

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

1881 University Drive
Virginia Beach, VA 23453
(757) 368-4160 www.lions.odu.edu/org/ilr

SCHEDULE OF COURSES FOR SUMMER 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.*

Hiking Yosemite – bed, bath and beyond

Date: Wednesday, July 6, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Joanne Renn

Course Description: Joanne Renn, an accomplished hiker, will discuss the flora, fauna and terrain of the John Muir Trail in Yosemite, California. She will also tell us about her experiences encountered while hiking 10,000 miles of trails.

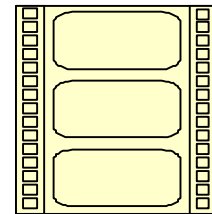
Instructor: Joanne Renn earned a B.S. in Psychology at ODU on an athletic scholarship, and M.S. of Human Resources Management in Public Administration. She is Director of Athletics at Virginia Wesleyan College.



The Silent Clowns: Chaplin, Keaton, Lloyd and Langdon

Date: Thursday, July 7, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Kathy Merlock Jackson

Course Description: Although many years have passed since Charlie Chaplin, Buster Keaton, Harold Lloyd and Harry Langdon graced movie screens, their appeal continues. These cinematic masters used comedy to address the human condition, providing some of the funniest and most touching scenes that film medium has to offer. This class will explore the artistry of these kings of comedy and the time in which they lived, including clips from some of the most famous works of the silent era.



Instructor: Kathy Merlock Jackson has a Ph.D. in American Culture from Bowling Green State University. She is Professor and Chair of the Department of Communications at Virginia Wesleyan College. Dr. Jackson is editor of the *Journal of American Culture*, and is the author of five books.

The Ever-changing Situation in the Middle East

Date: Monday, July 11, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Willy Fluharty

Course Description: What are the roots of the present chain of events in the Middle East? What role will religion play in the post-dictatorship governments? Does Turkey provide a secular example of stability that the new Arab societies can use? In this class, discussion will concentrate on the politics and economics of the Arab Middle East and Turkey. Mr. Fluharty will have just returned from a visit to Turkey.

Instructor: Willy Fluharty is Director of NEXUS at Cape Henry Collegiate School. He earned a B.A. from Lehigh University in Government & International Relations, and M.A. in Foreign Affairs, International Political Economics at the University of Virginia.

Movies on Colley Avenue

Date: Tuesday, July 12, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Thom Vourlas

Course Description: The Naro Theater, on Colley Avenue, has been a well-known gathering spot in Ghent for 75 years. Every old lady has a myriad of tales to tell, and the Naro has her share of stories. We will examine the Naro's history from the opening in 1936 to the recent birthday celebration. Topics will include the theater's early use, up to and including current film acquisition, plus the hopes and plans for the future.

Instructor: Thom Vourlas is Co-Owner of the Naro Cinema.

The Founding Mothers

Date: Wednesday, July 13, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Robert Torgler

Course Description: With all the genuine hurrahs for our "Founding Fathers", far too little has been chronicled of their spousal support and achievements. Their loyalty, courage, sacrifices, wisdom and unique talents made possible many of their husbands' deeds. So, journey back and relive the lives of Deborah Franklin, Martha Washington, Abigail Adams, Martha Jefferson, Betsy Hamilton and Dolley Madison. And, I think you will agree with the letter President Washington wrote when he said these ladies are among the best patriots of which America can be proud.

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.

If Not Now, When? A Collection of Poems and Memoir, with Photographic Images and Musical Accompaniment

Date: Thursday, July 14, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Bob Young, DSW

Course Description: Robert E. (Bob) Young recently published his book of collected poems and memoir, *If Not Now, When?* He will read from the book and share his experiences in dialogue with the class. He plans to have photographic images and musical accompaniment with some of his readings

Instructor: Bob Young has been a member of the Curriculum committee of ILR since its inception. A frequent contributor to poetry and literary magazines, Bob is a reader at poetry venues. He is a retired professor from the Department of Psychiatry of Eastern Virginia Medical School.

