



SCHEDULE OF COURSES FOR SPRING 2020

*ILR does not discriminate with respect to race, color, sex, religion or national origin.
 The opinions expressed by our speakers are not necessarily the opinion of ILR or Tidewater Community College*

The Institute for Learning in Retirement is a group of retirement-age active seniors who are committed to life-long learning. Based at the Virginia Beach campus of Tidewater Community College, we enjoy intellectually stimulating lectures, discussion groups, social events, and trips. For a yearly membership fee, you will receive a quarterly schedule of our programs and events. Classes, trips, discussion groups, and socials require registration and payment.

There are over 300 such college-sponsored institutes and centers in the U.S., and we are one of the largest in Virginia. Our ILR began in 1993 with 15 interested members, and it now has over 700 active members from Virginia Beach and surrounding cities. We are housed at the Virginia Beach campus of Tidewater Community College and are in partnership with the Virginia Library system.

Membership

ILR membership is open to all who have reached retirement age without regard to race, religion, gender, color, or national origin. Volunteers interested in enriching their retirement years run the organization, with the help of three employees who see to the business of operation

What does it cost?

ILR members pay an annual membership fee of \$20. Each class selected costs \$14 per two-hour session. The ILR social, membership, and travel events are priced accordingly.

Programs

The schedule for classes and trips is offered by quarters (Jan-Mar, Apr-Jun, Jul-Sep, Oct-Dec). Members can register for programs as soon as the schedule is mailed or posted on the website.

Members register for the classes and activities that interest them. Topics are drawn from the arts, social issues, science and technology, history, world affairs, and health-related subjects. ILR also has special interest groups that organize as members express interest. Currently, we have SITESEERS, who discuss travel, and the ILR Book Group, Great Books and Great Decisions.

Call the office for contact information about these groups.

Our classes are usually two-hour presentations. Each calendar quarter, ILR offers 20 to 25 different classes planned by our Curriculum Committee. Classes meet Monday through Thursday in either the morning (10-12) or afternoon (1- 3). All classes are taught on the TCC Campus in Pungo Building-F Auditorium (F-133) unless otherwise specified. Area college and university faculty teach many of our classes. Area experts and our members deliver others.

Social and Travel Opportunities

Socializing is an important aspect of ILR. The Social Committee plans luncheons, visits to museums, and holiday events. The Membership Committee organizes periodic Lunch 'n Learn gatherings and New-Member Get Togethers. The Travel Committee plans both day and overnight bus trips.

Class Cancellations

If a member cancels a class by phone, email or drop-in at least 4 business days in advance, during business hours, 9:30—3:30p.m., M-F, the member will receive a refund check, minus a \$2 administrative fee. For trips, the member will receive a refund check, but the refund will vary according to the individual trip policy. If the ILR cancels a program, the members will receive a full refund check.

Inclement Weather

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 any afternoon class/ meeting will be held, unless members are notified. Closing and Delay Information: Local radio and TV stations (3,10,13). Notification on www.tcc.edu Campus info center: (757) 822-1122. ILR Office Phone 756-4861.

Parking at TCC

Parking is free. For Pungo Bldg.-F, and the Student Center-K, DRIVE TO Parking Lot 1 and look for the orange cones. This area is reserved for ILR members. Ask a security guard stationed at the Lot for information.

★ **Course Title: Research at Strelitz Diabetes Center**

Date and Time: Thursday, April 2, 10:00-12:00

Course Description:

This overview of types of diabetes and diabetes research includes a review of healthy eating and a healthy lifestyle geared specifically to those that have diabetes or pre-diabetes. Proper nutrition, glucose monitoring, and exercise will be emphasized along with benefits of physical activity and the effects of activity on blood glucose. A review of clinical research and a thorough explanation of the consent process involved in any study participation will be discussed along with clinical trials being conducted at the Strelitz Diabetes Center, EVMS.

Speakers:

Carolina M. Casellini, MD, completed her medical training and specialties in Internal Medicine and Rheumatology in Buenos Aires, Argentina. In 2012 she joined Eastern Virginia Medical School, where she coordinates a full research team, overseeing all aspects of clinical research. She has extensive experience in the development, planning, management and conduction of a successful extramurally funded research program.

Henri K. Parson, PhD, is an experienced clinical researcher with more than 15 years management of clinical studies. She has a proven record of accomplishment and expertise in clinical trial organization, implementation, and execution, including research design and protocol development

★ **Course Title: The Mosquito: Our Deadliest Predator**

Date and Time: Monday, April 6, 10:00-12:00

Course Description:

The mosquito is one of the most dangerous living things in nature. Mosquito-borne infections have killed more humans than all the wars in history, and we lack reliable vaccines for most of these diseases. Dr. Robert B. Taylor will tell how mosquitoes have influenced history, what diseases are transmitted by mosquitoes, who is most likely to be bitten by mosquitoes and who is not, and some novel ways to avoid becoming a victim of the annoying insects with which we share our outdoors at sundown.

