



# *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 COURSES FOR SUMMER 2019**

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.

### **Introduction to Cybersecurity**

**Date and Time:** Monday, July 1, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Hongyi “Michael” Wu



#### **Course Description:**

This course provides an overview of the field of cybersecurity, including fundamental security principles, concepts, technologies and practices. It covers topics such as how to perform data encryption, how to choose a strong password, how to secure web browsing, how to enable strong authentication, as well as demonstration of vulnerabilities of mobile devices and wireless networks.

#### **Credentials/Background:**

**Hongyi Wu** is the Batten Chair of Cybersecurity and the Director of the Center for Cybersecurity Education and Research at Old Dominion University (ODU). He is also a Professor in the Department of Electrical and Computer Engineering and holds a joint appointment in the Department of Computer Science. He received a B.S. degree in scientific instruments from Zhejiang University, Hangzhou, China, in 1996, and an M.S. degree in electrical engineering and a Ph.D. degree in computer science from the State University of New York (SUNY) at Buffalo in 2000 and 2002, respectively. His research focuses on networked cyber-physical systems for security, safety, and emergency management applications, where the devices are often light weight, with extremely limited computing power, storage space, communication bandwidth, and battery supply.

## Behind the Scenes of the VSO

**Date and Time:** Tuesday, July 9, 1:00-3:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Christina Havens



### Course Description:

Have you ever wondered what it's like behind the scenes of a professional orchestra? Join Dr. Christy Havens, Virginia Symphony's Vice President of Orchestra Activities to learn what it takes to keep a full-time orchestra running smoothly. Hear about how administrators work to create a well-developed season of great music which engages audiences of all ages and backgrounds. Gain a deeper understanding of what happens behind the scenes to keep musicians healthy, happy, and able to perform at the highest possible level. Learn about the VSO's process of selecting a new conductor who will be the face of the Virginia Symphony for years to come.

### Credentials/Background:

As Vice President of Orchestra Activities for the VSO, **Dr. Christy Havens** applies her expertise in orchestral music and interactive educational programming to create and oversee a myriad of programs which promote active participation in music-making and utilize musicians' skills as creators, performers and teachers. Christy earned her Doctor of Musical Arts and Master of Music degrees from the University of Southern California and her Bachelor of Music from the Royal Conservatory of Music in Toronto. As a professional bassoonist, she has held positions with the Hyogo Performing Arts Center Orchestra in Japan and the Spokane Symphony; she has also performed with the VSO and various professional orchestras in Los Angeles. As an educator, she has 18 years of varied experience, including a position as adjunct Assistant Professor at Old Dominion University since 2017. Christy moved to Virginia to work with the VSO in 2015.



## Understanding Brexit

**Date and Time:** Wednesday, July 10, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Jared Setnar



### Course Description:

In 2016, Great Britain voted in a nationwide referendum to leave the European Union. Britain's relationship with the rest of Europe and the European Union, as well as what has resulted since the 2016 referendum, will be explained.

### Credentials/Background:

**Jared Setnar** earned his B.A. in History and his M.S. in European History at Virginia Wesleyan. He is Director of the Upper School at Chesapeake Bay Academy and teaches history there. He is editor of the *Madison Review*; an Historical Scholarly Journal published by James Madison University. His published master's thesis was "The Writing was on the Wall; Understanding the Deportation of Foreign Jews from Vichy France, 1942".

## Art Conservation at the Chrysler Museum

**Date and Time:** Thursday, July 11, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Mark Lewis



### Course Description:

The course will introduce attendees to the field of Art Conservation. It will include information about the various specialties within the field; paintings, works of art on paper, photographs, sculpture, textiles, objects and preventive care. Particular focus will be given to restoration projects carried out at the Chrysler. Students will also be given advice on caring for their own collections and family heirlooms.

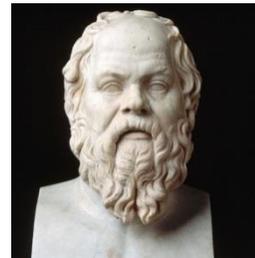
### Credentials/Background:

**Mark Lewis** has been the painting conservator at the Chrysler Museum of Art since 2001. He holds an MS in Art Conservation from the University of Delaware-Winterthur Museum Program. Prior to accepting the position at the Chrysler, he was Chief Conservator at the High Museum of Art Regional Conservation Center in Atlanta. Institutions where he has worked include: The Harvard University Art Museum, The Hamilton–Kerr Institute, The Pennsylvania Academy, and The Los Angeles Co. Museum of Art. In his role as the museum’s conservator, he is responsible for carrying out all phases of painting conservation including; examination, documentation, photography, treatment, surveys, and condition assessments. He advises curators, registrars and art handlers regarding exhibition, care and handling as well as storage assessment and planning. In addition to providing collection care planning for the museum, he coordinates conservation treatments with contract conservators and supervises conservation interns.



## The Socrates Club

**Date and Time:** Monday, July 15, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Dr. Roshan Talreja, M.D



### Course Description:

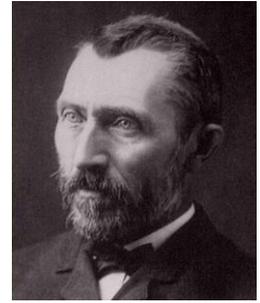
This is a regular monthly ILR offering; each session stands alone and varies in content. The speaker guides us into exploration of some deep and murky questions of life. Come prepared to examine your thinking and sharpen your viewpoint. We will go where East meets West, science meets spirituality, and knowledge meets wisdom.

