The Institute of Learning in Retirement is a group of retirement age active seniors who are committed to life-long learning. Based at the Virginia Beach campus of Tidewater Community College, we enjoy intellectually stimulating lectures, discussion groups, social events, and trips. For a yearly membership fee, you will receive quarterly schedules of our activities. Classes, trips, discussion groups, and socials require registration and payment.

There are over 300 such college-sponsored institutes and centers in the U.S., and we are one of the largest in Virginia. Our ILR began in 1993 with 15 interested members, and has had as many as 900 active members from Virginia Beach and surrounding cities. We are housed at the Virginia Beach campus of Tidewater Community College and are in partnership with the Virginia Library system.

**Membership**

ILR membership is open to all who have reached retirement age without regard to race, religion, gender, color, or national origin. Volunteers interested in enriching their retirement years run the organization, with the help of one employee who sees to the business of operation.

**What does it cost?**

ILR members pay an annual membership fee of $25. The cost of each selected class is $15 per two-hour session. The ILR social, membership, and travel events are priced accordingly.

**Programs**

The schedule for classes and trips is offered by quarters (Jan-Mar, Apr-Jun, Jul-Sep, Oct-Dec). Members can register for programs as soon as the schedule is mailed or posted on the ILR website. (ilrvb.org > current forms & flyers)

Members register for the classes and activities that interest them. Topics are drawn from the arts, social issues, science and technology, history and world affairs, and health-related subjects. ILR also has special interest groups that organize as members express interest, such as Siteseers, who discuss international travel, the ILR Book Group, and Great Decisions. Call the office for contact information about these groups.

Our classes are usually two-hour presentations. Each calendar quarter, ILR offers 15 to 20 different classes planned by our Curriculum Committee. Classes meet Monday through Thursday in either the morning (10-12) or afternoon (1-3). Area college and university faculty teach many of our classes, but area experts and our members deliver others. All classes are taught on the TCC Virginia Beach Campus and/or Zoom unless otherwise specified. (See Registration form for Location details.) Specific room numbers are provided immediately prior to the class date.

**Social and Travel Opportunities**

Sociablizing is an important aspect of ILR. The Social Committee plans luncheons, visits to museums, and holiday events. The Membership Committee organizes periodic Lunch & Learn gatherings and New-Member Get-Togethers. The Travel Committee plans both day and overnight bus trips.

**Dropping a Class vs Class Cancellation**

If a member drops a class by phone or email **at least 4 business-days in advance**, during business hours (9:30-3:30p.m., M-F), the member may choose either a full-value account credit or a refund check minus a $2 administrative fee. For events, the refund will vary according to the individual event policy. (The $2 administrative fee also applies.) The member will receive a refund check.

If the ILR cancels a program, the member may choose a full refund or account credit.

**TCC Closures and/or Inclement Weather**

When TCC is closed or delayed, check your email for ILR class status; it may be changed to Zoom Only instead of cancelled. Closing and Delay Information: Local radio and TV stations (3, 10 & 13); Notification on www.tcc.edu; Campus info center: (757) 822-1122; ILR Office Phone: 756-4861; ILR website: ilrvb.org.

Sign up for TCC Alerts: Go to TCC Alerts FAQ page

**Parking at TCC**

Parking is free. For Pungo Building F - DRIVE TO Parking Lot 1 (closest to Princess Anne Rd.) Map will be included with class notification emails. Parking info for other possible class locations will be provided as needed.
Dear ILR Members,

We are happy to continue offering classes both at the Tidewater Community College-Virginia Beach Campus and via Zoom. Please be aware of the following:

**COVID Protocols:** ILR will be following all CDC, State and TCC COVID protocols that are applicable at the time of the classes. We use the Pungo Building (F) Auditorium, (F-133) which is large enough to allow plenty of social distancing and TCC will do COVID-level cleaning between classes. Your health is our primary concern and we will provide email updates as they become available. *Currently, mask use is optional.*

**Types of Class Presentations:** ILR offers the following class presentation options, based on the speaker’s availability. To determine how your chosen class will be presented, check the “Location” line of the class descriptions given in this schedule. Also, on the Registration form, the “Location” column will show either “TCC-Z”, “TCC” or “Zoom Only”. TCC classes held in F-133, Pungo Aud.

❖ **TCC-Zoom:** These classes will be offered in-person at TCC AND on Zoom simultaneously. The speaker will be at TCC. Zoom participants will be able to see the speaker’s slides and hear the speaker. The speaker may walk away from the limited scope of the camera, so their face may not be visible all of the time. Questions may be asked through Zoom or in-person. The Zoom link will be sent to all who register. **Each Member** may decide which method of class attendance is preferred. You do not need to notify the office of your choice, simply plan to be either at TCC or at your computer before class begins.

❖ **TCC:** These classes will only be offered in-person on the TCC-VB campus.

