Socrates Club

Date and Time: Monday, January 9, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Roshan Talreja, M.D.

Course Description:
Let us continue thinking about thinking. Public philosophy is to think new thoughts, understand one's beliefs, re-evaluate our values, and think anew.

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. He enjoys public philosophy where east meets west...science meets spirituality...knowledge meets wisdom.

Understanding Opera: Der Freischütz

Date and Time: Tuesday, January 10, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Glenn Winters

Course Description:
This class is designed to introduce students to the third production of Virginia Opera's 2016-2017 season. Carl Maria von Weber's supernatural thriller Der Freischütz. Discussions will provide comprehensive musical and dramatic analysis, illustrated with audio and video excerpts. Recommended for opera buffs and neophytes alike.

Credentials/Background:
Glenn Winters joined Virginia Opera in 2004 as Community Outreach Musical Director. He received his Ph.D. in Music from Northwestern University and also 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 di Roma in Italy. His compositions include three successful children's musicals and a full-length opera, Much Ado About Nothing
Singing as an Act of Life: A Defiant Requiem, African Inmates, Folk Music & the Modern Chorister

Date and Time: Thursday, January 12, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Robert Shoup, Chorus Master of the Virginia Symphony Orchestra Chorus

Course Description:
An examination of the expressive capacity of group singing to extend beyond common social enjoyment, and to provide communities with a powerful vehicle for survival, encouragement and humanity. We will look at contrasting examples with personal significance to our speaker as illustrations: the singing of Verdi’s wrathful Requiem by the captives at Terezin in Nazi Germany, the singing of common inmates at a rural third-world prison in Malawi Africa, and a family’s gathering with instruments in their living room. The role and impact of group singing in these situations will provide context for an examination of modern group singing in 21st Century America. How does contemporary culture encourage or inhibit music’s capacity – both for participants and hearers – to express deeply human experiences?

Credentials/Background:
This is Robert Shoup’s 20th season as Chorus Master and Staff Conductor of the Virginia Symphony Orchestra. His national and international conducting credits include the Louisiana Philharmonic Orchestra, Breckenridge Music Festival Orchestra, ensembles from the Prague Radio Orchestra and Czech State Philharmonic, and numerous choral ensembles. He served as the Music Director of the all professional Virginia Chorale from 1997-2007. His choruses have been described by critics as "totally enthralling" and "completely mesmerizing," and his ensembles have been featured on numerous recordings, including two discs with the VSO for the Naxos label (Hailstork and Stravinsky). He served as Assistant Music Director for the Virginia Symphony and Virginia Arts Festival's highly acclaimed production of the Leonard Bernstein "Mass" and choral coordinator for the VSO recording of Mahler's Eighth symphony. Mr. Shoup has spent time in Malawi, Africa, researching political, social and musical aspects of that country’s recent history. He has also visited the Terezin concentration camp in the Czech republic, an experience that helped to fuel his convictions as an advocate for music as a tool for global and cultural tolerance and understanding. He is the founding director of the Norfolk Street Choir, a new outreach to the homeless community in Norfolk. Shoup holds a Bachelor's degree in Music Education (voice) from Duquesne University, and a Master's degree in Conducting in the studio of Grammy-winning conductor Robert Page at Carnegie Mellon University.
Operation Smile, Up Close and Personal

Date and Time: Tuesday, January 17, 10:00-12:00
Cost: $10
Location: Operation Smile Headquarters*
Speaker: Brigette Clifford, Jennifer Krzewinski, Trevor Hebinstreit

Location: *Meet in the downstairs lobby of the Operation Smile Headquarters and you will be guided to the Operation Smile auditorium. Operation Smile Headquarters are across the street from the ODU/NSU Higher Ed Center, at 3641 Faculty Boulevard, VA Beach, VA 23453. Maximum attendance, 100.

Course Description:
Visit the Operation Smile International Headquarters, Hear the Stories, Appreciate the Mission and the Reach of the programs, and Learn about the Role of Volunteers in Fulfilling the Mission.

For 34 years worldwide, Operation Smile, headquartered in Virginia Beach, has provided life-changing surgery and new lives for children with facial deformities. The children’s medical charity was founded by local physician, Dr. Bill Magee and his wife, Kathy, a trained nurse. “Operation smile is invested in providing the highest quality surgical care available, but also in empowering local communities through education and training to improve how health care is delivered.” (2015 Impact Report). With the launch of the newest campaign, Until We Heal, Operation Smile will not stop until ALL children receive the care they deserve.

Credentials/Background:
Brigette Magee Clifford, daughter of founders Bill and Kathy Magee. Brigette is an innovative volunteer with the organization, a leader with the Operation Smile Club development and involvement of students at all grade levels, the force behind 10 year partnership with J & A Racing and the Operation Smile Final Mile, the innovator of The Rush for Smiles Dodgeball Tournament in partnership with VA Rush Soccer. A graduate of Denison College, Brigette has a master’s degree in psychology from Loyola University, Baltimore, MD.

Jennifer Krzewinski, Associate Vice President Student Programs, VB Schools Educator, most recently, Director of Plaza’s Middle School IB Program.