### Credentials/Background:

**Dr. Roshan Talreja** is a retired physician and self-styled philosopher. He took his pre-med training at Cambridge and graduated from Delhi University Medical School. After completing his medical degrees in England, India and the U.S., he did his Internal Medicine Residence in 1973, a Fellowship in Cardiology in 1974 and training in Emergency Medicine in 1975. He is a member of American Medical Association and the American Philosophical Association.

## The Life and Times of Vincent Van Gogh

**Date and Time:** Tuesday, July 16 OR Wednesday, July 17, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Leonette Adler



### Course Description:

Explore the life and works of Vincent Van Gogh, an artist who fought so many demons and yet accomplished so much during his short life with his wonderful works of art.

### Credentials/Background:

**Leonette Adler** is an artist and art educator. For many years, she taught painting and art history at Norfolk Academy while pursuing her own career as an artist. Her many ILR presentations are known for the interesting way she places artists in their historical time.



## Is This Normal? Changes to Expect as Time Goes By

**Date and Time:** Monday, July 22 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Ivane Hanscom



### Course Description:

Change is normal and inevitable, especially as we age. But some physical changes are not normal and should be checked out by a medical professional. This class will discuss what physical changes to expect in our later years, what changes we can do something about and what changes merit concern.

### Credentials/Background:

**Ivane Hanscom** is a bilingual physician and wellness educator who concentrates on teaching patients how to stay healthy by maintaining a proper diet and lifestyle. She received her Bachelor of Medicine & Surgery degree from the Christian University of Bolivia in 2004. She served as an emergency room physician in the Almirante Tamandare Public Hospital in Brazil. As a health and lifestyle educator, Ivane continues to educate patients about plant-based nutrition and the lifestyle necessary to avoid chronic and debilitating disease.

## Apollo at 50: A Lecture on the History of Project Apollo

**Date and Time:** Thursday, July 25, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Bob Adamcik, CTEP Operational Test and Evaluation Engineer



### Course Description:

Apollo at 50: A lecture on the history of Project Apollo on the 50<sup>th</sup> anniversary of the first landing on the moon during the flight of Apollo 11. The lecture will cover the pre-cursor programs (Project Mercury and Gemini), the tragedy of Apollo 1, each of the flights of the program, and the long-term legacy of Apollo.

### Credentials/Background:

**Bob Adamcik** graduated from Ohio State University with a degree in History and was commissioned an Ensign in the U.S. Navy, serving for 29 years as a Surface Warfare Officer. He served on six ships during the course of Operation Desert Storm, Southern Watch, Stabilise, Enduring Freedom, and Iraqi Freedom. After retiring from the Navy as a Lieutenant Commander in 2009, he combined his love for space flight, ships and history for his first book "Voyages of Discovery", and now his second book "America's Great Endeavour". He currently resides in Norfolk with his wife and several dogs and cats.



## Fake News and Conspiracy Theories in American Politics

**Date & Time:** Monday, July 29, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Dr. Leslie Caughell



### Course Description:

Fake news has always existed. However, the use of social media in sharing that news has resulted in increased personal, social, and political challenges. School boards, regulatory agencies, Congress, and even NATO have recognized the crucial need for conversations that address healthy and civil use of these media. In this program, our speaker, author of the forthcoming *Politics in the Era of Fake News: The Damage and Effects of Fake News and What We Can Do to Stop It*, highlights specific examples of how social media sometimes fuels divisiveness, and how we might respond.

### Credentials/Background:

**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 *The Political Battle of the Sexes*. She has been an expert source and commentator for media outlets including USA Today, NPR, The Virginian Pilot, Richmond Times Dispatch and Business Insider.

## The Monuments Men

**Date and Time:** Wednesday, July 31, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Amanda Williams



### Course Description:

World War II presented an enormous threat to the cultural heritage of Europe and Asia. It also marked the first conflict in which there was a concerted effort by the U.S. military to protect cultural objects and historic buildings. This became known as the Monuments, Fine Arts, and Archives section (MFAA). This project unfolded in different ways in the European and Pacific theaters, but at the forefront of this titanic effort was a handful of dedicated service members known today as the “Monuments Men.” Throughout the war, and against tremendous odds, this small group was remarkably successful in their efforts to preserve thousands of years of cultural heritage. Without the work of these Monuments Men, the defeat of the Axis Powers in 1945 would have been incomplete.

### Credentials/Background:

**Amanda Williams** is a graduate of Randolph-Macon Woman’s College with a B.A. in History and Art History. She received a MA 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 specializes in military history, intelligence studies, and women’s history.



## Kiwis and Kangaroos

**Date & Time:** Thursday, Aug. 1, 1:00-3:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Michael Andruczyk



### Course Description:

This account of our speaker’s 2019 trip to New Zealand and Australia will feature a look at some of the sights and flora of the down under, narrated by a horticulturalist. He will share what he learned about natural areas, architecture and botanical gardens of areas around Auckland, Tauranga, Wellington, Picton, Sydney Hobart, Adelaide, and Perth, as well as some fun facts. Take a trip but save the day long air travel to see some beautiful places and maybe plan a trip of your own!

### Credentials/Background:

**Mike Andruczyk** began his career as a Virginia Cooperative Extension Agent in Horticulture for Chesapeake in January of 2005. He had worked previously at Norfolk Botanical Garden as Nursery/Greenhouse Supervisor, then Supervising Horticulturist and lastly as the Curator of Plant Collections. He holds a Master of Science degree in Public Horticulture Administration from the University of Delaware - Longwood Graduate Program and Bachelor of Science degree in Agriculture from the University of Wisconsin-Madison - field of Horticulture with production and technology options. Other experiences include a one-year urban forestry internship at the Morris Arboretum, and three summers as a park attendant at the Boerner Botanical Gardens, and has been gardening in Chesapeake for 12 years on his one-acre property.