❖ **Zoom Only:** These classes will only be offered via Zoom. Registered members will be sent a Zoom link to access the class.

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

The views, information, or opinions expressed during the class are solely those of the individuals involved and do not necessarily represent those of the Institute for Learning in Retirement or TCC. All videos, content and materials are the property of the speaker. Participants are prohibited from making, copying or distributing all or part of any audio or video recordings of programs.

**Photography:** The ILR reserves the right to take photographs or videos during the operation of any program or part thereof and to use them, whether taken by a representative of the ILR or by other participants, for promotional purposes. By enrolling in an ILR program, participants agree to allow their images to be used in such photography; participants who prefer that their images not be used are asked to identify themselves to program staff and the photographer at the commencement of their program.

Amazing Classes Await. Let the Fun Begin!!
Course Title: Virginia During the American Revolution, Early Years (Part 1)
Date and Time: Tuesday, July 9, 2024. 1:00-3:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: This presentation is unique: It is the only comprehensive PowerPoint presentation about Virginia during the American Revolution from 1763 to 1791 and, quite possibly the only one of its kind about a state’s involvement in the Revolution in the Nation. We will begin with the end of the French and Indian War in America (1763), known as the Seven Years War in Europe, and conclude with the “muddy, rainy, mild” winter at Valley Forge, PA (December 1777 to June 1778), before the British shift their strategy to the Southern Colonies with an attack on Savannah, GA (29 December 1778).

Speaker: Randy Flood is a historian and Co-Founder of The Real American Revolution, a nonprofit organization established to educate citizens about the American Revolution. Professionally, Randy began his career by serving on the staff of the United States Senate and has taught courses about politics and the legislative processes at numerous colleges in the Washington DC area. Currently he resides in Williamsburg, Virginia, where he is working with the Washington Rochambeau Revolutionary Route Association to educate teachers, students and communities about the national historic trail that Generals Washington and Rochambeau and their armies traveled to entrap Lord Cornwallis and his British Army at Yorktown.

Course Title: Importance of Food Nutrition Labels and Healthy Habits
Date and Time: Thursday, July 11, 2024. 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: What does the information on food labels mean? How can we obtain healthy habits to improve our health? This lecture will clarify the myths of what seems to be a foreign language on labels and also easily help us create healthy habits.

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

Course Title: A Tale of Two Germanies: Why Germany Divided After WW II
Date and Time: Monday, July 15, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: In 1945 a conquered Germany lay in ruins; the Allied Powers disagreed on what a postwar Europe would look like, and Germany became the epicenter of this. This lecture will explain why Germany was divided and became “ground zero” for the Cold War between the United States and the Soviet Union.

Speaker: Jared Setnar earned his B.A. in History and M.S. in European History from Virginia Wesleyan. He is director of the Upper School at Chesapeake Bay Academy where he also teaches history. He is editor of the Madison Review and Historical Scholarly Journal published by James Madison University.
Course Title: Listen, Learn, Discuss: The Williamsburg Bray School (1760-1774)
Date and Time: Tuesday, July 16, 2024, 10:00 – 12:00
Location: Zoom Only

Course Description: Learn from a member of the Williamsburg Bray School Initiative about the history of Virginia’s first official school for African Americans. This program will also offer the opportunity to learn about accessible resources available to descendants and community members for the ongoing research connected to the Williamsburg Bray School and the process for interpreting Ann Wager as the white teacher for these enslaved and free black students.

Speaker: Nicole Brown is a Graduate Assistant for William & Mary’s Bray School and a Ph.D. student in American Studies at William & Mary. She is also a Program Development Manager at the Colonial Williamsburg Foundation as well as the public historian who portrays Ann Wager, the white teacher at the Bray School. She is co-editing a book entitled, “The Williamsburg Bray School, 1760-1774: A History Through Records, Reflections, and Rediscovery,” slated for release in 2024.

Course Title: Grace Sherwood, The Witch of Pungo – History and Legend
Date and Time: Thursday, July 18, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: When Grace Sherwood was “ducked” in the Lynnhaven River during her trial for witchcraft in 1706, she became a foundational part of Virginia’s folklore and culture. People have been sharing stories about “the Witch of Pungo” for generations, and to many she remains “Virginia’s Witch.” This discussion will reveal the history, fact and fiction behind the legend, using original colonial records. It will describe the life of Grace Sherwood, her family, and her accusers.

Speaker: Scott Moore is an associate professor of history at Eastern Connecticut State University. His research explores the development of identity and the way legends, folklore, and history shape that identity. He is a native of Virginia Beach and received his BA from the College of William & Mary, his MA from ODU, and his Ph.D. from the University of Maryland, College Park. His book, The Witch of Pungo: Grace Sherwood in Virginia History and Legend is newly published.

