



Institute for Learning in Retirement

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

1700 College Crescent Virginia Beach, VA 23453-1918

(757)756-4861

Website: www.ilrvb.org

Email: office@ilrvb.org

SCHEDULE OF COURSES FOR SPRING 2021 *All Zoom*

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

The opinions expressed by our speakers are not necessarily the opinion of ILR or Tidewater Community College

PLEASE NOTE: COVID restrictions have changed the availability of some Opportunities mentioned below.

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 received 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). Area college and university faculty teach many of our classes, but area experts and our members deliver others. *All classes are taught on the TCC Virginia Beach Campus in the Pungo (F) Building Auditorium (Room F-133), unless otherwise specified. (See Registration form for Location details.)

***TCC Campus is closed. All classes are presented via Zoom.**

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 (Zoom classes are not cancelled.)

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 (when we are back on-campus)

Parking is free. For Pungo Bldg. F, and the Student Center K, DRIVE TO Parking Lot 1 (closest to Princess Anne Rd.) and look for the orange cones. This area is reserved for ILR members. If available, a TCC security guard may be stationed at the Lot for assistance.

★ **Course Title: Ethiopia: An Ancient Kingdom Facing Modern Challenges**
Date and Time: Wednesday, April 7, 10:00 – 12:00

Course Description:

Many observers have long been fascinated with Ethiopia, as it was a powerful ancient empire. Ethiopia is one of two African countries south of the Sahara that was never colonized by the Europeans. There was a military coup that deposed Haile Selassie and led to a Marxist inspired government supported by the Russians—until 1991. Now, a new political structure has emerged led by Prime Minister Abiy Ahmed who has new ways for resolving age old conflicts and was awarded the 2019 Nobel Peace Prize. But a dangerous internal dispute threatens to unravel recent positive political gains.

Speaker:

The Honorable Ambassador ret. Bismarck Myrick is Ambassador-in-Residence and Lecturer of Political Science and History at ODU. Following a career in the U.S. Army, he distinguished himself as Ambassador to Liberia and to the Kingdom of Lesotho. He conducted studies in 40 African countries. Ambassador Myrick is the recipient of many prestigious awards and is co-author of several books.

★ **Course Title: Henry Knox: From Soldier to George Washington's Cabinet**
Date and Time: Thursday, April 8, 1:00 – 3:00

Course Description:

Henry Knox was one of General George Washington's most trusted advisors and Chief Officer of the Continental Artillery during the Revolution. He participated in numerous battles and established the first program for military preparedness through the creation of training centers and manufacturing facilities for arms and ammunition. Following the war, he became the first Secretary of War of the United States in President George Washington's Cabinet and founder of the Society of the Cincinnati. His life and military career will be examined in this talk.

Speaker:

Randy Flood is co-founder and Chief Executive Officer of the American Revolution Consortium for Civic Education, a nonprofit organization established to educate citizens about the American Revolution with an emphasis on History, Civics, World Geography, Economics, and Historic Preservation.

★ **Course Title: Cuba and the U.S. in the 21st Century**
Date and Time: Monday, April 12, 10:00 – 12:00

Course Description:

We will explore the fascinating, complex, and rapidly changing relationship between Cuba and the United States. We will begin by looking at the history of this fraught relationship before turning our focus to contemporary issues, including the ongoing impacts of COVID-19 on Cuban health and economics, Cuba policy as a domestic political issue in the U.S., and recent protests and social unrest on the streets of Havana.

Speaker:

John Finn, PhD, is Assistant Professor of Geography at Christopher Newport University. He has a B.A. in International Studies and a M.A. in geography. He has conducted extensive field research in Cuba, Brazil, and the U.S.-Mexican border. His PhD is from Arizona State University in Geography.

★ **Course Title: The Trouble with Exotic Mangroves**
Date and Time: Tuesday, April 13, 1:00 – 3:00

Course Description:

Mangrove forests are tidal swamps that occur along coastlines of tropical and sub-tropical regions of the Earth. Worldwide there are approximately 70 species of mangroves and the Eastern Hemisphere possesses the world's greatest area and highest diversity of mangroves (~60 species). The mangrove forests of the Western Hemisphere, though extensive, are relatively species poor (~10 species). Florida's mangrove forests, the largest intact tropical forests of the U.S., have only five native species and are vulnerable to a variety of threats, including invasion by non-native mangrove species. This story, illustrated with striking images, spans the globe.

Speaker:

Dennis Giardina has primarily focused on endangered species recovery and invasive species control. He worked for the U.S. Forest Service in Puerto Rico on the Caribbean National Forest and in Florida on the Apalachicola National Forest, for the U.S. Fish and Wildlife Service at three different National Wildlife Refuges, St. Marks, Florida Panther and 10,000 Islands. He was the Manager of Fakahatchee Strand Preserve, the largest State Park in Florida and since 2007, has been the Everglades Region Biologist for the Florida Fish and Wildlife Conservation Commission and the Co-Chair of Everglades Cooperative Invasive Species Area (ECISMA).