Trevor Hebinstreit, Program Officer, graduate of VA Tech, First Colonial HS graduate. Other presenters will also be included as well as some video clips.
American Action and Suspense Movies
Date and Time: Wednesday, January 18, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Jane Marks, Ph.D.
Course Description:
This lecture will show how movies like to "move". From early animation to modern action cinema, movies have tried to create thrills and chills. We will cover the rules of suspense devised by Hitchcock, Val Lewton, and other movie makers and we will see how action has contributed to the way we see things.

Credentials/Background:
Jane Marks has a Ph.D in Psychology from UCLA (Antioch) and shows movies at All Saints Episcopal Church once a month as a movie ministry. She has judged two cinema competitions for several years. Jane, a mother and grandmother, has lived here for twenty years and loves traveling the world.

Native Peoples from Central America:
A Look into their History and its Significance to Our Post-Modern Western Society.
Date and Time: Monday, January 23, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Professor Clarice da Mota
Course Description:
This course aims to take a look at the history and importance of the native populations of all the Americas (North, Central, and South) in our post-modern societies. The central theme of Amerindian history, today as well as five hundred years ago, is of tribal decay and social change because European invaders have lusted after indigenous economic and human resources. However, indigenous peoples of the Americas are alive and active today. The sheer number of tribes in every American continent today is enormous. We are going to focus on those people who have become better known for the magnificent constructions they built from the time of conquest (like the Mayans and Quechuas) but will look into the native populations that still inhabit the jungle areas of Brazil: their spiritual powers and ancestral knowledge of energy medicine and healing practices, simply because they refused to die off or go away forever. We will be touching on history, anthropology, archeology, and astronomy to better understand the natives of Central and South America contemporary nations.

Credentials/Background:
Clarice Novaes da Mota, a Brazilian native, has a Ph.D degree in Social Anthropology and Ethnomedicine from the University of Texas at Austin. Dr. Mota has done extensive research among some Brazilian tribes on the uses of medicinal plants and healing practices, having published her doctoral thesis as "Jurema's Children in the Forest of Spirits", ITT, London, 1977, plus several articles on the uses of hallucinogenic plants by indigenous peoples, in diverse books and periodicals. In the past 10 years she has been studying the shamanic (medicine and spirituality) practices of Peruvian, Brazilian, and Mexican indigenous groups, both the ancestral and contemporary practices.
**Meditation**

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

**Cost:** $10

**Location:** VBHEC

**Instructor:** John Van Auken

**Course Description:**
There are two aspects to our whole being: our body and our mind. Meditation has been shown in modern research to enliven our bodies and enlighten our minds in such a manner that we may become healthier, happier people who are a blessing to others and make this world a better place for us having lived here. As the famous instructor Edgar Cayce taught, "An individual may experience a healing through meditation, through attuning not just a side of the mind or a portion of the body but the WHOLE, to that oneness with the spiritual forces within you, the gift of the life-force within each body. Each individual body must bring its own creative force in balance." Learn the 7 Steps to a clearer, intuitive mind and a healthier, more energetic body. Learn how to find your inner sanctuary of peace and contentment in the midst of life’s activities and challenges. Don’t miss this opportunity to enjoy and benefit from a fulfilling workshop with one of the best meditation teachers. It will change your life forever.

**Credentials/Background:**

**John Van Auken** is the Director of the Edgar Cayce Foundation, and oversees archaeological research in Egypt and Mesoamerica (the Mayan, Toltec, and Aztec cultures). He has written over a dozen books and appeared on several TV and radio programs, including the FOX show *Opening the Tomb Live from Egypt*, Modern Marvels’ *The Pyramids*, PBS’s *Religion Today* and *Spiritual Alternatives*, several shows on The History Channel, including two appearances on *Digging for the Truth*, and two appearances on *Ancient Aliens*, Discovery Channel, and the SciFi Channel, including the popular show *Quest for Atlantis*. He is a popular speaker across the U.S. and around the world. He has led some seventy tours to Egypt, Israel, Turkey, Europe, the Mayan sites, American Mounds, and other ancient sites around the planet.

---

**Current Issues in Latin America; a U.S. Perspective**

**Date and Time:** Thursday, January 26, 10:00-12:00

**Cost:** $10

**Location:** VBHEC

**Speaker:** John C. Finn

**Course Description:**
This presentation will focus on several important issues in Latin America, and on their implication for the United States, and U.S. foreign policy, including immigration, the drug trade violence in Central America, political instability in Venezuela, and economic growth throughout the region.

**Credentials/Background:**

**Dr. John C. Finn** is an Assistant Professor of Geography at Christopher Newport University. He holds a PhD in Geography from Arizona State University, an MA in Geography from the University of Missouri – Columbia, and a BA in International Studies from the University of Missouri – Columbia. Finn’s research focuses on cultural and urban geography, and he has conducted extensive field research in Cuba, Brazil, and along the US-Mexico border. His research has been published in English, Spanish, and Portuguese in both academic publications and the popular press.
Fort Wool and Fort Monroe: Two Important Landmarks in American History

Date and Time: Monday, January 30, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: J. Michael Cobb

Course Description:
Fort Monroe National Monument spans the American story through the 21st century: American Indian presence, Captain John Smith's journeys, safe haven for freedom seekers during the Civil War, and a bastion of defense for the Chesapeake Bay protecting the deep, natural harbor of Hampton Roads. It is the largest stone fort in the country and the first built after the War of 1812.