Speaker:

Robert Taylor, M.D. is Professor Emeritus of Family Medicine at the Oregon Health & Science University School of Medicine in Portland, Oregon and Professor of Family and Community Medicine

at Eastern Virginia Medical School. He is a board-certified family physician and trained in the United States Public Health Service Hospital at Norfolk, Virginia. He is the author and editor of more than 30 medical books including *Family Medicine: Principles and Practice (6 Editions)*, *White Coat Tales: Medicine's Heroes, Heritage and Misadventures*.

★ **Course Title: Submarines in the Arctic During the Cold War**

Date and Time: Tuesday, April 7, 10:00-12:00

Course Description:

This lecture is a near repeat, but updated, of one given several years ago, with updated pictures. First, there will be a brief background of nuclear submarines during the early years of 1958-1981, focusing on his experiences as Commander of the USS Silversides from October to December 1981. He will focus on the early days of Arctic exploration and the effort to get ahead of the Soviets in the 1980s.

Speaker:

In December 1978, **Capt. Merrill Dorman** took command of the USS Silversides. In 1982 he was assigned as the Operations Officer for Commander, Submarine Force U.S. Atlantic Fleet in Norfolk, VA. During the 1980s Arctic operations shifted from exploration to development of Arctic Warfare capabilities. From 1985 to 1989 he was Director of the Arctic Submarine Laboratory in San Diego while still on active duty. He most recently gave a speech on his arctic experiences last October to the joint Naval Submarine League and Naval Historical Society's annual History Seminar given at the Navy Memorial in downtown D.C.

★ **Course Title: Living on a Dynamic Coast: How Digital Geographic Information Systems can Help**

Date and Time: Tuesday, April 14, 10:00-12:00

Course Description:

This course reviews coastal hazards affecting Virginia, including hurricanes, nor'easters, extreme rainfall, and tidal flooding. With sea level rise and climate change, most of these natural threats are prone to squeeze ecosystems and threaten human settlement. The class will examine and demonstrate how geospatial technology, including satellite and airborne imagery, global positioning systems, and ubiquitous location-based/mobile mapping allow us to foresee emerging risks as well as to respond and adapt to them.

Speaker:

Dr. Tom Allen is Professor of Geography at ODU and a specialist in coastal and marine geography, natural resources and hazards. His research and teaching emphasize the development and application of Geographic Information Systems to coastal resource management, including wetlands, geomorphology, coastal hazards and sea level rise. Recent research has focused on coastal erosion and sea level rise on the Outer Banks, how tidal flooding will affect Hampton Roads, and how mapping technology can assist planning and adaptation to these challenges.



Course Title: The English Country House

Date and Time: Wed., April 15, 10:00-12:00

Course Description:

This talk will be a survey of the evolution of the English Country House as well as a look at stately homes and famous houses in the English countryside.

Speaker:

Mary B. Bernsen served as a Foreign Service Library and Information Resource Officer with the United States Information Agency and the U.S. Department of State from 1985-2005, rising to the rank of Counselor in the U.S. Senior Foreign Service. Mary served as the director of the State Department's international library program, providing policy, programs and support to 175 libraries and information resource centers at U.S. embassies and consulates worldwide. Afterwards she was the State Librarian of North Carolina until 2012. She received two Senior Honor Awards from the U.S. Department of State and a Distinguished Alumni Award from the University of North Carolina.



Course Title: The Socrates Club

Date and Time: Monday, April 20, 10:00-12:00

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.

Speaker:

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.



Course Title: Oh, the Stories Your Plants Can Tell! The Folklore and Symbolism of Flowers and Herbs

Date and Time: Wednesday, April 22, 10:00-12:00

Course Description:

Those simple plants in your garden have a charmed past with all sorts of tales to tell. Come take a stroll through the history, folklore, and mythology of our green friends. Have you heard about rosemary's wild ride to the New World? Or what flower caused the stock market to crash? And why would you want a tussie-mussie? Forget about the weeding, watering and, deadheading and spend a morning with the mystical, magical of nature.

Speaker:

Carol Chewing holds degrees from the University of Massachusetts and the University of Delaware. She is a lifetime member of The Herb Society of America with a particular interest in folklore, historical uses of herbs, and plant symbolism. Carol has taught at Colonial Williamsburg, the U.S. National Arboretum, Elderhostel, and Norfolk Botanical Gardens. Since 2007 she has presented living history programs on daily life in 18th century Coastal Virginia.