★ **Course Title: A History and Perspective of the European Union: From a Modern to Post-Modern World.**

Date and Time: Thursday, April 15, 10:00 – 12:00

Course Description:

We have all heard of it, but what do we really know about it? What is it? How does it affect the U.S.? This lecture will present an overview of the creation and evolution of the EU, its aims, and its relationship with the United States and the world.

Speaker:

Laetitia S. Stone, has a Masters in Humanities and French from Old Dominion University and PhD (ABD) in International Relations (U.S. Foreign Relations, and U.S. Security) from Old Dominion University.

She presented a class for us on French Culture last September.

★ **Course Title: The Making of a Documentary**

Date and Time: Monday, April 19, 10:00 – 12:00

Course Description:

Lights, Camera and Creativity! Documenting our History. Award winning broadcast Journalist, 13 News Now Anchor Janet Roach delves into the details of her latest documentarian work. See clips of *20 and Odd: Africans' Arrival in 1619, Looking for Happiness, and Etched in Stone: The Hurt Behind the Heritage* and hear the process behind choosing these topics and what it took to pull it all together. Participate in a discussion about the importance of long-form storytelling in local news, especially when it comes to understanding history. What topics would you like to see in local television news?

Speaker:

Janet Roach is a 9-time Emmy award winning journalist, a 2-time Edward R. Murrow award winner, and has won numerous Associated Press and Virginia Association of Broadcasters' awards. She is the news anchor and reporter at WVEC TV 13 in Norfolk and was formerly an anchor and reporter at WMAR TV in Baltimore and WITI TV in Milwaukee.

★ **Course Title: Douglas MacArthur: Triumph and Controversy**

Date and Time: Wednesday, April 21, 10:00 – 12:00

Course Description:

In his 52-year military career, Douglas MacArthur was often found at the center of triumph or controversy. Pershing thought MacArthur was his greatest battlefield commander, but that he had a big ego. Roosevelt valued his military mind but also called him the most dangerous man in America. Eisenhower considered him a genius, but also found him too theatrical. Churchill lauded him as one of the bravest allied commanders, and Truman found him enormously frustrating. Join us for an examination of his career – the good, the bad, the facts, and the fiction.

Speaker:

Amanda Williams is a graduate of Randolph-Macon Woman's College with a B.A. 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. She is currently serving as Interim-Director of the MacArthur Memorial. She specializes in military history, intelligence studies, and women's history.

★ **Course Title: The CCC in the Tidewater Area**

Date and Time: Monday, April 26, 10:00 – 12:00

Course Description:

The CCC, Civilian Conservation Corps, was a voluntary public works relief program initiated by Franklin D. Roosevelt during the Depression. The CCC of Tidewater included one all-black at North Landing State Park, one all-white in Virginia Beach, one State locale, one Federal locale. In this class we will discuss Gen. Douglas MacArthur's role in the CCC, the lives of the young men in it, and the closing of the park for ten years due to segregation.

Speaker:

Robert Baxter, PhD, is currently a volunteer Contact Ranger & Historical Interpreter with False Cape and First Landing State Parks, and the Virginia Association of Parks. He holds Doctorate & Master of Education degrees from UVA and a BA in History from ODU. Half of his graduate work was in history. He was formerly VP of a local technology company serving a variety of clients like NASA, DoD, State of NC, FEMA, Disney, and CMS. As Principal at Baxter Warner Assoc., he is under contract as historical interpreter on the Nature Bus of Norfolk.

★ **Course Title: A History of Naval Air Station
Norfolk**

Date and Time: Wednesday, April 28, 10:00 – 12:00

Course Description:

The Norfolk Naval Air Station was critical in the development of carrier aviation, flight tests on prototype aircraft, and tactical and operational flight training for the U.S. Navy. Using photographs dating from as far back as 1917 from the National Archives at College Park, Maryland, and other sources, this course will show the history of aviation at the Naval Station.

Speaker:

Mark Chambers has a BA in History from Christopher Newport University and an MA in Journalism from Regent University. He has been researching naval aviation in Hampton Roads since 1992. Mark is currently working as a Technical Writer for Huntington Ingalls Industries (HII) / Newport News Shipbuilding (NNS). He worked for over 25 years as a contract technical writer for the NASA Langley Research Center. He is the author of 18 aviation history books and is currently working on two more. Mark's newest book is *Images of Aviation: Naval Air Station Norfolk* (Arcadia Publishing).