Fort Wool, now a quiet historical landmark, obvious when crossing the Hampton Roads Bridge Tunnel upon leaving Norfolk, has been witness to some of the most influential figures and events in American history. Originally named for John C. Calhoun, the fortress felt Andrew Jackson walk the ramparts as he retreated from the bustle and politics of Washington, saw Abraham Lincoln direct the shelling and invasion of nearby Norfolk during the Civil War, and guarded one of the country's most important harbors in two world wars.

Hear the fascinating tale of presidents and slaves, soldiers, and civilians, linked to two stone fortresses, Fort Monroe and Fort Wool, historical landmarks at the entrance of the Chesapeake Bay.

Credentials/Background:
J. Michael Cobb received an M.A. in American Studies from the College of William and Mary. He is the founding Curator of the Hampton History Museum, where he has served for many years in that capacity. He is the author of several books and has published the story of Fort Wool, the fort built on an artificial stone island in Hampton’s harbor (Fort Wool: Star Spangled Banner Rising). He is currently writing a book about Fort Monroe. The Daughters of the Confederacy awarded him the Jefferson Davis award for the interpretation of Confederate history.

The Manhattan Project

Date and Time: Tuesday, January 31, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: John Druzbick

Course Description:
From the discovery of fission in 1938 to the dropping of the atomic bomb in 1945, the greatest industrial undertaking in human history was begun and finished, employing over 120,000 people, 8 major corporations at 10 different sites, at a cost of 2.1 billion dollars.

Credentials/Background:
Dr. John Druzbick was the Science Advisor to Director of the Marine Corps Research and Development Center in Quantico for 20 years. He taught physics at Mary Washington College, Washington and Lee, Virginia Military Institute and University of Richmond during his career. John earned his Bachelor degree at Roanoke College in Salem, Virginia and his M.S. and PH.D. from American University in Washington D.C.
The Coming Clash Between the U.S. and China

Date and Time: Thursday, Feb. 2, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Dr. Shaomin Li

Course Description:
The rapid ascendance of China is poised to challenge the dominance of the U.S. While most observers of U.S.-China relations focus on the possible military confrontation and economic rivalry between the two, few realize that a more fundamental clash lurks in ideology and the way of life between the two superpowers.

In this lecture, we will conduct a comparative analysis of the two countries in terms of their political and economic systems and cultures, evaluate their hard and soft powers in the world, and project the roles they will play in shaping social, economic and political order of the world.

Credentials/Background:
Dr. Shaomin Li is Eminent Scholar and Professor of International Business at Old Dominion University. He received his Ph.D. in Sociology from Princeton University. His research focuses on international political economy. His articles have appeared in The Wall Street Journal, The Financial Times, The New York Times, and Harvard Business Review. The Economist magazine featured his research twice. He is the recipient of Virginia’s Outstanding Faculty Award in 2008.

Kenya and the Legacy of the Colonial Experience

Date and Time: Wednesday, Feb. 8, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Ambassador (ret.) Bismarck Myrick

Course Description:
This session will explore the relevance of the colonial experience to present-day conditions in the Republic of Kenya. Kenya was colonized by the British in the 19th century and European settlers expected to live there forever. A Kenyan nationalist movement led to independence and now the country is east Africa’s strongest economy although there have been significant internal conflicts and terrorist attacks. The father of U.S. President Barack Obama was a Kenyan. United States interests are linked to the success of the country.

Credentials/Background:
The Honorable Ambassador (ret.) Bismarck Myrick, is Ambassador-in-Residence at Old Dominion University where he teaches political science and history. As a career member of the Senior Foreign Service he served as Ambassador to the Republic of Liberia 1999-2002 and as Ambassador to the Kingdom of Lesotho from 1995-1998. He headed U.S. Diplomatic Missions as Consul General in both Cape Town and Durban, South Africa. Ambassador Myrick rose through military ranks serving in Vietnam, Korea, Japan, Germany and Ethiopia, earning the Silver Star, Bronze Stars, Purple Heart and Meritorious Service Medal. He is the recipient of many awards and is co-author of Three Aspects Crisis in Colonial Kenya as well as other publications.
Coffee and Conversation

Date: Wednesday, February 8, 2017
Time: 11:45 – 1:00pm
Place: VBHEC

Join us for our quarterly session of Coffee and Conversation.

What’s Coffee and Conversation? It’s an opportunity to socialize with fellow ILR members. We also wish you would get acquainted with your fellow ILR members and the officers. As always, feel free to share ideas and make suggestions for future ILR programs and events.

Everyone is encouraged to come, but we particularly hope to meet the members who will be at the Higher Ed Center on Wednesday morning for the Kenya—Colonial Experience class. Stop in after class and enjoy a beverage, sandwich, and cookies provided by the ILR, free of charge.

