Uncovering the Forgotten History of Two Families Linked by Slavery

**Date and Time:** Tuesday, October 1, 10:00-12:00  
**Cost:** $14  
**Location:** TCC - Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Bill Sizemore

**Course Description:**

Bill Sizemore, a retired Virginian-Pilot journalist turned author, tells how he discovered he is descended from slave owners and then sought out the descendants of those his ancestors enslaved. The threads of the story run through the Civil War, Reconstruction, Jim Crow, the Great Migration, the struggle for civil rights, and the crippling legacy of slavery that still plagues the nation today. In telling it, Sizemore hopes to advance an essential, if painful, national conversation about race.

**Credentials/Background:**

Bill Sizemore is retired after a 43-year career in journalism, most of that time at the Virginian-Pilot, where he was a Pulitzer Prize finalist in 2007. He wrote about topics as varied as state government and politics, televangelist Pat Robertson, the private military company Blackwater, and Virginia’s prison-building boom. He is the author of *Uncle George and Me: Two Southern Families Confront a Shared Legacy of Slavery.*
Religion and Politics

**Date and Time:** Wednesday, Oct 2, 1:00-3:00
**Cost:** $14
**Location:** TCC - Pungo Bldg. F - Auditorium (F-133)
**Speaker:** Dr. A. J. Nolte

**Course Description:**
Throughout the twentieth century, it was assumed that the role of religion in international politics was declining and would continue to decline. Yet, across the globe, the early twenty-first century has seen an unprecedented resurgence of religious influence on international politics. In this short course, Dr. A. J. Nolte will survey religion’s impact on international politics, with a focus on religious conflict, violent religious extremism, and the vital role religious freedom can play in preventing both. Highly recommended both for those with an interest in theology/comparative religion and international politics/national security.

**Credentials/Background:**

Dr. A. J. Nolte received his Ph.D. in Politics from Catholic University of America. His dissertation focused on the relationship between political Islam and high modernism in Turkey and Indonesia’s state-formation processes. He received an M.A. from CUA. He currently teaches Politics of Israel and a course on U.S. foreign policy at Regent University. He worked for the Religious Freedom Project at Georgetown University's Berkley Center for Religion, Peace and World Affairs, and at the Center for Complex Operations at National Defense University. He also taught at George Washington University, Catholic University, and National Defense University.

---

Portrait Painting Through the Ages

**Date and Time:** Thursday, October 3, 10:00-12:00
**Cost:** $14
**Location:** TCC - Pungo Bldg. F - Auditorium (F-133)
**Speaker:** Leonette Adler

**Course Description:**
What makes a portrait great? How does an artist put someone's soul on canvas? Learn how portraiture has developed from Rembrandt, through Gainesboro, Sargent, Van Gogh, Wyeth, and others.

**Credentials/Background:**

Leonette Adler is an artist and art educator. For many years, she taught painting and art history at Norfolk Academy while pursuing her own career as an artist. Her many ILR presentations are known for the interesting way she places artists in their historical times.
State of the Hampton Roads Region

Course Description:

Each year the State of the Region Report Examines the opportunities and challenges facing Hampton Roads. The 2019 report discusses economic trends, addresses social and economic challenges, and seeks to provoke discussion on how to make our region a better place to live.

Credentials/Background:

Robert McNab, Ph.D., is a professor of Economics at Old Dominion University. He is the Director of the Dragas Center for Economic Analysis and Policy in the Strome College of Business. Prof. McNab is a member of many state and national economic advisory boards, including the Joint Advisory Board of Economists, Commonwealth of Virginia, and the Survey of Professional Forecasters, Federal Reserve Bank of Philadelphia. His research interests include defense economics and the outcomes of fiscal decentralization.

Ecology and History of Longleaf Pine in Virginia

Course Description:

The Blackwater Preserve (BEP) in Isle of Wight County, Virginia, encompasses the northernmost extant assemblages of Longleaf Pine-savanna and Longleaf Pine-Turkey Oak communities. This is the only Condition Class 1 site in the entire historical range of longleaf in Virginia and North Carolina north of the Pamlico River. The value of BEP includes the history of botanical exploration and past monitoring of vegetation changes. Since the restoration of prescribed burns, the pale grass pink orchid has appeared, the only site in Virginia. We will also learn about the naval stores industry in Virginia which started in the earliest days of the colony and how they exhausted the supply of the Longleaf trees.

Credentials/Background:

Dr. Lytton Musselman is currently the Mary Payne Hogan Distinguished Professor of Botany at Old Dominion University. He was the founder and is the manager of the Blackwater Ecological Preserve. He has taught in universities around the world including Brunei, Lebanon, Jordan, Sudan, New York, and Michigan. Published works include numerous papers on the Blackwater Preserve, plants in the Bible, or the Chesapeake Bay, to technical articles on quillworts and plant parasites.
Is This Normal? Changes to Expect as Time Goes By

**Date and Time:**  Thursday, October 10, 10:00-12:00  
**Cost:**  $14  
**Location:**  TCC - Pungo Bldg. F - Auditorium (F-133)  
**Speaker:**  Ivane Hanscom

**Course Description:**
Change is normal and inevitable, especially as we age. But some physical changes are not normal and should be checked out by a medical professional. This class will discuss what physical changes to expect in our later years, what changes we can do something about and what changes merit concern.

**Credentials/Background:**
Ivane Hanscom is a bilingual physician and wellness educator who concentrates on teaching patients how to stay healthy by maintaining a proper diet and lifestyle. She received her Bachelor of Medicine & Surgery degree from the Christian University of Bolivia in 2004. She served as an emergency room physician in the Almirante Tamandare Public Hospital in Brazil. As a health and lifestyle educator, Ivane continues to educate patients about plant-based nutrition and the lifestyle necessary to avoid chronic and debilitating disease.

Southern Campaigns of the American Revolution-Part 1

**Date and Time:**  Tuesday, October 15, 1:00-3:00  
**Cost:**  $14  
**Location:**  TCC - Pungo Bldg. F - Auditorium (F-133)  
**Speaker:**  Randolph G. Flood

**Course Description:**
Part 1: The class will begin by looking at the Southern Campaign for the American Revolution. We will examine the Southern Campaign of the Revolution (1775-1782) with a particular focus on military strategies, leaders, and events associated with the British efforts to suppress the American rebellion in the Southern Colonies.