Course Title: Cuba at a Crossroad: Reassessing Communist Reforms
Date and Time: Wednesday, July 24, 2024, 10:00 – 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: In this lecture, Dr. Li will share his firsthand observations of Cuba from a recent trip, a country that undertook a series of reforms, yet seems to have been forgotten by time. What did Cuba’s reforms achieve? What is the current state of Cuba? And where is Cuba headed? Professor Li will conclude the lecture with an assessment of global efforts in communist reforms since the 1990s.

Speaker: Dr. Shaomin Li is an Eminent Scholar and Professor of International Business at Old Dominion University. He received a 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 has featured his research. He was the recipient of Virginia’s Outstanding Faculty Award in 2008.
Course Title: Causes and Implications of Immigration  
Date and Time: Thursday, July 25, 2024. 10:00 – 12:00  
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: In this two-hour lecture, we will explore the theoretical and practical causes and implications of immigration culminating with an examination of the current situation occurring at the southwest border of the United States.

Speaker: Dr. Patricia Strait is a retired university professor and former dean. She held faculty and leadership positions at Old Dominion University, University of Richmond, and the National Defense University where she served as dean. She has published numerous articles within the field of public policy specializing in immigration and international labor issues.

Course Title: Safety for Seniors (Rescheduled from fall 2023)  
Date and Time: Wednesday, July 31, 2024, 10:00 – 12:00  
Location: TCC VB - Pungo Auditorium and ZOOM

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

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

Course Title: Advances in Care of the Heart & Artificial Intelligence in Medicine (Rescheduled from May)  
Date and Time: Thursday, August 1, 2024, 1:00 - 3:00  
Location: ZOOM Only

Course Description: Our heart is the most important organ we have which pumps blood every second throughout our bodies for our lifetime. Given all that can go wrong, Dr. Deepak Talreja will address advances in cardiac health and how artificial intelligence will affect medicine in the future.

Speaker: Dr. Deepak Talreja, a Virginia Beach native, completed his undergraduate education and medical school at the University of Virginia. He completed his Internal Medicine residency at Vanderbilt University in Nashville, and a Clinical Cardiology Fellowship and Interventional Cardiology Fellowship at the Mayo Clinic in Rochester, Minnesota. He has practiced cardiology at Sentara Health Care for over 20 years and serves on the faculty at EVMS. He has extensive training and expertise in echocardiography, nuclear imaging, valvular heart disease, and preventative cardiology.

Course Title: Creating Emergency Response to Terrorism Courses for FEMA  
Date and Time: Monday, August 5, 2024, 10:00 – 12:00  
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: In the wake of the Oklahoma City bombing in 1995, government organizations created an “Emergency Responses to Terrorism” curriculum to include specialties such as hazardous materials, emergency
medicine, and cultural differences between first responder disciplines, i.e., fire and police. This lecture will focus on government responses to terrorism, its many challenges, the lessons learned, and how the September 11 attack changed the government’s prior work.

**Speaker:** Dr. Robert Baxter is a native of Tidewater Virginia and currently a volunteer Contact Ranger & Historical Interpreter with False Cape and First Landing State Parks, and the Virginia Association of Parks. He holds a Dr. of Education & Master of Education degrees from UVA, and a BA in History from ODU. Half of this graduate work was in History. His postdoctoral work at the University of Dayton was in educational technology. He was Asst. Dean & Instructor at UVA. He was formerly VP of a local technology company serving a variety of clients including NASA, DoD, State of NC, FEMA, Disney and CMS. As Principal of Baxter Warner Assoc., he is also a historical interpreter on the Nature Bus.

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**Course Title:** The Silent Clowns  
**Date and Time:** Tuesday, August 6, 2024, 10:00 – 12:00  
**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** Comedy has been a part of movies since the very beginning. You can’t talk about that without highlighting the big three silent comedians: Harold Lloyd, Charlie Chaplin and Buster Keaton. Join movie buff Bill Myers as he tells and shows their highlights. They were each unique and had very different careers. And you will learn about the one behind-the-scenes man who is connected to all three—Mack Sennett. There will be plenty of film clips and laughs in what will be a very entertaining, funny class.

**Speaker:** Bill Myers retired from teaching Television Production for 16 years at Virginia Beach Tech Center. After receiving his degree from Marietta College in Ohio, he settled in the Hampton Roads area. His professional career included major radio and television production, including jobs at Channel 3, CBN, WNIS and TCC. He is a long-time movie fan.

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**Course Title:** The Surprising Importance of Agriculture in Virginia Beach  
**Date and Time:** Monday, August 12, 2024, 10:00 – 12:00  
**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** This hidden-in-plain-sight industry in our area is vital to our economy, providing an economic impact to Virginia Beach of close to $200 million annually. Locally, as farmers increasingly diversify, it provides almost everything we eat, use and wear daily, and is increasingly contributing to fuel and other bio-products. We will discuss how this important industry has changed and what we can expect in the future.