The room number will be posted on the TV monitor in the Atrium/Lobby and on the door of the ILR office.

We’ll be there from 11:45 – 1:00pm.

Please RSVP… either on the Class Registration form, or call the office at least 4 days or more in advance (368-4160). Your reservation helps us provide the correct amount of lunch goodies.

Hope to see you there!
The Socrates Club

Date and Time: Monday, Feb. 13, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Roshan Talreja, M.D.

Course Description:
More questions, more thinking, more understanding. Let us keep “doing philosophy”: thinking about life and ideas. We will probe questions about interesting subjects.

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 training in Emergency Medicine in 1975. He is a member of the American Medical Association and the American Philosophical Association.

The Many Faces of Love

Date and Time: Wednesday, February 15, 1:00
OR (Same tour to be repeated. You may choose either day.)
Thursday, February 16, 1:00
Limited to 25 people per day
Cost: $10
Location: Chrysler Museum of Art
Instructor: Gray Puryear

Course Description:
It’s winter and cold and dreary. If you want to turn up the heat, join Gray Puryear one day after Valentine’s Day for a fascinating look at love in all its variations among selected works from the Chrysler Museum of Art – young love, tragic love, familial love, treacherous love. And perhaps we will answer that intriguing question: Was Harriet Cany really the first woman in America to ask for a pre-nup, when she married artist Rembrandt Peale in 1840?

This tour will last at least one hour (and probably a little longer). You have several choices in how you may spend your second hour at the Chrysler Museum. You may, at noon, prior to the tour, (1) indulge in a lunch at the museum’s Wisteria Restaurant (reservations recommended), or (2) visit the Glass Studio for a free glass-blowing demonstration. After the tour, you may (3) continue to follow Gray Puryear in exploring any area of the museum of your choosing, or (4) explore more of the museum on your own.

Instructor:
Gray Puryear was a part-time employee at the Chrysler Museum of Art in 1971 while in his final year of earning a B.A. in History at ODU. He left the museum to take a full-time position with the city of Norfolk, but his love for the museum and art remained strong. After retiring from the city with 34 years of service, he entered the Chrysler Museum’s volunteer docent program. He is in his twelfth year as a museum docent and is putting his history degree to good use.
Presidents Day: the Day and the Leaders We Honor

Date and Time: Thursday, Feb 16, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Anita Taylor, M.A. Ed.

Course Description:
We will look more closely at the meaning of the day we celebrate on February 20th this year. Who was Presidents Day originally intended to honor and is it celebrated on the same day in each state? Which states have given us the most presidents? How many presidents have been only children? Which presidents did not complete their terms and why? We will hear how, throughout history, presidential temperaments and decision-making styles have been related to their achievements and misadventures.

Credentials/Background:
Anita D. Taylor is Associate Professor in the Department of Family and Community Medicine at Eastern Virginia School of Medicine. She is also Emeritus Associate Professor and formerly Assistant Dean for Student Development at the Oregon Health & Science University School of Medicine in Portland, Oregon. Mrs. Taylor is a graduate of Bryn Mawr College with a B.A. in Sociology and Wake Forest University with a Master’s degree in Education and Counseling. She holds charter certification from the Association of Psychological Type and is author of many articles and a book, How to Choose a Medical Specialty.

General Douglas MacArthur

Date and Time: Tuesday, Feb. 21, 10:30-12:00
Cost: $10
Location: Central Library of Virginia Beach
Instructor: Robert Torgler

Course Description:
Recall the life and times of one of the most brilliant and controversial military figures of the 20th Century. MacArthur’s life and career provide a fascinating story of a hero and those who worshipped and reviled him.

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.

- **DOORS do not open until 10:00, so class will start at 10:30. We must be out of auditorium by 12:30.**
- **PLEASE LEAVE the first row open for those who have difficulty going up the stairs.**
- **THE SOUND SYSTEM in the auditorium has not improved. HEARING DEVICES are available at the Main Desk inside the library.**
**Understanding Opera: Turandot**

**Date and Time:** Wednesday, Feb. 22, 1:00-3:00  
**Cost:** $10  
**Location:** VBHEC  
**Instructor:** Glenn Winters

**Course Description:**
This class will introduce students to the final production of Virginia Opera’s 2016-2017 season, Puccini’s exotic tale of ancient China, Turandot. Discussion will provide comprehensive musical and dramatic analysis, illustrated with audio and video excerpts. Recommended for opera buffs and neophytes alike.

**Credentials/Background:**
Glenn Winters joined the Virginia Opera in 2004 as Community Outreach Musical Director. He received his Ph.D. in music from Northwestern University and also 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, Mr. Winters has sung over a dozen principal roles including a guest appearance with the Operafestival di Roma in Rome, Italy. His compositions include three successful children’s musicals and a full-length opera, *Much Ado About Nothing*.

