Physics is Phun

Date and Time: Tuesday, April 2, 10:00-12:00
Cost: $14
Location: TCC Planetarium in the Science Bldg. J
Instructor: David Wright, PhD

Course Description:

Most people think that Physics is impossible to understand. They believe that it takes a math genius to even begin to comprehend it. We’ll look at Physics from a conceptual approach. We’ll find out that it is everywhere. We’ll do a hands-on investigation of its basic principles and find out that it is a lot of fun. We’ll lie on a bed of nails, whisk a tablecloth out from under a table setting, shoot an air cannon, ride on a hovercraft, see invisible radiation, see if it’s possible to make a bowling ball float, investigate crazy musical instruments, and participate in a lot of other activities that demonstrate the awesome nature of physics. We’ll finish up with a view of physics in the heavens.

Credentials/Background:

Dr. Wright received a BS and MA in physics from Brigham Young University in 1974 and a PhD in physics from Va. Tech in 1984. He was a consultant and actor on the NASA Sci Files TV show. He also writes workbooks that help students to understand the physics of thrill rides at Busch Gardens and does physics shows each spring in the Abbey Stone Theater. He has been teaching physics and astronomy at TCC since 1974. He has managed to be catapulted off an air craft carrier for research and fun, while also being recognized by the TCC Faculty Senate as outstanding professor of 2016-17.
Saratoga--The Battle that Changed the World

Date and Time: Wednesday, April 3, 10:00-12:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Robert Torgler

Course Description:

At Saratoga, NY, the British campaign that was supposed to crush the American rebellion ended in a surrender that changed history. Churchill said, “Had it not been for Saratoga, America would be celebrating the Queen's birthday.” Relive this thrilling event and meet our nation's heroes.

Credentials/Background:

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

Global Health: Is Disease Just a Short Flight Away?

Date and Time: Monday, April 8, 10:00-12:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Robert B. Taylor, M.D. and Anita D. Taylor, MA Ed.

Course Description:

We live in an interdependent world, with serious diseases just a few hours away by plane. Epidemics, chronic illness, and diseases of poverty know no borders. This course will describe the historic diseases of humankind, how they may affect us today, and what is being done to improve the health of all, including new preventive methods, innovative therapies, social activism, political leadership, and financial support of key efforts.

Credentials/Background:

The Taylors are both Emeritus Family Medicine professors at the Oregon Health & Science University School of Medicine in Portland, Oregon and volunteer faculty members at the Eastern Virginia School of Medicine. Anita has a BA from Bryn Mawr College and a MA Ed. degree in Education and Counseling from Wake Forest University. Bob has an M.D. degree from Temple University School of Medicine.
**Fighting Back: Native Americans in Virginia From Hernando de Soto to… Casinos?**

**Date and Time:** Wednesday, April 10, 10:00-12:00  
**Cost:** $14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Instructor:** Charlie Grymes

**Course Description:**

When the Spanish and then the English started exploring Virginia, different groups of the very first “First Families of Virginia” had to alter their traditional alliances and rivalries. The Native Americans used skillful diplomacy and military techniques to oppose the English efforts to divide, conquer, and occupy. Powhatan had an opportunity to expand his paramount chiefdom by extracting weapons and prestige goods from the European “strangers”. Cultural and land boundaries have changed dramatically in the last 500 years, and more than 11 groups claim status as “Indian” in Virginia. Skillful diplomacy continues, as demonstrated by recent formal recognition of seven tribes by the Federal government. We can project “what’s next” by looking at the past and understanding the present more clearly.

**Credentials/Background:**

Charlie spent over 30 years with the Department of the Interior, working as a park ranger, scenic easement administrator and in numerous other positions. He has been a frequent speaker for historical and genealogical organizations. He is presently on the Adjunct Faculty at George Mason University teaching “Geography of Virginia,” and is the developer of the VirginaPlaces.org website.

---

**The Socrates Club**

**Date and Time:** Monday, April 15, 10:00-12:00  
**Cost:** $14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Instructor:** 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 the American Medical Association and the American Philosophical Association.
The Protestant Reformation

Date and Time:  Pt. 1 Tues., April 16, 1:00-3:00
                Pt. 2 Tues., April 23, 1:00-3:00
Cost:           $14 each
Location:       TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor:     Kathryn Cross

Course Description:

The Protestant Reformation of the 16th century was a defining point in modern history that not only altered western religion but simultaneously created political and social chaos throughout Europe. Consequently, the European Wars of Religion persistently plagued the continent throughout the 16th, 17th and 18th centuries as its leaders adjusted to the modern era. Join us to examine the fascinating key players and events of many of these wars and assess their impact on the modern world.

