



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 EVENTS FOR FALL 2022 – TCC & ZOOM

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

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 quarterly schedules of our activities. 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 has had 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 one employee who sees 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 SITESEERS, who discuss travel. The ILR Book Group, Great Books and Great Decisions are temporarily suspended. 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 and/or Zoom** unless otherwise specified. (See Registration form for Location details.)

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 or email at least 4 business days in advance, during business hours (9:30-3:30p.m., M-F), the member may choose either a full-value account credit or 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 member may choose a full refund or account credit.

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; ILR website: ilrvb.org.

Parking at TCC

Parking is free. For classes at the ATC or Student Center K, DRIVE TO Parking Lot 8 (closest to Joint Use Library.) **Parking info for other possible class locations will be provided as needed.**

Dear ILR Members,

We are happy to continue offering October & November classes both at the Tidewater Community College-Virginia Beach Campus and via Zoom. Please be aware of the following:

COVID Protocols: ILR will be following all CDC, State and TCC COVID protocols that are applicable at the time of the classes. In addition, whether we are using the ATC or Pungo Auditorium, both are large enough to allow plenty of social distancing and TCC will do COVID-level cleaning between classes. Your health is our primary concern and we will provide email updates as they become available. **Currently, mask use is optional.**

Types of Class Presentations: During this time of transition, ILR plans to offer the following class presentation options, based on the speaker's availability. To determine how your chosen class will be presented, check the "Location" line of the class descriptions given in this schedule. Also, on the Registration form, the "Location" column will show either "TCC-Z", "TCC" or "Zoom Only".

- ❖ **TCC-Zoom:** These classes will be offered in-person at TCC AND on Zoom simultaneously. The speaker will be at TCC. Zoom participants will be able to see the speaker's slides and hear the speaker. The speaker may walk away from the limited scope of the camera, so their face may not be visible all of the time. Questions may be asked through Zoom or in-person. The Zoom link will be sent to all who register. **Each Member** may decide which method of class attendance is preferred. You do not need to notify the office of your choice, simply plan to be either at TCC or at your computer before class begins.
- ❖ **TCC:** These classes will **only** be offered in-person on the TCC-VB campus.
- ❖ **Zoom Only:** These classes will **only** be offered via Zoom. Registered members will be sent a Zoom link to access the class.

The views, information, or opinions expressed during the class are solely those of the individuals involved and do not necessarily represent those of the Institute for Learning in Retirement or TCC. All videos, content and materials are the property of the speaker. Participants are prohibited from making, copying or distributing all or part of any audio or video recordings of programs.

Photography: The ILR reserves the right to take photographs or videos during the operation of any program or part thereof and to use them, whether taken by a representative of the ILR or by other participants, for promotional purposes. By enrolling in an ILR program, participants agree to allow their images to be used in such photography; participants who prefer that their images not be used are asked to identify themselves to program staff and the photographer at the commencement of their program.

Amazing Classes Await. Let the Fun Begin!!



Course Title: Sold Down the River: Norfolk's Slave Trade 1800-1862

Date and Time: Monday, October 3, 2022, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: This historical presentation will show how Norfolk played a key role in the domestic slave trade by providing nearly 30% of all the incoming slaves (of 75,000) transported to New Orleans by ship for resale during the 1800s. Insight will be given into the people involved in the trade and some major intersections with history. We will also touch on Norfolk's role in the underground railroad and the founding of Liberia. Norfolk was the last Southern port before a runaway slave could safely arrive in the North. Norfolk citizens played significant roles with major events and happenings such as in Harriett Beecher Stowe's *Uncle Tom's Cabin*.

Speaker: Troy Valos is a Special Collections and Supervising Librarian of the Sargent Memorial Collection at the Norfolk Public Library. He holds a Master of Arts degree from ODU and a Master of Science in Information Systems.



Course Title: Banastre Tarleton's Role in the Revolutionary War

Date and Time: Thursday, October 6, 2022, 1:00 - 3:00

Location: TCC Virginia Beach and ZOOM

Course Description: Lt. Col. Banastre Tarleton, commander of Lord Cornwallis' cavalry and British Legion was one of the most hated British military leaders of the Revolutionary War. Why was he so despised by the Americans? How did he acquire this animosity that was felt by almost everyone with whom he did battle? Learn about the "real" Banastre Tarleton in this revealing lecture about the man and the myth.