**Speaker:** Councilmember Barbara Henley is a graduate of Old Dominion University with a bachelor’s degree in education and a master’s in urban studies. She taught in the city’s public schools and has also been president of the Princess Anne County/Virginia Beach Historical Society. She is currently a partner in Henley Farms, LP, and the author of *Glimpses of Down-County History: Southern Princess Anne County*. She is serving her 10th term on the City Council, now representing District 2.

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**Course Title:** Virginia During the American Revolution, Later Years (Part 2)  
**Date and Time:** Tuesday, August 13, 2024, 1:00 – 3:00  
**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** The later years will focus on the Battle of Monmouth, NJ (28 June 1778) following the winter at Valley Forge when General Washington attacked the Rear Guard of the British Army as it departed Philadelphia for New York. It will continue with Patrick Henry as first Governor of Virginia as he attempts to
defend the Commonwealth against British Commander Sir George Collier as the Commodore raids and pillages Portsmouth (May 1779). We will continue through the remainder of the Revolutionary War until Thomas Jefferson, James Madison and Alexander Hamilton negotiate the creation of a National Capital in Washington, D.C., and the adoption of a Bill of Rights to the U.S. Constitution in 1791.

**Speaker: Randy Flood** is a historian and Co-Founder of The Real American Revolution, a nonprofit organization established to educate citizens about the American Revolution. Professionally, Randy began his career by serving on the staff of the United States Senate and has taught courses about politics and the legislative processes at numerous colleges in the Washington DC area. Currently he resides in Williamsburg, Virginia, where he is working with the Washington Rochambeau Revolutionary Route Association to educate teachers, students and communities about the national historic trail that Generals Washington and Rochambeau and their armies traveled to entrap Lord Cornwallis and his British Army at Yorktown.

**Course Title:** Waging Peace in Israel: Inter- and Intra-Religious Challenges  
**Date and Time:** Thursday, August 15, 2024, 10:00 – 12:00  
**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** Israel—an important location for three world religions—is a place characterized by a variety of inter- and intra-religious challenges. Not focusing on the Israel-Hamas war, this class highlights unique religious conflicts in Israel, including at the Church of the Holy Sepulchre, the Temple Mount, and the Western Wall, as well as others. This course then highlights how an artist like Banksy and other groups try to be agents of reconciliation for the region.

**Speaker: Craig Wansink, Ph.D.** is the Joan P. and Macon F. Brock, Jr. Director of the Robert Nusbaum Center of the Department of Religious Studies at Virginia Wesleyan University. He has studied at universities in Japan, Jordan, Germany, and Israel. He received his Ph.D. from Yale University in the field of New Testament and Ancient Christianity, and he has regularly taken students on trips to Israel and the West Bank.

**Course Title:** A Planet of Plastics  
**Date and Time:** Wednesday, August 21, 2024, 10:00 – 12:00  
**Location:** TCC VB - Pungo Auditorium and ZOOM

**Course Description:** Every day the equivalent of 2,000 garbage trucks full of plastic are dumped into the world’s oceans, rivers and lakes. Only 2% of plastics are effectively recycled, the rest end up in our landfills or in the environment. They kill wildlife, litter our natural areas, and drain into the ocean at alarming rates. But there are things we can do to reduce our use of plastics and stop the flow of plastics into our environment.

**Speaker: Karen Forget** grew up on an organic farm, thus becoming an advocate for the environment. As Director of Lynnhaven River Now since 2005, Karen gives our area a critical voice in public policy decisions from here to the State Capital to protect our natural resources and create clean and healthy waterways. She received her bachelor’s from Purdue University and a master’s from William & Mary.
Course Title: Good to Go: Compassionate End-of-Life Choices
Date and Time: Monday, August 26, 2024, 10:00 - 12:00
Location: TCC VB - Pungo Auditorium and ZOOM

Course Description: We will learn about advance directives, including adding a dementia provision, creating a Good-to-Go notebook, and funeral planning. In this class we’ll discuss what happens when you receive a terminal diagnosis, what options are available to Virginians, how medical aid in dying works, how to receive the end-of-life care that reflects your values, priorities and beliefs, and most importantly, your wishes for a good end of life.

Speaker: Judy Welp received her Master’s in Social Work from West Virginia University. She was a child welfare worker and was a caregiver for her sister who died in 2004 which led to her desire to make the death process more compassionate. She is a lead volunteer with Compassion & Choices, a non-profit organization.

Stephanie Stringer has degrees in Social Work and Special Education. She and her husband have been local and national volunteers for Red Cross disasters. Stephanie was a past president of Funeral Consumers Alliance.

ILR Special Interest Groups

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

The Book Group is currently on summer break. It will resume Friday, September 20, 2024. September’s reading list will be provided via email a little later in the summer.

Email: laurasutherland.2016@gmail.com   Home phone: 757-689-2144   Cell Phone: 774-364-2801

🔍 Siteseers: This ILR special interest group is made of members who enjoy learning about or sharing experiences and helpful tips with others concerning independent travel near and far.