Course Title: Facts and Myths about Mental Health from Movies and Books

Date and Time: Thursday, April 23, 1:00-3:00

Course Description:

"Creative" thinking about mental health through movies, TV shows, and books. Facts and myths will be discussed about depression, PTSD, and other forms of mental illness.

Speaker:

Marilyn Barton received her BSN from Georgetown University and worked as an RN in critical care, ER, research staff education, outreach and quality. She became a certified Mental Health First Aid instructor and taught from 2012-2017 for anxiety, depression, etc. Last year she presented a Traveling Pen Series and belongs to many writers' groups. She has written 13 non-fiction short stories published in Pulse-Voices from the Heart of Medicine after retiring in 2016.

★ **Course Title: Can the Economy in Modern Society Work Without Polluting the Environment with Our Growing Waste?**

Date and Time: Wednesday, Apr. 29, 10:00-12:00

Course Description:

The mainstream economic model depends on continuous growth and this growth is achieved by ever increasing consumption of products, material and energy, which increases waste. Addressing the wicked problem of maintaining a thriving society where the needs of people are met without overloading the planetary physiology with an increasing flow of waste requires development of circular economic models that can reduce the amount of waste drastically.

Speaker:

Dr. Hans-Peter Plag is Professor of Ocean, Earth and Atmospheric Science at ODU. He is the founding Director of the Mitigation and Adaptation Research Institute (MARI). He engages in research, advising and teaching related to sustainability. He was active in environmental movements in Germany in the 1990's. Dr. Plag was lead author of a concept for waste reduction and recycling. Recently he has focused on the development of economic models that could meet the present needs and safeguard the future.

★ **Course Title: From Chesapeake Bay to the Deep Sea**

Date and Time: Thursday, April 30, 10:00-12:00

Course Description:

The lecture will cover deep sea biology including hydrothermal vent biology, cold seep biology, whale falls and wood falls. I will also cover invertebrate diversity in Chesapeake Bay.

Speaker:

Jennifer Dreyer is a Research Manager in the Benthic Ecology Lab at the Virginia Institute of Marine Science. She is also the curator of the VIMS Invertebrate Collection. During her 15 years at VIMS she has worked on a variety of projects including: benthic and oyster bed community dynamics in Chesapeake Bay; oyster restoration; tidal freshwater ecosystems of the York River and its tributaries; phytoplankton and zooplankton ecology in Antarctica and Vietnam; and coordinating the VIMS Research Experiences for Undergraduates Summer Program for 8 years. She has published multiple peer-reviewed papers.

★ **Course Title: Physics is Fun**
LOCATION: Science Bldg.-J, Planetarium
Date and Time: Tuesday, May 5, 10:00-12:00

Course Description

Most people think that Physics is impossible to understand. We'll look at Physics from a conceptual approach. We'll find out that it is everywhere. We do a hands-on investigation of its basic principles and find out that it is actually 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, try to make a bowling ball float, investigate crazy musical instruments, and participate other activities that demonstrate the awesome nature of physics. We'll finish up with a view of physics in the heavens.

Speaker:

Dr. David Wright received a PhD in physics from Va. Tech in 1984 and has been teaching physics and astronomy at TCC. He was a consultant and actor on the NASA Sci Files TV show. He was catapulted off an aircraft carrier for research and a bit of fun while also being recognized by the TCC Faculty Senate as outstanding professor of 2016-17. Recently he was featured in a viral Physics video on Twitter, and appeared on the Kelly Clarkson show.

★ **Course Title: How America Lost Its Mind**
Date and Time: Wednesday, May 6 10:00-12:00

Course Description:

After initially denying it, reluctant social scientists have been forced to concede that average Americans, at least the 50% of them that contribute to its governance, are polarized and gripped by hyper-partisanship. How did this happen? America operated with its two dominant political parties for decades before polarization became an issue, so why now? This lecture will explore the underlying causes of mass political polarization and hyper partisanship, paying special attention to the role that Fear Capitalism plays in heightening our political divide.

Speaker:

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. She conducts survey research on public policy issues and election campaigns. She has been featured in many media outlets and her book, *The Unprecedented 2016 Presidential Election* is available via Amazon.

★ **Course Title: Popular Music in the United States**

Date and Time: Thursday, May 7, 10:00-12:00

Course Description

Popular music has been an integral part of the fabric of our culture for 150 years; from Stephen Foster to Gilbert and Sullivan, from Sousa to Sinatra and from Miles Davis to Michael Jackson. Let's take a look at the rich history of this music, listen to some examples and discuss the significant events that influenced its development

Speaker:

Steve Ambrose holds a Doctorate Degree from the College Conservatory of Music, University of Cincinnati. Since retiring as Fine Arts Coordinator of the Virginia Beach City Schools, he has maintained an active music performance schedule in several cities and with recording artists, The Original Rhondels while writing, arranging and recording.

