



**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 WINTER 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](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, 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](http://www.tcc.edu); Campus info center: (757) 822-1122; ILR Office Phone: 756-4861; ILR website: [ilrvb.org](http://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: Fats: The Good, the Bad and the Ugly**

**Date and Time:** Monday, January 8, 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 information about fats by explaining how they absorb fat-soluble vitamins as well as provide energy for us.

**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 also owns her own company, Curran Wellness, LLC.



**Course Title: Bizarre Local Maritime History: Both Ends of Society**

**Date and Time:** Thursday, January 11, 2024, 10:00 - 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** Serving two distinct populations, two men addressed bringing maritime hospitality to both ends of society. Mr. James Adams brought theater to poor people in over 100 small coastal towns in the Chesapeake watershed. Mr. Colonna took well-healed guests on hunting excursions in his luxurious houseboat directly to search for remote North Carolina game.

**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 PhD in Education & a Master of Education degree 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 Fascinating History of Virginia's Barrier Islands**

**Date and Time:** Wednesday, January 17, 2024, 10:00 - 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** We will step back in history to provide a glimpse of what life was like during the past 200 years in the Barrier Islands located on Virginia's Eastern Shore. We will discuss its seafood and tourist industries and what happened to those who lived on Hog Island following the hurricane of 1933. Also covered will be the history of the Almshouse for the poor at the Barrier Islands Center near Cape Charles, where over 7,500 articles are displayed.

**Speaker: Sally Dickinson** has been the Executive Director of the Virginia Barrier Islands Center for three years, after being its Education Director since 2005. She received her bachelor's degree in history and her master's in education from the University of Colorado Boulder.



**Course Title: The Real John Graves Simcoe, British Officer**

**Date and Time:** Thursday, January 18, 2024, 1:00 - 3:00 p.m.

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** John Graves Simcoe is the "Villain that everyone loves to hate" from the TV series *Turn: Washington Spies.* In almost every episode of the TV series, Simcoe does something that leaves viewers with a desire to see him meet his end, quickly, such as sticking a fork on a fellow officer's heart during dinner to

gouging out Robert Rogers' eye during a fight. Who was the real John Graves Simcoe? Did Simcoe really exist? We'll explore all of these scenarios in this enlightening talk. No doubt you'll be surprised at what you'll learn.

**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: The Art of Marc Chagall**

**Date and Time:** Monday, January 22, 2024, 10:00 - 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** The Art of Marc Chagall is a survey of the life and art of this quintessential Jewish artist. From paintings to prints to stained glass and tapestries, Chagall created an amazing world of fantasy and reality. The program is an overview of this East European village (shtetl) to world-renowned artist. It includes a sampling of the series of etchings that Chagall created based on Biblical stories. During his ten decades of producing art, he worked all over the world, using many different media.

**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: Female Monarchs of Europe**

**Date and Time:** Tuesday, January 23, 2024, 10:00 - 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** Though they were rarely the first choice to their throne, the female monarchs of Europe were known for their amazing accomplishments, fascinating lives, and their paths to power. We will explore the female rulers from the Renaissance to the present day.

**Speaker:** **Kathryn Cross** has a B.A. degree in European History and Journalism from Washington and Lee University in 2008. She was awarded an M.S. in European History from Old Dominion University and has taught advanced placement Modern European History at Nansemond Suffolk Academy from 2002-2010. She is active in her community, teaches yoga, and is a mother to young children.



**Course Title: Ideas to Transform and Beautify your Lawn**

**Date and Time:** Thursday, January 25, 2024, 10:00 - 12:00

**Location:** TCC Virginia Beach and Zoom

**Course Description:** Grass lawns have been the accepted ground cover for almost a century in the United States. However, grass lawns are harmful to the environment, pollute and waste water, diminish biodiversity, and cost a lot of unnecessary money. Thankfully, there are many alternatives for lawns that are both beautiful and ecologically beneficial. These will save water, money, and time, while encouraging visits by pollinators and birds. We will explore the history of grass lawns, why you should transform your lawn, and how to begin.