It's free and fun!

The June 4th meeting will feature New Mexico.

Upcoming Meetings will feature travels to:

Sept. 3 - Cape Breton; Oct. 1 - Bedford, VA; Nov. 5 - Group Lunch; Dec. 3 – Scandinavia

Siteseers meets in the TCC-Pungo Building Auditorium.

Nancy uses the Siteseers group email to convey any changes & to send reminders. Registration is not required, however, please contact Nancy Williams or the office if you plan to attend.

Contact Nancy McWilliams or the ILR Office to be added to the Group Email. nancym0907@yahoo.com   office@ilrvb.org

This group is not related to the ILR Travel Committee, which plans day and overnight trips specifically for ILR.
ILR Classes, Social Events & Trips...Oh, My!!!

Book Group, Great Decisions, Siteseers & more...

New Member Get-Together!
Thursday, June 27, 2024  10 AM
JOINT USE LIBRARY, TCC CAMPUS, RM L102
Corner of Faculty Blvd & Michael LaBouve Dr

ILR Members’ interests and experiences vary widely, which makes for a rich environment for discussion, exploration of new ideas, and friendships. ILR wants to provide an opportunity for members who joined during 2023–24 to meet informally to find others with similar interests who might become new friends. You will be introduced to our various committees that make up ILR.

Please Register by Thursday, June 20. Cost is $1.00
Light Refreshments Served
The day begins as we arrive at Target 1245 N. Military Hwy, Norfolk, Virginia by 7:15 a.m. After a rest stop, we arrive at the first of four historic homes in Henrico Co. The Clarke-Palmore House Museum interprets the story of the Palmore family as they lived through the Great Depression in the 1930s.

Our next destination takes us to the Dobbs House Museum, a 19th-century house museum with exhibition galleries and research library. The Dobbs House served as field headquarters for General Robert E. Lee for 62 days in 1862. The house has served many functions over the years and is currently owned by Henrico County Division of Parks and Recreation.

Lunch time finds us at James River Cellars where we will have box lunches ordered from Jason’s Deli (see questionnaire form for selections). After lunch we experience wine tasting as each person gets a wine flight (that’s four 2 oz, pours). Bottles of wine can be purchased, if desired. Non-alcoholic alternatives will be available.

Meadow Farm Museum, an 1810 historic farmhouse, presents programs, events, and exhibits on the cultures which influenced the history of Henrico County: Native Americans, enslaved persons, and the Sheppard family. In 1975, family members donated the house and 400-acre Meadow Farm to the County of Henrico.

Arrive 7:15 a.m. Target 1245 N. Military Hwy, Norfolk, Va.
RETURN to Target approximately 7:00 p.m.
Shared rides can be arranged for those who don’t drive at night.
CONTACT: Michelle Hinck Phone: 757-572-3627 email: michellehinck@verizon.net
COST MEMBERS: $90.00 Per Person (Includes bus, snacks, lunch, wine, and all tours)
MINIMUM: 35 Maximum: 40 (Non-members welcome)
REGISTRATION DEADLINE JUNE 28, 2024 (Friday). See disclosure form for refund information.
Checks received after this date will be placed in Wait List status.
Plan for walking on uneven surfaces.
ILR 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)

A HISTORICAL JOURNEY THROUGH TIME

IN HENRICO COUNTY, VIRGINIA

ILR Day Trip: Thursday, September 12, 2024

Sign-up Deadline: June, Friday, 28, 2024

Checks received after this date will be placed in Wait List status.

One Bus: Minimum 35 participants; Maximum 40 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 (40) is reached, a numerical wait list is kept based on the 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 completed & signed Trip Disclosure Form, Traveler Questionnaire Form, Check payable to ILR and 2024 Summer Registration Form.

Please initial each statement below. If a couple (i.e., husband and wife) are 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 (06/28/2024), and a replacement from the wait list is secured, a full refund is issued.

_______ If a member cancels after the Sign-up Deadline (06/28/2024), 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 Wed., September 4, 2024.

_______ 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 check.

_______ Primary communication with trip participants will be by E-mail.

Signature/s: PLEASE PRINT LEGIBLY AND SIGN

PRINTED NAME ______________________________ Signature ______________________________ Date __________

PRINTED NAME ______________________________ Signature ______________________________ Date __________

Office Use Only: Date Rec’d __________ Trip $ Pd ____________ Ck. No. ____________
In HISTORICAL JOURNEY THROUGH TIME
IN HENRICO COUNTY, VIRGINIA
September 12, 2024 (Thursday)

Traveler Questionnaire and Lunch Selections

Incomplete forms will NOT be processed!

Complete one form for each trip participant and submit all paperwork together.

Printed Name: ___________________________ ___________________________

Legibly PRINT Email Address: _____________________________________________

Phone: Home: ___________________ Cell: __________________________

YES____ NO____ Is it o.k. to leave messages on answering machine/voice mail?