Speaker: Randy Flood is a historian and Co-founder of The *Real* American Revolution, a nonprofit organization established to educate citizens about the American Revolution. Professionally, Randy began his career by serving on the staff of the United States Senate and has taught courses about politics and the legislative processes at numerous colleges and universities in the Washington metropolitan area. Currently he resides in Williamsburg, Virginia, where he is working with communities about the national historic trail that Generals Washington and Rochambeau and their armies traveled to entrap Lord Cornwallis and his British Army at Yorktown.



Course Title: Mushrooms to Improve Your Life

Date and Time: Tuesday, October 11, 2022, 1:00 - 3:00

Location: TCC Virginia Beach Only (not on ZOOM)

Course Description: Learn the fascinating facts about the different types of mushrooms, how they can be used as medicine for a happier and healthier life, and how they can be cooked and prepared for tastier meals.

Speaker: Ryan Staab is the proprietor of Capstone Mushrooms in Virginia Beach. He grows thousands of pounds of gourmet and medicinal mushrooms in his shop each year. He supplies many restaurants in the local area and sells to the public at farmers' markets. Ryan is well versed in the medicinal and culinary uses of various mushrooms.



Course Title: Inevitable Uprising – The Powhatan Attack on Virginia in 1622

Date and Time: Thursday, October 13, 2022, 10:00 - 12:00

Location: ZOOM Only

Course Description: This lecture will focus on the Powhatan Uprising of 1622 (once known as the “massacre”) that killed one quarter of the English population in Virginia on March 22, 1622. This event was a major blow to the success of Jamestown, Virginia, the first permanent English colony in North America. The program will examine the relations between the English colonists and the native Powhatan, their early conflicts, and the effects of the uprising on future American history.

Speaker: Mark Summers is the public historian for the Jamestown Rediscovery Archaeology Project. He writes articles and exhibits, and regularly gives tours and lectures on political events in Jamestown. He focuses on the big picture while providing new insights on the 17th century that have been gained through archaeology.



Course Title: Why Some Countries Thrive Despite Corruption

Date and Time: Tuesday, October 18, 2022, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: Although most people know that corruption is bad for an economy, a puzzle remains: why does corruption hurt some countries less than others? Or, looking at corruption from an even more positive perspective, why are some countries able to achieve rapid economic growth under rampant corruption? Based on Prof. Li’s book, *Bribery and Corruption in Weak Institutional Environments: Connecting the Dots from a Comparative Perspective*, we will discuss how bribes are paid in diverse cultures, why newly democratizing countries experience worse corruption than when under dictatorship, and why China’s severe punishment of corrupt officials fail to deter corruption.

Speaker: Shaomin Li is Eminent Scholar and Professor of International Business at Old Dominion University. He obtained his Ph.D. from Princeton University. His commentaries appeared in *The Wall Street Journal* and *The Financial Times*. He is the 2008 recipient of the Outstanding Faculty Award of Virginia. His recent book, *The Rise of China, Inc.: How the Chinese Communist Party Transformed China into a Giant Corporation*, is published by Cambridge University Press.



Course Title: Integrated Pest Management

Date and Time: Wednesday, October 19, 2022, 1:00 - 3:00

Location: TCC Virginia Beach and ZOOM

Course Description: We will be looking at a variety of methods you can use in your landscaping to reduce unwanted insects and decrease plant diseases before resorting to harmful chemicals.

Speaker: Michael Andruczyk began working as the Virginia Cooperative Extension Agent in Horticulture for Chesapeake in January 2005 and was promoted to Senior Extension Agent in July 2019. Prior to that, he worked for the Norfolk Botanical Garden in 1993, first as Nursery/Greenhouse Supervisor then Supervising Horticulturist and lastly as Curator of the Plant Collection. He earned a Master of Science degree in Public Horticulture Administration from the University of Delaware.



Course Title: Motion/Emotion: Exploring Affect from Automata to Robots

Date and Time: Thursday, October 20, 2022, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: Let's investigate the emotional properties of automata and robots. Together we will explore selections from the Barry permanent collection of historical automata as well as the work of contemporary artists and home-grown robotics. By exploring the intersections between art, science, and emotion, we aim to connect history to the 21st century interests and concerns.

Speaker: Suzanne Peterson is a visual artist and educator with a Bachelor of Fine Arts from the University of Wisconsin-Madison. She is the Manager of Education and Engagement at the Barry Art Museum. She has exhibited artwork nationwide. She is published in Vol. 37 of the *New Glass Review* and was the featured artist during Third Thursdays at the Chrysler Museum of Art Glass Studio in January 2017 and March 2020. Her passion for arts outreach was formed with a 501(c)(3) non-profit *Lil Truck of Tools*, a mobile workshop with a mission of equitable fine craft education serving southeastern Virginia.



