



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 WINTER 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 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, 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 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 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: Jefferson Lab: Your Local Particle Accelerator

Date and Time: Monday, January 9, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: This presentation will provide an overview of the activities and scientific programs at Jefferson Lab. It is unique for studying the science of the strong interaction, i.e., the interactions between (and within) protons and neutrons in atomic nuclei, which makes up the bulk of mass in the visible universe. Jefferson Lab also contributes to local science educational efforts, helps develop detectors for metal imaging, and is an important resource and component provider for other major laboratories in the U.S.

Speaker: David Gaskell is an experimental nuclear physicist who has worked at Jefferson Lab since 2002. He received his Ph.D. from Oregon State University in 2001 based on data taken at Jefferson Lab. He has led and helped carry out several experiments at Jefferson Lab.



Course Title: The British Empire: Its Construction, Monarchs and Dismantling

Date and Time: Tuesday, January 10, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: The British Empire began to take shape in the 16th century and evolved to become the largest empire in the world. World War I, World War II, and the new ideas of the 20th century resulted in an examination of the imperialism, the steady dissolution of the Empire and the creation of the Commonwealth of Nations. The recent death of Queen Elizabeth II has caused a dearth of articles concerning her role in British imperialism. What was it? What were the attitudes and actions of the monarchs that preceded her? Join us to trace the history of the British Empire and the role of the monarchs in its construction, its height, and its dismantling.

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 candidate for Ph.D. in International Studies at ODU. She is a favorite with ILR audiences.



Course Title: Alexander Hamilton

Date and Time: Thursday, January 12, 2023, 1:00 - 3:00

Location: TCC Virginia Beach and ZOOM

Course Description: Alexander Hamilton was one of our most important Founding Framers and influential leaders as the United States emerged as a nation in the 1790s. Orphaned at a very early age, he began working in a brokerage house, learning multiple languages and coinage of other nations. Through many benefactors, he attended a college-prep school and Kings College. Establishing an artillery unit, he served in the Continental Army and became an Aide-de-Camp to General George Washington. His friendship with Washington led to serving in the first presidential cabinet as America's first Secretary of the Treasury. Who was Alexander Hamilton? Learn more about him on January 12.

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: Hitchcock in the 50s

Date and Time: Tuesday, January 17, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: Alfred Hitchcock worked in the motion picture industry for over six decades and on fifty-three films. It is generally considered that the 1950s was his most creative decade. He made box office hits, several classics, and one movie to be considered by some critics to be the best film ever made. Join Hitchcock expert Bill Myers as he takes you through all eleven movies (and one TV series) made by the “Master of Suspense” from 1950-1959.

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: Tectonics Makes the Earth Rock

Date and Time: Thursday, January 19, 2023, 1:00 - 3:00 (*Rescheduled from Feb. 16 date*)

Location: TCC Virginia Beach and ZOOM

Course Description: Why is Iceland called the land of fire and ice? What is the Ring of Fire? Why are some volcanic eruptions deadly and others are not? Why does the East coast have fewer earthquakes than the West coast? To better understand our planet, we will explore the foundations of the global plate tectonic theory to appreciate our ever-changing dynamic home we call Earth. We will travel the globe to explore the distribution of earthquakes and volcanoes, mountain ranges, and the island country of Iceland sitting on one of the biggest ‘cracks’ in the Earth’s crust. The presentation will also include an overview of Dr. Duffy’s trip to Iceland in January, 2022, highlighting places of interest and the geology of fascinating landscapes.

Speaker: Debra Duffy recently retired from geoscience education after 30+ years. Prior to the education field, she worked as a geologist primarily in wetland research studies. While in education, Debra worked in Earth, Environmental, and Oceanographic sciences both teaching and curriculum development, and managed a STEM teacher preparation program. Debra holds a B.S. and M.S. in Geology and a Ph.D. in Science Education, Curriculum, and Instruction. In 2011 she served as educator-at-sea on the *E/V Nautilus*, an underwater mapping expedition (under Dr. Robert Ballard, who found the Titanic). She received *Professor of the Year 2018* at TCC for her work in fostering a community partnership between Nauticus museum and TCC oceanography students.



Course Title: Finances Related to Retirement

Date and Time: Tuesday, January 24, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: This class will review the best practices and issues related to retirement. Mr. Chastain will discuss how our mindset affects our decision making, dealing with income, strategies that include a spouse, and other related issues.

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: Western Culture Matrix: Choosing What to Know

Date and Time: Thursday, January 26, 2023, 1:00 - 3:00

Location: ZOOM Only

Course Description: We cannot know everything, but we can know something. The matrix offers a practical way of choosing what to know. Across the top of the matrix, we write Art, Literature, Music, Philosophy/Theology, Science/Mathematics, and History/Social Sciences. Down the side of the matrix, we mark time, with big chronological chunks for Ancient Greece, Ancient Rome, and the Early Middle Ages, followed by individual centuries. Then we give the boxes a name, one per box. Finally, we choose a work for each name, producing a repertoire so that our generalizations will always be grounded in specific examples.