Credentials/Background:

Kathryn Cross received a BA degree in European History and Journalism from Washington and Lee University in 2008. She was awarded an MS in European History from Old Dominion University in 2008. Kathryn has taught advanced placement Modern European History at Nansemond Suffolk Academy from 2002-2010. Her previous ILR presentations include: The Renaissance, the French Revolution, and Mary, Queen of Scots.

Fort Norfolk: Its Place in the History of Hampton Roads, the Commonwealth of Virginia and the Birth of the United States of America

Date and Time: Thursday, April 18, 1:00-3:00
Cost:          $14
Location:      TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor:    John Paul Lindberg

Course Description:

The lecture will start at the very beginning of Fort Norfolk and southeast Virginia covering British rule, the American Revolution, War of 1812, American Civil War and concluding with the role of the Army Corps of Engineers, and their mission in the fight against global warming and sea level rise that threatens our region.

Credentials/Background:

Mr. Lindberg is on the Executive Board of the Norfolk Historical Society and is a docent at Fort Norfolk. He is an Adjunct Professor in the Department of Music at the College of William & Mary. He is president of the American Federation of Musicians, local 125, and retired from the Virginia Symphony Orchestra after 46 years.
The Fort Monroe Arc of Freedom

Date & Time: Monday, April 22, 10:00-12:00  
Cost: $14  
Location: TCC – Pungo Bldg. F - Auditorium (F-133)  
Instructor: Robert Kelly

Course Description:

This class will provide an overview of the beginning of slavery in the U.S. and the beginning of the end of slavery in the U.S. Part I will describe the humanizing of the enslaved of the Fort Monroe Arc of Freedom; Part II will be a review of the 2019 Commemoration of the Landing of the first Africans at Point Comfort.

Credentials/Background:

Robert Kelly is a graduate of Old Dominion University with a Bachelor’s degree in History. Robert served as the Research and Preservation Assistant for the Fort Monroe Authority from 2011-2014 and was named the Casemate Museum Historian in 2014. He is the author of many articles including General Lafayette’s Visit to Fort Monroe as Guest of the Nation and The Civil War at Freedom’s Fortress. He regularly presents programs across southeast Virginia about Fort Monroe related topics and is a frequent history consultant for the Daily Press newspaper.

The Strange Career of Orson Welles

Date & Time: Thursday, April 25, 10:00-12:00  
Cost: $14  
Location: TCC – Pungo Bldg. F - Auditorium (F-133)  
Instructor: Bill Myers

Course Description:

Orson Welles, at age 25, co-wrote, starred in and directed what many consider the greatest American movie ever… “Citizen Kane”. His next movie was taken away from him and re-edited. That was his pattern for much of the rest of his career; a lifetime struggling to get financing only to have the movie taken away from him. Welles was a groundbreaking theater director and radio producer (“War of the Worlds”, anyone?) but never found the success he craved in movies. In fact, his final film, which he was working on when he died in 1985, was finally edited and released last year. Join movie buff, Bill Myers, as he takes you through the trouble-filled career of Orson Welles.

Credentials/Background:

Virginia Beach native, Bill Myers, worked in local television production for many years, doing everything from running camera on “The Dick Lamb Show” to directing newscasts and working on “PM Magazine”. He finished his career teaching Television Production at the Virginia Beach Tech Center. A lifelong movie fan, he has studied and read about movies for many decades.
INVASION!

Date and Time: Tuesday, April 30, 1:00-3:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Christine Macchia

Course Description:
Tidewater has seen a dramatic change in flora, fauna and insect populations in the last decade. Animals are behaving oddly, songbirds are disappearing, and there are new populations of dangerous ticks, mosquitoes and insects. This presentation will outline the current scientific knowledge concerning these changes. Learn about the new and increasing numbers of animals, insects and plants in our area. How concerned should we be? Get a better understanding of why what you do in your own backyard is critical to life on earth.

Credentials/Background:
Christine Macchia has a BA in Environmental Biology and an MPH, Epidemiologist. She is a Master Naturalist and has been teaching about nature and the environment for many years. She has coordinated numerous health studies with special interests in entomology and vectors of disease. In Connecticut, she conducted Lyme Disease studies for many years.

The History of Radio

Date & Time: Wednesday, May 1, 10:00-12:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Dr. Raymond Jones

Course Description:
As a "creature of broadcasting," Raymond Jones has had a close-up view of the evolution of radio over the past six decades. He will talk about where radio has been and where it is going - everything from “The Shadow” to satellite radio. There'll be some audio clips and a few funny stories along the way, and he'll share some radio artifacts from his collection, and also answer questions you have about the 'medium well done' that everybody shares - radio!