**Credentials/Background:**
Randolph Flood is co-founder and Chief Executive Officer of the American Revolution Consortium for Civic Education. He is a frequent guest lecturer on topics about the American Revolution. Randy taught federal government courses on the legislative and budget processes as an Adjunct Faculty at George Washington University, and was a frequent guest lecturer at numerous colleges and universities, trade associations, and business and labor meetings and conferences. Currently he is Vice Chairman of the Williamsburg-Yorktown American Revolution Roundtable and a co-founder of the Dr. Joseph Warren Historical Society.
Scams That Will Ruin Your Retirement

Date and Time: Wednesday, October 16, 10:00-12:00  
Cost: $14  
Location: TCC - Pungo Bldg. F - Auditorium (F-133)  
Speaker: Special Agent Shannon Brill

Course Description:

The presentation will address the most common types of fraud ranging from grandparent scams to romance scams targeting Americans over the age of 50. In addition, why older Americans are easy targets, how scammers identify/locate potential victims, how to minimize your risk of becoming a victim and what to do if you are a victim will be also addressed.

Credentials/Background:

Special Agent Shannon Brill entered on duty with the Federal Bureau of Investigation in 2009. SA Brill was initially assigned to the Miami, FL Field Division and investigated a wide variety of crimes, to include violent crimes involving gangs and drugs. Now currently assigned to the Norfolk Field Office, SA Brill specializes in complex cyber fraud investigations, where losses exceeded over $100,000. SA Brill is a member of the FBI’s Tidewater Hi-Tech Criminal Enterprise Task Force that is committed to mitigating local and transnational organized crime groups involved in financial fraud schemes that include Business Email Compromise, work from home scams and romance scams.

Understanding Opera: Il Postino

Date and Time: Wednesday, October 16, 1:00-3:00  
Cost: $14  
Location: TCC - Pungo Bldg. F - Auditorium (F-133)  
Speaker: Glenn Winters, Ph.D.

Course Description:

This class will prepare students for Virginia Opera's production of Il Postino by Daniel Catan. Based on a popular film of the same title, Il Postino’s lushly melodic music tells a fictional story of Chilean poet Pablo Neruda as he plays matchmaker to a young mailman. Comprehensive musical/dramatic analysis is illustrated with audio and video excerpts. Recommended for opera beginners and aficionados alike.

Credentials/Background:

Dr. Winters joined Virginia Opera in 2004 as Community Outreach Musical Director. He received his Ph.D. in Music from Northwestern University and holds a D.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 di Roma in Italy. His compositions include three successful children's musicals and a full-length opera, Much Ado About Nothing.
Can't We All Just Get Along?: Understanding Politics in the Age of Trump

Date and Time: Thursday, October 17, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Rachel Bitecofer

Course Description:

This lecture discusses the philosophical, psychological, and biological underpinnings of liberalism and conservatism in order to understand the issues currently plaguing the American political system.

Credentials/Background:

Dr. Rachel Bitecofer is assistant director of the Wason Center for Public Policy at Christopher Newport University where she teaches classes on political behavior, campaigns, elections, and political analysis. In her position with the Wason Center she conducts survey research on public policy issues and election campaigns. She has been featured in many media outlets such as the New York Times, The Washington Post, USA Today, NPR, and she is a regular contributor on CBC Radio. Her book, The Unprecedented 2016 Presidential Election (Palgrave McMillan) released in October 2017, and available via Amazon.

The Socrates Club

Date and Time: Monday, October 21, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Roshan Talreja, M.D.

Course Description:

This is a regular monthly ILR offering; each session stands alone and varies in content. The speaker guides us into exploration of some deep and murky questions of life. Come prepared to examine your thinking and sharpen your viewpoint. We will go where East meets West, science meets spirituality, and knowledge meets wisdom.

Credentials/Background:

Dr. Roshan Talreja is a retired physician and self-styled philosopher. He took his pre-med training at Cambridge and graduated from Delhi University Medical School. After completing his medical degrees in England, India and the U.S., he did his Internal Medicine Residence in 1973, a Fellowship in Cardiology in 1974 and training in Emergency Medicine in 1975. He is a member of American Medical Association and the American Philosophical Association.
Southern Campaigns of the American Revolution - Part 2

Date and Time: Tuesday, October 22, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Randolph G. Flood

Course Description:

Part 2: We will explore the life and military exploits of Francis Marion, the "Swamp Fox of the Revolution". General Francis Marion is the legendary revolutionary whom most Americans first learned about from watching Walt Disney Television Production beginning in 1957.

Credentials/Background:

Randolph Flood is co-founder and Chief Executive Officer of the American Revolution Consortium for Civic Education. He is a frequent guest lecturer on topics about the American Revolution. Randy taught federal government courses on the legislative and budget processes as an Adjunct Faculty at George Washington University, and was a frequent guest lecturer at numerous colleges and universities, trade associations, and business and labor meetings and conferences. Currently he is Vice Chairman of the Williamsburg-Yorktown American Revolution Roundtable and a co-founder of the Dr. Joseph Warren Historical Society.

The Surprising Evolution of the Global Cold War

Date and Time: Wednesday, October 23, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Austin Jersild, Ph.D.

Course Description:

In this session we will compare and contrast the development of the Soviet Union and China in the global Cold War from the 1960s. We will explore the political and economic circumstances which connected the Soviet Union and the socialist world to the global economy and resulted in significant socialist bloc debt, and contrast this situation to the People’s Republic of China and its state-run export-oriented economy connected to the global assembly system. We will also discuss an article and a chapter from a book.

Credentials/Background:

Dr. Austin Jersild is Professor of History and Chair of the Department of History at Old Dominion University. He received his Ph.D. from the University of California, Davis in 1994, and is the author, most recently, of The Sino-Soviet Alliance: An International History (2014), part of the UNC Press series on the “New Cold War History.” He is also the co-editor of Socialist Internationalism in the Cold War: Exploring the Second World (2016).
**The Korean War**

**Date and Time:** Tuesday, October 29, 10:00-12:00  
**Cost:** $14  
**Location:** TCC - Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Christopher Kolakowski

**Course Description:**

The Korean War lasted from 1950 to 1953. It left a legacy still with us in headlines. This lecture will examine the war and its consequences for today.

**Credentials/Background:**

Chris Kolakowski has spent his career interpreting and preserving American Military history with the National Park Service, The Civil War Preservation trust, and the U.S. Army. He has written and spoken on various aspects of military history from 1775 to the present. He also is the author of several books on the Civil War. Chris came to Norfolk having served as the Director of the General George Patton Museum and Center of Leadership in Fort Knox, Ky. He is currently the MacArthur Memorial Director in Norfolk, VA since 2013

---

**It's Against the Law: Crime, Criminals, and the Biological Basis for Criminal Behavior**

**Date and Time:** Wednesday, October 30, 10:00-12:00  
**Cost:** $14  
**Location:** TCC - Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Marjorie K. Cole

**Course Description:**

Have you ever broken the law? If so, what kind of law? Criminal, civil, admiralty, traffic, salvage, church...There are all kinds of laws. We are going to look at some of these categories, have a look at the first really documented serial killer, view a little of the history of crime and punishment, and briefly look at an introduction to the idea of biology as a basis for some criminal behaviors. No experience necessary! Let's shine the light of reason on this darkness.

