



Institute for Learning in Retirement

Tidewater Community College, Princess Anne Bldg.-A Room A103

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SCHEDULE OF COURSES FOR SUMMER 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 of 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 as many as 900 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 two 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 ILR website. (ilrvb.org > current forms&flyers)

Members register for the classes and activities that interest them. Topics are drawn from the arts, social issues, science and technology, history and world affairs, and health-related subjects. ILR also has special interest groups that organize as members express interest. Currently we have SITESEEERS, 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 Virginia Beach Campus in the Pungo (F) Building Auditorium (Room F-133), unless otherwise specified. Area college and university faculty teach many of our classes, but 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 & 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 refund will vary according to the individual trip policy. (The \$2 administrative fee also applies.) The member will receive a refund check. If the ILR cancels a program, the members will receive a full refund.

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.

ALL AUGUST Classes are VIRTUAL CLASSES ON ZOOM. You don't need to leave your home. A flyer is included with ZOOM Instructions.

★ **Course Title: Spanish Involvement in the American Revolution**

Date & Time: Tuesday, August 4, 1:00-3:00

Course Description:

Our instructor will explore the reasons why King Charles III of Spain supported the American War for Independence and will examine the types of aid provided by Spain.

Speaker:

Randy 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. He is currently Vice Chairman of the Williamsburg-Yorktown American Revolution Roundtable and co-founder of the Dr. Warren Historical Society.

★ **Course Title: Hollywood and World War II**

Date & Time: Wednesday, August 5, 10:00-12:00

Course Description:

During World War II, virtually all industries had a wartime role to play – even the entertainment industry. Two weeks after the attack on Pearl Harbor, President Franklin Roosevelt opined that Hollywood could make a “very useful contribution” to America’s war effort. Many in Hollywood agreed. From morale boosting pictures to bond drives, and the military service of A-list stars, the entertainment industry went on to play a significant, if somewhat controversial, role in the fight to defeat the Axis powers.

Speaker:

Amanda Williams is a graduate of Randolph-Macon Woman’s College with a BA in History and Art History. She received a MA in History from Old Dominion University. She began her career as an Archaeologist at Historic Jamestown before moving to the MacArthur Memorial in 2009 to serve as Education Manager. In December, 2019, she was named interim Co-Director of the MacArthur Memorial. She specializes in military history, intelligence studies, and women’s history.

★ **Course Title: How America Lost Its Mind**
Date & Time: Thursday, August 13, 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: Dr. Joseph Warren, Founding Martyr of the American Revolution**

Date & Time: Tuesday, August 18, 1:00-3:00

Course Description:

We will learn of the extraordinary life of Dr. Joseph Warren and his contributions, as well as the efforts of other early American patriots, to assist in the American cause for independence.

Speaker:

Randy 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. He is currently Vice Chairman of the Williamsburg-Yorktown American Revolution Roundtable and co-founder of the Dr. Warren Historical Society.

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

Date & Time: Thursday, August 20, 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: Research at Strelitz Diabetes Center**

Date & Time: Thursday, August 27, 10:00-12:00

Course Description:

This is an overview of types of diabetes and diabetes research. Speakers will review healthy eating and lifestyle geared to those who have diabetes or pre-diabetes, including proper nutrition, glucose monitoring and exercise, the benefits of physical activity and its effects on blood glucose. We will hear a review of clinical research and thorough explanation of the consent process involved in any study participation, as well as ongoing clinical trials at the Strelitz Center.

Speakers:

Carolina M. Casellini, M.D. completed her medical training and specialties in Internal Medicine and Rheumatology in Buenos Aires, Argentina. At Eastern Virginia Medical School, she coordinates a full research team. 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 over 15 years management of clinical studies. She has a proven record of accomplishment and expertise in clinical trial organization and implementation, including research design and protocol development.

ALL SEPTEMBER CLASSES are scheduled as ON-CAMPUS, Pungo Auditorium, Room F-133

★ **Course Title: 1939: Hollywood's Best Year**
Date & Time: Tuesday, September 1, 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 jobs at Channel 3, CBN, WNIS, and TCC. He is a long time Hitchcock fan.