Credentials/Background:
Dr. Raymond Jones (Ed.D from Virginia Tech) has been in radio broadcasting for 57 years, 35 of those with WHRO-FM. He has been in television for 60 years, host and word caller for the Telly award-winning Virginian-Pilot/WHRO Spelling Bee. He holds six degrees with post-doctoral study at Exeter College, Oxford and was a long-time newspaper columnist for the Newport News Daily Press and for Byerly publications. He is also a veteran narrator having performed with the Boston Pops, The Virginia Symphony, Symphonicity, The Chesapeake Bay Wind Ensemble and as the voice of TRADOC (United States Army Training and Doctrine Command) Band for 25 years.
**Sensational Swamps**

**Date & Time:** Monday, May 6, 10:00-12:00  
**Cost:** $14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Instructor:** Perry Lee West

**Course Description:**

We see them all around us and often don’t find them very attractive, but swamps are an integral part of the natural environment. This class will discuss what swamps are, how they’re formed and the various lifeforms—animal and vegetation—that thrive in swampy areas. We’ll learn about some of the notable swamps (think Stumpy Lake and Great Dismal Swamp) in our area and why it is important that they be protected.

**Credentials/Background:**

Perry Lee West is a horticulturalist at the Norfolk Botanical Garden specializing in natural area management. He is a native plant enthusiast who helps educate novice naturalists and longtime gardeners about the green world around them.

---

**The Dhofar War 1965-1975 and the Making of Modern Oman**

**Date & Time:** Wednesday, May 8, 10:00-12:00  
**Cost:** $14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Instructor:** Lt. Commander Richard Webster

**Course Description:**

This is an overview of the role of the Dhofar counter-insurgency in bringing His Majesty Sultan Qaboos bin Said to power and the founding of the modern state: The Sultanate of Oman.

**Credentials/Background:**

Lt. Commander Richard Webster is a member of the Royal Navy working at Navy Warfare Development Command. His Bachelor’s Degree is in International Politics and he lived for five years in Oman working for the Sultan’s Armed Forces.
Good Bugs

Date & Time: Thursday, May 9, 10:00-12:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Dr. Victor Townsend

Course Description:

Many insects are pests or vectors that transmit disease-causing organisms, however, there are a variety of insects and arachnids inhabiting our yards and homes (occasionally) that are beneficial to humans. Many of these “good bugs” consume species that are pests, pollinate plants, ionize our gardens and yards, or provide other benefits (e.g., food). In this session, we will explore the diversity of urban and suburban arthropods and how we benefit from these interactions with many of these species.

Credentials/Background:

Professor Townsend has a Bachelor of Science degree from Old Dominion University and his Ph.D. in Biological Sciences from the University of Louisiana at Lafayette. He is an expert on tropical arachnids. He has 58 publications and over 60 contributed papers.

Finding Florida’s Lost Orchids

Date & Time: Tuesday, May 14, 1:00-3:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Dennis J. Giardina

Course Description:

South Florida is home to the greatest diversity of epiphytic orchids in the United States. Due to habitat destruction and over collection in the middle of the 20th Century, several orchid species became extremely rare and then disappeared. This presentation will describe the effort to restore four native orchids that were wiped out from Florida, using seeds from the nearest wild populations of their species on the Island of Cuba. For six years, a team of biologists from both countries, have made expeditions in the mountain forests and lowland swamps of Western Cuba to find Florida’s lost orchids and, hopefully, bring them back.

Credentials/Background:

Dennis Giardina’s career has focused for 30 years on endangered species recovery and invasive species control. He has worked for the U.S. Forest Service in Puerto Rico on the Caribbean National Forest and in Florida on the Apalachicola National Forest, the U.S. Fish and Wildlife Service at St. Marks, and Florida Panther National Wildlife Refuges. He was the Manager of Fakahatchee Strand Preserve State Park and has been the Everglades Region Biologist for the Florida Fish and Wildlife Conservation Commission for ten years.
Keeping the Promise of Liberation of the Philippines

Date & Time: Thursday, May 16, 10:00-12:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Chris Kolakowski

Course Description:

General MacArthur left the Philippine Islands in 1942 vowing to return. He fulfilled that pledge on October 20, 1944, starting a series of campaigns that liberated the islands, and ended with the official surrender of the Imperial Japanese Armed Forces in the Philippines on September 3, 1945. The Philippine liberation battles were the largest single campaign of the Pacific War, and second-largest U.S. Army troop commitment of World War II, behind only the advance from Normandy to central Germany. This lecture will tell this story and relate its importance to today’s headlines.