★ **Course Title: The President's Daily Intelligence Briefing**

Date and Time: Monday, May 3, 10:00 – 12:00

Course Description:

Dr. Manjikian will provide a brief overview of the history and significance of the President's Daily Briefing, as well as some of the issues which have arisen historically between the President and the intelligence community. What does it mean to politicize intelligence, and is the president obligated to take the advice which the intelligence community offers? We will look at presidents from Kennedy, to Nixon, to Trump and Biden – and discuss what we might expect going forward in relations between the president and the intelligence community.

Speaker:

Mary Manjikian, PhD, is an associate professor in the Robertson School of Government. She has taught comparative politics, international relation theory, national security affairs, terrorism, politics and the media, and environmental politics. She received a BA in Russian from Wellesley College, a M.Phil. from Oxford, and an MA and PhD from the University of Michigan where she was a Rockham fellow. Her work has been published in several specialty journals.

★ **Course Title: The Fascinating Career of an FBI Agent**

Date and Time: Tuesday, May 4, 10:00 – 12:00

Course Description:

Mr. Culbreth will discuss his FBI career, which includes cases, overseas deployments, and his time as Special Agent in Charge of the Norfolk Field Office. Cases will include the Robert Hanssen Espionage Case, the USS Cole Bombing, and 9/11 responses. The course will be interactive, and all questions are welcome. If participants would like to submit questions beforehand, please do so at the beginning of the session. (He feels this would be a great way for him to get students involved.)

Speaker:

Martin Culbreth served in the FBI for 25 years. He started as a street agent in 1995 and investigated White Collar, Counterintelligence, Drug, and Counterterrorism cases. He served in the Washington, DC, St. Louis, Anchorage, and Norfolk Field Offices, as well as FBI Headquarters and tours at the Operational Technology Division and Critical Incident Response Group. He ended his career as a Special Agent in Charge, serving his last four years in the Norfolk Field Office.

★ **Course Title: All Singing! All Dancing! A History of the Movie Musical**

Date and Time: Wednesday, May 5, 10:00 – 12:00

Course Description:

Movie musicals have been around as long as movie sound has. In fact, the first sound film was a musical. Join movie buff Bill Myers as he takes a look at the history of movie musicals, from the songs to the people who made them. From Busby Berkeley's geometric spectacles through Fred Astaire and Gene Kelly up to Steven Spielberg's remake of "West Side Story," you will get a fun look at Tinseltown's tunes.

Speaker:

Bill Myers is retired from teaching Television Production for 16 years at 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, WNIS and TCC. He is a long-time movie fan.

★ **Course Title: Daniel Morgan, Revolutionary War Hero**

Date and Time: Thursday, May 6, 1:00 – 3:00

Course Description:

Daniel Morgan was a commander of General George Washington's Rifle Corps of the Continental Army during the Revolutionary War. Although he had no formal education and learned to read and write later in life, he was one of the most brilliant strategists and tacticians of Washington's military leaders and played a large role in American victories at the battles of Saratoga and Cowpens. His life and military career will be explored in this talk.

Speaker:

Randy Flood is co-founder and Chief Executive Officer of the American Revolution Consortium for Civic Education, a Nonprofit organization established to educate citizens about the American Revolution with an emphasis on History, Civics, World Geography, Economics, and Historic Preservation.

★ **Course Title: The Bombs & The Bees: Persistent Pollutants in our Environment Measured in Lake Sediments and Honey**

Date and Time: Monday, May 10, 10:00 – 12:00

Course Description:

Technical advances have made humans incredibly powerful. The rate at which we can pollute and change the environment, far outpaces our ability to learn about the unanticipated consequences of our creations. Here we will talk about on-going research at William & Mary studying mercury, lead, zinc, and radioactive pollution in lake sediments collected from Southeastern Virginia. We use sediments to reconstruct environmental change and pollution histories in the area, and reveal a cold-war contaminant in honey sourced from the eastern U.S.

Speaker:

Dr. James M. Kaste has a PhD in Earth Sciences from Dartmouth College. He is presently an Associate Professor of Geology and Director of Environmental Science & Policy Program at William & Mary. The object of his research is to understand how processes at the earth's surface are affected by anthropogenic activities (groundwater withdrawal, acid and metal pollution, urban development) and global change.

★ **Course Title: Benefits of Sleep for Your Health**

Date and Time: Thursday, May 13, 10:00 – 12:00

Course Description:

In this not-so-sleepy discussion, Dr. Winfield will discuss the benefits of sleep to our emotional, behavioral, and psychological health, and effective ways to increase your restfulness throughout the day, as well as coping skills to manage stressors that could result in sleep deprivation. She will also discuss why people have trouble sleeping, foods to help sleep, and the relationship between COVID-19 and society as it relates to sleep.