**Credentials/Background:**

Margie Cole, B.A.  Baylor University, M.A.T. Duke University, retired from 41 years of teaching, the last 26 spent at Kellam H.S. in Virginia Beach teaching A.P. Psychology, Criminal Psychology, and Psychology 1 & 2. She also spent 2 summers teaching Criminal Psychology at Duke Summer School for Gifted High School Students. She taught Criminal Psychology for gifted students from across the city of Virginia Beach for 7 years as well. Margie received the Virginia Institute of Forensic Science and Medicine Award from Dr. Henry C. Lee in 2003 for having the best secondary school criminal psychology class in the state of Virginia. She was honored by the Virginia General Assembly for her psychology work and received the American Psychological Association Moffett Award in 2008 for being the best secondary psychology teacher in the nation. Previous classes for ILR have included Abnormal Psychology, the Psychology of Terrorism, the Psychology of Color, and Sigmund Freud. Margie serves on the ILR Travel Committee and is Secretary to the ILR Board.
Histories and Haunts of Virginia Beach

Date and Time: Thursday, October 31, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Al Chewning

Course Description:

Fact and folklore are tightly connected in history. Sometimes it's difficult to know where one ends and the other begins. In the spirit of Halloween, this program will look at the history of Virginia Beach from a different point of view, where the focus is on stories that are told but cannot be proven. There are stories of witches, ghosts and sea monsters. You can decide if you believe them or not.

Credentials/Background:

Al Chewning is a life-long resident of Virginia Beach. He retired as a Captain in the Virginia Beach Fire Department in 2001 after 27 years of service. In 2003, he created Histories and Haunts, LLC. He is a historian, an author and a “scaryteller”. He is on the Board of Governors for the Princess Anne County / Virginia Beach Historical Society, a member of the American Battlefield Trust, the Living History Association and the Virginia Alliance of Storytellers. He has written four books about Virginia Beach history, including Haunted Virginia Beach and The Approaching Storm: U-Boats off the Virginia Coast During World War II. In the evenings, he leads ghost walks along the Virginia Beach boardwalk.

Escaping 17th Century England to America: A Reenactment

Date & Time: Monday, Nov 4, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Meyer Chovitz

Course Description:

A young man is born into poverty in 17th century England. He decides to escape his surroundings in the hopes of improving his life. His travels become an adventure on the high seas and in the New World. Was he a thief? A pirate? A settler in the wilds of America? There is sadness and humor in his life. He’ll tell you about them in this face-to-face encounter. Learn about his world, ask him about his life, and surprise him with stories about 21st century America.

Credentials/Background:

Meyer Chovitz has been an antique dealer and appraiser. He has spoken to ILR on antique collecting and appraising. He also has an interest in history and has developed live reenactments of Benjamin Franklin and Chief Sequoia of the Cherokee Nation, among others. As a young man, he acted in "Unto These Hills," a summer drama presented in Cherokee, NC. More recently, he has brought Benjamin Franklin to history classes in public schools around Hampton Roads.
Germany on the 30th Anniversary of the Berlin Wall

Date & Time: Wednesday, Nov. 6, 1:00-3:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Sara Sewell, Ph.D.

Course Description:

This class explores the history of Germany in the twentieth century, focusing on the events that led to the fall of the Berlin Wall (die Wende) on 9 November 1989. It also examines re-united Germany, including investigating the key challenges associated with reunification and German society and politics today.

Credentials/Background:

Dr. Sara Sewell is a professor of history and executive director of The Lighthouse: Center for Exploration and Discovery at Virginia Wesleyan University. She has a Ph.D. in European Cultural History from the University of Wisconsin. Her research focuses on Modern European Cultural History, particularly German communism in the interwar period. Her most recent publications include Ruptures in the Everyday: Views of Modern Germany from the Ground Berghahn, 2017) and “Forging a Revolutionary Community through Ritual: Communist May Days in Weimar Germany, 1919-1924” Socialist History (Fall 2018)

The Ghost Ships of Archangel

Date & Time: Thursday, Nov 7, 1:00-3:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: William Geroux

Course Description:

The course will describe the perilous voyage of an Allied convoy, code-named PQ-17, that set out across the remote Arctic seas in 1942 to try to deliver war supplies to the Soviet Union -- which at that point was America’s tenuous ally against Nazi Germany. The men who survived the voyage to the North Russia port of Archangel got an unsettling look at Joseph Stalin’s police state, and a preview of the coming Cold War, just as America was entering the hot war in Europe. The story highlights a rare period in history when America and Russia were working toward a common goal. This period is mostly forgotten in the U.S. but much better remembered in Russia, but not necessarily in ways we might like or agree with.

Credentials/Background:

William Geroux is the author of two nonfiction books about the sea war in World War II, The Ghost Ships of Archangel and The Mathews Men. Both published by Viking / Penguin / Random House. Prior to becoming an author, Geroux was a journalist for more than 25 years, winning numerous awards for feature writing, spot news coverage and investigative stories. He also worked for Maersk, one of the world’s largest container shipping companies. Geroux is a native of Washington, D.C., and a graduate of the College of William and Mary.
Don’t Touch That Dial! A History of Television

Date & Time: Monday, Nov. 11, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Bill Myers

Course Description:
The word "Television" was first used in 1900. The first live transmission was in 1909, and the medium has been an important part of our lives since then. People were afraid it would kill off both radio and movies. The most expensive TV in 1954 was an RCA color set that went for $1,000 ($9500 in today's dollars!). Join former Television Production teacher Bill Myers as he discusses the advances and controversies of that most popular of media, television.

Credentials/Background:
Bill Myers is retired from teaching Television Production for 16 years at the Virginia Beach Tech Center. After receiving his degree from Marietta College in Ohio, he settled in the Hampton Roads area. His professional career included major radio and television production, including jobs at Channel 3, CBN, WMIS and TCC.