JASON’S DELI BOX LUNCH SANDWICH CHOICES

Bread choice (choose one)
____ Multigrain Wheat
____ Country White

Meat Choice (choose one)
____ Roasted Turkey Breast
____ Roast Beef
____ Ham

All sandwiches include lettuce, tomato, and pickle. Chips on the side.

Dessert (choose one)
____ Cranberry Walnut Oatmeal Cookie
____ Chocolate Chip Cookie
____ Fudge-Nut Brownie

Special dietary concerns (please list) __________________________________________
___________________________________________________________________________

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?

Emergency Contact information
Emergency Contact Name: ___________________________ Relationship ______________
Emergency Contact phone number/s: _____________________________

Gratuities included in the cost of the trip: bus driver, tour guide. Additional “gifts” are a personal choice.

Questions? Please contact the travel committee member listed below, not the ILR Office
MICHELLE HINCK 757-572-3627 Email:michellehinck@verizon.net
Imagine that you plan a dinner party for six people, only to have additional people show up unexpectedly and they are hungry - and they return to your home in the following weeks!! That’s essentially what happened to The Foodbank of Southeastern Virginia and the Eastern Shore when COVID-19 hit in March 2020. Many work sites were closed; families had no time to save for that rainy day. However, the Foodbank rose to the challenge. Through collaboration with volunteers, partner agencies and increased community support, they swiftly reorganized to meet this sudden and dramatic increase in need. Since the start of this crisis, food distribution has surged from 14 million meals to over 17.5 million meals.

Foodbank President and CEO Christopher Tan will present to ILR about how the Foodbank strove to meet this sudden demand for more food supplies while faced with additional challenges posed by rising inflation, the expiration of critical pandemic-era programs and increased fuel and shipping costs. The result was record-breaking food distribution! Additionally, he will speak on the goal to surpass this ever-growing baseline, ensuring that no one in our community goes to bed hungry.

Following his presentation, we will have a guided tour of the Foodbank facilities to see how food is collected, sorted, assembled for distributions, and moved out to community partner agencies. After the tour, we return to the conference room to enjoy boxed lunches ILR is purchasing from Gourmet Gang. A more in-depth description of lunch choices is available on the ILR website.

DATE: Friday, July 12, 2024
TIME: 10:30 a.m. presentation, 11:30 a.m. tour. Lunch follows.
ADDRESS: 800 Tidewater Drive, Norfolk, VA 23504
PARKING: On the left side of the building, parking is available next to the building. To the extent possible, please carpool. This area is congested due to food pick up and deliveries.
MAXIMUM & DEADLINE: 40 people may register by Tuesday, July 9, 2024. No refund after this date since food is purchased in advance.
COST: $27 includes lunch, Foodbank donation and ILR admin fee. Please select your choice for lunch no later than July 9th by mailing in the cut-off below with your check or by online registration.
Anyone wishing to donate canned goods: the Foodbank will gladly accept those if you bring them July 12th.

If you have questions on the day of the event, please call Susan Clarke 757-395-9394.

A Social Committee Event

Cut & Return Lunch Entrée & Cookie Choice with Check & Registration Form

CIRCLE ONE of these six choices for entrée: Bottled water provided.
Chinese Chicken Salad    Classic Chef Salad    Cranberry Harvest Salad
Chicken Salad Sandwich    Albacore Tuna Salad Sandwich    Roast Beef, Bacon & Cheddar Sandwich

CIRCLE YOUR Cookie choice: Each entree comes with either: Chocolate Chip or Heath Bar
ILR Tour and Lunch  
July 12, 2024

FOOD CHOICES FROM GOURMET GANG

Boxed Lunches with fruit and cookie:

1. Traditional Chicken Salad Sandwich with field greens, tomatoes, French baguette

2. Albacore Tuna Salad Sandwich - celery, scallions, mayo, field greens, tomatoes, French baguette

3. Roast Beef, Bacon and Cheddar Sandwich – roast beef, horseradish mayo, French baguette

Artisan Salads with cookie:

4. Cranberry Harvest Salad - Craisins, bleu cheese crumbles, candied walnuts on a bed of field greens with raspberry dressing

5. Classic Chef Salad – turkey, ham, grape tomatoes, boiled egg, cucumbers, cheddar, croutons, mixed greens with ranch dressing

6. Chinese Chicken Salad - grilled chicken, oriental blend, red peppers, snow peas, green onion, carrots, black sesame seeds, wontons and ginger dressing

Choose one of the above 6 entrees: #____

Cookies: Choose one: Chocolate Chip or Heath Bar

Bottled water comes with each entrée.
Welcome to the:

Date: Friday, August 23, 2024

The social committee has arranged tours of the south building (tour will start here) as well as the north building.