Mining Uranium in Virginia, Safely, Economically, in an Environmentally Friendly Way

Date: Thursday, July 14, 1:00 - 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Patrick Wales

Course Description: This is the second in a series of problems and solutions regarding the mining of uranium in Virginia. Patrick Wales of Virginia Uranium, Inc. will discuss how Virginia can safely exploit the rich uranium resources in Pittsylvania County, VA. Mining procedures and byproducts are handled very differently than they were in the past. Mr. Wales will also touch on the timelines and legislative hurdles that will have to be addressed before mining can commence.

Instructor: Patrick Wales is Project Manager, Virginia Uranium, Inc. Before joining Virginia Uranium, Inc., Mr. Wales was Manager of Environmental Services at Dewberry & Davis Inc., a civil engineering firm in Richmond, VA. He holds an undergraduate degree in Geology from Radford University, and a master's degree from the University of Mississippi (also in Geology).

When Whites Write Black – Kathryn Stockett’s *The Help* in Context

Date: Monday, July 18, 1:00 – 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Page Laws

Course Description: Dr. Laws will explore well-known writers Kathryn Stockett, William Faulkner, Carson McCullers, and William Styron, and how they conveyed black culture. The discussion will also cover films.

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 Dramaturg 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.

Success and Controversy: The Life of General Douglas MacArthur

Date: Tuesday, July 19, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Amanda Williams

Course Description: “Daring, Defiant, Brilliant, Stubborn, Gallant, Glory-Hungry, Cold, Compassionate, Idolized, Despised, War-Lover, War-Hater, Supreme Commander, Supreme Egotist...” – all describe General Douglas MacArthur. Whatever feelings General MacArthur inspires in people, indifference isn’t one of them. There is no doubt that he was a complicated man, but is he the arch villain of American history, or is there more to the story? In this class, we will discuss and attempt to evaluate MacArthur’s legacy by using recent scholarship to examine some of the more controversial parts of the story.

Instructor: Amanda Williams graduated from Randolph Macon Women’s College with a B.S. in History and Art History, and completed her Masters in History at Old Dominion. Prior to coming to the MacArthur Museum, Amanda worked as an Archeologist and Field School Instructor for the APVA at Historic Jamestown. She is Education Manager at the MacArthur Memorial.

China Today

Date: Wednesday, July 20, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Dr. Qiu Jin

Course Description: The post-Mao era has been a time of many changes in China. We will look at social, economic, educational, and political development during these dynamic years in China's history, from 1976 to the present. Bring your perceptions and your questions for what promises to be a stimulating class.

Instructor: Dr. Qiu Jin is Associate Professor and 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 many awards. Dr. Jin is the recipient of grants and fellowships and is currently involved in several research projects. She holds degrees from Beijing Normal University and the University of Hawaii, where she received her doctorate in History.

The Evolution of American Intelligence from 1776 to Present

Date: Monday, July 25, 1:00 – 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Corliss Tacosa

Course Description: This course will explore the history of American intelligence and its community, from the American Revolution to the current day. It will examine those who initiated and affected its development; the tactics and methodologies used; and how it became what it is today. It will cover the controversies, the failures and the successes of the community; the turf wars and their continuing saga; and the technologies which contributed to America's power and intelligence prowess.

Instructor: Dr. Tacosa is a published author and public speaker on global security, Russian affairs, intelligence and comparative politics. She has extensive liaison experience with government agencies and has taught at several area colleges and universities, including Old Dominion University and the Armed Forces Staff College. Dr. Tacosa holds post-graduate degrees from William and Mary and Old Dominion University.