The Power of Story

Date & Time: Tuesday, Nov 12, 1:00-3:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Nanette Randall

Course Description:
Storytelling is a powerful communication tool, but is also one of the most undervalued family activities in the modern age, simply because we don’t make it a priority. Ordinary lives are transformed into the extraordinary simply by sharing and telling stories. The Power of Story is a simple presentation, comprised primarily of old photographs and stories intended to evoke memories and positive thoughts about the people, places and things in our lives that have influenced and touched us. Imagine capturing the memorable stories of your life before they are lost or forgotten, Memoirs and stories link us to history, love, lessons learned, and signs of the times. Sadly, when voices are silenced, so are the stories. Your personal oral history or written memoir keeps family stories alive for generations. This is the place to start putting those stories together. Remember, when you share history and tell a story, you leave a legacy.

Credentials/Background:
Nanette Fimian Randall is an interviewer, writer, and personal historian. She specializes in interviewing and documenting memoirs and teaches others about how important stories are in our lives. Through Memoirs by Design, she captures life experiences, learned lessons, and family histories in a relaxed setting, and offers others a way to preserve their real-life tales in audio and in print. Nanette believes that everyone is a storyteller; some just need help with the telling and recording, transcription and creative writing, photography, editing, bookbinding and publishing. She writes business histories and children’s books.
**Stay or Go? Evacuation in Hampton Roads: Medically Fragile and Vulnerable**

**Date & Time:** Wednesday, Nov. 13, 10:00-12:00  
**Cost:** $14  
**Location:** TCC - Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Joshua Behr, Ph.D.

**Course Description:**

Based on original research, this class covers risk perceptions and evacuation behavior of Hampton Roads residents, including the elderly. What facilitates and frustrates the propensity of residents to evacuate? We will discuss bounded rational behavior to shelter in place, shelter in another location, within Hampton Roads as well as outside the region. Also discussed will be the newly-adopted evacuation zone system and the Governor’s recent Zone-A evacuation order. We’ll discuss storm modeling approaches, surge-induced flooding, and recurrent flooding. We will hear about household adaptation behaviors and government-centric incentives to build neighborhood and household resilience.

**Credentials/Background:**

Joshua Behr got his Ph.D. from University of New Orleans. He is Research Associate Professor at ODU’s Virginia Modeling, Analysis and Simulation Center. He researches and produces papers and reports on emergency management-related concerns. Recent research includes, “Evaluation Emergency Department Utilization, Sentara Norfolk General Hospital” and “Assessing Current and Future Risk Posed to Structural Assets at NIT South”.

---

**Those Amazing Circus People—and Their Animals**

**Date & Time:** Thursday, Nov. 14, 10:00-12:00  
**Cost:** $14  
**Location:** TCC - Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Dr. Mort Gamble

**Course Description:**

The rich tradition of the American circus was built by fearless, often cut-throat owners and managers who staffed their shows with daring human performers proving that the seemingly impossible was indeed possible. These entrepreneurs also competed to introduce the paying public to the largest, rarest, most exotic collections of animals from around the world. Some animal performers became celebrities in their own right. The course will highlight some of the greatest stars of the big top--from Clyde Beatty to the Great Wallendas, Jumbo to Gargantua the gorilla--within the context of the circus operators, from Barnum's time to today, who fought for supremacy in one of America's riskiest enterprises.

**Credentials/Background:**

Dr. Mort Gamble is Senior Vice President of Virginia Wesleyan University in Virginia Beach. He previously served as Director of Donor Relations for George Washington University in Washington, D.C. and at other institutions. His Doctor of Education in Higher Education Leadership, Master of Arts in English and Bachelor of Arts are from West Virginia University. Mort’s circus experience includes being a crew member for two seasons with Circus Kirk, a 3-ring traveling big top show which appeared the Eastern U.S. in the 1970’s. He is the author of book reviews, articles and features on circuses. Currently he is working on a book about a circus trapeze artist.
The Socrates Club

Date & Time: Monday, Nov. 18, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Roshan Talreja, M.D.

Course Description:

This is a regular monthly ILR offering. Each session stands alone and varies in content. The speaker guides us into exploration of some deep and murky questions of life. Come prepared to examine your thinking and sharpen your viewpoint. We will go where East meets West….science meets spirituality and knowledge meets wisdom.

Credentials/Background:

Dr. Roshan Talreja is a retired physician and self-styled philosopher. He took his pre-med training at Cambridge and graduated from Delhi University Medical School. After completing his medical degrees in England, India, and the U.S., he did his Internal Medicine Residency in 1973, a Fellowship in Cardiology in 1974 and special training in Emergency Medicine in 1975. He is a member of the American Medical Association and the American Philosophical Association.

The Ten Thousand-Day War at Sea: Hampton Roads Naval Museum’s Vietnam War Exhibit

Date & Time: Tuesday, Nov 19, 10:00-13:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: John Pentangelo

Course Description:

The Hampton Roads Naval Museum’s newest exhibit, “The Ten Thousand-Day War at Sea: The U.S. Navy in Vietnam,” opened in October 2019. The museum’s first major new exhibition in over a decade, it interprets the Navy’s role in the Vietnam War, which began 55 years ago. The exhibit draws on never-before-seen Navy artifacts as well as oral history interviews with local veterans who lived through the war. Their personal stories will add new perspectives to the often-overlooked contributions of Sailors during the conflict. The talk will focus on these contributions as well as on how the museum prepared for the exhibit.

Credentials/Background:

John Pentangelo is the director of the Hampton Roads Naval Museum, an official Department of the Navy museum administered by the Naval History and Heritage Command. The museum strives to educate Sailors about our shared naval history and to bring the American people closer to their Navy. A native of Brooklyn, NY, John holds an M.A. in History Museum Studies from the State University of New York’s Cooperstown Graduate Program and has over seventeen years’ experience in the museum field. He previously worked at the USS Constellation Museum in Baltimore, Maryland and at the Naval War College Museum in Newport, Rhode Island.
Nanotechnology

Date & Time: Wednesday, Nov 20, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Baja Ramjee, Ph.D.

Course Description:

Nanotechnology is the use of manipulation of individual atoms and molecules for new technologies to better our future. In addition to a broad overview, the presentation will include the new properties, innovations and applications, especially medical technology for drugs and cancer.

Credentials/Background:

Dr. Baja Ramjee is an Associate Professor in the Dept. of Chemistry and Biochemistry at Old Dominion University. Bala Ramjee graduated with a Master of Science, then a Ph.D. in Organic Chemistry from Indian Institute of Science in Bangalore, India. His postdoctoral work was at the University of North Carolina at Chapel Hill before joining Old Dominion University as an Asst. Professor in 2007, with his research for many years in applications of the nanotechnology field.