Nicole Bernard-Vitha – will be our guide in the South Building

The South Building features two new touch pools, over a dozen new species of animals, along with long standing favorites, the North American River otters, Otter Habitat

We can view our North American River Otters from inside the South Building or from outside at three different vantage points. Though small, these cuties are considered apex predators in their native habitats and can thrive in just about any body of fresh water.

Jellies Gallery

This Gallery showcases several species of jellies in various stages of their life cycle and includes a touch pool where guests can safely touch moon jellies.

Warning: Watch for Magnets!
Please be aware that some interactive exhibits may contain magnets that interfere with pacemakers, ICDs, and other implanted devices.

Karen Burns – will be our guide in the North Building.

Harbor Seal Exhibit: Located just outside of our North Building entrance, our harbor seals enjoy greeting our guests up close. Includes: harbor seals

Chesapeake Bay Aquarium: Learn about the variety of species thriving in the Chesapeake Bay and along our shores. Includes: cownose rays, flounder, puffers, tarpon.

Chesapeake Bay Touch Pool

Get a closer look at some of the species that dwell in our local waters! Includes: hermit crabs, urchins, whelks.

Minimum of 15 people

TIME: 10:00 a.m. - 12:00 p.m.
COST: $20 that includes a discounted admission to the Aquarium and the ILR admin fee
PARKING: is available at the South Parking Lot @ 801 General Booth Blvd VA Beach 23451
DEADLINE: August 16 (no refunds after this date) since ILR will be paying for the admission at that time

On the day of our adventure you can call me with any questions, Sandi Advocat 757.422.9097

An ILR Social Committee Event
Brock Environmental Center
3663 Marlin Bay Drive, Virginia Beach

Tuesday, September 10, 2024

The Chesapeake Bay Foundation’s Brock Environmental Center is designed to achieve net zero energy consumption and zero water/use runoff. It is a one-story 10,000 sq. ft. educational facility located at Pleasure House Point in Virginia Beach. Join fellow ILR members for a tour of one of the most energy efficient, environmentally smart buildings in the world. In addition, enjoy a presentation on Oyster Restoration, one of Brock Environmental Center’s several educational programs, and an overview of The Chesapeake Bay Foundation. Following tour and presentations, lunch is optional at Bubba’s Seafood Restaurant on Shore Drive (separate checks).

DATE: Tuesday, September 10, 2024
TOUR: 10:00 a.m. Wear Comfortable Shoes – Lots of Walking & Standing
LUNCH: Bubba’s Seafood Restaurant
3323 Shore Drive, Virginia Beach 23451
Separate Checks. Lunch not included in tour.
COST: $12.00 (Includes tour donation and Admin. Fee.)
DEADLINE: Tuesday, August 6, 2024 – No refunds or cancellations after this date.
MAXIMUM: 30
LOCATION: 3663 Marlin Bay Drive, Virginia Beach
Take Shore Drive to traffic light at Marlin Bay Drive.
PARKING: Carpooling requested – parking spaces very limited. On-street parking with a 5 min. walk may be necessary. Follow Marlin Bay Drive until it ends at a sharp left turn. Parallel park on Marlin Bay Drive where space is available. Limited designated ADA parking spaces closer to center.

NO PLASTIC WATER BOTTLES OR STYROFOAM CUPS PERMITTED. ONLY INSULATED CONTAINERS ALLOWED. THIS IS A TOTALLY GREEN ENVIRONMENT.

An ILR Social Committee Event
As a heads-up for an opportunity that will be coming your way... the Travel Committee is sharing the following Travel Advisory so you can be prepared. More details will follow, but for now, pencil in the date on your calendar and start planning for a great December trip!!!

TRAVEL ADVISORY

CHRISTMAS HOME TOUR IN EDENTON, NC

DECEMBER 13, 2024 (Friday)

ILR Travel Committee Day-trip from about 8:30 am to 8:30 pm.

Edenton, NC is a quaint small town on the water.

We will tour several historic homes decorated especially for this annual event.

Between 12-15 homes are usually available.

The cost will be around $125.00 which will include a trolley town tour, lunch, walking town tours, holiday shopping opportunities, decorated homes tour, bus transportation, and other expenses.

Information will come to members in a separate email blast in early July with an early August deadline.

Tickets are limited and sell quickly so we have to act fast in order to secure this prized event.
The ILR Book Group is one of the many programs offered to its members by ILR. We read a variety of books and have some very animated discussions about the books themselves and how they relate to our current lives and the world we live in.

Meetings are held at the Joint Use Library on the TCC Campus (just off S. Rosemont Road)

We meet on the 3rd Fridays of Jan. thru May & Sept. thru Nov. from 1:00 – 3:00.

Normally we read one Fiction and one Non-Fiction book each month to be discussed at that meeting.