Germany Ascendant

Date: Wednesday, July 27, 10:00 – 12:00 Noon

Cost: \$10

Location: VBHEC

Instructor: Dr. Regina Karp

Course Description: Germany has emerged from both the financial crisis and the eurozone crisis as the dominant economic and political power in Europe, in particular by setting the tone for dealings with Russia, Eastern Europe, and Iran. How important is it for U.S. interests to enhance relations with Germany, and how should the U.S. react when German and U.S. interests fail to align?

Instructor: Regina Karp, Associate Professor in Political Science and International Studies at Old Dominion University, holds a Ph.D. from Lancaster University in the United Kingdom. Her publications have focused on arms control and European security with her most recent book being *Global Insurgency and the Future of Armed Conflict*. She recently received a grant from the European Union to strengthen European and transatlantic relations in the Hampton Roads area.

Contact Reflex Analysis (CRA)

Date: Thursday, July 28, 1:00 – 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Edward Kessler

Course Description: Contact Reflex Analysis will be discussed as a holistic approach to achieve and maintain health and well-being. This will be an interactive lecture with discussion and demonstration.

Instructor: Dr. Edward Kessler has a B.S. in Plant Science from Pennsylvania State University and graduated Magna Cum Laude from Life University as a Doctor of Chiropractic.

Port of Virginia—the Lifeblood of Hampton Roads Where Are We Now and What the Future Holds

Date: Monday, August 1, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Jodie Love

Course Description: The Port of Virginia is the 17th largest in the U.S. Over 91,500 containers passed through the port in January of this year. The 50 ft. deep channels and the ability to handle the new “Suez”-size container ships are making our port unique. It is an integral part of the land-sea-air resources that make Hampton Roads the shipping destination of the future. Learn how this port affects the lives of everyone in Tidewater, and what is in store for tomorrow.

Instructor: Mrs. Love joined the Virginia Port Authority in 2006 and serves as the Community Relations Coordinator where she is responsible for public relations and academic outreach. She is a native Virginian, born in Portsmouth and raised in Chesapeake. She is a graduate of Old Dominion University in Norfolk and has worked in the Maritime Industry for nine years.

Nature in Your Backyard and Beyond

Date: Wednesday, August 3, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Dr. Dean Bohon, OD



Course Description: Have you ever wondered if that plant under your tree, or the vine climbing up, is poison ivy? Can you identify that snake under your shrub as harmless? What is that new plant that has appeared in your garden? When you look up in the sky, how can you easily tell which is the double dipper or one of the other well-known constellations?

Here is an opportunity to learn all about the wonders of nature from an expert naturalist who is well known in the area as the naturalist at Northwest River Park in Chesapeake.

Instructor: Dr. Bohon is an Optometrist in Great Bridge and has been in practice since 1975. He has been an interpreter/naturalist at Northwest River Park for about 25 years and does flower walks, night hikes, canoe trips, bird hikes, star hikes and tree identification programs.

The U.S.-Russia “Reset”: What has Changed, and What has Not?

Date: Monday, August 8, 10:00 – 12:00 Noon

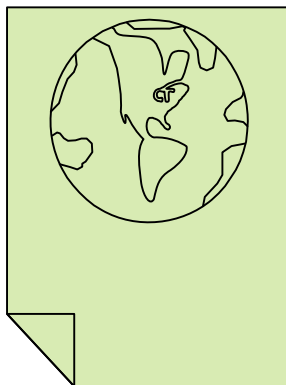
Cost: \$10

Location: VBHEC

Instructor: Matthew Rojansky

Course Description: Since 2009, the U.S. and Russia have charted a dramatically different course of cooperation on major issues in international security, trade, and even human rights issues around the world. Russia has backed U.S. efforts to prevent Iran from acquiring nuclear weapons, to stabilize the situation in Afghanistan, and even to impose a no-fly zone over Libya. The two countries have signed landmark treaties reducing their nuclear arsenals, and enabling civilian nuclear cooperation, and plans are moving forward to bring Russia into the World Trade Organization. Yet, disagreements remain, many of which retain a character reminiscent of the Cold War, which risk derailing the progress to date. What is on the agenda moving forward, how severe are the challenges, and what can be done to minimize their impact?