Course Title: The Decadent Life of Peggy Hopkins Joyce

Date and Time: Monday, October 24, 2022, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: If you wanted relief from the two World Wars and the Great Depression, all you had to do was follow the decadent life of Peggy Hopkin Joyce who lived like it was the Roaring Twenties. Her modest beginning developed into the national media identifying her as one of the most influential women of the century! Leaving home at 15, she found the first of her many husbands, the heir to the Twenty-Mule-Team Borox fortune. Her consorts included movie stars while she made several movies during the silent movie era, as well as princes, industrialists, and Walter Chrysler. She was even mentioned as the former owner of one of the world's largest diamonds.

Speaker: Dr. Robert Baxter is a native of Tidewater Virginia and currently a volunteer Contact Ranger & Historical Interpreter with False Cape and First Landing State Parks, and the Virginia Association of Parks. He holds Dr. of Education & Master of Education degrees from UVA, and a BA in History from ODU. Half of this graduate work was in History. His postdoctoral work at the University of Dayton was in educational technology. He was Asst. Dean & Instructor at UVA. He was formerly VP of a local technology company serving a variety of clients including NASA, DoD, State of NC, FEMA, Disney, and CMS. As Principal of Baxter Warner Assoc., he is also under contract as historical interpreter on the Nature Bus of Norfolk.



Course Title: Bugs are Beautiful

Date and Time: Tuesday, October 25, 2022, 1:00 - 3:00

Location: TCC Virginia Beach and ZOOM

Course Description: This introduction to entomology class will help us to understand how insects are major players in the ecosystem form and function. We'll understand the importance and necessity of insects to mitigate damage to our ecosystem along with the wide-ranging diversity of insects.

Speaker: Dr. Shawn Dash is presently an Assistant Professor of Biological Sciences at Hampton University. He is highly engaged in outreach regarding natural history and helping his listeners to enjoy nature and science.



Course Title: France and Algeria, Past and Present

Date and Time: Wednesday, October 26, 2022, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: France and Algeria have a long and fractious relationship and are connected by the ties of history. The 1830 invasion of Algiers began a colonial relationship between the two nations that existed until independence was achieved in 1962. This class will explore the colonial relationship, the Algerian War of Independence (1954–62) and its effects, and relations between the two nations today as many European nations work to recognize the legacies of colonization.

Speaker: Kate Cross has degrees in European History and Journalism and a master’s degree in European History from Old Dominion University. She is currently a Ph.D. candidate in International Studies at ODU. She is a favorite with ILR audiences.



Course Title: Bertrand Russell on the Value of Philosophy

Date and Time: Monday, October 31, 2022, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: Bertrand Russell was one of the most important thinkers of the 20th century. In this presentation we will take a close look at Russell’s explanation of how the practice of philosophy can help us create a better, happier life in these turbulent and uncertain times. The main points of the discussion will be illustrated using examples of teachings and practices drawn from the history of philosophy.

Speaker: Dr. Steven Emmanuel is the Dean of the Susan S. Goode School of Arts and Humanities at Virginia Wesleyan University. He received his Ph.D. from Brown University and his Bachelor of Arts from Boston University. He was a Fulbright Fellow at the University of Copenhagen from 1985-1986.



Course Title: Bias in the Media

Date and Time: Wednesday, November 2, 2022, 10:00 - 12:00

Location: ZOOM ONLY

Course Description: With the dichotomy of programs available today which classify themselves as “News,” we will discuss the differences among them and what to consider as we try to absorb the ever-changing landscape of fact vs. fiction in the media.

Speaker: Basil Hero is an award-winning former investigative reporter with NBC News television stations. After leaving journalism, he founded Broadway Digital Entertainment, which digitally restored what the *New York Times* referred to as “television’s crown jewels” – priceless masterpieces such as *The Iceman Cometh* with Jason Robarts and Robert Redford. After selling his company, he devoted himself to helping non-profits better market themselves in their fundraising efforts. He has been a featured lecturer at NASA’s Jet Propulsion Lab, Chambers of Commerce, and universities around the country. He is now a full-time author residing in Chapel Hill, North Carolina.