## When You Must Love from Afar—Surviving Grief and Loss

**Date & Time:** Monday, Aug. 5, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Dominick D. Hankle, Ph.D.



### Course Description:

In this class we will learn how to distinguish complicated grief from normal grief. Participants will be provided with techniques to process normal grief and live with the loss of someone they love. Death and grief are explored from a philosophical and psychological perspective. While this class does not take the place of good mental health care, it can provide an experience that helps them assess the level of their grief and begin to process the pain they feel because of the loss of someone they love.

### Credentials/Background:

**Dominick D. Hankle** is an Associate Professor of Psychology at Regent University and a Minister in the Communion of Evangelical Episcopal Churches. He holds degrees in psychology, marriage and family therapy, theology, and business. He speaks, writes and provides workshops on many topics including forgiveness, grief, discerning your life purpose, leadership, and how to live well. He has two books currently in publication: “The Christian Vocation of Forgiveness” and “Short Essays on the Spiritual Life.” He is passionate about helping people live life well with balance, passion, and resilience regardless of their background and wants to see people flourish and make the world a better place.



## History of the Telephone—From Ahoy to Emojis

**Date & Time:** Wednesday, Aug. 7, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Stacy E. Apelt



### Course Description:

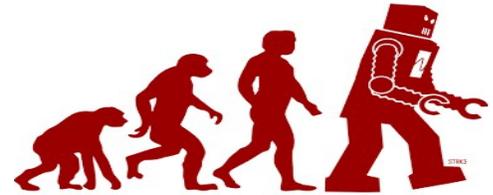
This lecture on the history of communications, will feature a brief overview of the period from 100,000 BC to the mid 1800's. The main lecture material will be on the development and history of modern communications between 1850 and 1950—specifically the telephone. Accompanying the talk will be one of the largest collections of antique phones and phone memorabilia in the area.

### Credentials/Background:

**Stacy Elliott Apelt** has been a Norfolk resident for the past 68 years. He has been president of both local Scottish societies and is a Fellow of the Society of Antiquaries of Scotland (FSA Scot), which has roughly 3000 fellows worldwide. He has been a Goldsmith for 40 years and a well known Bladesmith for the past 20 years. His jewelry shop, EitherOre, is in the Strawbridge Shopping Center in Va. Beach.

## Preparing for the Age of Robotics

**Date & Time:** Monday, Aug. 12, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Dr. Mary Manjikian



### Course Description:

Emerging Technologies are those which will have widespread social, economic and political ramifications. Such changes can take place quickly and often are unpredictable. Join us as we consider the rise of Artificial Intelligence and robotics. What sorts of social, economic and political changes might result from these technological developments? How will they change our world and what can we do to adapt and prepare for these changes?

### Credentials/Background:

**Dr. Mary Manjikian** is an associate professor in the Robertson School of Government. She has taught comparative politics, international relations theory, national security affairs, terrorism, politics and the media and environmental politics. She received a B.A. in Russian from Wellesley College an M.Phil from Oxford University and an M.A. and Ph.D. from the University of Michigan where she was a Rockham fellow. Her work has been published in *Alternative*, *Europe-Asia Studies Millennium* as well as *Beacham's Encyclopedia of Terrorism*.



## Illicit Trafficking

**Date & Time:** Thursday, Aug 15, 1:00-3:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Bruce M. Lawlor, DSc. JD



### Course Description:

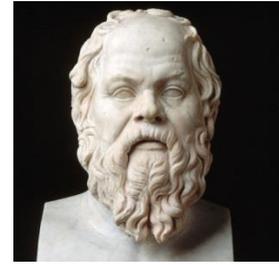
This class will address globalization's impact on international trafficking of drugs, people, counterfeit goods, money, and weapons. We will discuss the organization and operation of an international trafficking organization, known international trafficking routes, and the influence of trans-national crime organizations (TCOs) on governments and societies.

### Credentials/Background:

**Maj. General (Retired) Bruce M. Lawlor** is retired from the United States Army. He is prominent as the first commander of Joint Task Force-Civil Support. In addition, he was one of five White House staff members who wrote the plan to create the Department of Homeland Security, and he was the first DHS Chief of Staff. Since leaving DHS Lawlor has continued his involvement in national security affairs through both academia and private business, including: Member of the Board of Advisors for the Global Panel Foundation; Member of the Homeland Security Advisory Council (HSAC); Instructor at the Army War College; and Director of the Center for Technology, Security, and Public Policy at Virginia Polytechnic Institute and State University.

## The Socrates Club

**Date & Time:** Monday, Aug 19, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Roshan Talreja



### Course Description:

This is a regular monthly ILR offering. Each session stands alone and varies in content. The speaker guides us into 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.

### Credentials/Background:

**Dr. Roshan Talreja** is a retired physician and self-styled philosopher. He took his pre-med training at Cambridge and graduated from Delhi University Medical School. After completing his medical degrees 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.



## Alexander Hamilton Revisited

**Date & Time:** Wednesday, Aug 21, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Robert Torgler



### Course Description:

"Alexander Hamilton Revisited"---Here is a man who was arguably the most important founder who never attained the Presidency. Relive his dramatic life (and death) as principal designer of our government and our free market system, as patron saint of Wall Street, and as the object of both veneration and loathing--all without the hip hop songs from the musical on Broadway.