Speaker:

Chaniece Winfield, PhD, is Sr. Lecturer of Human Services at ODU and has over ten years of experience as a behavioral health practitioner specializing in substance abuse and mental health services to individuals and families across the lifespan. She is an undergraduate and graduate level educator in the counseling, psychology, and human services disciplines and teaches in psychopathology, service interventions, ethics, and social populations. She received her PhD in Psychology from Capella University.

★ **Course Title: Celebrating Nurses and Nursing**

Date and Time: Monday, May 17, 10:00 – 12:00

Course Description:

Americans rate nurses as the #1 most ethical and honest profession, according to the most recent Gallop poll. Join Marilyn Barton, retired RN, for this interactive session drawing from heartwarming nursing stories in the book, *The Color of Their Eyes*. Marilyn will lead a discussion about nurses who put their caring into action and went *above and beyond* to meet their patients' needs. The talk will also focus on the patient perspective in various healthcare settings such as the ER, home health, cancer, diabetes, long term care, and others.

Speaker:

Marilyn Barton, RN, received her Bachelor of Science in Nursing from Georgetown University and worked as a RN in Critical Care, ER, research, education, and quality. During her thirty-five-year career, she served as editor for a collection of nursing stories and became a Mental Health First Aid Instructor. Marilyn has seventeen non-fiction short stories published in *Pulse-Voices From the Heart of Medicine*.

★ **Course Title: Oh, Say Have You Seen ... American Art at the Chrysler?**

Date and Time: Tuesday, May 18 10:00 – 12:00

Course Description:

In this lively, informative presentation, Maureen Harms describes the evolution of American art from Colonial times to the 21st century. She starts with portraits and landscapes that will have you saying, “Nice,” and she ends with modern paintings and sculpture that may leave you saying, “Huh?” Maureen explains how art communicates historical and cultural change, and she will broaden and deepen your appreciation for American artists. All of the artwork is at the Chrysler Museum, so you can say “hello” to these new friends at your next visit.

Speaker:

Maureen Harms’ interest in art began when she and her husband lived in Europe where they explored one museum after another. She deepened her knowledge of art history through university coursework. Ten years ago, she joined the docent program at the Chrysler Museum and is now a Master Docent.

★ **Course Title: Pollinator ID**

Date and Time: Wednesday, May 19 1:00 – 3:00

Course Description:

Do you know what the pollinators are in your garden? Do you know why they are important? Tom Houser will talk about our native pollinators, and why we need them. He will help us identify what we see in our own yards and tell us what plants and garden conditions will attract and keep them. This informative talk will also touch on how pollinator life cycles progress over the course of the seasons.

Speaker:

Tom Houser is a Senior Horticulturist with the Norfolk Botanical Garden. He has over 14 years of experience managing the large woodland gardens and is currently responsible for the care of the Virginia Native Plant Garden, the Enchanted Forest, the Wildflower Meadow, and the Pollinator Garden. Tom has a passion for pollinators which gives him a deep understanding of the important role native plants play in their conservation. He is also a certified arborist.

★ **Course Title: Is This Normal Aging?**

Date and Time: Wednesday, May 26 1:00 – 3:00

Course Description:

We have a lot to say in how we feel as we grow older, from our heart and eyes to our skin and bones. We can enjoy a better body by knowing what is natural as we age and what is not, and by learning simple steps we can try to delay or lessen the changes.

Speaker:

Ivane Hanscom, an Emergency Room physician in Brazil, has been working since 2007 as a missionary doctor in the U.S. Dr. Hanscom is a dynamic lecturer, TV personality, radio host and lifestyle educator. She gives workshops, seminars and personal counseling sessions for church groups, civic organizations, and conducts one-on-one counseling. She has helped hundreds of individuals learn to submit and train their will to God’s will, breaking free from degenerative diseases, destructive lifestyle choices and physical, emotional, and spiritual bondage. Dr. Hanscom says, “We think we have too much to lose if we give up our destructive lifestyle choices, and we forget that God has so much more to offer us...”

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Special Travel Committee Presentation

Date and Time: Tuesday, April 20 10:00 a.m.

FREE Zoom Opportunity for All ILR Members

The ILR Travel Committee would like to invite you to join us in a photographic journey down memory lane, revisiting our trips to Lancaster, PA, and Baltimore/Annapolis,MD.

Whether you:

- have never been on an ILR trip but have been contemplating signing up,
- would like to know more about the Pennsylvania Dutch country in Lancaster, PA and our nation’s roots in Baltimore and Annapolis, MD,
- were on the trips and would like to take advantage of the chance to revisit these wonderful places with some of your fellow travelers,
- **Register Now** for this FREE Zoom opportunity.

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