Our 2024 fall meeting dates are: Sept. 20, Oct. 18, Nov. 15

The Book selections for this fall are:

Sept. 20:
  Fiction: “The Women” by Kristen Hannah
  Non-Fiction: “Book of Queens” by Pardis Mahdavi

Oct. 18:
  Fiction: “Sisters Under The Rising Sun” by Heather Morris
  Non-Fiction: “Ghosts of Gold Mountain” by Gordon H. Chang

Nov. 15:
  Fiction: “The Miniaturist” by Jessie Burton
  Non-Fiction: “Master Slave Husband Wife” by Ilyon Woo (ILYON)

For more information or to sign up to be a member of the Book Group please contact:

Laura Beckwith
laurasutherland.2016@gmail.com
774-364-2801 (cell) 757-689-2144 (home)

The ILR Office is my back-up. office@ilrvb.org
### Institute for Learning in Retirement
Tidewater Community College (TCC), Va. Beach campus  
Princess Anne Bldg.-A, Room A103  
1700 College Crescent  
Virginia Beach, VA 23453-1918

**Phone:** 757-756-4861  
**Email:** office@ilrvb.org  
**Website:** www.ilrvb.org

(Please print)

Name(s): ____________________________________________________________________

Address: ____________________________________________________________________

City, State, Zip: ____________________________________________________________________

Phone: ________________________  
Cell Phone(s): ________________________

Email(s): ____________________________________________________________________

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**SUMMER 2024 EVENT REGISTRATION**

**Reminder: It’s membership renewal time.**

If you have not renewed (or joined) since March 1, please mail the included green Renewal form & payment ($25 base price) with your Event Registration form. One check is acceptable for both.

Membership Renewal and Registration are also available online at [www.ilrvb.org](http://www.ilrvb.org).

*See Location Column to determine how class is available. See Schedule, Page 2, for “Location” details.*

**ILR classes & Siteseeers meetings are held in the Pungo Building Auditorium (F133), unless otherwise noted.**

*Appropriate maps and directions will be distributed with class location/Zoom link emails.*

**Face Coverings:** Mask use is currently optional on the TCC campus.

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**Photography:** The ILR reserves the right to take photographs or videos during the operation of any program or part thereof and to use them, whether taken by a representative of the ILR or by other participants, for promotional purposes. By enrolling in an ILR program, participants agree to allow their images to be used in such photography. Participants who prefer that their images not be used are asked to identify themselves to program staff and the photographer at the commencement of their program.

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<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>JUNE</th>
<th>Registrant(s) Name/Initial</th>
<th>Cost</th>
<th>Total</th>
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| TCC-Z    | Sept. 12 | 7:15 a.m. | TRAVEL: History in Henrico County  
See Flyer for details. Deadline - Fri. June 28  
Max: 40 | 90.00 |
| TCC-JUL  | 27 (Thur) | 10 a.m. | New Member Get-Together @ JUL  
See Flyer for details. Please Register by Thur. June 20 | 1.00 |

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<tr>
<th>Location</th>
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<th>Time</th>
<th>JULY</th>
<th>Registrant(s) Name/Initial</th>
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<tr>
<td>TCC-Z</td>
<td>9 (Tue)</td>
<td>1 p.m.</td>
<td>Virginia in American Revolution – Early Years</td>
<td>15</td>
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<tr>
<td>TCC-Z</td>
<td>11 (Thur)</td>
<td>10 a.m.</td>
<td>Food Nutrition Labels</td>
<td>15</td>
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| Norfolk  | 12 (Fri) | 10:30 a.m. | SOCIAL: Foodbank Tour & Lunch  
See Flyer for details. Deadline – Tue. July 9  
Max: 40 | 27.00 |
| TCC-Z    | 15 (Mon) | 10 a.m. | Two Germanies | 15 |
| ZOOM Only | 16 (Tue) | 10 a.m. | Williamsburg Bray School | 15 |
| TCC-Z    | 18 (Thur) | 10 a.m. | Grace Sherwood-Witch of Pungo | 15 |
| TCC-Z    | 24 (Wed) | 10 a.m. | Cuba | 15 |

**Total**  
(front page)  
$
### AUGUST

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<td><strong>ZOOM Only</strong></td>
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<td><strong>TCC-Z</strong></td>
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<td>6 (Tue)</td>
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<td>12 (Mon)</td>
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<td>13 (Tue)</td>
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<td>15 (Thur)</td>
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<td>21 (Wed)</td>
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<td><strong>VA. BEACH</strong></td>
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<td>23 (Fri)</td>
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<td><strong>TCC-Z</strong></td>
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<td>26 (Mon)</td>
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### SEPTEMBER

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<td>12 (Thur)</td>
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### SPECIAL INTEREST GROUPS

- Book Group
- Siteseers

**Do You Have an Account Credit?**

Please note: Credits can only be used with mail-in registration (or you may call/email the office with the name(s) & date(s) of class(es) you want paid via account credit) -- Subtract Account Credit(s)

Please make check(s) payable to ILR

**Total Due** $  

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

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

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

**Signature**

**Date**

**Signature**

**Date**

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