---

**Forty-Five Thousand Years of Looking for God**

**Date and Time:** Thursday, Feb 23, 1:00-3:00  
**Cost:** $10  
**Location:** VBHEC  
**Instructor:** Donald Swift

**Course Description:**
Modern humans entered Europe 45,000 years ago, leaving behind indications of early religious behavior. A major shift in living eventually occurred and we find portrayals of people dancing and evidence of public religious ceremonies around 8,000-4,000BC. We will learn how the emergence of city states after 3,500 BC radically changed how people lived and interacted once again and what effect the priesthoods had on religion. With the advent of literacy some 5,000 years ago, the character of western religion changed yet again. Sacred texts further increased the distance between beliefs and the supernatural. But the simple patterns of religious behavior, begun in the Paleolithic proved capable of supporting more elaborate religions, such as the three Abrahamic faiths. Recent studies shed new light on the successive emergence of Judaism, Christianity and Islam.

**Credentials/Background:**
Dr. Donald Swift has held the position as Slover Professor of Oceanography at Old Dominion University since 1986 and became Professor Emeritus at ODU June 1st. Prior to that appointment, he was Research Advisor for ARCO Oil and Gas Company, and served as Senior research Oceanographer at the Marine Geology and Geophysics Laboratory for Atlantic Oceanographic and Meteorological Laboratories. He has won numerous awards for work in Marine Geology and Sedimentary Geology and has published 130 articles and books. He has presented classes to us on Global Climate Change and A Scientist Muses on Faith and Reason.
Henry VIII's Children -
A Brief History of Edward VI, Mary I, Elizabeth I

Date and Time: Tuesday, Feb. 28, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Kathryn Cross

Course Description:
War, love, murder, marriages, adultery, annulments, executions, sibling rivalry, and religion – before prime time, we had the Tudors! From the War of the Roses to the Elizabethan Era, the Tudor monarchs brought great change, innovation and power to England. After the death of Henry VIII in 1547, the illustrious reign of the Tudor Dynasty continued on with his children Edward VI, Mary I, and Elizabeth I. Their strong personalities, unique leadership, and intriguing personal lives shaped the history of England and continue to inspire historical works, literary fiction, major motion films, theater, music, and television. Join us for a brief history of the lives of Henry VIII's children.

Credentials/Background:
A graduate of Washington and Lee University, Kate Cross received her Master of Arts degree in European History from Old Dominion University. She taught advanced placement modern European history at Nansemond-Suffolk Academy from 2002 to 2010. Now the mother of three she is also a certified yoga instructor and is active in her community.
This Broadway hit is based on the Amphitryon myth. Jupiter comes to Earth in human form to woo beautiful Alcemene, wife of Amphitryon. He appears to her in the body of her absent husband and quickly wins her love. Things go swimmingly until the real Amphitryon shows up. The chorus consists of Tom, Dick, Horace and the delightfully dizzy Dolores (who is only in the show because she is the wife of its financial backer.)

**DATE:** SUNDAY, JANUARY 22, 2017  
**TIME:** 2:00 p.m. ARRIVAL TIME TO PICK UP TICKETS AT THE THEATER LOBBY  
**PLAY BEGINS AT:** 2:30 p.m.  
**PLAY TICKET ONLY:** $15.00 (includes $1 admin. fee)  
**MAXIMUM:** 30 PEOPLE **(those with LTVB season tickets, should not sign up with ILR, but we hope will make reservations for the play that same day, AND let us know if you want to join us for DINNER, after the play.)**  
**DEADLINE FOR PLAY TICKETS:** DECEMBER 16, 2016 - no cancellations or refunds after this date.

**DINNER... AFTER THE PLAY:** FIRE & VINE  
1556 LASKIN RD, HILLTOP EAST  

*Members will pay for their own dinner*

---

Return with check payable to ILR by... December 16, 2016.

_____ I will attend just the play: Print Name(s)  
__________________________________________________________ Telephone: __________

_____ I will attend the play and dinner: Print Name(s)  
__________________________________________________________ Telephone: __________

_____ I’m a season ticket holder, and want to join you for dinner after the play: Print Name(s)  
__________________________________________________________ Telephone: __________

An ILR Social Committee Event
The ILR Book Group meets on the 3rd Tuesday of each month from 1:00 to about 3:00 pm, in room 210.

JANUARY 2017

Fiction: *The Language of Flowers* by Vanessa Diffenbaugh

Non-Fiction: *Fortune’s Children: The Fall of the House of Vanderbilt* by Arthur Vanderbilt

* * * * * *

We will be voting on selections… in January, for February thru June 2017.

We do not meet… in December or July

Contact: Judy Schooley, 486-7490
Valentine’s Day Party

Location ~ Jackie Azaransky’s Home
4629 Sam Bates Court
Virginia Beach, VA 23462

Directions ~ South onto Independence Blvd., right onto Edwin Drive [opposite Mt. Trashmore], left onto Southern Pines, right onto Bob Jones, right onto Sam Bates Court.

Date ~ Friday, February 10th, 2017*
*Foul Weather Date (meaning icy weather, not just rain) is Saturday, February 11th at the same time.

Time ~ 5:30 p.m. ~........?

Cost ~ $6.00 per person

Bring your favorite heavy hors-d’oeuvre or dessert to share. Wine and soft drinks are provided.