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 and his study of the 1941-1942 Philippine Campaign titled “Last Stand on Bataan” was released in 2016. Chris has been the MacArthur Memorial Director since 2013.

Date & Time: Monday, May 20, 10:00-12:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: 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.
History in Your Sock Drawer

Date & Time: Tuesday, May 21, 10:00-12:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Dr. Stephen Mansfield

Course Description:

Everyday items and family keepsakes can link us to historical developments and events, and perhaps provide conversation stimulators with our grandchildren. As our instructor shares objects with us during class, we might make note of potential connections with our closets, attics or sock drawers.

Credentials/Background:

Dr. Stephen Mansfield is emeritus academic dean/professor of History at Virginia Wesleyan University as well as college archivist. He is past president and program chair of the Princess Anne County/ Virginia Beach Historical Society, former chair of the Virginia Historical Review Board, President Virginia United Methodist Historical Society and author of “Princess Anne County and Virginia Beach.”

Tai Chi for Health and Wellness

Date & Time: Thursday, May 23, 10:00-12:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Gary Donovan

Course Description:

Seeking to find a new way to relieve stress in your daily life and quiet your busy mind? How about a practice that is sure to help bring you inner peace, while you gently stretch and nurture your whole-body vitality? Are you looking for a complement to encourage a healthy lifestyle, function and better balance? What is Tai Chi and its cultural origins, and what does Western science say about its health benefits? We will examine these and other related questions, enjoy a short Tai Chi demonstration and engage in a pleasant, gentle-seated Tai Chi practice as a group.

Credentials/Background:

Gary P. Donovan has been studying and practicing Tai Chi for more than 25 years, and teaching these internal arts since 1996. He earned his teaching certifications from the Santa Barbara School of Oriental Medicine at Omega Institute and from Grand Master Jiang Jian-ye of Albany, NY. Gary has taught over 10,000 classes in Connecticut and Rhode Island before retiring recently to Virginia Beach. He is a graduate of Clark University with a BA Degree in Sociology.
Sandbridge is for Lovers of Nature and More

Date & Time: Wednesday, May 29, 10:00-12:00
Cost: $14
Location: TCC – Pungo Bldg. F - Auditorium (F-133)
Instructor: Beverley Sims

Course Description:

Sandbridge has transformed from a quaint seashore village to a popular vacation resort. Learn little-known facts about the history of this 5-mile strip of sand. We will return to the time when only Indians lived in the area, and go through years of changing demographics to the present. We will learn how nature shaped the coastline, where Wash Woods is, what shells are found on the sand, the history of Back Bay and why this area of coastline is called the Graveyard of the Atlantic.

Credentials/Background:

Beverley Sims, a longtime resident of Sandbridge, is a graduate of Virginia Commonwealth University. She did graduate work in Environmental Sciences at William and Mary, Mary Washington University, and Virginia Tech. She was a biology educator with Henrico County Schools. Beverley has also been a presenter at educational seminars and conferences where her topics included Computer in learning, James River and its Environ and Biology teaching labs. She served as an EMT with Virginia Beach Volunteer Rescue Squad and is an active member of Virginia Beach Reserve Medical Service. She also volunteered with the Neptune Festival for more than 15 years.
Very Special New Member Coffee
(Not so new members also welcome!)

Date: Thursday, March 21, Starts at 10am with Guided Tours at 11:00am
Location: TCC Va Beach Campus, Bldg K-304 (Student Center), 3rd Floor
Cost: $1

$1 GETS YOU:
- Coffee and light snacks
- One-on-one with ILR Board members and Committee Chairs
- New member orientation with fellow Newbies
- Guided tour of our new digs at TCC

**Things to note**
- ILR NO LONGER MEETS/HOLDS CLASSES AT ODU’s FACILITIES!
- ILR has moved to TCC / Virginia Beach Campus
- FREE Parking, no parking permit/pass required; Lots #1 & 2 are closest.
- PLEASE WEAR YOUR BADGE so our volunteers can find and help you.
- A map of the TCC campus is included with the Spring Schedule.

Don’t Miss Out/Sign Up Now!

Limited to the first 50 members that sign up
Coffee and Conversation

Date: Wednesday, May 8, 2019
Time: 11:45 – 1:00pm
Place: TCC, Bldg K-304
Cost: $5

Coffee and Conversation is your opportunity to get to know some of the people you see at classes, get acquainted with the officers and share ideas and make suggestions for future ILR programs and events.

Pre-registration is required so we can order the right number of sandwiches, cookies and beverages.

