



**Institute for Learning in Retirement**  
Tidewater Community College, Princess Anne Bldg.-A Room A103  
1700 College Crescent Virginia Beach, VA 23453-1918  
(757)756-4861 Website: [www.ilrvb.org](http://www.ilrvb.org) Email: [office@ilrvb.org](mailto:office@ilrvb.org)

## SCHEDULE OF EVENTS FOR SPRING 2023 – TCC & ZOOM

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

*The opinions expressed by our speakers are not necessarily the opinion of ILR or Tidewater Community College*

**PLEASE NOTE: COVID restrictions may have changed the availability of some Opportunities mentioned below.**

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

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

### Membership

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

### What does it cost?

ILR members pay an annual membership fee of \$20. Each class selected costs \$14 per two-hour session. The ILR social, membership, and travel events are priced accordingly.

### Programs

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

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

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

### Social and Travel Opportunities

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

### Class Cancellations

If a member cancels 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 trips, the refund will vary according to the individual trip policy. (The \$2 administrative fee also applies.) The member will receive a refund check. If the ILR cancels a program, the member may choose a full refund or account credit.

### TCC Closures and/or Inclement Weather

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

Sign up for TCC Alerts: [Go to TCC Alerts FAQ page](#)

### Parking at TCC

Parking is free. For Pungo Building F DRIVE TO Parking Lot 1 (closest to Princess Anne Rd.) Map will be attached to 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:**

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**COVID Protocols:** ILR will be following all CDC, State and TCC COVID protocols that are applicable at the time of the classes. In addition, beginning in April, we expect to be using 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.**

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**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-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.

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:** **The Best of the Best: Peregrine Falcons and Bald Eagles**  
**Date and Time:** Monday, April 3, 2023, 10:00 – 12:00  
**Location:** TCC Virginia Beach and ZOOM

**Course Description:** The first hour of this presentation will feature the description, behavior, nest sites, history, distribution, recovery and current status of the peregrine falcon in Virginia with a focus on the Tidewater and Eastern Regions. The second hour will feature the Bald Eagle, only found in North America. In 1972 the human use of pesticides like DDT resulted in only 32 known pairs of breeding Bald Eagles in Virginia, and none in Hampton Roads. Today in Virginia there are over 1,000 breeding pairs. We will cover the conservation, behavior, habits, diet, research efforts and description of the Bald Eagle.

**Speaker:** **Reese F. Lukei, Jr.** has been active in the wildlife community for over 30 years. He started volunteering for the Center for Conservation Biology in the mid-1990s as a lead hawk trapper on the Eastern Shore of Virginia. Reese currently monitors eagle and osprey populations in the lower tidewater area of Virginia, including the pair of eagles at the Norfolk Botanical Gardens. He writes two blogs on the Norfolk eagles: Eagle Nest and Eagle Trak. He also serves on the Board of Directors for the Back Bay National Wildlife Refuge Society.



**Course Title:** **Pirates and Privateers**  
**Date and Time:** Wednesday, April 5, 2023, 10:00- 12:00  
**Location:** TCC Virginia Beach and ZOOM

**Course Description:** Discuss the subtle difference between Pirates and Privateers. Learn about the “Golden Age of Piracy” and discover what 20<sup>th</sup> century U. S. President hired a privateer in time of war. Speaker will be in costume.

**Speaker:** **Al Chewing** is a Virginia native and retired Virginia Beach Fire Captain, small business owner, actor, author, historian, master storyteller.



**Course Title:** **Presence of Mr. Rogers: Preserving Our Humanity in the Digital Age**  
**Date and Time:** Monday, April 10, 2023, 10:00 – 12:00  
**Location:** TCC Virginia Beach and ZOOM

**Course Description:** For thirty-three years, Fred Rogers opened each episode of *Mr. Rogers' Neighborhood* with a cheerful smile and heartfelt invitation with his theme song, “Won’t You Be My Neighbor?” In the moral and spiritual sense, a Neighbor entails a kind of *presence* which expresses care, compassion, and unconditional acceptance. With Mr. Rogers’ deep concern about television’s potentially harmful effects on children and society, we will examine the values of Rogers’ contributions at a time when education is increasingly shifting to remote platforms and the pervasiveness of digital technology and media. There is much to learn about how to preserve humanity in this digital age.