Deadline ~ January 31st, 2017

Limit ~ 45 people

An ILR Social Committee Event
Great Decisions is America’s largest discussion program on world affairs. The program, the Foreign Policy Association, involves reading a predetermined selection from the Great Decisions Briefing Book, and then meeting in a Discussion group to discuss the most critical global issues facing America today.

Through its annual meetings and World Leadership Forum, the FPA gives members access to discussion and debate on the issues. More than 60 heads of government have participated in the world Leadership Forum since 2000.

The ILR has previously held these conversations, with comments from attendees saying the discussions were impressive, interesting, with smart dialogs on the topics.

This year’s topics for Discussion are:

- The Future of Europe Trade and Politics
- Conflict in the South China Sea
- Saudi Arabia in Transition
- Nuclear Security
- U.S. Foreign Policy and Petroleum
- Latin America’s Political Pendulum
- Prospects for Afghanistan and Pakistan

We each purchase the Great Decisions briefing book on our own, and meet once a month at the Higher Ed Center to discuss a topic. Currently we are planning the first session for **Tuesday February 7th from 10 AM to 12 Noon**, and for the First Tuesday of each month thereafter, through September 2017. Our first meeting will involve a bit of “housekeeping” discussion as well.

The coordinator will be Chuck McCoy. If you have questions you may email him at: see.mccoy@gmail.com or call him, 757-486-6336.

If you want to participate, sign up on the Registration form, and include the class fee of $25.

Further information can be found on The Foreign Policy web site: www.fpa.org, where you also may Pre-order/Order the Great Decisions 2017 Briefing Book ($25.00 plus Tax, and Shipping)
SAVE THE DATE

EVENT: Annual ILR Meeting and Luncheon
DATE: Friday, March 31, 2017
WHERE: Westminster-Canterbury
PERFORMER: Frank Sings Frank

Frank Cubillo is the voice and energy behind his Frank Sinatra Tribute Act called Frank Sings Frank. A retired Marine Colonel who served over 37 years and a native New Yorker, Frank has learned to sing over 285 Sinatra songs, plus hits from Dean Martin, Bobby Darin, Tony Bennett, Nat King Cole and Michael Buble`. He has a real passion for singing and entertaining and does so all over Hampton Roads.

“Start Spreadin’ Da News”!!!
SPRING 2017 EVENTS
Join us for these events!

ODU VB Wellness Wave

Dates and Times to be Announced
Free blood pressure screening in the Atrium prior to each class.

March 16
VPAA Senior Thesis Art Exhibit
“EFFLORESCENCE”
Exhibit Run March 15–April 14

March 23
WOMEN’S HISTORY MONTH
Seema Reza reading including new book “When the World Breaks Open”

March 23
12:30-2:00 pm
Room 244
Reception to Follow

April 5
National Poetry Month
7:00 – 8:00 pm
Room 244
“As if Wine Could Pour from Her Nipple”

April 6
Quebecois Poetry Roundtable
12:30 - 2:00pm
Poetic Voices and Exchanges
Room 244
Quebecois Poets: Carole David, Paul Chanel Malenfant, and Denise Brassaer
American Poets: M.J. Kledzik, Peter Schulman, Renée Olander, and Luisa Iglesia

April 6
15th Holocaust Student Art Exhibit
Exhibit Run May 1-31
Opening Reception and Awards

May 2
5:00 - 6:30pm
Atrium

Special Event Guest Parking in Lot 3
ODU Virginia Beach
1881 University Drive, Virginia Beach, VA 23453 www.odu.edu/vabeach 757-368-4100
Class Cancellations:

If a member cancels a program (at least 4 days in advance), 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:

Va. Beach Higher Ed Center (VBHEC) follows the lead of ODU’s main campus. When ODU is closed due to inclement weather, ILR classes are cancelled. If there is a 1- or 2-hour delay, the ILR morning class is cancelled, but afternoon class will go on, unless we notify members by phone and/or email.

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

1. Check local radio and TV stations (3, 10, and 13)
2. Check [www.odu.edu](http://www.odu.edu) Notification will be on front page; scroll down
3. Call the ODU main campus infoline: 683-3000 (has a recorded message)
4. A message may be put on the ILR office phone...if we get info early enough
Q: Once I’ve signed up for a class, will I get a confirmation?

No. There are really only two times that you will be notified (by phone or mail)...
1. If a class is cancelled (then you will be sent a full refund voucher)
2. If there is a wait-list, and you’re on it.

Q: How will I know in which classrooms the VBHEC classes will be held?

The classroom # will be posted in 3 places:
1. On white placard board, if you come in through the front entrance, in Atrium, or
2. On the ceiling-mounted TV monitor, near the Waves Café, in the Atrium
3. On the door of the ILR office (room 125), if you come in through the back entrance (from Lot #3)

Q: Can I bring a guest to a class, activity or trip?

Yes, guests are welcome, if space is available, as members always have priority.
Simply call the office to see if there is room.
Note: the event fee must be paid, and an individual may attend, as a guest, only once per year.
When You Park at the VBHEC Campus...

*the parking lots are “DECAL-CONTROLLED”, so...

PLEASE REMEMBER.....