Course Title: Women Leaders of the Revolutionary War

Date and Time: Thursday, November 3, 2022, 1:00 - 3:00

Location: TCC Virginia Beach and ZOOM

Course Description: What role did women play in the Revolutionary War? Did they all stay at home tending their chores, raising their families in the absence of men who were off to war? Or were they actually involved in the war effort, making the types of contributions we rarely hear or read about? Learn about women who rode further and had greater impact than Paul Revere; the women who actually led to the legend of “Molly Pitcher;” and the women who were the vanguard of championing Women’s Rights long before the 20th century movements of Women’s Suffrage or the Equal Rights Amendment.

Speaker: Randy Flood is a historian and Co-founder of The *Real American Revolution*, a nonprofit organization established to educate citizens about the American Revolution. Professionally, Randy began his career by serving on the staff of the United States Senate and has taught courses about politics and the legislative processes at numerous colleges and universities in the Washington metropolitan area. Currently he resides in Williamsburg, Virginia, where he is working with communities about the national historic trail that Generals Washington and Rochambeau and their armies traveled to entrap Lord Cornwallis and his British Army at Yorktown.



Course Title: Norfolk Southern Railroad in Hampton Roads

Date and Time: Monday, November 7, 2022, 1:00 - 3:00

Location: TCC Virginia Beach and ZOOM

Course Description: This class will specifically describe the roots of the Norfolk Southern Railroad in the Virginia Beach area and the role it played in the development of the oceanfront as a resort area from the speaker’s book *Norfolk Southern in Hampton Roads*.

Speaker: Elizabeth Cooper is a freelance writer and public relations consultant. She is the author of *Norfolk Southern in Hampton Roads* published in 2021 and *Historic Hotels and Motels of the Outer Banks* published in 2020, both by Arcadia Publishing. She was an editorial consultant for Norfolk Southern Corporation’s Corporate Communications Department from 2011 to 2019. She was also a former assistant director of public relations for ODU. Ms. Cooper is a graduate of the University of North Carolina at Chapel Hill, Hussman School of Journalism and Media.



Course Title: Where are Many of the Presidents’ Retreats?

Date and Time: Monday, November 14, 2022, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: Come see where many presidents escaped the summer heat, public scrutiny, and sought solace and renewal. We will explore some of Virginia’s and other sites including rural places like Mount Vernon, Monticello, and Montpelier, as well as John F. Kennedy’s Glen Ora and Wexford. We’ll also look at Teddy Roosevelt’s rustic retreat, Pine Knot, with four rooms and no amenities, including no secret service! We’ll discuss Herbert Hoover’s Camp Rapidan, Andrew Jackson’s use of Fort Wool near Norfolk, Camp David, and even chief executive use of multiple hunt clubs in our own Back Bay for hunting and fishing.

Speaker: Dr. Robert Baxter is a native of Tidewater Virginia and currently a volunteer Contact Ranger & Historical Interpreter with False Cape and First Landing State Parks, and the Virginia Association of Parks. He holds Dr. of Education & Master of Education degrees from UVA, and a BA in History from ODU. Half of this graduate work was in History. His postdoctoral work at the University of Dayton was in educational technology. He was Asst. Dean & Instructor at UVA. He was formerly VP of a local technology company serving a variety of clients including NASA, DoD, State of NC, FEMA, Disney, and CMS. As Principal of Baxter Warner Assoc., he is also under contract as historical interpreter on the Nature Bus of Norfolk.



Course Title: Neuropathy? Numbness? Tingling? In Hands, Feet, Arms or Legs?

Date and Time: Tuesday, November 15, 2022, 10:00 - 12:00
Location: TCC Virginia Beach and ZOOM

Course Description: The first step in making your neuropathy better is to understand what it is. Join Dr. Scott, author of *Stop Peripheral Neuropathy Intensive Program* to learn about non-drug alternatives and solutions for managing your neuropathy. Find out how others are living vibrant and productive lives without being shackled by this debilitating condition.

Speaker: **Dr. Brian Scott** has dedicated his life to helping those who are suffering from chronic pain conditions. He was educated at the University of Los Angeles, School of Health Sciences and graduated in 1988 to begin his career as a Chiropractic Physician, Board Certified in Neuropathy by the American College of Physical Medicine, and is a Certified Functional Medicine Practitioner. He also authored *Use Your Bad Habits to Lose Weight* and created a series of audio-visual programs for Weight Loss, Diabetes and Peripheral Neuropathy.