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

Date and Time: Thursday, September 3, 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:

Capt. Merrill Dorman took command of the USS SILVERSIDES in December 1978. 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 to the Joint Naval Submarine League and Naval Historical Society Annual History Seminar given at the Navy Memorial in downtown DC.

★ **Course Title: Is Feng Shui for Everyone?**

Date and Time: Thursday, September 10, 10:00-12:00

Course Description:

Yes! As an Interior Designer and Feng Shui Consultant, I find a remarkable and certainly more personal value and support to the life you live and want to live. Feng Shui adds a perspective that is far more personal, bringing you not only the insight, but how to create that balance and harmony you desire. Once you become aware of how your physical environment impacts the way you think, you will also know HOW to create it. You will learn how yin and yang are tangible, that the 5 elements are also who you are, and ways to create the awareness to bring about action and change.

Speaker:

Bonnie Primm is a Certified Feng Shui Practitioner and member of the Interior Design Society. She has been in practice since 1997, taught at Old Dominion University, Tidewater Community College and Blue Ridge Community College; written numerous articles for local and national publications; facilitated classes and programs locally and statewide. Her background before Feng Shui, and certainly used within this context, is marketing and public relations. She owned an advertising agency and is also a Certified Life Coach and she brings that skill into the support and understanding of creating the home or office you need and want.

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

Date and Time: Monday, September 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: Understanding French Culture**

Date and Time: Tuesday, September 15, 10:00-12:00

Course Description:

This class will be a survey of French culture through the Humanities lens: French arts (including gastronomy), institutions and history.

Speaker:

Laetitia Stone is an Associate Professor of French at TCC and an Adjunct Professor of French at ODU.

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

Date and Time: Thursday, September 17, 10:00-12:00

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: Murder and Mayhem in Hampton Roads

Date and Time: Wednesday, September 23, 1:00-3:00

Course Description:

A local historian returns to tell us True Crime stories. Her last class was Lost Attractions of Hampton Roads. Now she will inform us about all the murder and mayhem in Hampton Roads.

Speaker:

Nancy E. Sheppard is a 2-time award nominated nonfiction author, historian, and public speaker who has dedicated her career to telling rich stories of Hampton Roads Virginia's history. She has guest-lectured in a variety of venues, including the U.S. Capital, Virginia Museum of History and Culture, Hampton History Museum, and as part of the Dick Winter's Veterans Lecture Series in Ephrata, Pennsylvania.



Course Title: A German Soldier Serving in NATO

Date and Time: Thursday, September 24, 10:00-12:00.

Course Description:

We will learn about a German soldier's life in a changing world, living with the past and future of his country's history as a soldier in an international environment serving NATO's Alliance, and who has experienced the dynamics of world politics first-hand.

Speaker:

Senior Master Sergeant Bernd Velling has had 30 years of active duty in the German Air Force, Senior Enlisted. He has served with NATO in multiple units for 28 years. He is married to Dana Gayle Velling, nee Williams, a native of Danville, Virginia. They met while serving together in a NATO unit.



Course Title: Looking at Those Dirty Old Books on Your Shelf

Date & Time: Monday, September 28, 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 and other factors affect the worth. Bring a book with you and he will help 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 Lost Settlement of Wash Woods: Connecting the Outer Banks of VA and NC

Date and Time: Wednesday, September 30, 10:00-12:00

Course Description:

Topics include the Lost Settlement of Wash Woods near the Outer Banks and Back Bay area, including the lost hotel, early expeditions, hunt clubs, life-saving services subsistence level residents and the Native Americans. We will also discuss the effects of the American Revolution, the Civil War, The World Wars, the Gulf Stream, technological growth, the Park Service, and hurricanes on the lives of residents.

Speaker:

Dr. Robert Baxter, Jr. is a native of Tidewater, VA, and currently a volunteer Contact Ranger and Historical Interpreter with False Cape State Park. He holds Doctorate and Master of Education degrees from UVA and a BA in history from ODU. He was Asst. Dean and instructor at UVA. He was formerly VP of a local technology company serving a variety of clients, including NASA, DOD State of NC, FMA, Disney and CMS. He is under contract from Baxter Warner Assoc. as an historical interpreter of the Nature Bus of Norfolk.