



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 SPRING 2024 – 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.

Dropping a Class vs Class Cancellation

If a member drops 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 events, the refund will vary according to the individual event 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 use 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.

Guest Policy: ILR waives the membership requirement for a particular person to attend an event with a member once per year. A member may invite multiple guests per year, but each may attend one event. The event fee must be paid.

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: **The President Who Loved Back Bay**
Date and Time: Wednesday, April 3, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Grover Cleveland, “One of the most fascinating White House occupants,” had a swift rise in politics. As a lawyer, he was elected mayor of Buffalo in 1881, became New York governor in 1883, and President in 1885. He was the only person to serve two non-consecutive presidential terms. He was known for his honesty and as someone who loved the outdoors. His favorite sporting holiday was to Back Bay, Virginia, a place to which he returned for years. This presentation will examine his unusual life, his achievements, and time spent in Virginia Beach in its early years.

Speaker: **Lillie Gilbert**, author of five books, graduated from the College of William and Mary with a Master’s Degree in Education. She is a life member and board member of the Princess Anne County/Virginia Beach Historical Society and has been researching waterway history since the 1980s. Finding that several presidents had vacationed in Virginia Beach, she was drawn to Grover Cleveland for his love of Back Bay, Virginia.



Course Title: **Electric Vehicles: Past, Present, and Future**
Date and Time: Thursday, April 4, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: This course will cover electric vehicles, charging infrastructure, and the future of the automotive industry. It will include the differences between ICE (Internal Combustion Engines) and EVs (Electric Vehicles) past, present, and future.

Speaker: **David Howell** has been a member for 40 years of the Automotive Services Excellence as a Master-Certified Automotive Technician, Services Manager of both aftermarket and OEM (Original Equipment Manufacturer), Virginia State Inspector, and current Lead Ford ASSET Instructor at Tidewater Community College. He has also been a professional vehicle restoration and chassis dynamometer specialist.



Course Title: **The Art of Passover**
Date and Time: Monday, April 8, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: The holiday of Passover is based on the story of the Exodus of the Jews from Egypt. The name “Passover” comes from the ‘Passing over’ of the homes of the Jews during the 10th plague, the death of the first born. Passover is observed at a celebration called a Seder (which means ‘order’). This lecture will tell the story of this holiday using art objects as visual resources for learning and understanding.

Speaker: **Rick Rivin** is a native of Portsmouth, Virginia. He attended Harvard College and the Harvard Graduate School where he obtained a Master’s Degree in Architecture. He has been a Vice President of LIFE, Inc. providing expert opinions of building problems and remediation. He has also served as Adjunct Instructor at ODU and TCC in Virginia Beach. He remains a member Emeritus at the AIA, is a Fellowship at CSI, and a program presenter with JAE.



Course Title: Henry Knox: Soldier to Cabinet Member
Date and Time: Thursday, April 11, 2024, 1:00 – 3:00
Location: TCC VB - Pungo Auditorium and ZOOM

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

Speaker: **Randy Flood** is 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: Beyond the Binary: Intro to LGBTQ Cultural Competency
Date and Time: Monday April 15, 2024 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: This lecture will seek to educate us on how we can foster inclusive environments for LGBTQ+ people and use the best practices and inclusive language in our everyday lives.

Speakers: **Michelle Reed** is the director of Community Engagement and has been employed with LGBT Life for 17 years and has worked in HIV prevention for 19 years. Ms. Reed completed her undergraduate education at North Carolina State University in 2002 and completed her master’s degree at Norfolk State University in 2017. She is passionate about accessible quality healthcare to everyone and when people can live their authentic lives in peace.



Course Title: Proteins: The Good, the Bad, and the Ugly
Date and Time: Wednesday, April 17, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: This lecture will provide detailed information to help us sort through the maze of confusing knowledge about proteins and the critical role they play in the cells for the structure, function, and regulation of the body’s tissues and organs. We will discuss how proteins build and repair muscles and bones, as well as make hormones.