Speaker: Arthur Wenk holds a Ph.D. in musicology and master's degree in music theory, information science and counseling psychology. Dr. Wenk spent twenty years teaching music history, twenty years teaching calculus and Advanced Placement Statistics, and seven years practicing psychotherapy, with a specialty in EMDR. He served as organist-choirmaster in various churches and founded adult semi-professional chamber choirs. He has published eighteen books.



Course Title: Living Life with Less Plastic

Date and Time: Monday, January 30, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: Single use plastics are plaguing the environment and harming wildlife all around the world. We will look at some local data found during Virginia-based marine debris research projects and volunteer cleanups and discuss how plastics are getting into the environment. We will discuss which types of plastic pollution are most harmful to wildlife and why. Finally, we will learn how to “turn off the faucet” of single-use plastics in our own lives by rethinking some of the more common uses of plastics and how we can refuse, reduce, and reuse.

Speaker: Christina Trapani has owned the Eco Maniac Company since 2008, a retail business offering alternatives to single-use plastics. She is a marine debris researcher, dolphin/whale watch naturalist and sea turtle biologist. She has been involved statewide in marine debris research and balloon litter research. Christina's projects also include a reusable bag for youth program and the Keep It Beachy Clean project.



Course Title: Stabilizing Democracy: Women's Suffrage in the U.S. and Japan

Date and Time: Tuesday, January 31, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: In the United States and Japan, women's suffrage came in the aftermath of world wars. For American women, their contributions to World War I created an irrefutable argument in favor of the 19th Amendment. For Japanese women, Japan's defeat in World War II brought them a powerful new ally – General Douglas MacArthur. Join MacArthur Memorial historian Amanda Williams for an overview of how these periods of crisis and change resulted in women's suffrage in the U.S. and Japan.

Speaker: Amanda Williams is a graduate of Randolph-Macon Woman's College with a B.A. in History and Art History. She received a M.A. 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 War in Ukraine

Date and Time: Monday, February 6, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: For most of its existence, Ukraine has been ruled by external states, including the Austrian Empire, the Russian Empire, Poland, Nazi Germany, and the Soviet Union. Following World War I, Ukraine enjoyed a brief moment of independence, which ended with the Soviet Union seizing Ukrainian territory in 1921. Ukrainians took advantage of the unraveling of the Soviet Union in the early 1990s to secure their independence in December 1991. For Vladimir Putin, Ukraine's secession was untenable. In spring 2014, Russia seized Crimea, then supported insurgents in the eastern Donbas region where fighting broke out. This lecture examines the War in Ukraine from 2014 through today with an emphasis on the historical underpinnings of the conflict.

Speaker: Dr. Sara Sewell is a cultural historian currently teaching at Virginia Wesleyan University. She has a Ph.D. in European Cultural History from the University of Wisconsin and does extensive research in Europe. Her research focuses on Germany in the 1920s and 1930s. She has previously presented to ILR on the French Revolution, the Rwandan genocide, and Germany since the fall of the wall. She is Executive Director of the Lighthouse: Center for Exploration & Discovery.



Course Title: The Washington/Rochambeau Revolutionary Route National Historic Trail

Date and Time: Thursday, February 9, 2023, 1:00 - 3:00

Location: TCC Virginia Beach and ZOOM

Course Description: What is the Washington Rochambeau Revolutionary Route? Known as the W3R, how did this travel route become an important national historic trail? Where does it lead? Where did it start and where does it end? Why is it named "Washington Rochambeau"? Does it exist in Virginia, and if so, where are some important historic sites that appear along the trail? Learn about this National Historic Trail in the lecture on February 9.

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: The World of Art in 3-D: Sculpture from the Chrysler Museum of Art

Date and Time: Monday, February 13, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and ZOOM

Course Description: For thousands of years, visual arts held a vital role in communicating religious faith, social rules, and political ideas to the masses. Modern artists as well share ideas, tell stories, and reach out to move us through works of art. From ancient to modern times, in cultures around the globe, visual artists have created 3-D works, sculptures that teach, influence and even delight. How can we read the 3-D messages their artists created to communicate? Join Maureen Harms as she explores the Chrysler Museum of Art's collection of sculptures.

Speaker: Maureen Harms is a Master Docent at the Chrysler Museum of Art. Her interest in art began when she and her husband lived in Europe where they explored one museum after another. She continued to deepen her knowledge of art and art history through university coursework and by joining the docent program at the Chrysler Museum.



