



**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](http://www.ilrvb.org) Email: [office@ilrvb.org](mailto: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](http://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](http://www.tcc.edu); Campus info center: (757) 822-1122; ILR Office Phone: 756-4861; ILR website: [ilrvb.org](http://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:**

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**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.**

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**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 17<sup>th</sup> 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 21<sup>st</sup> 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 20<sup>th</sup> 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 20<sup>th</sup> 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](mailto: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](mailto:nancym0907@yahoo.com)

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