### Credentials/Background:

**Robert Torgler** attended the Wharton School of the University of Pennsylvania. He filled senior management positions at IBM for over 30 years and was Corporate Vice-President prior to his retirement. Mr. Torgler was a senior docent and lecturer at the Smithsonian Museum of American History and the National Archives, specializing in American history.

## “To Lead and Serve”: American Indian Education at Hampton Institute 1878-1923

**Date & Time:** Monday, Aug. 26, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Mary Lou Hultgren



### Course Description:

This class will give an overview of a unique chapter in American history. During this 45-year period, the school conducted an unprecedented biracial educational program. More than 1,300 Indian students from 66 tribes across the country attended Hampton. One of them, Susan La Flesche Picotte, a member of the Omaha tribe, went on to become the first American Indian physician and in the process overcame ethnic, racial and gender prejudice to improve the lives of her people.

### Credentials/Background:

**Mary Lou Hultgren** is the retired curator and Director of Hampton University Museum. She is a graduate of Grinnell College and Vanderbilt University.



## When Societies Collide: The Final Installment

**Date & Time:** Tuesday, Aug. 27, 10:00-12:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Patricia Strait



### Course Description:

This final class in the When Societies Collide Trilogy presents a theoretical and contextual framework for choosing an appropriate immigration model for any given country. This third part of the Trilogy begins with descriptions of three different immigration models. These models include: The Theory of Catalyst and Magnets, the Theory of Capitalism and Inequalities, and the Theory of Multiculturalism. The class will then break into small groups and analyze the variables that correspond to the United States (or another country of their choice) and determine which of these three models is the most appropriate model for their chosen country.

### Credentials/Background:

**Dr. Patricia Strait** has over 30 years of state, private and federal university experience delivering innovative educational programs and in developing international partnerships. Dr. Strait is the author of numerous publications on topics such as rising nationalism, Muslim and Hispanic immigration, forced labor and ethical behavior. Currently holding the academic rank of university professor, she serves also as associate editor within the National Defense University’s Institute of National Strategic Studies, which provides research and information for national security leaders. She is a recipient of numerous awards and is a frequent presenter at international conferences.

## Understanding Opera: Puccini's *Tosca*

**Date & Time:** Wednesday, Aug 28, 1:00-3:00  
**Cost:** \$14  
**Location:** TCC – Pungo Bldg. F - Auditorium (F-133)  
**Speaker:** Glenn Winters

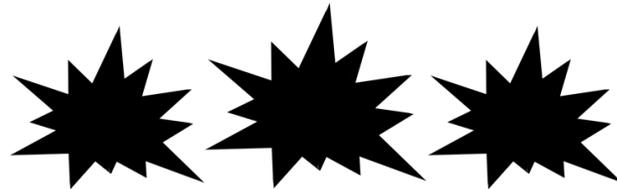


### Course Description:

This class will introduce students to Puccini's *Tosca*, a tragedy filled with political intrigue and doomed love. Discussion will include comprehensive dramatic/musical analysis, illustrated with audio and video excerpts. Recommended for those new to opera as well as life-long opera lovers.

### Credentials/Background:

**Dr. Winters** joined Virginia Opera in 2004 as Community Outreach Musical Director. He received his Ph.D. in Music from Northwestern University and holds a D.M. and M.M. in piano performance from Indiana University. His background includes teaching college-level piano, arts administration at two universities and extensive performing experience as solo pianist and accompanist. An operatic baritone, Dr. Winters has sung over a dozen principal roles, including a guest appearance with the Operafestival de Roma in Italy. His compositions include three successful children's musicals and a full-length opera, *Much Ado About Nothing*.



**LET'S GET TOGETHER  
YEAH, YEAH, YEAH.....**

***! YOU DON'T WANT TO MISS IT !***

**BRING A FRIEND.....COME CONNECT  
WITH SOME FUN-LOVING, ACTIVE  
ADULTS OVER LUNCH, AFTER THE CLASS ON  
"UNDERSTANDING BREXIT"  
(CATERED BY YUMMY GOODNESS)**

**WEDNESDAY, JULY 10, 2019**

**11:45 A.M. - 1:00 P.M.**

**TCC - BUILDING K ("STUDENT CENTER"), ROOM K-320**

**COST: \$5/PERSON**

**PRE-REGISTRATION IS REQUIRED SO WE CAN ORDER THE  
RIGHT AMOUNT OF FOOD AND BEVERAGES**

***PLEASE WEAR YOUR NAME TAG***

***BROUGHT TO YOU BY THE MEMBERSHIP COMMITTEE  
(THIS EVENT REPLACES "COFFEE AND CONVERSATION")***

# ***Leisurely Summertime Dinner at Steinhilbers***



**In 1939, Robert Steinhilber opened what has become one of the oldest family owned and operated restaurants in Virginia, *Steinhilber's Thalia Acres Inn*. His daughter and grandson continue the traditions of years past. Join ILR members for dinner and remember a time when every meal out was a special event, as it still will be on this day!**

Located on the Lynnhaven River, the setting for dinner is scenic. We will, however, be on the safe side and sit inside. After dinner, take a stroll outside with your ILR friends!