Effects of Technology on the Brain

Date & Time: Monday, Nov 25, 10:00-12:00
Cost: $14
Location: TCC - Pungo Bldg. F - Auditorium (F-133)
Speaker: Lavinia Oana

Course Description:

While the effects of regular use of technology are greater on the developing brain, mature users are not immune to the changes that can take place. This course presents an overview of the brain development and brain functioning in relation to technology use. It emphasizes the impact of excessive screen time on behavior and intellectual performance and shows researched-based threats of video gaming and social networking.

Credentials/Background:

Lavinia Oana is a school counselor at Kiln Creek Elementary/Saunders Elementary schools in the Newport News Public School District. She is a certified National Counselor and a member of both the Virginia and American School Counseling Associations. Lavinia holds a Masters Degree in School Counseling from Hampton University and has addressed various student, parent and teacher groups about how excessive screen time and the use of technology can affect the brain
Be In the Know*

Come Learn How to Be a Safer “Seenager”

Tips provided on safety at:

- **Home**
- **Avoiding** being victimized by opportunists
- In your **Vehicle** and
- **Enjoy** exploring
- On the **Street/Shopping**

**H.A.V.E.S.** makes life better!

Hope to see you there!

**Date:**  Friday, September 20, 2019      **Time:** 10:00 a.m.
**Place:** Princess Anne Gardens Condominium Clubhouse
1450 Ivywood Rd., Virginia Beach, VA 23453

**Cost:**  $1.00

**Directions:**  Head west on Princess Anne Rd. (from TCC) past S. Independence Blvd. and Lynnhaven Pkwy intersections. After Lynnhaven Pkwy, stay in the right lane. In about half a mile, just past the school fence, take an immediate right onto Ivywood Rd., (Princess Anne Gardens Condominium). The Clubhouse is directly ahead on the left side of the street.

*presented by Master Police officer Shelly Bryant from the Va. Beach Police Dept./ Crime Prevention
The Bier Garden Festhaus is a family-owned restaurant which recently expanded into Virginia Beach from its longtime Portsmouth location. The restaurant features many traditional German classics along with a varied menu from which to choose. This includes great vegan dishes. And, to quench your thirst, the Bier Garden offers many German and Belgium draft beers, bottled beers and other beverages (including wine).

**Meeting Place:**  
The Bier Garden Festhaus  
2272 W. Great Neck Road  
Virginia Beach, VA 23454  
(757) 481-2319

**Date:**  
Wednesday, October 16, 2019

**Sign-up deadline:**  
Wednesday, October 9, 2019

**Time:**  
5:00 p.m.

**Cost:**  
$2 administrative fee (separate dinner checks)

*Don’t miss out! Sign Up Today!*  
*Limited to the first 30 registrants!*

*An ILR Social Committee Event*
LUNCH ’N LEARN

YOU DON’T WANT TO MISS IT!
Enjoy Yummy Goodness catered lunch... with old and new friends

THURSDAY, OCTOBER 10, 2019
11:45 a.m. – 1:00 p.m.
TCC – BUILDING-K (Student Center) ROOM K-320

Cost: $5/PERSON

PRE-REGISTRATION IS REQUIRED SO WE CAN ORDER THE RIGHT AMOUNT OF FOOD AND BEVERAGES

PLEASE WEAR YOUR NAME TAG

BROUGHT TO YOU BY THE MEMBERSHIP COMMITTEE
Very Special Member Coffee and Tour

Everyone is invited to meet ’n greet, and learn the latest “ins and outs” about ILR

Don’t Miss Out/Sign Up Today – Limited to the first 50 who sign up

Date: Friday, October 18th
Time: Starts at 10a.m. with Guided Tours at 11 a.m.
Location: TCC Virginia Beach Campus, Building-K (Student Center), Room 304
Cost: $1.00

Here’s what you get to do for $1.00

- Enjoy coffee and light snacks
- Meet your ILR Board members
- Meet your fellow ILR members
- Enjoy guided tours of our home at TCC
- Learn how the ILR works for you

DO IT NOW------- DON’T WAIT !!!!!
BE AMONG THE ONES IN THE KNOW !!!
In November 1940 with the purchase of 328 acres of swamp land, Naval Air Station (NAS) Oceana had its beginning as a small auxiliary airfield to Norfolk’s military complex. The station now occupies over 5900 acres and houses 250 aircraft. It has more than 7 miles of runways and is the largest employer in Virginia Beach – 14,000 military personnel, 2,000 civilians. With 19 fighter/attack squadrons, it is a “Master Jet Base.” The mission of NAS Oceana is to support the Navy’s Atlantic and Pacific Fleet Force of Strike-Fighter Aircraft & Joint/Inter-Agency Operations.

Join fellow ILR members in a private tour of Naval Air Station Oceana. Depending upon base availability that day and time permitting, we will do one or more of the following: visit the Aviation Historical Park, tour areas of Oceana’s Center for Naval Aviation Technical Training Units that train highly qualified maintenance technicians for the squadrons, tour a squadron, visit the POW/MIA Flame of Hope Memorial Park which offers views of aircraft during launch and landing.

Wear comfortable clothing commensurate with the weather – no skirts or dresses. Wear flat, soft-soled shoes. There is no handicap accessibility for this tour. The tour will take place rain or shine.

Lunch is included and will be in the Shifting Sands Beach Club, Dam Neck Annex. It is an extensive buffet which includes a soup and salad bar, daily buffet specials, dessert and beverage.

Arrival time at Target, 525 First Colonial Road, Virginia Beach, 23451 for boarding the bus will be at 7:30 a.m. Return time will be approximately 3:00 p.m. A photo ID will be necessary. In addition, we are required to complete a Base Access Sheet with pertinent information to be submitted prior to the tour date. All participants will be contacted for the necessary information.

DATE: Friday, November 15, 2019
ARRIVAL TIME: 7:30 a.m. for boarding bus. Bus departs promptly at 8:00 a.m.
TOUR: Begins at 9:00 a.m. – No skirts or dresses – wear flat shoes
LUNCH: Shifting Sands Beach Club, Dam Neck Annex – lunch included
RETURN TIME: Approximately 3:00 p.m.
COST: $35.00 Includes private charter bus, driver, guide and lunch.
DEADLINE: October 7, 2019 – No cancellations or refunds after this date.
MAXIMUM: 55
LOCATION: Target, 525 First Colonial Road, Virginia Beach 23451
PARKING: Park in Target lot in the area closest to First Colonial Road.

An ILR Social Committee Event
Misc.

**Class Cancellations...**

If a member cancels a class by phone, email or drop-in *(at least 4 days in advance, during office hours)*, they will receive a refund (minus a $2 administrative fee).