**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. She also maintains membership in multiple botanical societies.



**Course Title: Grandparents Rock!**

**Date and Time:** Monday, January 29, 10:00 – 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** Children go through a range of developmental milestones as they grow, and grandparents can play an incredible and significant role during this process. This lecture will cover the assorted styles of grandparenting and how they can best support the development of their grandchildren.

**Speaker: Andrea Palmisano** was born and raised in Brazil. She holds a Ph.D. in Psychology and a master's in clinical psychology. She also has a mediation certification from the Virginia Supreme Court, where she serves as a general and family mediator. She has worked as a child psychologist in New Jersey and served as the director of youth programs at the Community Mediation Center in Norfolk. She is currently a professor of psychology at Tidewater Community College, as well as a new grandparent.



**Course Title: Cheers, Virginia!**

**Date and Time:** Tuesday, January 30, 10:00 – 12:00

**Location:** ZOOM only

**Course Description:** We will celebrate the work of craft brewing, distilling, and fermenting, and the makers whose art fills your glass. From homebrewers to local distillers and wineries, alcohol makers have captured the soul and identity of Virginia with their intoxicating offerings. Explore how craft makers have used their talent and enthusiasm to connect with and represent the people, places, and history of the Commonwealth.

**Speaker: Hailey Fenner** is the Manager of Digital Learning at the Virginia Museum of History and Culture. Hailey is a graduate of Christopher Newport University. At VMHC, Hailey coordinates virtual field trips and webinars, produces virtual gallery walks and educational videos, and creates virtual exhibitions. She has been with the VMHC since 2014 and is excited to bring the stories of Virginia history to life!



**Course Title: The DNA of the U.S. Constitution**

**Date and Time:** Wednesday, February 7, 10:00 – 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** So many founders of the United States themselves saw slavery as ethnically bad—many even wrote and spoke of it—but other factors, particularly economic ones, resulted in their embracing it. The Constitution they created is our DNA. It has shaped us both in important and meaningful ways, but also in ways in which we have fallen short of our highest ideals, as in issues relating to race and gender. This lecture focuses on how the Constitution frames our understanding of reality, and on how we—as a country—continue to shape it.

**Speaker: Eric W. Claville, J.D., M.L.I.S.** is the Executive Advisor to the President for Government Relations at Norfolk State University. He has over two decades' experience in education, law, policy, and politics. He has taught courses in Public Policy, Constitutional Law & Civil Rights, and Law & the Judicial Process. His teaching philosophy is from a prism of analysis that includes history, politics, law & public policy, economics, and human behavior. He's an award-winning radio host and political and legal analyst. He also served as the first director of the Center for African American Public Policy (CAAPP) at NSU.



**Course Title: Dr. Joseph Warren, Lost Hero of the Revolution**

**Date and Time:** Thursday, February 8, 1:00 – 3:00.

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** Few Americans have ever heard of Dr. Joseph Warren, a true unsung hero. One rarely finds his name in American History textbooks, nor is he mentioned among our nation’s “Founding Fathers.” Who was he? Dr. Warren gave his life at the Battle of Breed’s Hill (no battle was fought on Bunker Hill) as part of the Rear Guard, buying time for Colonials to escape during the final assault on June 17, 1775. He was later immortalized by Americans, especially in Massachusetts, to celebrate the upcoming 250<sup>th</sup> anniversary of the Declaration of Independence.

**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: Barbie and What Feminism Got Wrong**

**Date and Time:** Monday, February 12, 10:00 – 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** This talk will use the film *Barbie* as a framework for understanding how feminist ideals were misunderstood and misapplied in ways that created some of our contemporary social divisions. We will pay special attention to how feminists redefined femininity and masculinity, and how these definitions have expanded the horizons of women while leaving many young men without a positive sense of identity and social connection.

**Speaker: Dr. Leslie Caughell** is an Associate Professor of Political Science and Gender and Women’s Studies at Virginia Wesleyan University where she teaches courses in American politics and political theory. Her research centers on demographic and environmental factors that shape political attitudes. She is the author of *Politics in the Era of Fake News*.



**Course Title: Safety for Seniors**

**Date and Time:** Tuesday, February 13, 10:00 – 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** Learning to protect ourselves and our families is of utmost importance. This lecture will introduce safety risks of which senior citizens need to be aware. Topics will include mail fraud, password protection, protection for your home, and protection for your person.