Though known for their shrimp, the menu is varied and works as well for those with seafood allergies or for vegans. Soup or appetizer with salad? Or a complete dinner? You are encouraged to explore the menu before arrival. [www.steinys.com](http://www.steinys.com)

**Address: 653 Thalia Rd, Virginia Beach, VA 23452-1850:**

At Willis's furniture store on Virginia Beach Boulevard, turn onto Thalia Road (on the same side of Virginia Beach Blvd. as Willis') and stay on it for 2/10ths of a mile. Don't turn at Thalia Drive, Thalia Point etc. - stay on Thalia Road because it dead-ends at Steinhilbers! Valet parking is complimentary.

**Date and Time:** Wednesday, July 24, 2019 at 5:00 p.m.

**Deadline for registration:** Wednesday, July 10, 2019

**Cost:** \$1.00 for Administrative fee is non- refundable.  
**Separate checks for dinner.**

***An ILR Social Committee Event***



## **ANIMAL WORLD TRAVELERS**

**FRIDAY, SEPTEMBER 13, 2019**

Join fellow ILR members at the Virginia Zoo for an imaginary journey around the world with at least 3 “ambassador animals” from different continents and diverse habitats. Learn their bio facts and how they adapt to unique environments. In addition, we will view and examine several African artifacts, not normally seen by the general public.

After the classroom program, tour on your own this rambling 53 acre Zoo along the Lafayette River. See the numerous animal exhibits and the many beautiful gardens. Purchase a \$2 train token at the ticket booth, train station or Gift Shop and board the Norfolk Southern Express for a short tram tour of the interior of the Zoo. Take time to browse the Gift Shop. Enjoy lunch at the African Village Café. (No outside food or drinks allowed.)

- DATE:** Friday, September 13, 2019
- TIME:** 10:00 a.m. – We will meet at the front entrance to the Zoo.
- COST:** \$15.00 (Includes special program and admission)
- DEADLINE:** Friday, September 6, 2019 (No refunds after this date.)
- MAXIMUM:** 33
- LOCATION:** The *Virginia Zoo*, 3500 Granby Street, Norfolk, 23504.
- DIRECTIONS:** The *Virginia Zoo* is adjacent to Lafayette Park in Norfolk. From Virginia Beach, take I-264 West to downtown Norfolk. Exit City Hall Ave., turn right at the first light (St. Paul’s Blvd.). Follow St. Paul’s Blvd., approximately 3 miles (St. Paul’s Blvd. merges into Monticello Avenue, but is not a noticeable merge). When you reach the end of Monticello Ave., bear left onto Granby Street, and the *Virginia Zoo* will be located on the right-hand side after St. Mary’s Cemetery.
- PARKING:** Free on-site parking.

*An ILR Social Committee Event*



## ***Great Books Reading and Discussion Group***

The Great Books Foundation, established in 1947, provides opportunities for people of all ages to become more reflective, critical thinkers and readers through the practice of shared inquiry, a text-based discussion of written works of enduring value.

The ILR Great Books group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of each month, with this year's session running from September 6<sup>th</sup> through May 15<sup>th</sup>.

### **The anthology we will use for discussions is:**

*The Oxford Book of American Short Stories*

*\*second edition*

*Joyce Carol Oates, editor*

*Cost: \$21.95*

### **Contents:**

*The Oxford Book of American Short Stories* is a chronological collection of stories written by American masters at the height of their literary powers. Some of the authors featured are:

Sherwood Anderson	James Baldwin	Raymond Carver	Willa Cather
John Cheever	Kate Chopin	Samuel Clemens	Junot Diaz
F. Scott Fitzgerald	Richard Ford	Nathaniel Hawthorne	Ernest Hemingway
Henry James	Sarah Orne Jewett	Jhumpa Lahiri	Jack London
Bernard Malamud	Herman Melville	Flannery O'Connor	Edgar Allan Poe
Philip Roth	John Updike	Eudora Welty	Edith Wharton
Tobias Wolff	Richard Wright		

### **The novels we will discuss are:**

***Slaughterhouse Five*** by **Kurt Vonnegut** (*cost varies*)

***The Trial*** by **Franz Kafka** (*cost varies*)

The anthology and the two novels can be purchased from your favorite bookseller.

There will be a **\$20.00** charge for the yearly ILR membership fee. Please notify the ILR office by phone or email if you are interested in joining us. For further questions, please contact **Leo Schutte** at (757) 620-5126 or by email at [schutte1211@gmail.com](mailto:schutte1211@gmail.com).

# Misc.

## Class Cancellations...

If a member cancels a class by phone, email or drop-in (***at least 4 days in advance, during office hours***), they will receive a refund voucher (minus a \$2 administrative fee).

**Note:** For trips, the member will receive a refund check, but the refund will vary according to the individual trip policy.

If ILR cancels a program, the members will receive a full refund voucher for a class, or full refund check for a trip.

## Inclement Weather...



ILR works on the TCC schedule. When TCC is closed due to inclement weather, ILR classes are cancelled. When there is a 2-hour delay, any ILR morning class/meeting is cancelled, but the afternoon class/meeting will go on, unless we notify members by phone and/or email.

For up-to-date TCC closing and delay information:

1. Check local radio and TV stations (3, 10, and 13)
2. Check [www.tcc.edu](http://www.tcc.edu) Notification will be on front page; scroll down
3. Call the TCC main campus info center: **(757) 822-1122**
4. Check the ILR home page [www.ilrvb.org](http://www.ilrvb.org). If at all possible, we will update it to indicate program cancellations.

## Parking at TCC...

Updates on parking at TCC...