Instructor: Matthew Rojansky is the Deputy Director of the Russia and Eurasia Program at the Carnegie Endowment. He is responsible for advancing the Program’s strategic priorities, ensuring operational support for resident and visiting experts, and managing relationships with other Carnegie programs, partner institutions, and policy makers. An expert on U.S. and Russian national security and nuclear weapons policies, his work focuses on relations among the United States, NATO, and the states of the former Soviet Union. He is frequently interviewed on TV and radio, and his writings have appeared in the International Herald Tribune, Jerusalem Post, and the Moscow Times.



White Collar Crime and Organized Retail Theft: An FBI Overview

Date: Tuesday, August 9, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Alex J. Turner, Special Agent in Charge, Norfolk Office, FBI

Course Description: Special Agent in Charge Alex Turner will focus on two subjects: An overview of White Collar Crime and Organized Retail Theft. He will explain how professional burglars, cons, thieves and fences conspire to steal and sell high-cost retail items such as baby formula, expensive medicines, and DVDs. Guess who ultimately ends up paying for this retail loss? Learn how the FBI is working to put these criminals behind bars.

Instructor: Alex J. Turner is a graduate of the University of Maryland, College Park, where he earned a Bachelor of Arts Degree in Criminology. In 1981, he began his law enforcement career as a Patrol Officer for the Greenbelt City Police Department, Greenbelt, Maryland, and later was promoted to the position of Criminal Detective. Mr. Turner was sworn in as a Special Agent of the FBI on January 6, 1985.

In November 2000, Mr. Turner was promoted and assigned to the Washington Field Office as an Assistant Special Agent in Charge. In this position he led and managed the Criminal Investigative Branch, which included the White Collar Crime, Public Corruption, Cyber, Criminal Intelligence, Violent Crime, and Criminal Enterprise investigative programs. In January 2008, Mr. Turner reported as the Special Agent in Charge of the Norfolk Field Office where he leads and manages all investigative and administrative programs of the field office.

Oceans of Feelings

Date: Tuesday, August 9, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: D. D. Delaney

Course Description: *Oceans of Feelings* is a concert of mostly original poetry by D.D. Delaney interspersed with some classic standards by well-known poets from literary history, including William Blake, Leigh Hunt, Robert Southey, Edgar Allan Poe, A.E. Housman, James Stephens, and the anonymous balladeers of early England and Scotland. Delaney dramatizes the poems rather than reads them, on the theory that poetry, as a form of spoken-word communication, has greater impact when it is performed as live theater rather than as a book-in-hand reading. Class discussion of the form and content of the poems will be encouraged.

Instructor: D. D. Delaney has been a poet, playwright, actor, and all-purpose theater person since the mid-1970s. Most recently, in addition to his performance poetry, his theatrical projects have included the role of Morrie Schwartz in the 2010 Generic Theater production *Tuesdays with Morrie* and his solo performance of his fifth annual holiday special, “The Concise Dickens’ Christmas Carol,” which he adapted from the original in 2006.

Most recently, for the past eight years, he served as the Director of Development for the Frank Batten College of Engineering and Technology. His academic credentials include a Bachelor of Science degree in Business Administration from Old Dominion University, and a Master of Science in Administration from Central Michigan University.

Inside the FBI Investigation of the John Walker Espionage Ring

Date: Tuesday, August 23, 10:00 – 12:00 Noon
Cost: \$10
Location: VBHEC
Instructor: Robert W. Hunter, Former Special Agent of the FBI

Course Description: What alerted authorities to the problem? How was the case investigation developed? What damage was done to our nation? The answers to these questions will be discussed by the FBI agent/lead investigator working on the case.