We particularly hope to meet the members who will be attending the Dhofar War & the Making of Modern Oman class that morning.

Remember to wear your name tag!

Hope to see you there!
A Nawab was a leader of distinction in India prior to independence. The restaurant’s website states that “we at Nawab are committed to preserving a culture, tradition and standard in culinary tastes that a real life Nawab would appreciate. We have been proudly serving Hampton Roads since 1992.”

Join fellow ILR members for an opportunity to hear a short presentation about Indian cuisine and then to enjoy the fantastic buffet. There are many interesting combinations of food and spices but Nawab uses moderation. For example, the heat factor for curry dishes is generally mild to medium. Everyone will find favorites for that little extra on a second round. The buffet is prepared fresh daily and will vary some based on the Chef’s selection of fresh groceries. Vegetarian choices will always be on the buffet.

DATE: Friday, May 17, 2019

TIME: 12:00 Noon

ADDRESS: 888 N. Military Highway, Norfolk, VA 23502

GPS or Mapquest will easily get you there but if you are in the loop going around Military Circle Mall, The restaurant is just outside the loop near the store “ROSS”. Take the road between PNB bank and “Swagath.” Nawab is at the end of that road next to N. Military Highway. Parking is plentiful.

PRICE: $20.00 includes buffet, coffee, tea or soda, tax and gratuity
There is no charge for private room or presentation.

DEADLINE: May 1, 2019. No refunds or cancellations after May 1st

A Social Committee Event
Date: June 14, 2019
Time: 5:30 p.m.
Cost: $6.00
Maximum: 40
Deadline: June 3, 2019
No refunds after this date.

Please bring your favorite dish to share

*****ILR will provide Desserts along with Wine and Soda*****

Location: June Lam’s Home
1420 Cooper Circle
Virginia Beach, VA 23454

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

A Social Committee Event
The Mission 22 War Memorial at the Larchmont Library and Tour of the WHRO-TV and WHRV Public Radio Station

Norfolk is the inaugural stop for the mobile Mission 22 project. It is dedicated to the men and women who have fought for America and lost their battle in the struggle with Post-Traumatic Stress Disorder. We will meet at the Larchmont Library for a tour of the Mission 22 War Memorial, which will be led by Jessica Montfort, Head Librarian and Branch Manager.

Next we drive to WHRO-TV and WHRV Public Radio Station for a guided tour led by Julie Woodward, Talent Manager. After our tour, we will remain at WHRO and enjoy a box lunch while Nancy Rogan, WHRO Director of Community Engagement, will speak to us about WHRO's award winning project entitled Veterans Coming Home Program.

Date: Friday, April 26, 2019
Tour: 10:00 a.m. at Larchmont Library- 6525 Hampton Blvd, Norfolk. This is an outside walking tour. Wear comfortable shoes.
11:30 a.m. lunch and tour of WHRO- 5200 Hampton Blvd, Norfolk
Lunch: WHRO- a box lunch is provided by Taste Unlimited
Cost: $20.00 Includes sandwich, chips, dessert bar, water, tax & gratuity
Maximum: 40 participants
Deadline: April 12, 2019- No refunds or cancellations after this date
Parking: Parking is limited. Carpooling recommended.

Directions: The Larchmont Library is located on the left about one mile past ODU. Parking in the library parking lot is limited. You can park directly across the street at Taste Unlimited and also in nearby parking lots. There is a traffic light and a crosswalk on Hampton Blvd between Taste Unlimited and the library.

After our Mission 22 War Memorial Tour, we will drive to WHRO TV/ WHRO Public Radio Station. Written directions to WHRO will be distributed at the 10:00 check-in at the Larchmont Library. The WHRO parking lot is patrolled, so place your green ILR parking pass on the rearview mirror for permission to park there.

Select one sandwich option per person. Return with payment to ILR by: Friday, 4/12/19
Lunch includes sandwich, chips, fruit bar, water, and gratuity.

TURKEY, provolone, w/basil mayo on brioche roll
Including potato chips, fruit bar

BAKED HAM, Havarti, w/mustard on croissant
Including potato chips, fruit bar

FRESH MOZZARELLA, tomato, fresh basil, w/basil mayo on whole grain wrap. Includes potato chips, fruit bar

CHICKEN SALAD, on a croissant
Including potato chips, fruit bar

Print Name: ______________________ Tel: _______________________

Mission 22 War Memorial – Friday, April 26, 2019  An ILR Social Committee Event
DIRECTIONS to ...  

ILR / Tidewater Community College, Virginia Beach Campus  
1700 College Crescent, Virginia Beach, Va. 23453  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. 1/2 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. 1.31.19