



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 SUMMER 2023 – 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 may 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 \$25*. The cost of *each selected class is \$15* 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, such as Siteseers, who discuss international travel, the ILR Book Group, and Great Decisions. Call the office for contact information about these groups.

Our classes are usually two-hour presentations. Each calendar quarter, ILR offers 15 to 20 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.) Specific room numbers are provided immediately prior to the class date.

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.

TCC Closures and/or Inclement Weather

When TCC is closed or delayed, check your email for class status; it may be changed to Zoom Only instead of cancelled. **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.

Sign up for TCC Alerts: [Go to TCC Alerts FAQ page](#)

Parking at TCC

Parking is free. For Pungo Building F DRIVE TO Parking Lot 1 (closest to Princess Anne Rd.) Map will be included with class notification emails. **Parking info for other possible class locations will be provided as needed.**

Dear ILR Members,

We are happy to continue offering 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. We are now using the Pungo Building (F) Auditorium, (F-133) which is 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: ILR offers 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 classes held in F-133, Pungo Aud.

- ❖ **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: French Aid During the American Revolution

Date and Time: Thursday, July 6, 2023, 1:00 - 3:00

Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Back by popular demand, this class will revive and refresh a topic covered several years ago. Randy will retell the story of the unsung and largely unknown French leaders who helped George Washington’s Continental Army survive and outlast Britain’s finest professional troops.

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 the Washington Rochambeau Revolutionary Route Association to educate teachers, students, and 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: Pioneers or Rogues:

Personalities of the Great Dismal Swamp and Environs

Date and Time: Monday, July 10, 2023, 10:00 – 12:00

Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Some lived on the edges of the swamp. Others lived deep within. Some were visitors, others spent most of their life deep inside. These are select stories of some associated with the Great Dismal Swamp of VA and NC. Countless others, especially Native Americans, largely remain anonymous. Many were people of color. There were women, men and children who spent most of their lives in the place called dismal. Many known today were either villains, outcasts, freedom seekers or plantation dwellers. You must decide where they fall. Each offers a window into the ever-unfolding history of the Great Dismal Swamp.

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 a Doctorate and a Master’s Degree of Education from UVA, and a B.A. 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 Assistant 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: The Importance of Exercise Related to Health

Date and Time: Thursday, July 13, 2023, 10:00 – 12:00

Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Mary Curran will give us the lowdown on why exercise is so important to our overall health and well-being. She will show us specific examples of how we can improve our lives and have fun doing it, at home OR at the gym.

Speaker: Mary Curran has her own nutrition business: Curran Wellness. She is a registered and licensed dietitian and is also a certified health education specialist and a certified health coach.



Course Title: Medicine in Early Virginia

Date and Time: Tuesday, July 18, 2023, 1:00 - 3:00

Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: From the efforts of the first physician in Jamestown, through the colonial period and on into Civil War times, the understanding of disease and treatments evolved greatly in Europe and in Virginia. The discussion of this evolution will involve three areas of medicine: diseases and events, practitioners and caregivers, and treatments and interventions.

Speaker: Dr. Richard Brown is a native of Norfolk. He is a graduate of Maury High School and the University of Richmond. He received his MD degree from the University of Virginia, and a degree in Tropical Medicine and Public Health from Harvard University. Most of his career was spent in Africa where he developed programs to combat tuberculosis, malaria, and AIDS. At present, he is retired from medical practice, but he keeps active as a Master Docent at the Chrysler Museum of Art.



Course Title: The Socrates Club

Date and Time: Wednesday, July 19, 2023, 10:00 – 12:00

Location: TCC VB - Pungo Auditorium Only

Course Description: This speaker returns to guide us into the exploration of some deep and murky questions of life. Come prepared to examine your thinking and sharpen your viewpoint. We will go where East meets West...science meets spirituality...and knowledge meets wisdom.

Speaker: Dr. Roshan Talreja took his pre-med training at Cambridge and graduated from Delhi University Medical School. After completing his medical degree in England, India, and the U.S., he did his Internal Medicine Residency in 1973, a Fellowship in Cardiology in 1974, and special training in Emergency Medicine in 1975. He is a member of the American Medical Association and the American Philosophical Association.



Course Title: Henry VIII and the English Reformation

Date and Time: Tuesday, July 25, 2023, 10:00 – 12:00

Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Henry VIII is remembered for his marital troubles, but his reasons for those troubles and for leaving the Catholic Church because of them are more complicated than you might think. This lecture will explain Henry’s family, his own beliefs, and his reasoning for making decisions that affected the whole of England.

Speaker: Jared Setnar earned his B.A. in History and M.S. in European History from Virginia Wesleyan. He is director of the Upper School at Chesapeake Bay Academy where he also teaches history. He is editor of the Madison Review and Historical Scholarly Journal published by James Madison University.



Course Title: The Russian Invasion of Ukraine:

The Long Line of Troubles in the Frontier

Date and Time: Monday, July 31, 2023, 10:00 – 12:00

Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Russia’s invasion of Ukraine has entered its ninth year. This talk will review 650 years of Ukrainian history, how it has survived, and shed light on the greatest geopolitical threat to the liberal world order since 1939.

Speaker: Dr. Christopher Hartwell is head of the International Management Institute and Professor of International Business Policy at the Zurich University of Applied Sciences School of Management and Law.