Instructor: R.W. Hunter was a Special Agent of the FBI for 24 years. He retired in 1989. Three of his most well-known cases were the arrest of Carol Manning (10 Most Wanted List), the uncovering of Navy enlisted man Brian P. Horton who was attempting to sell defense secrets to the Soviets, and the John Walker Case. His book, Spy Hunter, a historical memoir of the Walker Case, was published in 1999.

Where Will Your Future Seafood Come From?

Date: Wednesday, August 24, 1:00 – 3:00 PM
Cost: \$10
Location: VBHEC
Instructor: Dr. Michael H. Schwarz

Course Description: Our speaker will explain to us what part *aquaculture* (the cultivation and saltwater populations under controlled conditions) will play in our future seafood diets. Dr. Schwarz has just returned from visits to South Korea and Bangladesh where he has been sharing the results of his research with these countries. World hunger continues to be a major problem and aquaculture is destined to be a big part of the solution.

Instructor: Dr. Michael Schwarz received his Ph.D. in Career and Technical Education from Virginia Tech in 2005, an M.S. in Aquaculture Option in 1991 from Texas A&M University, a B.S. in Fisheries and Wildlife also from Texas A&M University in 1989. He is currently steering committee chairman: World Aquaculture, Natal, Brazil and president-elect of the United States Aquaculture Society.

Understanding Opera: *Aida*

Date: Wednesday, August 31, 1:00 – 3:00 PM

Cost: \$10

Location: VBHEC

Instructor: Dr. Glenn Winters

Course Description: A comprehensive discussion of *Aida*, Giuseppe Verdi's monumental masterpiece of ancient Egypt and the opening production of Virginia Opera's 2011-2012 season. Students will gain an understanding of the narrative and psychological functions of operatic music. Recommended for opera lovers and novices alike.

Instructor: Dr. Glenn Winters is the Community Outreach Musical Director of the Virginia Opera. He received his Ph.D. from Northwestern University. His background includes teaching college level piano, arts administration and extensive performance experience. He has given many well-received introductory classes to the ILR.



Coffee and Conversation

Date: **Wednesday, July 13th**

Time: 11:45 – 1:15 p.m.

Place: VBHEC

Join us for our quarterly session of “Coffee & Conversation.”

What is 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 Wed., July 13th for Mr. Torgler’s class “**The Founding Mothers**” in the morning, and/or at the **ILR Board Meeting** in the afternoon. The Room # will be posted on the plasma TV monitor in the lobby/atrium, *and* the ILR office door. We’ll be there from 11:45 – 1:15.

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

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

See you there!

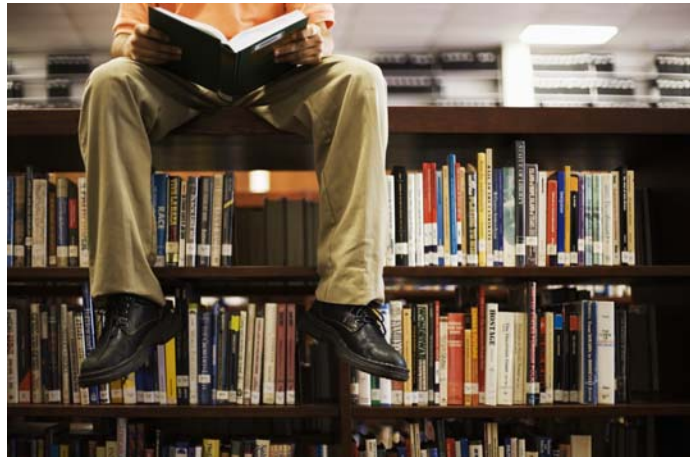
Great Books Reading and Discussion Group (2011-12)

Great Books is now open to pre-registration for the 2011-12 sessions.

Although these classes begin in September, we order materials in the spring so that any interested participants can begin reading the selections in advance.