- Yes, parking is free...no longer need parking passes. 😊
- For those attending ILR classes, watch for TCC security:
  - When you drive to parking lot #1 for classes at the Pungo Bldg-F, you will see TCC security guards and orange cones. 🚧 Security will direct you to the special parking area reserved for ILR. It is closest to the Pungo Bldg.

**Thanks Security!**



## Pennsylvania Dutch Country Trip to Lancaster, Hershey, Bird in Hand and Sight and Sound Theatre-9/24-26

## Maximum-45 people

### Day 3-Thursday

### September 24-26, 2019

You asked and we listened. Join us on our trip to Lancaster County, PA in the fall.

Day 1 - Leave from Bay Lake Retirement Community, 4225 Shore Dr., Va. Beach at 6:30 a.m.

Travel to Ronks, PA, after a stop for lunch. Visit Mennonite Information Center for a short film explaining the difference between Mennonite and Amish. Pick up our Mennonite tour guide who will join our bus to take us for a two-hour tour around Lancaster County sights. Stops include a Mennonite family business as quilt brokers and perhaps a soft pretzel establishment. See one-room school house, buggies, etc. as we tour around. Learn about the Amish.

To our hotel, the Hershey Farm Inn, for our delicious and plentiful buffet dinner. Gift shop, barn, walks are all over this property. After dinner, a quilting presentation at the Loft, a group gathering spot on the property up the hill, for those interested.

Good night, sleep tight.

### Day 2-Wednesday

Yummy breakfast at hotel - dozens of choices for hot food (ever tried scrapple?) omelet station, etc.

Leave 8:30 a.m. for a short drive to Hershey, PA to the world famous Hershey Chocolate World for the ride/tour which explains the chocolate making process. Shop for fresh chocolate etc., lunch on your own in the food court (want chocolate for lunch?), and optional create your own chocolate bar lab, at your own expense. Just be ready to leave on time so watch your times. We want to be back in time to store your chocolate in your room!

Depart Hershey at 12:30 for the Sight and Sound Theatre (just up the hill from our hotel) presentation of the award-winning musical production of 'Jesus' which starts at 3:00 p.m. - 5:30 p.m. This stunning production makes amazing use of technology, live animals, great score, wonderful sets - it's amazing Broadway quality. And, we have reserved great seats for our group.

Dinner 6:15 - Miller Smorgasbord and assorted shops. Wine and beer available for purchase. We pay for your dinner.

Home to hotel.

Breakfast at our hotel. Load luggage.

Depart @ 9:00 a.m. for the Bird in Hand Farmer's Market around the corner, which is a playground of Amish- and Mennonite-made crafts and food. Bring your own small cooler if you want to stock up on meats, cheeses, or shoe fly pie! Plenty of room under the bus.

Depart 11:00 a.m. promptly!

We will stop en route for an early afternoon quick lunch.

Then, home sweet home.

So, 3 days, snacks, 2 lunches, 2 dinners, 2 breakfasts, plus a small travel breakfast on the first day, tour guide, Hershey. quilt seminar, 2 nites hotel, Sight and Sound tickets, bus, Water provided.

BYOB if you require anything besides water. No alcohol provided to keep costs down. Reserve now. This trip will fill up fast!!!!

Questions: Margie Cole-426-3803 or Denise Kusturin 426-2080. Do not call ILR Office with questions, please. Call Travel Committee members, Margie or Denise. Get your paperwork into the office ASAP.

Price-\$420.00 double per person  
\$555.00 single

**ILR PENNSYLVANIA DUTCH COUNTRY TRIP TO LANCASTER**

**Sept 24-26, 2019 (Tuesday – Thursday)**

**Traveler Questionnaire** (information and meal choices)

**Incomplete forms will NOT be processed**

Complete **one form for each trip participant** (including those rooming together) and **submit all paperwork together**.

Printed Name: \_\_\_\_\_

Legibly **PRINT** Email Address: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Cell: \_\_\_\_\_

YES \_\_\_ NO \_\_\_ Is it okay to leave messages on answering machine/voice mail?

**ROOMING CHOICE.** Choose One:

\_\_\_ I want a single room. \$555.00

\_\_\_ I want to share a room. \$420.00 each person. Please turn this form in at the same time as roommate.

Roommate name (print): \_\_\_\_\_

*...Any Traveler who is unable to be self-sufficient must be accompanied by a traveling companion.*

Drinks with **screw tops only please** on bus. **No pop-top cans or glass containers. Personal food must be in a plastic bag.**

**Day 1 Lunch** - Main Street Market in Smyrna, Delaware

Please choose one of the following: \*

\_\_\_ Turkey: Turkey breast and your choice of American, Swiss or Provolone. (Please **circle** type of cheese desired)

\_\_\_ Ham: Ham and your choice of American, Swiss or Provolone. (Please **circle** desired cheese)

\_\_\_ Roast Beef: Roast Beef and your choice of American, Swiss or Provolone. (Please **circle** desired cheese)

\_\_\_ Italian: Salami, Capicola, Ham and Provolone cheese.

\_\_\_ Gluten-free option is on lettuce instead of bread.

\*All sandwiches come with chips, side of fruit, dessert and water.

**Circle One**

**YES NO** Will you be a volunteer photographer for the ILR website/archives?

**YES NO** Will you write a summary of our trip experience for the ILR website?

**Adult beverages can be purchased at individual traveler's expense. No alcohol provided on bus.**

**Emergency Contact information. We cannot process this form without this information.**

Emergency Contact Name: \_\_\_\_\_ Relationship \_\_\_\_\_

Emergency Contact phone number/s: \_\_\_\_\_

Gratuities included in the cost of the trip: bus driver, tour guide and dinners. Additional "gifts" for hotel staff are a personal choice.