*Note:* For trips, the member will receive a refund check, but the refund will vary according to the individual trip policy.

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

**Inclement Weather...**

ILR follows the TCC schedule. When TCC is closed due to inclement weather, ILR classes are cancelled. When there is a 2-hour delay, any ILR morning class/meeting is cancelled, but the afternoon class/meeting will go on, unless we notify members by phone and/or email. For up-to-date *TCC closing and delay* information:

1. Check local radio and TV stations (3, 10, and 13)
2. Check [www.tcc.edu](http://www.tcc.edu) Notification will be on front page; scroll down
3. Call the TCC main campus info center: *(757) 822-1122*
4. Check the ILR home page [www.ilrvb.org](http://www.ilrvb.org). If at all possible, we will update it to indicate program cancellations.

**Parking at TCC...**

Updates on parking at TCC...

- Yes, parking is free...no longer need parking passes.
- For those attending ILR classes, watch for TCC security:
  - When you drive to parking lot #1 for classes at the Pungo Bldg-F, you will see TCC security guards and orange cones. 🚨 Security will direct you to the special parking area reserved for ILR. It is closest to the Pungo Bldg.  

  **Thank you Security!**
Calling all Artists!

We have reserved space in the Joint-Use Library for a Spring Art Show in April and May.

Details will be settled later, but for now, mark April as your deadline to finish those art projects you have been wrestling with.

There is one limitation in this location. The Joint-Use Library does not have a glass case. All entries will need to be hanging art. If that limitation changes, I’ll let you know.

The Joint-Use Library is located on College Crescent near the entrance to the Advanced Technology Center (ATC) Building. It is called Joint-Use because it serves both the students of TCC and the general public.

If you are newly retired and feel inspired to pick up paint, pen, pencil, or a point-and-shoot camera, contact the office (756-4861) and let me add you to my email list of exhibitors.

Thank you,
Fran Scott

…exhibits from the October Art Show…. (Oct. 10-30, 2018)
A Capital Event: Holiday Happiness at the Gardens
ILR Day Trip to Richmond, VA
Monday, December 9, 2019 (Sign-Up Deadline: Oct. 15, 2019)

Cost: $105 per person including transportation, tours, lunch, buffet dinner and entrance fees!

Depart: 9:00 am, Walmart, 1170 N. Military Highway, Norfolk; Estimated Return: 10:00 pm

Limit: 40 passengers; Completed sign-up forms are processed in the order received. A Wait List will be maintained.

Trip Activity Level: Moderately active requiring some walking on uneven surfaces.

Disclaimer: ILR reserves the right to modify the schedule as necessary.

Travelers must be self-sufficient or accompanied by a traveling companion.

Hear Ye! Hear Ye! Get into the Holiday Spirit! Spend one delightful day of your holidays with us! Gear up for the holidays with this fantastic fun-filled day including history, art, culture and holiday happiness!

Leaving in the morning, we will arrive in Richmond just in time for our tasty Boxed Lunch (pre-selected by you) provided by Carriage House Café at the Valentine Museum (Richmond’s History Museum).

Following lunch, our professional step-on tour guide takes us on a journey through Richmond history, exploring the iconic sites, neighborhoods, individuals and movements that shaped the River City from its humble beginnings as a port on the James River to the Richmond of today. We’ll visit the view that named the City in Church Hill; Jackson Ward and the Maggie Walker House; Monument Avenue and the Fan; and other significant sights.

In the afternoon, we will tour Richmond’s venerable St John’s Church on Church Hill with costumed Interpreters. Built in 1741, St John’s is the oldest church in Richmond; it is famous for Patrick Henry’s memorable speech “Give me Liberty or Give me Death!”

We finish the day with an early-bird guided walking tour at the annual display of the Lewis Ginter Gardens Festival of Lights (more than a half-million lights, sponsored by Dominion Energy).

Our delicious buffet dinner at the Gardens will include: Seasonal Vintner’s Salad, Crab Cakes with Remoulade Sauce, Roasted Pork Loin with Baked Apples, Spinach Ricotta Phyllo Casserole [veg], Roasted Asparagus, Sweet Potato Mash, Assorted Rolls, Seasonal Fruit Cobbler. Alcoholic beverages are self-pay. After dinner, take a leisurely stroll through the gardens before heading home.

Optional: Bring your own beverage (with secure lid), snacks and tote bag (if needed)

For additional information, CONTACT ILR Group Leader, Michelle Hinck, michellehinck@verizon.net, 757-572-3627; or, Arlene Ingram, ajingram42@verizon.net, 757-481-0505; or Ingrid Leland, lexleland3@cox.net, 757-353-5993.

Keep This Information Sheet for Your Reference!
Trip Disclosure and Traveler Information Form

This form clarifies the policies of ILR and the commitment of the trip participant. Copy this for your records.

A Capital Event: Holiday Happiness at the Gardens

Monday, December 9, 2019  Cost $105

Sign-up Deadline: Tuesday, October 15, 2019 (see refund policies below)

Submit paperwork as soon as possible as spaces are filled in the order of receipt. A numerical wait list is kept, if needed, based on submission date of completed paperwork. If you are traveling with a friend, submit your paperwork simultaneously. This form may be used by couples who share an ILR membership account. Make a copy of this for your records.

Return This Form: To secure your reservation/s for this ILR Member Trip, return this signed Trip Disclosure and Traveler Information Form with your Class Registration Form + Check payable to ILR.

ILR Trip POLICIES (Traveler is responsible for knowing ILR Trip policies)

- ILR reserves the right to cancel a trip if the minimum numbers are not met. Money will be refunded.
- If a member cancels after the Sign-up Deadline (10/15/19) and a replacement from the wait list is secured, a full refund check is issued.
- If a member cancels after the Sign-up Deadline (10/15/19), and there is NO wait list, ILR does not issue refunds; however, the member may secure his/her replacement, with an ILR member, making financial arrangements with the replacement and notifying the ILR office no later than December 1, 2019.
- Wait List Policy: If you are on the wait list, ILR will notify you as cancellations are received. Those who are still on the wait list at the time of the trip departure will be issued a full refund.
- Primary communication with trip participants will be by E-mail.

Name (Print) ____________________________________________  E-mail_________________________________

Contact: Home Phone _______________________________  Cell Phone______________________________
Do you Text?   YES   NO

Use the following info for second person in family who is going:

Name (Print) ____________________________________________  E-mail_________________________________

Contact: Home Phone _______________________________  Cell Phone______________________________
Do you Text?   YES   NO

Complete Page 2 (see other side) for BOX LUNCH SELECTION and EMERGENCY Contact Info:

Office Use Only:  Date Rec’d____________  Trip S Pd____________  Ck. No.____________

1
A Capital Event: Holiday Happiness at the Gardens

LUNCH Menu and preparation by the Carriage House Café of the Valentine Museum, Richmond

All boxed lunches come with a drink, a chocolate chip cookie and chips.