Ten years ago when Helen Janssen started our ILR Great Books Reading Group, we read and discussed the selections in The Great Books Reading & Discussion Series (First Series). These are timeless selections, are worth re-reading, and we will revisit them this coming year beginning in September. There are 15 selections in the anthology for this series including “Rothschild’s Fiddle” (Chekhov), “The Apology” (Plato), “Heart of Darkness” (Conrad), “Genesis” (Bible), “Othello” (Shakespeare), “Antigone” (Sophocles), plus nine additional selections. If you haven’t read them yet, here is the opportunity to “check them off your bucket list.” In addition, there are two longer selections, *Huckleberry Finn* by Mark Twain and *The Federalist Papers* (Hamilton, Madison, & Jay)—both timely for current events.

We meet bi-weekly on the 1st and 3rd Friday of each month with the first meeting in early September. The cost for tuition and the *First Series* anthology is \$50. Since many group members already own copies of the two longer works, we only require that participants make their own arrangements to obtain them. Interested individuals can register with Theo at the ILR office; if you have any questions, you can call Jim Reynierse at (757) 547-2416 or e-mail him at jreynierse@cox.net.



ILR Book Group

If you love to read, come join our group.
You can join anytime!

"Our focus is on contemporary fiction/non-fiction"

When: We meet on the 3rd Tuesday of each month from 1:00-3:00 pm

Where: Room 210 at VBHEC

Cost: \$2 at the door (covers room fee & treats)

June selections

Fiction: The Postmistress by Sarah Blake

Non-Fiction: The Immortal Life of Henrietta Lacks by Rebecca Skloot

The members pick a new book list every 6 months

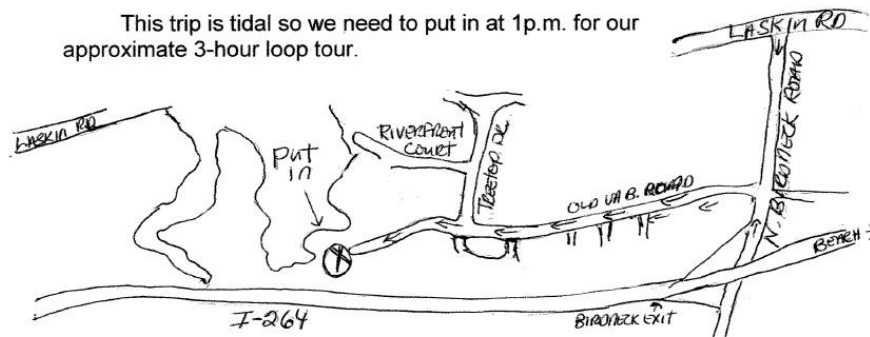
If interested, please call the ILR office (368-4160) to request a copy of our July-Dec. 2011 Book Selections, and a copy will be emailed to you.

FALL KAYAK ADVENTURE!

TUESDAY, SEPTEMBER 13th (1-4 p.m.)

Cost \$40.00 (limited to 20 kayakers)

This time we will be putting in at the new Birdneck canoe and kayak launch opened this fall. To reach the new launch, turn west onto Old Virginia Beach Road off Birdneck Road (next to the 501 Grill) between Laskin Road and Highway 1-264. Just follow Old Va. Beach Road until it ends (those brown signs may help). We are launching into the Great Neck Creek area of Linkhorn Bay. We will go north under the bridge at Laskin Road and into the Linkhorn Bay and to the Narrows in First Landing State Park. WildRiver Outfitters will be handling all those pesky details to make our trip fun and safe.



If you have questions call Judy Schooley at 486-7490. She will call you about two weeks before the trip for any needed size information and a bit of planning about a possible Early Bird dinner afterwards.

Please clip and return to ILR with your payment.

Name (s) _____

Phone # _____

Circle one: single kayak double kayak

Fall Kayak Adventure (9/13/11)



**TEA AND TOUR AT
FERRY PLANTATION HOUSE**
4136 Cheswick Lane, Virginia Beach (473-5182)

The Ferry Plantation House, built in 1830, is an example of a Federal-style farm house. The site got its name in 1642 when it became one of 11 stops used by a ferry service in Hampton Roads to connect plantations and carry passengers up and down the Lynnhaven River. A *signal cannon* was used, one at each stop, to summon the ferry operator, who brought everything from goods, to people and animals, to the area.