He is also affiliated with Kozminski University and as a Fellow with CEIBS Shanghai and Center for Social and Economic Research in Poland. He has been a visiting Professor at RANEPa in Moscow but resigned due to Moscow's "heinous unprovoked invasion of Ukraine."



Course Title: Spanish Involvement During the American Revolution
Date and Time: Thursday, August 3, 2023, 1:00 – 3:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Back by popular demand, this class will review and refresh our minds about how Spain's king at the time, Charles III, was instrumental in helping the American Colonies break away from Great Britain to become the Thirteen Independent Nation-States.

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 the Washington Rochambeau Revolutionary Route Association to educate teachers, students, and 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: Is China's New Emperor Wearing No Clothes?
Date and Time: Tuesday, August 8, 2023, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: As the U.S.-China confrontation heats up, Xi Jinping, CCP's hardline leader, broke the term limit and was given "unanimous votes" by his hand-picked members of the People's Congress to extend his chairmanship of the People's Republic of China. What are the implications of his becoming the de facto emperor for the competition between the US-led free world and the largest dictatorship? Will the status provide him with stronger armor and weapons, or make him more exposed in the battle for world domination?

Speaker: **Dr. Shaomin Li** is an Eminent Scholar and Professor of International Business at Old Dominion University. He received a Ph.D. in Sociology from Princeton University. His research focuses on international political economy. His articles have appeared in *The Wall Street Journal*, *The Financial Times*, *The New York Times* and *Harvard Business Review*. *The Economist* magazine has featured his research. He is the recipient of Virginia's Outstanding Faculty Award from 2008.



Course Title: Using Nutrition as Medicine
Date and Time: Thursday, August 10, 2023, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: This lecture will address those with common illnesses such as hypertension, diabetes, coronary artery disease, obesity, and high cholesterol. It is possible to treat every one of these diseases without another drug. Let me show you how.

Speaker: **Sharon B. Henley, BSN**, taught aerobic classes and weight training at a local gym and was a volunteer paramedic for 16 years while working through nursing school. She then worked at Sentara Princess Anne Hospital to open their first Cardiac and Pulmonary Rehab department and now serves as the Manager of Cardiac and Pulmonary Rehab and Vascular Rehab and Program Director for Ornish Lifestyle Medicine. She volunteers yearly by traveling to the Middle East to run a clinic for Syrian and Iraqi refugees.



Course Title: **How to Protect Your Identity**
Date and Time: Tuesday, August 15, 2023, 1:00 - 3:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Our Resident Money Guru will give us the scoop on protecting our identity from a financial perspective. Horror stories abound in this area, as well as multiple people offering a fix. It is very difficult to figure out what to do for both PREVENTION and AFTERMATH. Justin will give us his usual sound advice.

Speaker: **Justin Chastain** is a Financial Wellness Manager and Vice President at Southern Bank. He has been teaching financial wellness classes in the area for many years.



Course Title: **Fields of Friendly Strife: General Douglas MacArthur and Sport**
Date and Time: Thursday, August 17, 2023, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: General Douglas MacArthur is mostly remembered as a military leader, but his contributions to sport are one of the great unknown chapters of his story. A football and baseball player in his youth and his lifelong interest in athletics were both personal and professional. From leading Team USA in an Olympics to encouraging athletics in post-war Japan, his passion for sport left a lasting legacy and drew him into contact with Johnny Weissmuller, Ty Cobb, Pete Dawkins, Jackie Robinson, Vince Lombardi, and more!

Speaker: **Amanda Williams** is a graduate of Randolph-Mason Women’s College with a B.A. in History and Art History. She received an M.A. in History from Old Dominion University. She began her career as an Archaeologist at Historic Jamestown before moving to 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: **Magnificent Madagascar**
Date and Time: Tuesday, August 22, 2023, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: This presentation will give us a tour of several areas in the southern half of this exceptionally diverse country. We will look at flora, fauna, scenery, people and structures. Because of its unique isolation from major land masses, the flora and fauna have developed many endemic species that cannot be found anywhere else in the world. Lemurs, orchids, bottletrees and other unique plants and animals will be shared in this presentation.

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: **Wetlands of Hampton Roads**
Date and Time: Thursday August 24, 2023, 10:00 - 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: What are wetlands and why are they important to Hampton Roads? In Norfolk alone, there are approximately 144 miles of shoreline along lakes, rivers, and the Chesapeake Bay; many of these miles are, or used to be, lined with wetlands. This class will discuss the ecology and history of wetlands, their

significance in Hampton Roads, and the need for wetland restoration. This class will broaden your understanding of wetlands and increase your appreciation for their significance to Hampton Roads.

Speaker: Devani Jolman has a B.S. in Biology and is currently pursuing a Ph.D. in Ecological Sciences focused on botanical research. She has served as a park interpreter and nature center naturalist and presently serves as an educator at Norfolk Botanical Gardens and the Elizabeth River Trail. Devani also maintains membership in multiple botanical societies.

ILR Special Interest Groups



Interested in joining the **ILR Book Group**?? It is currently on summer break but is scheduled to meet again beginning in the fall. Contact Laura Beckwith for information.

Email: laurasutherland.2016@gmail.com Home phone: 757-689-2144 Cell Phone: 774-364-2801



Siteseers: This ILR special interest group is made up of members who enjoy learning about or sharing experiences and helpful tips with others concerning independent travel near and far.

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.