Speaker: **Mary Curran** is a Registered Dietitian and Certified Health Education Specialist. She received her Master of Arts in Interdisciplinary Studies: Public and Community Health and Exercise Science from Liberty University. She has gained extensive experience in clinical exercise psychology and nutrition as well as other areas. She is a Registered Dietitian with TPMG and owns her own company, Curran Wellness, LLC.



Course Title: Revelations of Slavery and Freedmen Including a Tidewater Plantation

Date and Time: Thursday, April 18, 2024, 10:00 – 12:00

Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: This lecture looks at slavery and freedman status via two plantations, two men, and two communities. We will explore Somerset Place (1796-1865), a North Carolina State Historic Site, with more than 100,000 acres at one time, and the successful re-created insight into its former life. We will then explore the smaller Wallace Family plantation, Glencoe, in the Wallaceton area of Chesapeake, Virginia, developed from reclaimed land 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 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 a historical interpreter on the Nature Bus of Norfolk.



Course Title: The Myers Family: A Unique View of Norfolk History

Date and Time: Wednesday, April 24, 2024, 10:00 – 12:00

Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: The stately Myers House and its peerless collection create an exceptionally accurate picture of the late Federal period and the life of this prosperous Jewish family. Their five generations attained a prominent position in Norfolk history and became leaders in both economic and social affairs. While they resided in this home from 1791 to 1931, they served in local government, patronized theater and the arts, and invested numerous means to improve transportation. While owning a leading antebellum business, they also helped reconstruction following the Civil War.

Speaker: Karen Dutton is the Manager of Visitor Services at the Chrysler Museum of Art, where she also serves as the Myers House Coordinator. During her 13-year career at the Chrysler, she has been instrumental in promoting the Myers House, creating and implementing programs like History Speaks, and furthering research on the Myers family and the people enslaved to them. Her research helped guide the creation of a permanent exhibit in the Myers House entitled, “Slavery: a Hidden History.”



Course Title: All About Ants

Date and Time: Thursday, April 25, 2024, 10:00 – 12:00

Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Ants have colonized every continent except Antarctica. This lecture will introduce ants, what they are and why they are integral parts of ecosystems, including our own yards. It will also explore the complex ecologies and natural histories of these insects that everyone “knows” but few understand. Journey through topics of social behavior, symbioses, fungus-growing, defense, and the essential functions of ants to other flora and fauna.

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 enjoy nature and science.



Course Title: **Saving the Red Ape: Wild Orangutan Lives and Conservation**
Date and Time: Monday, April 29, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Wild orangutans are critically endangered in the wild, largely because their rainforest habitats are being lost to industry, human development, and climate change. Conservation efforts to save those orange apes include rescue and rehabilitation, promoting sustainable agriculture, and reducing habitat loss. We will go behind the scenes to introduce these complex apes, their history, and the research and conservation efforts for them.

Speaker: **Dr. Andrea DiGiorgio** is a Ph.D. in Biological Anthropology, teaching at Princeton University, who studies the wild orangutan diet, habitat use, and conservation. She has lived in the rainforest doing research for over a year, and uses her research with the Philadelphia Zoo, the Orangutan Veterinary Advisory Group, rescue and rehabilitation centers, and others. She was raised in Virginia Beach, is a graduate of Salem High School and the University of Virginia. She did course work at the University of Hawaii and completed her Ph.D. at Boston University.



Course Title: **The Importance of Allies and Partners in Our Age of Strategic Competition**
Date and Time: Thursday, May 2, 2024, 1:00 - 3:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: This presentation will discuss a survey of the current strategic climate in our age of competition with China and Russia over the character of world order. It will include the importance of our allies and partners from a Naval perspective and how we rely on them today and will rely more on them in the future to deter conflict and, if pressed, to defeat our adversaries.