As we enjoy little sandwiches, scones, desserts and tea, we will hear about the history of the House and area, and about Grace Sherwood, the famous “Witch of Pungo”, who was tried and found guilty of witchcraft. She was tried by “ducking”, which actually took place, out in the river, at the end of what is now Witchduck Road. Part of her trial was held in the second Princess Anne Courthouse, which was built on the Plantation.

Following the tea, we will tour the house and may visit the gift shop.

Date: Tues., August 2, 2011

Time: 11:00 a.m. – 1:00 p.m.

Cost: \$16.00

Minimum: 30

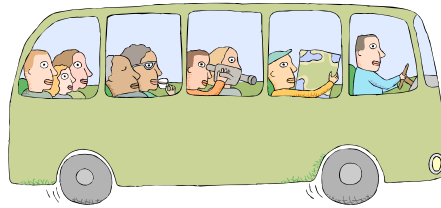
Maximum: 50

Sign-up Deadline: Thurs., July 14 **NOTE: There will be no refunds after this date**

Directions...

...from Va. Beach, take Virginia Beach Blvd., turn RIGHT onto Independence Blvd., RIGHT onto Pembroke Blvd., RIGHT onto Bishop Dr., LEFT onto Liverpool St., and LEFT onto Cheswick Lane...#4136 Cheswick Lane is on the LEFT.

...from I-264 toward Va. Beach, take Exit 17B Independence Blvd (toward Pembroke area). Continue on Independence, turn RIGHT onto Pembroke Blvd., RIGHT onto Bishop Dr., LEFT onto Liverpool St., LEFT onto Cheswick Lane...#4136 Cheswick Lane is on the LEFT.



Are we ready to hit the road again???

WINCHESTER, VA. (2-day trip)

Sept. 28-29, 2011

We're off to experience autumn in the Shenandoah Valley! Our drive will begin early from the VB Higher Ed Center (see attached full itinerary). Our 1st stop (about 7 a.m.) will be Shoney's to pick up our tour guide and use the restrooms; next stop will be the Piccadilly Brew Pub in the historic Winchester district. After lunch, we'll take a fascinating bus tour of the town's many historic sites - a stop at Stonewall Jackson's Headquarters, and also time to enjoy apple donuts while shopping at the Mark-Miller Farm Market. After a fun-filled afternoon, we'll be staying overnight at the George Washington Hotel, Winchester's landmark grand hotel, where we'll enjoy fine dining that night at the historic Wayside Inn.

Thursday morning we'll wake to a sumptuous breakfast buffet in the hotel restaurant, and then it's on to the Museum of the Shenandoah Valley, which interprets the art, history and culture of the great valley for which it is named. You'll also enjoy the adjacent six acres of spectacular gardens, as we lunch in the museum café.

On the way home, we'll make two additional stops that you are sure to enjoy: 1) we'll pause to admire the serene surroundings at the Holy Cross Abbey in nearby Berryville, and maybe buy one or two of their world-famous brandied fruitcakes made by the resident Trappist monks, or enjoy a 15-minute prayer service in the chapel; 2) we'll enjoy a wine-tasting at the family-owned Veramar Vineyard, also in Berryville. Then, as we leave the Shenandoah Valley and savor the beautiful scenery, imagine the changes that the Civil War brought to the everyday lives of the residents.

There will be a brief supper stop in Mechanicsville, Va. where we'll say goodbye to our wonderful tour guide before we continue home.

All this good fun and learning experiences for **\$299/person (double occupancy)** and **\$349/person (single occupancy)**.