Course Title: Plants that Cause Allergies and Worse

Date and Time: Thursday, November 17, 2022, 1:00 - 3:00
Location: TCC Virginia Beach and ZOOM

Course Description: This class will discuss plants that make us sneeze and itch, and those that can be poisonous to humans, animals, and pets. You will learn ways to manage and decrease the negative aspects of these plants and which ones you want to avoid altogether.

Speaker: **Michael Andruczyk** began working as the Virginia Cooperative Extension Agent in Horticulture for Chesapeake in January 2005 and was promoted to Senior Extension Agent in July 2019. Prior to that he worked for the Norfolk Botanical Garden in 1993, first as Nursery/Greenhouse Supervisor then Supervising Horticulturist and lastly as Curator of the Plant Collection. He earned a Master of Science degree in Public Horticulture Administration from the University of Delaware.

Interested in joining the ILR Book Group?? Contact Laura Beckwith for information on its revival.
Email: laurasutherland.2016@gmail.com Home phone: 757-689-2144 Cell Phone: 774-364-2801



Siteseers: This special interest group for ILR members is made up of members who enjoy independent travel near and far and like to share their experiences and helpful tips with others. *It's free and fun!*

Please contact Nancy McWilliams for information concerning the group meeting schedule or to be added to the participation list. nancym0907@yahoo.com

This group is not related to the ILR Travel Committee, which plans day and overnight trips specifically for ILR.



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 Virginia Beach, VA 23453-1918



Phone: 757-756-4861

Email: office@ilrvb.org

Website: www.ilrvb.org

(Please print)

Name(s): _____

Address: _____

City, State, Zip: _____

Phone: _____ Cell Phone(s): _____

Email(s): _____

FALL 2022 CLASS REGISTRATION

If a Renewal form is included with the schedule as a link (sent via email) or paper form (sent via mail), you will need to renew your membership in order to register for fall events.

You may renew & register together. One check is acceptable for both.

Membership Renewal and Registration are also available online at www.ilrvb.org.

See Schedule, Page 2, for "Location" details. **Face Coverings:** Mask use is currently optional on the TCC campus.

<i>Location</i>	<i>Date</i>	<i>Time</i>	OCTOBER	<i>Registrant(s) Name/Initial</i>	<i>Cost \$</i>	<i>Total</i>
TCC-Z	3 (Mon)	10 a.m.	Sold Down the River: Norfolk Slave Trade		14.	
TCC-Z	6 (Thur)	<u>1 p.m.</u>	Banastre Tarleton		14.	
TCC	11 (Tue)	<u>1 p.m.</u>	Mushrooms (In-Person Only)		14.	
ZOOM	13 (Thur)	10 a.m.	Inevitable Uprising - Powhatan Attack (ZOOM Only)		14.	
Portsmouth	14 (Fri)	9:40 a.m.	Social: Port of Virginia Tour Max. 30 /Car Pooling Only (10 car max in lot) (See Flyer for Details - Reg. Deadline <u>Fri. 10-7</u>) (flyer) Circle One: Drive or Ride in car pool		3.	
TCC-Z	18 (Tue)	10 a.m.	Countries & Corruption		14.	
TCC-Z	19 (Wed)	<u>1 p.m.</u>	Pest Management		14.	
TCC-Z	20 (Thur)	10 a.m.	Automata to Robots		14.	
TCC-Z	24 (Mon)	10 a.m.	Decadent Life of Peggy Hopkins Joyce		14.	
TCC-Z	25 (Tue)	<u>1 p.m.</u>	Bugs are Beautiful		14.	
TCC-Z	26 (Wed)	10 a.m.	France & Algeria		14.	
TCC-Z	31 (Mon)	10 a.m.	Bertrand Russell on Value of Philosophy		14.	
				Total (front page) \Rightarrow	\$	