Please **INITIAL** your lunch choice in column #1. If TWO people from the same family are traveling together, use the second column.

Choose one:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>#1</th>
<th>#2</th>
</tr>
</thead>
<tbody>
<tr>
<td>____</td>
<td>____</td>
<td>Chicken Salad: house-made chicken salad, ciabatta bread, lettuce, tomato</td>
<td></td>
</tr>
<tr>
<td>____</td>
<td>____</td>
<td>California Club: sl* turkey, bacon, avocado, lettuce, tomato, mayo, wheat bread</td>
<td></td>
</tr>
<tr>
<td>____</td>
<td>____</td>
<td>Roast Beef &amp; Swiss: sl roast beef, swiss horseradish sauce, lettuce, tomato, wheat</td>
<td></td>
</tr>
<tr>
<td>____</td>
<td>____</td>
<td>Valentine Garden (V): hummus, caramelized onions, avocado, cucumber, spinach, sliced tomato, sesame dressing, served on toasted wheat</td>
<td></td>
</tr>
<tr>
<td>____</td>
<td>____</td>
<td>Classic Cob Salad: romaine, grape tomatoes, egg, turkey, bacon, gorgonzola, avocado, French vinaigrette on the side</td>
<td>*sliced</td>
</tr>
</tbody>
</table>

Special Dietary Needs (i.e. Gluten Free, Lactose Free etc): ________________________________

**Emergency Contact Information**: In the unlikely event of an emergency, please contact

Name: _____________________________________________________________________________

Relationship to traveler/s: _____________________________________________________________________________

Mobile Phone Contact Information, if possible _____________________________________________________________________________

Before submitting to the ILR Office, please review to make certain you have provided the requested information for this Holiday Trip.

**For additional information, do not contact the ILR, CONTACT** ILR Group Leader, Michelle Hinck, michellehinck@verizon.net, 757-572-3627; or, Arlene Ingram, ajingram42@verizon.net, 757-481-0505; or, Ingrid Leland, lexleland3@cox.net, 757-353-5993.
**INSTITUTE FOR LEARNING IN RETIREMENT**
Tidewater Community College/Va. Beach Campus
Princess Anne Bldg.-A, Room A103
1700 College Crescent
Virginia Beach, VA 23453-1918

**Phone:** (757) 756-4861  **Email:** office@ilrvb.org  **Website:** www.ilrvb.org

---

(Please print)

**Name(s):**

**Address:**

**City, State, Zip:**

**Phone:** ____________________________  **Cell Phone(s):** ____________________________

**Email(s):** ____________________________

---

**FALL 2019 CLASS REGISTRATION**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th><strong>SEPTEMBER</strong></th>
<th><strong>Cost $</strong></th>
<th><strong>Totals</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>P.A. Gardens</strong></td>
<td>20 (Fri)</td>
<td>10 am</td>
<td>Be in the Know... Be a safer “Seenager”</td>
<td>1.</td>
<td></td>
</tr>
<tr>
<td><strong>OCTOBER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F-133*</td>
<td>1 (Tues)</td>
<td>10 am</td>
<td>History of Two Families Linked by Slavery</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>2 (Wed)</td>
<td>1 pm</td>
<td>Religion and Politics</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>3 (Thur)</td>
<td>10 am</td>
<td>Portrait Painting Through the Ages</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>7 (Mon)</td>
<td>10 am</td>
<td>State of the Hampton Roads Region</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>10 (Thur)</td>
<td>10 am</td>
<td>Is This Normal? Changes... as Time Goes By</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td><strong>K-320</strong></td>
<td>10 (Thur)</td>
<td>11:45</td>
<td>Lunch ‘N Learn</td>
<td>5.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>15 (Tues)</td>
<td>1 pm</td>
<td>Southern Campaigns of the American Rev., Pt 1</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>16 (Wed)</td>
<td>10 am</td>
<td>Scams That Will Ruin Your Retirement</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>16 (Wed)</td>
<td>1 pm</td>
<td>Understanding Opera: Il Postino</td>
<td>14.</td>
<td></td>
</tr>
</tbody>
</table>
| **Bier Garden** | 16 (Oct) | 5 pm | The Bier Garden Festhaus
(Sign-up deadline: Wed., Oct. 9) (Max: 30) | 2. |
| F-133 | 17 (Thur) | 10 am | Can’t We All Just Get Along? | 14. |
| **K-304** | 18 (Fri) | 10 am | Very Special Member Coffee and Tour
(Max: 50) | 1. |
| F-133 | 21 (Mon) | 10 am | The Socrates Club | 14. |
| F-133 | 22 (Tues) | 10 am | Southern Campaigns of the American Rev., Pt 2 | 14. |
| F-133 | 29 (Tues) | 10 am | The Korean War | 14. |
| F-133 | 30 (Wed) | 10 am | The Biological Basis for Criminal Behavior | 14. |

**TOTAL**

(14)

---

**NOTE:** F-133 is known as the “PUNGO AUDITORIUM” (in TCC's Pungo Bldg.-F)
<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>F-133</td>
<td>31 (Thur)</td>
<td>10 am</td>
<td>Histories and Haunts of Virginia Beach</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>4 (Mon)</td>
<td>10 am</td>
<td>Escaping 17th C. England to America</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>6 (Wed)</td>
<td>1 pm</td>
<td>Germany on the 30th Anniversary of Berlin Wall</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>7 (Thur)</td>
<td>1 pm</td>
<td>The Ghost Ships of Archangel</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>11 (Mon)</td>
<td>10 am</td>
<td>Don’t Touch That Dial! A History of Television</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>12 (Tues)</td>
<td>1 pm</td>
<td>The Power of Story</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>13 (Wed)</td>
<td>10 am</td>
<td>Evacuation in Hampton Roads. Stay or Go?</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>14 (Thur)</td>
<td>10 am</td>
<td>Those Amazing Circus People and Their Animals</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>Oceana</td>
<td>15 (Fri)</td>
<td>7:30 a</td>
<td>Naval Air Station Oceana (Sign-up deadline: Mon., Oct. 7) (No refunds after this date) (Max: 55)</td>
<td>35.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>18 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>19 (Tues)</td>
<td>10 am</td>
<td>HR Naval Museum’s Vietnam War Exhibit</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>20 (Wed)</td>
<td>10 am</td>
<td>Nanotechnology</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>F-133</td>
<td>25 (Mon)</td>
<td>10 am</td>
<td>Effects of Technology on the Brain</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>Richmond</td>
<td>9 (Mon)</td>
<td>9 am</td>
<td>Holiday Happiness at the Gardens (Sign-up deadline: Tues., Oct 15) (see Refund Policies) (Max: 40)</td>
<td>105.</td>
<td></td>
</tr>
</tbody>
</table>

If a green ‘Membership Renewal’ form is enclosed, with this elephant...oops!...you probably haven’t yet renewed. To do so, simply send in the green form, with payment.  