Speaker: **Mr. Dan Packer** is the U.S. Commander Submarine Forces Director supporting the Undersea Forces execution officer alliance with Australia and the United Kingdom. He is charged with training Royal Australian and United Kingdom Navy personnel in conventionally-armed nuclear-powered submarines and the development of undersea warfare capability with Australia and the United Kingdom. He is a retired U.S. Navy captain with 31 years of commissioned service.



Course Title: **Human Experience Through the Lens of Self and Society**
Date and Time: Monday, May 6, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: This lecture will clarify how we can understand current issues from the fields of sociology, the function of human society, and psychology, the study of human minds which affect behavior.
Speakers: **Dr. Andrea Palmisano** was born and raised in Brazil. She holds a Ph.D. in Psychology, a master's in clinical psychology, and a mediation certification from the Virginia Supreme Court where she serves as a general and family mediator. She is also a professor of psychology at Tidewater Community College in Virginia Beach. She will be joined by **Renee Hosang-Alleyne**, who has been teaching higher education for 17 years and is a contributing author, and **Jennifer Rouse**, an Assistant Professor of Sociology and Department Chair for Social Sciences at Tidewater Community College.



Course Title: Daniel Morgan, Revolutionary War Hero
Date and Time: Thursday, May 9, 2024, 1:00 – 3:00
Location: TCC VB - Pungo Auditorium and ZOOM

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

Speaker: Randy Flood is 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: Hollywood’s Contribution to America’s World War II Effort
Date and Time: Monday, May 13, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: During World War II, all industries had a wartime role to play—even the entertainment industry. Two weeks after the attack on Pearl Harbor, President Franklin Roosevelt opined that Hollywood could make a “very useful contribution” to America’s war effort. Many in Hollywood agreed. From morale boosting pictures to bond drives and the military service of A-list celebrities, the entertainment industry went on to play a significant—if controversial role—in the fight to defeat the Axis powers.

Speaker: Amanda Williams is a graduate of Randolph-Macon Women’s College with a B.A. in History and Art History. Her M.A. in History is from Old Dominion University. She specializes in military history, intelligence studies, and women’s history.



Course Title: The History of the 14th Century Plague in Europe Compared to Covid
Date and Time: Tuesday, May 14, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: Given the pandemic of Covid-19, which we are still experiencing, we will look back in history to discuss the plague, or Black Death, which devastated all of Europe in the 14th century, and how it compares to our current pandemic.

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 keeps active as a Master Docent at the Chrysler Museum of Art.



Course Title: General Cardiology and Cardiac Health
Date and Time: Thursday, May 16, 2024, 1:00 – 3:00
Location: ZOOM ONLY

Course Description: We are awaiting the class topic details. The updated information will be emailed to all members and the schedule will be updated on the ILR website when received.

Speaker: Dr. Deepak Talreja is a familiar name in the ILR world. Whether you may know him from your own experience or as the son of our long-time speaker, Dr. Roshan Talreja of The Socrates Club, join us in welcoming Dr. Deepak Talreja as he shares his passion of health from...the heart of the matter.



Course Title: A Critical Look at the Role of Media in Contemporary Society
Date and Time: Tuesday, May 21, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: In this talk we will examine some of the major problems created by mass media, and what these mean for the future of society. Special attention will be given to how these problems will be amplified by Artificial Intelligence.

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 Boston University and his Bachelor of Arts from Boston University. He was a Fulbright Fellow at the University of Copenhagen from 1985-1986.

ILR Special Interest Groups



Interested in joining the **ILR Book Group**?? It meets at the Joint Use Library at TCC the 3rd Friday of most months, at 1:00 p.m. Contact Laura for more information.

The upcoming reading list titles are:

March: “The Invisible Hour” by Alice Hoffman & “The Scarlet Letter” by Nathaniel Hawthorne

April: “Remember Me: A Spanish Civil War Novel” by Mario Escobar & “The Great Dismal” A Carolinian’s Swamp Memoir by Bland Simpson

May: “Sold on a Monday” by Kristina McMorris & “Monuments Men” by Robert M. Edsel

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. nancym0907@yahoo.com

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