			NOVEMBER	<i>Registrant(s) Name/Initial</i>	<i>Cost \$</i>	<i>Total</i>
ZOOM	2 (Wed)	10 a.m.	Bias in the Media (ZOOM Only)		14.	
TCC-Z	3 (Thur)	1 p.m.	Women Leaders in Rev. War		14.	
Norfolk	4 (Fri)	10 a.m.	Social – Glassmaking Demo w Lunch Option Chrysler Museum’s Perry Glass Studio (See Flyer for Details – Reg. Deadline <u>Wed. 10-26</u>)		5.	
TCC-Z	7 (Mon)	1 p.m.	Norfolk Southern Railroad		14.	
TCC-Z	14 (Mon)	10 a.m.	Presidents’ Retreats		14.	
TCC-Z	15 (Thur)	10 a.m.	Neuropathy?		14.	
TCC-Z	17 (Thur)	1 p.m.	Plants – Allergies & Worse		14.	
			DECEMBER			
Richmond	6 (Tue)	9:15 a.m.	Travel: Richmond Day-Trip Submit Disclosure & Questionnaire forms w/Reg. (See Flyer for Details: Extended Deadline <u>Mon. 10-3</u>) <i>Please submit separate check for trip.</i>	(Non-mbr)	\$110 \$130	
Va. Beach	13 (Tue)	5:00 p.m.	Social: Swan Terrace Holiday Buffet (See Flyer for Details – Reg. Deadline <u>Mon. 12-5</u>)		\$ 1-	
				Total (this page) ⇒	\$	
<i>Total (front page)</i>						
Total						
<i>Do You Have an Account Credit ?</i>						
<i>Please note: Credits can only be used with mail-in registration (or you may call/email the office with the name(s) & date(s) of class(es) you want paid via account credit)</i>						-
<i>-- Subtract Account Credit(s)</i>						
<i>Please make check(s) payable to ILR</i>					Total Due	\$

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

Photography: The ILR reserves the right to take photographs or videos during the operation of any program or part thereof and to use them, whether taken by a representative of the ILR or by other participants, for promotional purposes. By enrolling in an ILR program, participants agree to allow their images to be used in such photography. Participants who prefer that their images not be used are asked to identify themselves to program staff and the photographer at the commencement of their program.

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

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

Signature	Date
Signature	Date

Military Aviation Museum

1341 Princess Anne Road
Virginia Beach, VA 23457



Rated by Trip Advisor as one of the top two attractions in Virginia Beach, we will take a journey back in time to when aircraft were spectacular and heroes never let us down. The Military Aviation Museum displays and owns the largest flying collection of WWI and WWII Military Aircraft in the USA. Meet and interact with veteran pilots and “Rosie the Riveter” to hear inspiring stories and find out what life was like in Virginia Beach during the 40’s. You will also see an authentic Enigma Machine, used by the Germans to encrypt messages during WWII. Breaking the code was instrumental in winning the war against Germany.

After a docent-led tour for about 1 1/2 hours and then we will enjoy a boxed lunch, weather permitting in a hanger or in a comfortable area inside the museum.

Date & Time: Thursday, September 8, 2022 at 10:00 a.m.

(To accommodate lunch service, please register by Friday, Sept. 2)

Cost: \$28 per person includes tour and box lunch from **Panera** with Sandwich, Chips, Cookie and water

Directions: Set your GPS for 1341 Princess Anne Road, Virginia Beach. You’ll travel thru the Virginia Beach countryside and continue three minutes south of the Pungo community to find the museum entrance on the right next to the dinosaurs at Jerrassic [sic] Park!



Please circle your choice of sandwich below & return with Registration Form:

Name(s) _____ Turkey Chicken Salad Vegetarian

**TRIPPING THE LIGHT FANTASTIC
RICHMOND STAINED GLASS AND TACKY LIGHT TOUR
TUESDAY, DECEMBER 6, 2022**

Assemble at Target on Military Highway at 9:15 A.M. Arrive in Richmond around lunch time for a box lunch from Jason's Deli. (Select lunch choice from the disclosure form.)



We travel to the Cathedral of the Sacred Heart and Catholic Museum to view beautiful stained-glass windows. The cathedral (circa 1906) is on the Registry of Historic Places.

We will travel to Maymont Mansion, which features Christmas traditions of the late 19th and 20th centuries. The historic estate features a carriage house with vintage vehicles, as well as gardens and walking paths.



After dinner (*on your own*) at Short Pump, we visit RVA'S famous Tacky Light Tour. The visit to ten (10) homes includes winners of The Great Christmas Light Fight featuring thousands of lights, figurines, and much preparation. At 8:30 p.m., we head back to Target and home.

DATE: Tuesday, December 6, 2022

DEPART 9:30 A.M. Target, 1245 N. Military Hwy, Norfolk, Va.

RETURN: Approximately at 10:30 P.M., Target

CONTACT: Betty Callahan 757-424-6390 (c) email: lioninthesand@aol.com

Chris Colden 757-650-5784 (c) email: thecoldenfamily@gmail.com

COST: \$110.00 Per Person (Includes bus, lunch, entry fees, tips, and tours)

Submit your registration via mail or bring to office. Online registration is not available for the trip.