( NOTE: you can use one check for all payments )

ILR reserves the right to cancel and/or make changes to classes, as necessary.

***************

All members, please sign this form before returning to the office!

I do not hold Tidewater Community College or The Institute for Learning in Retirement, responsible for any injury which may occur during a special event, off-campus class or field trip, in which I participate.

Signature_____________________ Date____________________
Signature_____________________ Date____________________

ILR does not discriminate with respect to race, color, sex, religion or national origin
GETTING TO KNOW YOU....
GETTING TO KNOW ALL ABOUT YOU....

From: Linda Parish, ILR Volunteer Committee Chairperson

Occasionally, ILR needs volunteers to do specific tasks or projects such as mailing schedules, setting up for special events, such as the October Art Show, office help in receiving and sorting incoming mail, etc. It is my responsibility to fill these needs.

With this in mind, please fill out this survey and help me learn what interests and skills you have so I can call you when specific needs come up.

_____ mailings
_____ opening and sorting mail
_____ computer skills: i.e: Word____ Excel _____ Excel Mail Merge_____ PowerPoint ____
Photo editing & organizing____
_____ video creation and/or editing
_____ photographer
_____ website and/or IT experience
_____ setting up for special events
_____ phone call follow up for specific projects
_____ writing/journalist articles or copy for events
_____ proofreading
_____ art for Annual Art Show
_____ newsletter organizer and coordinator
_____ musician, entertainer, dancer, singer, comedian, story teller, actor

If you have additional skills or special interests that are not mentioned previously, please list them below.

______________________________________________________________

Please return this survey either 1) with your Class Registration form, 2) email it directly to me at lparish162@gmail.com, or 3) drop it off at the ILR office. Feel free to call me at 757-962-9438 with any questions or comments.

WE NEED YOU!
(and what a fun way to meet other members and make new friends)

Name: ___________________________ Email address: _______________________

Phone #: ______________________

Take care,

Linda
DIRECTIONS to …

ILR / Tidewater Community College, Virginia Beach Campus

1700 College Crescent, Virginia Beach, Va. 23453  Office phone: 756-4861

From ODU/Norfolk/Portsmouth:
- Take I-264 E from Downtown Norfolk
- Take Exit 18 at Rosemont Rd.
- Turn RIGHT onto S. Rosemont Rd.
- Proceed 3.8 miles to Faculty Blvd.
- Turn RIGHT onto Faculty Blvd.
- Turn RIGHT onto Michael La Bouve Dr. – TCC is on your left
- Follow road around TCC (through 3 Stop signs ☢️) to its end, where it curves into the last Pkg Lot areas (1 & 2) for Bldg. F

From Chesapeake & Virginia Beach via Princess Anne Rd:
- Take I-64 W toward Hampton/Richmond
- Take Exit 286 B onto East Indian River Rd.
- Merge LEFT onto Ferrell Pkwy
- Merge LEFT onto Princess Anne Rd. (second one)
- Proceed 1 mile to Community College Place.
- Turn LEFT onto Community College Place – from the Right-most Left turn lane.
  - Stay in Right-most Lane entering TCC
- Turn RIGHT at Stop sign ☢️ onto Michael La Bouve Dr. –
- Go to end of road, approx .6 mile, which will become Parking Lot areas (1 & 2) for Bldg. F

From Virginia Beach Oceanfront via I-264:
- Take I-264 W from Oceanfront
- Take Exit 18 at Rosemont Rd.
- Turn LEFT onto S. Rosemont Rd.
- Proceed 3.8 miles to Faculty Blvd.
- Turn RIGHT onto Faculty Blvd.
- Turn RIGHT onto Michael La Bouve Dr. – TCC is on your left
- Follow road around TCC (through 3 Stop signs ☢️) to its end, where it curves into the last Parking Lot areas (1 & 2) for Bldg. F

From Hampton:
- Take I-64 E to I-264 E
- Take Exit 18 at Rosemont Rd.
- Turn RIGHT onto S. Rosemont Rd.
- Proceed 3.8 miles to Faculty Blvd.
- Turn RIGHT onto Faculty Blvd.
- Turn RIGHT onto Michael La Bouve Dr. – TCC is on your left
- Follow road around TCC about .5 mile (through 3 Stop signs ☢️) to its end, where it curves into the last Parking Lot areas (1 & 2) for Bldg. F

NOTES

FREE parking!

- No parking passes needed!
- No citations!
- You can park anywhere in designated lots!

Each bldg has a designated letter: (see map on other side)
The letter at the beginning of a room number indicates which bldg. the room is in. The numbers designate the room #

ILR office: A-103
Bldg. A (“Princess Anne”)
Room 103
Parking Lot 3

ILR classes: F-133
Bldg. F (“Pungo”)
Room 133 (Pungo Auditorium)
Parking Lots 1 & 2

To park closest to Bldg. A (Princess Anne)...for the ILR office, park in Lot 3, although lots 1&2 will also work well.

Rev. 1.22.19
MEMBERSHIP RENEWAL FORM

Membership Year (June 1, 2019 – May 31, 2020)
Membership dues: $20 per person … Please make check payable to ILR

PLEASE PRINT

LAST NAME_____________________________FIRST NAME_____________________________

LAST NAME_____________________________FIRST NAME_____________________________

ADDRESS______________________________

CITY/STATE_____________________________ZIP CODE + FOUR_________________________

PHONE____________________________CELL PHONE___________________________(_______)

PHONE____________________________CELL PHONE___________________________(_______)

EMAIL______________________________EMAIL_______________________________

☐ Please mail me a replacement name tag(s) ________________________________

Please send me my quarterly Class Schedules by ☐ Mail ☐ Email

ILR does not discriminate with respect to race, religion, sex, color or national origin

For Office Use Only

Rec’d_________ Amt $_________ Ck #___________ Cash_________ Vchr(s)_______________

Dot _______ db____
(M / O)

Bkkpr___________

rev. 6.1.19