Course Title: Herbs for Heart Health

Date and Time: Tuesday, February 14, 2023, 1:00 - 3:00

Location: TCC Virginia Beach and ZOOM

Course Description: Find out what herbs to use to relieve stress, reduce blood pressure, improve circulation, and promote a healthy heart. Learn how to make heart-healthy teas and treats with samples for tasting.

Speaker: Vickie Shufer is an herbalist and forager with a Master's Degree in Therapeutic Herbalism. She teaches about edible and medicinal plants, including medicine making and wild food cooking classes. She is the author of *The Forager's Handbook* and *The Everything Guide to Foraging* and was the editor and publisher of *The Wild Foods Forum* newsletter from 1994 to 2014.



Course Title: Tectonics Makes the Earth Rock

Date and Time: ~~Thursday, February 16, 2023, 1:00 - 3:00~~ SEE JANUARY 19th

Location: TCC Virginia Beach and ZOOM

Course Description: Why is Iceland called the land of fire and ice? What is the Ring of Fire? Why are some volcanic eruptions deadly and others are not? Why does the East coast have fewer earthquakes than the West coast? To better understand our planet, we will explore the foundations of the global plate tectonic theory to appreciate our ever-changing dynamic home we call Earth. We will travel the globe to explore the distribution of earthquakes and volcanoes, mountain ranges, and the island country of Iceland sitting on one of the biggest 'cracks' in the Earth's crust. The presentation will also include an overview of Dr. Duffy's trip to Iceland in January, 2022, highlighting places of interest and the geology of fascinating landscapes.

Speaker: Debra Duffy recently retired from geoscience education after 30+ years. Prior to the education field, she worked as a geologist primarily in wetland research studies. While in education, Debra worked in Earth, Environmental, and Oceanographic sciences both teaching and curriculum development, and managed a STEM teacher preparation program. Debra holds a B.S. and M.S. in Geology and a Ph.D. in Science Education, Curriculum, and Instruction. In 2011 she served as educator-at-sea on the *E/V Nautilus*, an underwater mapping expedition (under Dr. Robert Ballard, who found the Titanic). She received *Professor of the Year 2018* at TCC for her work in fostering a community partnership between Nauticus museum and TCC oceanography students.



Course Title: Landscape Ideas for Water Quality

Date and Time: Tuesday, February 21, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and Zoom

Course Description: This class will look at different ways we can protect our water quality in landscapes for different scale situations. We will work with a site and utilize different techniques to make a more attractive and interesting landscape adjacent to water systems.

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: **Myths about Carbs: The Good, the Bad, and the Ugly**

Date and Time: Wednesday, February 22, 2023, 10:00 - 12:00

Location: TCC Virginia Beach and Zoom

Course Description: This class will help us sort through the confusing information about managing Carbohydrates in our diet, including reading labels, and when to say “yes” to Carbs.

Speaker: **Mary Curran** has her own nutrition business, Curran Wellness. She is a registered and licensed dietitian. She is also a Certified Health Education specialist and a certified Health Coach.



Course Title: **Evolution, Commercial Uses and Challenges of Drones**

Date and Time: Tuesday, February 28, 2023, 1:00 - 3:00

Location: TCC Virginia Beach and Zoom

Course Description: This class will discuss the evolution of drones and how they are used to provide enhanced delivery capabilities to urban environments for critical food, water, clothing, and other items in hard-to-reach areas not easily accessed by vehicle traffic. We will discuss regulations, technological and cost challenges to implementing unmanned drones for urban use.

Speaker: **CDR(Ret) Shannon Voss** served 29 years in the United States Navy. He achieved three advanced degrees in Radiation Health Physics with a Ph.D. in Nuclear Engineering. As a Radiation Safety Officer, he covered Navy Medical clinics and hospitals located in Great Britain, Spain, Italy, Egypt, and Greece. He served as the Director of Operations and the Chief Science and Research Advisor. During his last tour of duty, he was the chair for the Directed Energy Bioeffects and Human Systems Integration Department. After retiring in 2014, he is now serving as the Physics teacher at Floyd Kellam High School.

The Great Decisions Group Revival is Happening!

(details may have changed since the schedule was originally sent.)

The *Great Decisions* discussion group will have an organizational meeting in December. Please email or call the office for details.

Our current plan is to meet in the Advanced Technology Center (ATC) building, Room H248, a small conference room. This is the building where ILR classes have been held for the past half-year. For your GPS use: 1800 College Crescent, Virginia Beach, 23453.

This meeting is for previous members to reconnect and for new members to learn what the program is about and how it works. Also, a moderator or 2 co-moderators must be chosen to keep the group organized and synchronized with the National program. This is where the experienced members will be most useful.

Please contact the office if you plan to attend so we can keep you informed of any unexpected changes.

Email: office@ilrvb.org Office: 757-756-4861



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 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.