Guests are welcome at a price of \$130.00 (non-ILR)

Minimum: 30 Maximum: 40 Masks are optional.

EXTENDED REGISTRATION DEADLINE October 3, 2022. After that date, NO refunds.

The trip includes walking outside, on stairs, and uneven surfaces. Please plan accordingly.

An ILR Travel Committee Event



Travel Committee Trip Disclosure Form



Incomplete forms will NOT be processed!

Please submit separate check for trip payment.

This form clarifies the policies of ILR and the commitment of the trip participant(s)

The ILR Richmond Stained Glass and Tacky Light Tour

ILR Day Trip: Tuesday, December 6, 2022

Sign-up Deadline *Extended*: Monday, October 3, 2022

One Bus: Minimum 30 participants; Maximum 40 participants

If interested in this outstanding trip, do not wait until the sign-up deadline to submit paperwork. Spaces are filled in the order of receipt and completion. Once the maximum (40) is reached, a numerical *wait list* is kept based on the submission date of **completed** paperwork. If you are traveling with a friend, make certain that your paperwork is submitted simultaneously, otherwise travel for both is not guaranteed

To secure your reservation/s for this ILR Member Trip, return this signed **Trip Disclosure Form, Traveler Questionnaire Form and Check, payable to ILR.** (*online registration is not available*)

Please initial each statement below. If a couple (i.e. husband and wife) are traveling together, both need to initial and sign this document. Copy for your records.

_____ ILR reserves the right to cancel a trip if the minimum numbers are not met. Money will be refunded.

_____ If a member cancels after the Extended Sign-up Deadline (10/03/2022), and a replacement from the *wait list* is secured, a refund is issued, minus a \$2 administrative fee.

_____ If a member cancels after the Extended Sign-up Deadline (10/03/2022), and there is ***NO waitlist***, ILR does not issue refunds; however, the member may secure his/her replacement with an ILR member, making financial arrangements with the replacement and notifying the ILR office no later than November 1, 2022.

_____ **Wait-List Policy:** If you are on the *wait list*, ILR will notify you as cancellations are received. Those who are still on the *wait list* at the time of the trip will be issued a full refund check.

_____ Primary communication with trip participants will be by E-mail.

Signature/s: PLEASE PRINT LEGIBLY AND SIGN

PRINTED NAME

_____ Signature _____ Date _____

PRINTED NAME

_____ Signature _____ Date _____

Please Submit with the Traveler Questionnaire!!

Office Use Only: Date Rec'd _____ Trip \$ Pd _____ Ck. No. _____

THE ILR RICHMOND STAINED GLASS AND TACKY LIGHT TOUR
TUESDAY, DECEMBER 6, 2022



Traveler Questionnaire - Incomplete forms will NOT be processed!

Complete **one form** for **each** trip participant and submit all paperwork together, along with your check.

Printed Name: _____

Legibly PRINT Email Address: _____

Phone: Home: _____ Cell: _____

YES ___ **NO** ___ Is it o.k. to leave messages on answering machine/voice mail?

JASON'S DELI BOXED LUNCH SANDWICH CHOICES (CIRCLE ONE):

Ham & Cheese Roast Beef Chicken Salad Smoked Turkey & Cheese Roasted Turkey & Cheese Tuna Salad

Bread (Circle One): Multigrain Wheat Country White Rye

Dessert (Circle One): Chocolate Chip Cookie Cranberry Walnut Cookie Oatmeal Cookie Fudge-Nut Brownie

Side (Circle One): Fresh Fruit Cup Italian Pasta Salad

Special Food Needs: allergies, vegetarian, etc. _____

(Dinner is not included in the cost of this trip. We will stop at Short Pump Town Center, where you will find a variety of restaurants from which to choose.)

Circle Response: **YES** **NO** Will you be a volunteer photographer for the ILR website/archives?

YES **NO** Will you write a summary of our trip experience for the ILR website?

Emergency Contact information (someone not on the trip with you)

Emergency Contact Name: _____ Relationship _____

Emergency Contact phone number/s: _____

Gratuities included in the cost of the trip: bus driver, Sacred Heart Cathedral. Additional "gifts" are a personal choice.

Questions? Please contact one of the travel committee members listed below, **not the ILR Office:**

Chris Colden (757) 650-5784 (cell); thecoldenfamily@gmail.com

Betty Callahan (757) 424-6390 (cell); lioninthesand@aol.com

PLEASE SUBMIT WITH DISCLOSURE FORM!



