

ILR 2024-25 Board Member Biographies

LINDA DYE – Co-President (April – October)

Linda is an Ohio native where she earned a Bachelor of Music from Miami University and a Master of Music from Bowling Green State University. She taught band for 35 years in the public schools and a college in Ohio, Chesapeake and Virginia Beach and held several administrative positions in the Virginia Band and Orchestra Directors Association.

Linda and husband, Ed, have lived in Virginia Beach since 1978. They have two grown children who reside in Palo Alto, CA and Richmond, VA, along with three grandchildren. Ed and Linda have been members of ILR for thirteen years, during which time she has served as ILR President (2021-23), Vice President (2020-21), the Zoom Coordinator, Tech Help, and co-chair of the Publicity Committee.

MICHAEL (Mike) MCGRAW – Co-President (November – March)

Following a career of more than 37 years with R.R. Donnelley, a global provider of integrated communications, Mike, as he prefers to be known, retired in late 2002, and moved to Virginia Beach to be near a daughter. He graduated from Trine University, then Tri-State College, in 1964, with a B.S. degree in business administration. During his Donnelley career, he served in numerous senior-level managerial positions at facilities in Illinois, Indiana, New York City, South Carolina, and Texas. In 2002, he received the first-ever R.R. Donnelley Lifetime Achievement award. He is a distinguished graduate of the Officer Candidate School at Fort Eustis, Virginia and served in the U.S. Army Transportation Corps from 1966 to 1972, attaining the rank of Captain.

Mike and Linda, his wife of 60 years, a retired Speech Pathologist, have two grown daughters and four grandchildren, two girls and two boys. Since moving to Virginia Beach in early 2003, both Mike and Linda have been active in ILR programs, with Mike serving as Board Vice President for two years and Board President for a total of three years over two separate terms. For three years, Mike served as a docent at the Chrysler Museum of Art in Norfolk. He is very involved in his religious community, Old Donation Episcopal Church, having served in parish leadership and worship positions, and at the diocesan level as a seven-time elected delegate to the annual Diocesan Council meeting and a member of the Diocesan Executive Committee for four years. Currently Mike serves as president of the Atlantic Shores Community Association's board of directors, where he and Linda reside. Retirement-life activities include his grandchildren, photography (both capturing and collecting images), reading, the study of history and religion, and travel.

JOHN HAMMOND – Vice President

John has been a member of ILR since 2017. Born in Brooklyn, NY (as are many others, it seems), he has BA and MA degrees in Philosophy and served as a U.S. Navy Supply Corps officer during the Vietnam War on the hospital ship USS SANCTUARY (AH-17). He began a 16-year career in journalism as a reporter and editorial page writer for the Rochester (NY) *Democrat & Chronicle*, then transferred to become the environmental reporter for *Florida TODAY* in Melbourne, FL. The next relocation gained him a job with the Norfolk Naval Shipyard as a video-scriptwriter for industrial training tapes, which soon led to an opportunity to become Training & Documentation Administrator for all business process and government-software training for the Advanced Industrial Management (AIM) program within naval shipyards. He retired from federal service in 2012 and writes occasional guest columns that have appeared in *The Virginian-Pilot*.

John has been married for 50 years to Dr. Ann Hammond, a now-retired clinical psychologist (and ILR member). Ann was the instigator of the various transitions cited above as she achieved her various graduate degrees leading up to an internship at EVMS. She worked for 7 years as a civilian psychologist at the Portsmouth Naval Medical Center, and now offers pro-bono coaching to fellows in The Honor Foundation, a program assisting retiring U.S. Special Forces personnel with their transition to civilian employment.

ANITA CHASTAIN – Secretary

Anita was born on the Eastern Shore of Virginia but mostly grew up in Newport News and has a BA in Interior Design from Virginia Commonwealth University. She worked for 36 years in the Washington, DC metro area as a commercial office space planner and project manager before moving to Virginia Beach upon Ken's retirement, where she continued to telework for 3 years before retiring from the American Red Cross National Headquarters. Anita served in several volunteer board positions with the DC chapter of the Institute of Business Designers (now International Interior Design Association). Anita has served as the ILR Board Secretary for the past year.

Anita and her husband, Ken, have been married for 26-plus years. They are active in their church, where Anita is a Greeter. Their other interests include travel, reading, and board games. Anita has continued to volunteer with the American Red Cross in the Home Fire Safety Campaign, as a blood drive ambassador and as a regular blood donor. Anita joined ILR in 2017 but was unable to actively participate until after retirement. They have no children, just one fluffy ragamuffin cat. Anita has served as the ILR Board Secretary for the past year.

SANDRA (Sandy) FALLON – Treasurer

Sandy was born in Kansas and then moved to Lexington, Kentucky with her family when she was in middle school. After receiving a BA degree in Math, she studied Accounting and Business and obtained a license as a CPA. She worked for 6 years in local accounting firms, developing a specialty in bank auditing and taxes. She then spent 12 years performing various accounting and finance functions for a regional banking organization. After moving to Virginia Beach, she made a career move to support and development of accounting and financial software. She retired after a rewarding “second” career of 18 years.

Sandy and her husband enjoy traveling with a goal of visiting each state in the U.S. and each continent on the globe. Sandy joined ILR in 2016 and has enjoyed learning more about many interesting topics. She has served as the ILR Treasurer for the last 5 years.

BARBARA DIGIORGIO – Member-at-Large

Barbara was born and raised in the Charlotte area of NC, where she trained in Cytotechnology, working with pathologists and medical labs. This led to relocating to CA, where she met the man of her dreams. They married and lived in seven states over 48 years, with the last one being Virginia. They lived in Virginia Beach, where their two children were raised. After retiring from LabCorp in 2004, Barbara and Tony moved to Williamsburg, where she started her new life as an artist. Following Tony’s death, Barbara returned to Virginia Beach to be closer to family. She met a few ILR members in her neighborhood and joined ILR in 2023, which led her to participate in our 2023 Art Exhibit. Barbara enjoys spending time with her grandson and her children. Her daughter now teaches at Princeton and her son works in IT locally.