Sign-up deadline: Mon., August 15

--- More information about the trip on next page. ---

WINCHESTER, VA TRIP INFORMATION

Date: Wed., Sept. 28 – Thurs., Sept. 29

Cost: per person... **\$299 double occupancy; \$349 single occupancy**
(This includes: admission fees, meals, hotel accommodations, snacks, bus transportation, and guides)

Departure Time/Place: 6:00 A.M. We'll depart from the VB Higher Ed Center, 1881 University Dr.. The Northern Neck Heritage Tours bus will be parked on the Princess Anne Rd. side of the building. **BE PROMPT – try to get there by at least 5:45 a.m.**, so you'll have time to park, place your parking pass on your car's dashboard, put your luggage onto the bus, and get a seat.

Snacks: We'll, of course, have muffins and juice available once you're seated on the bus; if you want other beverages you're encouraged to bring them along.

Estimated Time of Return: 9:30 p.m., Thurs., Sept. 29

Limit: Min. 40/Max. 46

Notice: There will be a considerable amount of walking. Please be prepared!

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TRIP ITINERARY

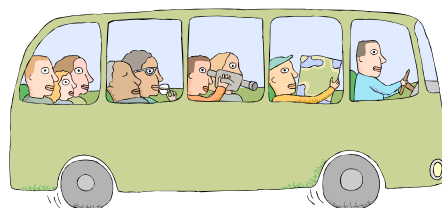
Wednesday, September 28, 2011

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| 6:00 a.m. | Leave Virginia Beach |
| 11:00 a.m. | Arrive Piccadilly Brew Pub for early lunch in Winchester, VA |
| 12:30 a.m. | Leave Piccadilly Brew Pub |
| 12:35 p.m. | Arrive at Winchester Visitor Center for orientation movie, followed by guided bus tour of historic Winchester. Includes stops to visit Stonewall Jackson's Headquarters and the Mark-Miller Farm Market |
| 5:00 p.m. | Arrive at George Washington Hotel, a Wyndham Historic Landmark |
| 6:00 p.m. | Leave for Wayside Inn for dinner |
| 8:30 p.m. | Return to hotel |

Thursday, September 29, 2011

| | |
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| Prior to 8:30 a.m. Buffet breakfast at hotel | |
| 8:45 a.m. | Leave for Museum of the Shenandoah Valley |
| 9:00 a.m. | Arrive at Museum for self-guided tour of museum and adjacent historical gardens |
| 11:30 a.m. | Lunch in Museum Café |
| 1:00 p.m. | Leave for Holy Cross Abbey to tour grounds and visit gift shop (Trappist Monks bake brandied fruitcake! Optional 15-minute prayer service in chapel) |
| 2:15 p.m. | Leave Abbey |
| 2:30 p.m. | Arrive at Veramar Vineyard for wine-tasting |
| 3:30 p.m. | Leave winery |
| 6:30 p.m. | Arrive Shoney's in Mechanicsville for Supper |
| 7:30 p.m. | Leave Shoney's for Virginia Beach |
| 9:30 p.m. | Arrive Virginia Beach |

Include the completed Trip Disclosure Form on the next page when you register.





*Institute for Learning in Retirement
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ILR TRIP DISCLOSURE FORM

NAME OF EVENT: Winchester, VA

**CANCELLATION DEADLINE: N/A since a 'guaranteed'
overnight reservation is required**

Should you have to cancel your reservation, you will be responsible for finding a replacement. If there's a waiting list for this trip, it may be possible for ILR to assist you in finding a replacement; in that case, a refund check will be issued to you, minus an administrative fee.

Should there be no waiting list for the trip, you will be responsible for finding your own replacement, and that will be a business transaction between you and whomever replaces you. Please contact the ILR office with the name and phone number of your replacement.

ILR DOES NOT OFFER TRIP INSURANCE. Members have had trouble dealing with travel insurance companies, so ILR no longer offers or 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:

Date _____

Member's

Signature(s) * _____

Phone Number _____ Cell Phone _____

**Husband and wife must both sign.*

Winchester, VA (9/28-29/11)