**Speaker: Becky Mosbrucker** is an NRA Instructor, USCCA Instructor, and CPR Instructor, and wears many other safety-related hats. Her heart’s passion is to teach men and women the basics of safety so they can be aware of their surroundings and help protect their loved ones. She recognizes that many lives can be protected and saved with this important advice and training.



**Course Title: The Many Surprising Pollinators Beyond Honey Bees**

**Date and Time:** Thursday, February 15, 10:00 – 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** This PowerPoint presentation focuses on different insect types and specific insects which pollinate, along with the plants they have evolved alongside, focusing mostly on native insects. We will also look at pollinating bee species other than honey bees.

**Speaker:** **Michael Andruzyck** began working as the Virginia Cooperative Extension Agent in Horticulture for Chesapeake in 2005 and was promoted to Senior Extension Agent in 2019. Prior to that, he worked at the Norfolk Botanical Garden as a Nursery/Greenhouse Supervisor, and lastly as Curator of the Plant Collection. He earned a master's in science degree in Public Horticulture Administration from the University of Delaware.



**Course Title: Nuclear Power Development and Principles**

**Date and Time:** Wednesday, February 21, 1:00 - 3:00 p.m.

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** This presentation will cover nuclear power plant fundamentals and the development of nuclear power from theory to reality, from its beginnings in the U.S. Navy to a thriving commercial industry. Lessons learned from the Three Mile Island, Chernobyl, and Fukushima nuclear power plant disasters will also be discussed.

**Speaker:** **Michael F. Cohen, C.P.C.M., C.F.C.M., P.E.**, is a 1971 graduate of the U.S. Naval Academy with a B.S. in physics. He served in nuclear submarines. After leaving the Navy in 1976, he embarked on a career that included commercial nuclear power plants and 30 years at Newport News Shipbuilding in the design, construction, reactor testing, and contract management of nuclear submarines. Currently he is a Government Contracts Administrator with Bauer Compressors, Inc. in Norfolk. In 1995, while with Bauer, he developed and still teaches two nuclear engineering technology elective courses at ODU.



**Course Title: Understanding and Living with Diabetes**

**Date and Time:** Monday, February 26, 10:00 – 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** Diabetes is a chronic, long-lasting health condition that affects how your body turns food into the energy you need. If your body doesn't make the insulin needed through diet, then your blood sugar remains in your body. This educational lecture will cover the diabetes basics using laymen's terms and analogies and treatments including medications, and how it may affect other diseases.

**Speaker:** **Daniel J. Merki, M.D.** is a family practitioner located in Virginia Beach. He has over 34 years of experience, and his top areas of expertise are Type 2 diabetes, infant hyperglycemia, and hypertension. He graduated from the University of Texas Health Sciences Center at San Antonio, Long School of Medicine in 1988.



**Course Title: Virginia Shipwrecks**

**Date and Time:** Tuesday, February 27, 10:00 – 12:00

**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** With approximately 3,315 miles of tidal coastline, Virginia has more shipwrecks than any other state in the continental United States. Using photographic images and detailed stories, we will recount how dozens of ships came to their final and sometimes tragic ends.

**Speaker:** **Al Chewing** grew up in Virginia Beach and spent countless hours fishing and sailing on the Chesapeake Bay. As a captain in the Virginia Beach Fire Department, he spent five years serving on the department's first fireboat. He was on the board of advisors of the Virginia Beach Maritime Historical Museum and is currently the president of the Princess Anne/Virginia Beach Historical Society. In addition to his newest book, *Virginia Shipwrecks*, Al has authored four other books about local history.

## ILR Special Interest Groups

**The ILR members' *Great Decisions* Group plans to return in early 2024.** Let us know now of your interest by emailing the office using the Subject Line: 'Great Decisions' and providing your name & preferred contact information.

Cost will be based on the number registered, as some expenses are shared among the group. Additional information will be sent via email at a later date.



Interested in joining the **ILR Book Group**?? The group meets at TCC the 3<sup>rd</sup> Friday of most months, starting in Sept., at 1:00 p.m. Contact Laura Beckwith for more information.  
Email: [laurasutherland.2016@gmail.com](mailto: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](mailto:nancym0907@yahoo.com)

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