...to place your **Parking Pass** (face up)...

on CAR DASHBOARD

or

hang from REAR-VIEW MIRROR

* * * * *

***VBHEC does enforce parking regulations***

[They issue parking citations]

Thank you

**Note:** The passes are good for 6 months. ILR passes are issued to members who sign up for classes on the VBHEC campus, and whose current passes are near their expiration date. Check with the office if you have any questions.

If you forget, or lose your parking pass, call or stop by the ILR office for a replacement.
An Eastern Shore Extravaganza: A Wallop of an Adventure!

Thursday and Friday, March 30-31, 2017  (minimum 40 participants; maximum 50)

Single Occupancy $290    Double Occupancy $250

Bargain Price includes bus, lodging, meals, tastings, snacks, taxes, and tips excluding alcohol

Join us for a wonderful adventure through the heart of the Eastern Shore. From the shores of the Bay Bridge tunnel to Berlin, Maryland and everything in between. **Depart 7:30 a.m.**, Target, Military Highway with additional pick up at the Chesapeake Bay Bridge Parking Lot, approximately 8 a.m.

Enjoy a wide array of interesting, exhilarating and educational experiences including:

**The Barrier Island Center**, Machipongo, is a gem of a museum in a former Almshouse (‘poorhouse’) where the unique history and culture of the Barrier Islands is preserved and perpetuated including a film, a docent tour, a gift shop. No elevator to the second floor but options are available for those who cannot use the stairs.

**The Blue Crab Bay Company** in Melfa, a tour and tasting at the award winning regional and specialty food store. Discount for purchases will be offered the ILR members.

**The Island House Restaurant**, Wachapreague Harbor, designed after the Old Parramore Island Life Saving Station (circa 1800s) offers a hearty buffet. Climb the lookout tower for a spectacular panoramic view of the barrier islands.

By Special arrangement, **Goddard’s Wallops Island Flight Facility Visitor’s Center and Launch Pad Tour**, Chincoteague, offers a unique opportunity to explore the past, present and future of NASA’s Wallops Flight Facility. The visitors Center features films, exhibits about aeronautics, orbital and sub-orbital rockets, scientific balloons, current missions and the history of the facility.

**Chincoteague Island Tour** (history, nature) led by Capt. Debbie Ritter (USCG master captain’s license), Wildlife Guide, naturalist, award winning photographer, certified interpretive guide. Including Oyster Aqua Farm.

Dinner at **Don’s Seafood Restaurant**, one of the most popular restaurants in Chincoteague, located on the harbor.

Overnight at the new, clean and lovely **Fairfield Inn and Suites on the Bay**, beautiful sunsets! The evening concludes with a **nature photography presentation** by Capt. Debbie and a “social” at the hotel.

Early Friday Morning, day 2, Birding walk for the adventurous. Bus Departure at 9 a.m. for **Ward Museum of Wildfowl Art**, a premier educational facility featuring exquisitely beautiful galleries dedicated to wildfowl art and a spectacular gallery of masterpieces of World Championship Carving.

Wander charming **Berlin, MD**: named one of America’s Coolest Small Towns by Budget Travel. Two feature length movies have been filmed there. 47 buildings on the Nat’l Historic Register. Lunch at the **Historic Atlantic Hotel**, deeply rooted in small town charm and Victorian-Period Style, good food too!

Finish the trip with Wine tasting and gourmet Cheese at the beautiful **Chatham Vineyard**, Machipongo, VA. Return approximately 6:30 pm.

This schedule is subject to change and adjustment as venues are finalized. We will do all possible to keep the integrity of the trip as published.

REGISTRATION Deadline: January 13, 2017
ILR Travel Committee Trip Disclosure Form

**Eastern Shore Extravaganza: A Wallop of an Adventure!**
Thursday and Friday, March 30 and 31, 2017

**Registration Receipt Deadline: Friday, January 13, 2017**

This form clarifies the policies of the ILR and the commitment of the trip participant.

To secure your reservation, submit this signed Disclosure Form and the Trip Information Form with your Class Registration Form and check *payable to ILR*

If a couple (i.e. husband and wife) are traveling together, both need to initial and sign. Copy for your records. This trip is for ILR members.

**ILR Trip Cancellation policies:** Please initial beside each statement below indicating your understanding of the personal obligation.

- Due to contractual obligations that the ILR engages in when planning trips (based on your registration), the ILR cannot issue refunds to an individual if a trip is cancelled by the individual after the deadline date, Friday, January 13, 2017.

- If you cancel after January 13, 2017, you are responsible for securing a replacement. It is not the responsibility of the ILR to find a replacement; however, if there is a waiting list for the trip, the ILR may be able to assist you in finding a replacement; if you cancel and a replacement from the waiting list is found, a full refund will be issued.

- If you cancel after January 13, 2017 and there is no waiting list for the trip, The ILR will not refund your money. You may secure your own replacement and make financial arrangements with them provided you notify the ILR no later than Feb 15, 2017.

- ILR no longer offers nor recommends trip insurance.

**ILR Communication**

- Communication with trip participants will be by E-mail.

