Exit 21B (First Colonial, North); cross over Laskin Rd., then turn right at the entrance sign for "Hilltop North," and continue to the end of the divided road. *Savor the Olive* and *Azar's* are in a building slightly to the left, and are located right next door to each other.

Savor the Olive is a specialty store and a purveyor of artisan olive oils and vinegars. It offers Extra Virgin Olive Oils from the current harvest of the Northern and Southern Hemispheres. It also offers both dark and white balsamic vinegars; all are from Modena, Italy. *Savor the Olive* is a tasting house, in the European style where the oils and vinegars are in Italian fustis.

Azar's Natural Foods is a local business that has been family owned and operated since 1988; it specializes in Mediterranean cuisine. From Spain to Italy, Greece to Turkey, Lebanon to Morocco, *Azar's* offers the lively sounds, vibrant images and colors of the Mediterranean with the highest levels of service and hospitality. *Azar's* has been voted "The Best Restaurant for Healthy Eating" in the Tidewater area by readers of *The Virginian-Pilot*!



NEEDED: SALVATION ARMY CHRISTMAS DEPOT VOLUNTEERS!

For the 7th 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, and 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 of about 1500 people from start to finish.

We plan to work 12:30 to 4:30 p.m. Tuesday Dec.13th, and 12:30 to 4:30 p.m. Friday Dec. 16th. Sign up if you wish to help. You're welcome to do both shifts. We're doing both afternoons, as we have found that that is when help is in short supply. Judy Schooley will call you with the location of this year's Depot, and 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, Dec. 12th through Monday, Dec. 19th (not on Sundays).

Please detach and send in with your Class Registration form



Name (s): _____

Phone # _____ e-mail _____

Circle the shift(s) you desire:

Tuesday, Dec. 13

Friday, Dec. 16

Pot Luck Dinner

Date: Friday, September 23, 2011

Time: 5:30 PM

Location: June Lam's House
1420 Cooper Circle
Virginia Beach, VA

Cost: \$6.00

Maximum: 40



DIRECTIONS: Virginia Beach Blvd. to North Great Neck Road. Take a right onto Mill Dam Road, take a left onto South Woodhouse Road (ALANTON), left onto Whittier Road, left onto Cooper Road, and take a right onto Cooper Circle.

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

DEADLINE: September 16, 2011

Note...

Because of the close deadline date, you can call the ILR office (368-4160) to reserve a spot, and send in your payment with your Registration form.

Old Dominion UNIVERSITY

Virginia Beach

Fall 2011 EVENT CALENDAR

Free and Open to the Public



Oct. 5
Wednesday

"34th Annual Literary Festival"

Featuring: Elizabeth Searle
Reading and Book signing

Noon—1:30 pm
Lecture Hall, room 244



Nov. 7
Monday

Film Screening of *Hairspray*
Introduction by Kyle Nicholas
ODU Dept. of Communication and Theater Arts

5:00—7:00 pm
Lecture Hall, room 244



Nov. 9
Wednesday

Distinguished Lecture in Popular Culture
*Big Girls: Fat, Femininity
and American Popular Culture*

Dana Heller, PhD
7:00—8:30 pm
Lecture Hall, room 244



"ODU Wellness Wave"
Thursday's from 12:00-1:00 p.m.
September 1: Jazzercise
October 6: Zumba
November 3: Pilates
December 1: Yoga

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

PARKING AT ODU/VBHEC CAMPUS



The three punched holes on the new pass indicate the **6-month expiration date**.

For ex., this pass was issued on 9/1/11, so the date punched is **MAR 01** - (Mar. 1, 2012).

ODU now has NEW (blue) parking passes; passes are issued in 6-month blocks (ODU policy). ((The gold 'Extended Parking Permit' is being phased out; but, if you have one and it's still valid, you can use it until the expiration date)). The new passes can either hang from the car's rear-view mirror OR be placed on the driver's side of dashboard.

All lots are "DECAL CONTROLLED," and with more organizations and schools using the VBHEC facilities, parking regulations are going to be more strictly enforced.

Parking Services: "Anyone parking at the VBHEC campus must have a **current** parking pass."

Parking passes are issued to ILR members when they register for classes, and are updated, as needed. If you have an expired pass, or near expired, simply call our office (368-4160) or stop by, and a new one will be issued.



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

ILR TRIP DISCLOSURE FORM

NAME OF EVENT: Holiday Trip to Cape Charles, VA

CANCELLATION DEADLINE: Nov. 1, 2011

***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.