**Questions?** Please contact one of the Travel Committee members listed below, **not the ILR Office**

**Margie Cole** [psychemom0604@yahoo.com](mailto:psychemom0604@yahoo.com) 757 426-3803 **Denise Kusturin** [dkusturin@verizon.net](mailto:dkusturin@verizon.net) 757 426-2080



# Travel Committee Trip Disclosure Form

**Incomplete forms will NOT be processed!**

This form clarifies the policies of ILR and the commitment of the trip participant(s)

**Pennsylvania Dutch Country Trip, Lancaster, PA**  
**”Hershey Chocolate World” “Bird in Hand” “Sight and Sound Theater”**  
**Two nights: Tuesday & Wednesday, September, 24-25, Returning the 26<sup>th</sup>**  
**Sign-up Deadline: Monday, July 8, 2019**  
**45 participants**

If interested in this outstanding trip, do not wait until the sign-up deadline to submit paperwork. Spaces are filled in the order of receipt and completion. Once the maximum (45) is reached, a numerical *wait list* is kept based on submission date of **completed** paperwork. If you are traveling with a friend, make certain that your paperwork is submitted simultaneously, otherwise travel for both is **not** guaranteed.

To secure your reservation/s for this ILR Member Trip, return this signed **Trip Disclosure form, Traveler Questionnaire form, Check, payable to ILR.**

Please **initial** each statement below. If a **couple** (i.e. husband and wife) is traveling together, **both** need to **initial and sign this document**. Copy for your records.

\_\_\_\_\_ ILR reserves the right to cancel a trip if the minimum numbers are not met. Money will be refunded.

\_\_\_\_\_ If a member cancels **after** the Sign-up Deadline (**July 8, 2019**) and a replacement from the *wait list* is secured, a full refund is issued.

\_\_\_\_\_ If a member cancels **after** the Sign-up Deadline (**July 8, 2019**), and there is **NO wait list**, ILR does not issue refunds; however, the member may secure his/her replacement with an ILR member, making financial arrangements with the replacement and notifying the ILR office **no later than September 1, 2019.**

\_\_\_\_\_ **Wait List Policy:** If you are on the *wait list*, ILR will notify you as cancellations are received. Those who are still on the *wait list* at the time of the trip will be issued a full refund.

\_\_\_\_\_ Primary communication with trip participants will be by e-mail. **On day of travel by text/phone.**

**Signature/s: PLEASE PRINT LEGIBLY AND SIGN**

**PRINTED NAME**

\_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

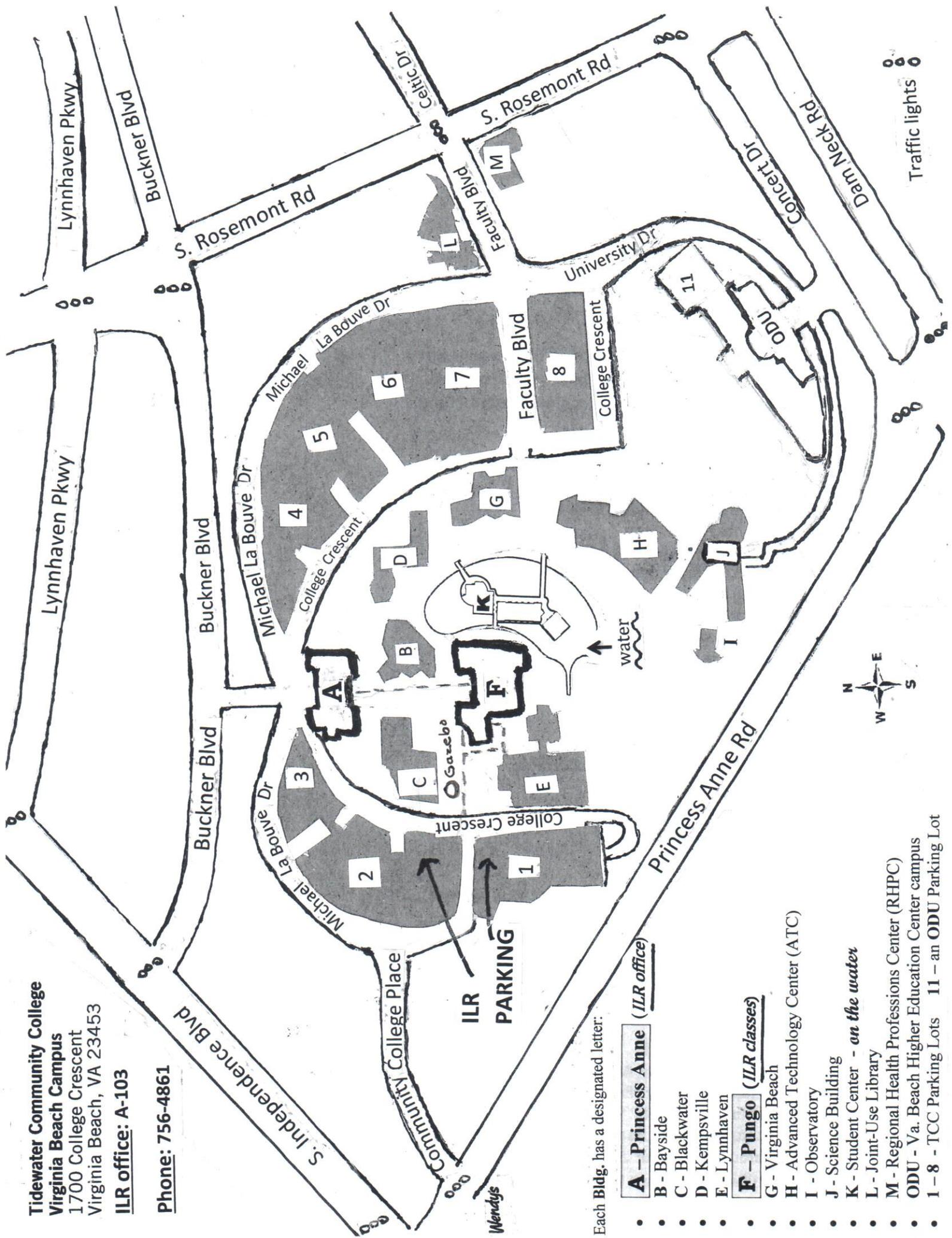
\_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Office Use Only:** Date Rec'd \_\_\_\_\_ Trip \$ Pd \_\_\_\_\_ Ck. No. \_\_\_\_\_