The Port of Virginia, located in our backyard, ranks among the Top 5 biggest ports in North America. It is often the #1 Port of Choice for freight companies around the world shipping to the US East Coast because of innovations reducing time and traffic in off-loading and loading cargo.

Last fall, ILR offered a class about the Port of Virginia. Those in attendance were immediately attracted to the idea of seeing this amazing port in action. Thankfully, we are now able to offer that opportunity. From the vantage point of a window tour in the tower at the Virginia International Gateway in Portsmouth, not far from Norfolk, we will be able to see up close the time saving mechanisms and interlocking successive steps that make the Port of Virginia so successful. The host for this event will be Thomas G. Cross, Director of State and Local Government Affairs at the Port.

This is a secure facility so participants need to adhere to certain rules.

- Government issued identification must be presented.
- Timeliness is essential since we will be met by escorts and then led to the conference room
- Parking is limited so each car must have 3-4 occupants. (If you are not willing to carpool, please do not register.)

DATE: Friday, October 14, 2022

TIME TO ARRIVE: Assemble in the Parking area at 9:40 a.m. Then we go through “Security” and are escorted to the Tower Conference Room.

PRESENTATION: 10:00 a.m. -11:00 a.m., allowing time for q & a

MAXIMUM: 30 participants

REGISTRATION DEADLINE: Friday, October 7, 2022

COST: \$3 administrative fee

CARS: We are limited to 10 cars. **After the Registration Deadline**, a member of the ILR Social Committee will contact each enrollee to organize carpooling and central meeting areas. Also at that time, the precise Portsmouth address and arrival instructions will be sent. Please indicate on the registration form if you will need a ride or if you are willing to drive others.

An ILR Social Committee Event

Name: _____ Phone Number: _____

Am willing to drive others to Portsmouth: _____ or Need a ride _____



Glassmaking Demonstration at the Chrysler Museum of Art's Perry Glass Studio

Please join your fellow ILR members for a narrated glassmaking demonstration. The Perry Glass Studio brings their internationally-acclaimed glass collection to life by showing us how these masterpieces were created. Learn about the properties of glass, the glassmaking process and watch the making of a glass object.

DATE: Friday, November 4, 2022.

TIME: 10:00 a.m. Doors open at 9:45. **Demonstration begins promptly at 10:00.**

LOCATION: 745 Duke Street, Norfolk, VA 23510

PARKING: There is plenty of free on-site parking at the Chrysler Museum.

COST: \$5.00 (includes administrative fee and donation).

MAXIMUM: 30

REGISTRATION DEADLINE: Wednesday, October 26, 2022

Optional Lunch at Orapax Restaurant

Make a day of it by continuing on for lunch at the Orapax Restaurant, a family owned and run restaurant featuring Mediterranean fare and specialty pizzas. Lunch is not included in cost. Separate checks with gratuity added.

LOCATION: 1300 Redgate Avenue, Norfolk, VA 23503

TIME: 11:30 a.m., after glassmaking demonstration

MAXIMUM: 30

REGISTRATION DEADLINE: Wednesday, October 26th

PARKING: There is a parking lot for the restaurant, as well as on-street parking.

***** Be sure to indicate whether you will be going to lunch: ___YES ___NO**

If you have any questions on the day of the demonstration, feel free to call or text Carrie Knott (757) 636-7388.

An ILR Social Committee Event



The Swan Terrace Holiday Buffet

*Tuesday, December 13, 2022
5:00 p.m.*

Join fellow ILR merry makers for an elegant evening and a delicious Holiday Pasta Buffet. Enjoy the beautiful holiday decorations and lights. Create your own pasta dish, and savor an additional selection of five hot entrees. A great start to the fun holiday season. As we draw closer to December, carriage rides around the grounds may be available for an additional fee. Whether it be Christmas, Hanukkah or any other seasonal holiday, come and join in the merriment of good friends, great food and a holiday atmosphere.

- DATE: Tuesday, December 13, 2022*
- TIME: 5:00 p.m.*
- PLACE: The Swan Terrace at The Founders Inn,
5641 Indian River Road, Virginia Beach 23464*
- COST: \$1.00 Admin. Fee (non-refundable)
Buffet is approximately \$28.00 per person.
Does not include tax and gratuity – separate checks.
Buffet only – cannot order from the menu
for this group event.
There is a Senior Citizen 10% discount available.*
- RESERVATION
DEADLINE: Monday, December 5, 2022*

An ILR Social Committee Event

Faith Sullivan 757-497-4719