★ **Course Title: Privacy, Privacy Rights and Data**

Date and Time: Monday, May 11, 10:00-12:00

Course Description:

Who owns the 'data stream' that you produce as you go about the activities of your daily life? In this course, we'll consider the data that we produce, where and how it is stored and accessed, and who uses "our" data and how. We'll also learn about the laws which currently exist to safeguard our data.

Speaker:

Dr. Mary Manjikian is associate professor in the Robertson School of Government. She received a B.A. in Russian from Wellesley College, an M. Phil from Oxford University and an M.A. and Ph.D. from the University of Michigan where she was a Rockham fellow. She has taught comparative politics, international relations theory, national security affairs, terrorism, politics and the media and environmental politics.

★ **Course Title: Tales of an Everglades Region Biologist**

Date and Time: Tuesday, May 12, 1:00-3:00

Course Description:

This presentation will feature highlights of the work I have done over the past 12 years as a regional biologist for the Florida Fish and Wildlife Conservation

Commission in the Florida Everglades with invasive species, including pythons, large lizards and exotic fish and endangered species, including the Florida panther, smalltooth sawfish and native orchids.

Speaker:

Dennis Giardina has focused his career on endangered species recovery and invasive species control. He worked for the U.S. Forest Service in Puerto Rico and in Florida on the Apalachicola National Forest, for the U.S. Fish and Wildlife Service. He was Manager of Fakahatchee Strand Preserve State Park and has been the Everglades Region Biologist. He has been a member of the National Park Service panther capture teams since 2001.

★ **Course Title: HMS Protector's Antarctic Deployment 2015-17**

Date and Time: Wednesday, May 13, 10:00-12:00

Course Description:

A brief overview of the Royal Navy's Ice Patrol Ship, HMS Protector, describing her historic deployment to the Ross Sea in Eastern Antarctica. We will cover other aspects of this deployment, crossing the Pacific, operating in and around the Antarctic peninsula, maintenance in Cape Town and logistical operations in the Falklands.

Speaker:

LCDR Geoff Hughes R.N. was a Royal Navy logistics officer on the HMS Protector from July 15-Apr 17, 2001, including the end of the maintenance period, sea training and Eastward transit to Australia. This was the culmination of Protector's deployment to the Ross Sea as first Royal Navy ship to do this since 1936.

★ **Course Title: The Socrates Club**

Date and Time: Monday, May 18, 10:00-12:00

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.

Speaker:

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.



Course Title: Book Learning

Date and Time: Wednesday, May 27, 10:00-12:00

Course Description:

Our speaker has spent the last nine years helping dispose of library donations and discards that are antique, collectable or unusual. He will talk about first editions, first printings, ISBN numbers, condition, dust jackets, scribbling inside the book and how these other factors affect the worth. Bring a book with you and he will find out what dealers-on-line are asking.

Speaker:

Bob Gilson retired from Federal employment where his last job was as Chief, Labor and Employee Relations, National Transportation Safety Board. Bob was also the founding director of NTSB's Safety Academy. He has written or co-authored 8 books in his subject area.



Course Title: The Great Painters of Protestant Holland

Date and Time: Wednesday May 20, 10:00-12:00

Course Description:

Vermeer, Hals, Rembrandt---discover how these great painters changed the subject matter of their work after losing the Catholic Church as a patron. This period is called "The Golden Age of Holland."

Speaker:

Leonette Adler is an artist, teacher, and art historian. She was on the faculty of the Norfolk Academy for many years and her art is known throughout Hampton Roads. She is known for placing art in its historical context.



Course Title 1939: Hollywood's Best Year

Date and Time: Thursday, May 21, 10:00-12:00

Course Description:

"Gone with the Wind", "The Wizard of Oz", "Stagecoach", "Mr. Smith Goes to Washington", "The Hunchback of Notre Dame" and "Ninotchka". What do these classic movies have in common? They were all released in 1939. That year is considered to be the greatest in Hollywood's history. Join film aficionado Bill Myers as he explores these movies and many more with clips, trivia and a look behind the scenes.

Speaker:

Bill Myers is retired from teaching Television Production for 16 years at the Virginia Beach Tech Center. His degree is from Marietta College in Ohio. His professional career included major radio and television production, including jobs at Channel 3, CBN, WNIS and TCC. He is a long-time Hitchcock fan.