Tidewater Community College  
 Virginia Beach Campus  
 1700 College Crescent  
 Virginia Beach, VA 23453

**ILR office: A-103**

**Phone: 756-4861**



Each Bldg. has a designated letter:

- **A - Princess Anne (ILR office)**
- B - Bayside
- C - Blackwater
- D - Kempsville
- E - Lynnhaven
- **F - Pungo (ILR classes)**
- G - Virginia Beach
- H - Advanced Technology Center (ATC)
- I - Observatory
- J - Science Building
- K - Student Center - *on the water*
- L - Joint-Use Library
- M - Regional Health Professions Center (RHPC)
- ODU - Va. Beach Higher Education Center campus
- 1 - 8 - TCC Parking Lots 11 - an ODU Parking Lot

## DIRECTIONS to ...

### **ILR / Tidewater Community College, Virginia Beach Campus**

1700 College Crescent, Virginia Beach, Va. 23453 Phone: 756-4861

#### **From ODU/Norfolk/Portsmouth:**

- ▶ Take **I-264 E** from Downtown Norfolk
- ▶ Take **Exit 18** at Rosemont Rd.
- ▶ Turn **RIGHT** onto **S. Rosemont Rd.**
- ▶ Proceed **3.8 miles** to **Faculty Blvd.**
- ▶ Turn **RIGHT** onto **Faculty Blvd.**
- ▶ Turn **RIGHT** onto **Michael La Bouve Dr.** – TCC is on your left
- ▶ Follow road around TCC (through 3 Stop signs ●) to its end, where it curves into the last Pkg Lot areas (**1 & 2**) for **Bldg. F**

#### **From Chesapeake & Virginia Beach via Princess Anne Rd:**

- ▶ Take **I-64 W** toward Hampton/Richmond
- ▶ Take **Exit 286 B** onto **East Indian River Rd.**
- ▶ Merge **LEFT** onto **Ferrell Pkwy**
- ▶ Merge **LEFT** onto **Princess Anne Rd.** (second one)
- ▶ Proceed 1 mile to **Community College Place.**
- ▶ Turn **LEFT** onto **Community College Place** – from the **Right-most** Left turn lane.  
**Stay in Right-most Lane** entering TCC
- ▶ Turn **RIGHT** at Stop sign ● onto **Michael La Bouve Dr.** –
- ▶ Go to end of road, *approx .6 mile*, which will become Parking Lot areas (**1 & 2**) for **Bldg. F**

#### **From Virginia Beach Oceanfront via I-264:**

- ▶ Take **I-264 W** from Oceanfront
- ▶ Take **Exit 18** at Rosemont Rd.
- ▶ Turn **LEFT** onto **S. Rosemont Rd.**
- ▶ Proceed **3.8 miles** to **Faculty Blvd.**
- ▶ Turn **RIGHT** onto **Faculty Blvd.**
- ▶ Turn **RIGHT** onto **Michael La Bouve Dr.** – TCC is on your left
- ▶ Follow road around TCC (through 3 Stop signs ●) to its end, where it curves into the last Parking Lot areas (**1 & 2**) for **Bldg. F**

#### **From Hampton:**

- ▶ Take **I-64 E** to **I-264 E**
- ▶ Take **Exit 18** at Rosemont Rd.
- ▶ Turn **RIGHT** onto **S. Rosemont Rd.**
- ▶ Proceed **3.8 miles** to **Faculty Blvd.**
- ▶ Turn **RIGHT** onto **Faculty Blvd.**
- ▶ Turn **RIGHT** onto **Michael La Bouve Dr.** – TCC is on your left
- ▶ Follow road around TCC *about .5 mile* (through 3 Stop signs ●) to its end, where it curves into the last Parking Lot areas (**1 & 2**) for **Bldg. F**

### **NOTES**

### **FREE** parking!



- No parking passes needed!
- No citations!
- You can park anywhere in designated lots!

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Each bldg has a designated letter: (*see map on other side*)

The letter at the beginning of a room number indicates which **Bldg.** the room is in. The numbers designate the **room #**

**ILR office: A-103**

Bldg. **A** ("Princess Anne")  
Room **103**  
Parking Lot **3**

**ILR classes: F-133**

Bldg. **F** ("Pungo")  
Room **133** (Pungo Auditorium)  
Parking Lots **1 & 2**

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To park closest to Bldg. **A** (Princess Anne), for the ILR office, park in Lot **3**, although lots **1&2** will also work well.