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

NAME ________________________________ Date_______

NAME ________________________________ Date_______
INSTITUTE FOR LEARNING IN RETIREMENT
ODU/Virginia Beach Higher Education Center (VBHEC)*
1881 University Dr., Room 125
Virginia Beach, VA 23453
(757) 368-4160  website: www.oduilr.org  email: oduilr@juno.com

(Please print)

Name(s): ____________________________________________________________
Address: _______________________________________________________________________
City, State, Zip: _____________________________________________________________________
Phone: ____________________________  Cell Phone(s): _____________________________
Email(s): ____________________________________________________________

***License Plate_________________ State____ Make_________ Model _________ Color______

WINTER 2017 CLASS REGISTRATION

**ALERT:** Please have your January ‘class sign-ups’ into the office by DECEMBER 15th

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>JANUARY</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC*</td>
<td>9 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td>$10.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>10 (Tues)</td>
<td>1 pm</td>
<td>Understanding Opera: <em>Der Freischütz</em></td>
<td>10.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>12 (Thur)</td>
<td>10 am</td>
<td>Singing as an Act of Life</td>
<td>10.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Operation Smile</td>
<td>17 (Tues)</td>
<td>10 am</td>
<td>Operation Smile (Max: 100)</td>
<td>10.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>18 (Wed)</td>
<td>10 am</td>
<td>Suspense Movies</td>
<td>10.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Little Theater</td>
<td>22 (Sun)</td>
<td>2 pm</td>
<td>Little Theater of Va. Beach (deadline: Dec. 16) (Max: 30 for play)</td>
<td>15.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>23 (Mon)</td>
<td>1 pm</td>
<td>Central America – Native Peoples</td>
<td>10.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>24 (Tues)</td>
<td>10 am</td>
<td>Meditation</td>
<td>10.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>26 (Thur)</td>
<td>10 am</td>
<td>Current Issues in Latin America</td>
<td>10.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>30 (Mon)</td>
<td>10 am</td>
<td>Fort Wool &amp; Fort Monroe</td>
<td>10.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>31 (Tues)</td>
<td>10 am</td>
<td>The Manhattan Project</td>
<td>10.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

FEBRUARY

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>JANUARY</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>2 (Thur)</td>
<td>10 am</td>
<td>Coming Clash Between U. S. and China</td>
<td>10.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL (this page) $**

*** This data is now required by ODU Parking Svcs. for anyone issued a parking pass; please fill in if you haven’t yet given us your license information.
### FEBRUARY (cont’d)

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>8 (Wed)</td>
<td>10 am</td>
<td>Kenya &amp; the Colonial Experience</td>
<td></td>
<td>$10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>8 (Wed)</td>
<td>11:45</td>
<td>Coffee &amp; Conversation</td>
<td>FREE</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(Please reserve...so we can get correct food amt.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Azarany home</td>
<td>10 (Fri)</td>
<td>5:30</td>
<td>Valentine’s Day Party</td>
<td></td>
<td>$6.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(Sign-up deadline: Jan. 29; Max: 45)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>13 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td></td>
<td>$10.</td>
</tr>
<tr>
<td>Chrysler</td>
<td>15 (Wed) or 16 (Thur)</td>
<td>1 pm</td>
<td>“The Many Faces of Love”</td>
<td></td>
<td>$10.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(Same tour repeated; Limit: 25 each day)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>16 (Thur)</td>
<td>10 am</td>
<td>Presidents’ Day</td>
<td></td>
<td>$10.</td>
</tr>
<tr>
<td>Central Library</td>
<td>21 (Tues)</td>
<td>10:30</td>
<td>General Douglas MacArthur</td>
<td></td>
<td>$10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>22 (Wed)</td>
<td>1 pm</td>
<td>Understanding Opera: Turandot</td>
<td></td>
<td>$10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>23 (Thur)</td>
<td>1 pm</td>
<td>45,000 Years of Looking For God</td>
<td></td>
<td>$10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>28 (Tues)</td>
<td>10 am</td>
<td>Henry VIII’s Children</td>
<td></td>
<td>$10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>Begins... 7 (Tues)</td>
<td>10 am</td>
<td>“Great Decisions” Discussion Group</td>
<td></td>
<td>$25.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(will meet 1st Tuesday of every month, from 10-12 Noon, through September, 2017)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### MARCH

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overnight</td>
<td>30 (Thur) or 31 (Fri)</td>
<td>7:30 a</td>
<td>Eastern Shore Extravaganza</td>
<td>$290 (per person)/sgl rm</td>
<td>$250 (per person)/dbl rm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(Sign-up deadline: Fri., Jan. 13... Min: 40; Max: 50)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** YOU CAN USE ONE CHECK FOR ALL PAYMENTS...Please make checks payable to ILR

---

**ILR reserves the right to cancel and/or make changes to classes, as necessary.**

**All members, please sign this form before returning to the office!**

I do not hold Old Dominion University, or The Institute for Learning in Retirement, responsible for any injury which may occur during a special event, off-campus class or field trip, in which I participate.

<table>
<thead>
<tr>
<th>Signature</th>
<th>Date</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
</table>

**ILR does not discriminate with respect to race, color, sex, religion or national origin**