**Speaker:** **Dr. Steven Emmanuel** is the Dean of the Susan B. Goode School of Arts and Humanities at Virginia Wesleyan University. He received his Ph.D. from Brown University and a BA from Boston University. He was a Fulbright Fellow at the University of Copenhagen from 1985-1986.



**Course Title: 26 Years: An Orientation to the American Revolution**

**Date and Time:** Thursday, April 13, 2023, 1:00 – 3:00

**Location:** TCC Virginia Beach and ZOOM

**Course Description:** This class will be Randy Flood’s overview of the entire Revolutionary War: 1763 – 1789. Randy is going back to the beginning and summarizing all that we have learned. This is a great way to review the overall picture.

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



**Course Title: The Chesapeake Bay Foundation’s Dedication to Save the Bay**

**Date and Time:** Monday, April 17, 2023, 1:00 – 3:00

**Location:** TCC Virginia Beach and ZOOM

**Course Description:** Learn all about what the largest organization dedicated to saving the Chesapeake Bay does right here in Hampton Roads and the entire watershed. Find out what the many issues are affecting our waterways and what the solutions are. From advocacy to restoration, there is something each of us can do.

**Speaker: Cindy Watts, Ph.D.**, is a Professor Emeritus at Virginia Commonwealth University. A native of Washington State, she grew up on Henderson Inlet in Puget Sound. Cindy received a Ph.D. in Political Economy at the Johns Hopkins University, and spent 40 years teaching health economics and health policy at the University of Washington and VCU before “retiring” in 2021. She continues to teach, recently a course in climate change, health and health care at VCU and the University of Richmond. Cindy participated in the Hampton Roads Chesapeake Bay Foundation Voices program, and became a CBF Clean Water Captain in 2022. Her home is at the banks of the Diascund Creek, a tributary of the Chickahominy and James Rivers.



**Course Title: The Most Famous Explorer You’ve Probably Never Heard Of**

**Date and Time:** Wednesday, April 19, 2023, 10:00 – 12:00

**Location:** TCC Virginia Beach and ZOOM

**Course Description:** Largely forgotten by history, the explorer who named Cape Cod and Martha’s Vineyard was also one of the three captains who sailed to Jamestown in 1607. Without the necessary funding he secured, that journey might not have happened when it did. Introducing a lost hero ... Bartholomew Gosnold.

**Speaker: Lillie Gilbert** is an author, activist, champion canoeist, conservationist and explorer. She was educated at William and Mary. Several of her books are about local trails and waterways. Lillie first volunteered as a member of the Parks & Recreation Commission in 1992 and put her knowledge to work through various activities.



**Course Title: Personal Railcars of the Rich and Famous: Yesteryear's Lear Jets**

**Date and Time:** Monday, April 24, 2023, 10:00 – 12:00

**Location:** TCC Virginia Beach and ZOOM

**Course Description:** We will explore the phenomenon of elite individuals and companies commissioning, buying and using their personal railroad cars for privacy, luxury, and entertaining. Private train cars were popular before they were relegated to a footnote in history by private planes and private jets. Walter Chrysler had one for family and business travel and to loan to friends. Some presidents, celebrities, industrialists and CEOs owned railroad cars, especially if they owned railroad interests. We will also discuss the companies who built them, their costs, design and integration into the public and private rail systems. Finally, we will discuss how you can lease or rent a railcar today.

**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 Doctorate and Master's Degree of Education from UVA, and a B.A. 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 Assistant 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 under contract as historical interpreter on the Nature Bus of Norfolk.



**Course Title: An Exploration Into the Power of Story**

**Date and Time:** Thursday, April 27, 2023, 1:00 - 3:00

**Location:** TCC ONLY, Not on Zoom

**Course Description:** Storytelling is one of the most powerful but undervalued communication tools in modern time. This presentation is intended to evoke memories and positive thoughts about people, places and things we remember. If you only recall a handful of past stories, this may be your inspiration to start writing. A simple, guided writing exercise will be included before your valued stories are lost or forgotten forever.

**Speaker: Nanette Randall** is an experienced interviewer, writer, project manager and personal historian. She specializes in building trust, documenting memoirs and teaching others about the importance of recording our lives. She is the author of *Memoirs by Design* and writes business histories, children's books, and pet stories.



**Course Title: Let's Agree to Disagree**

**Date and Time:** Monday, May 1, 2023, 10:00 – 12:00

**Location:** TCC Virginia Beach and ZOOM

**Course Description:** Conflict can make a tremendous difference between success and failure. Constructive conflict resolution can resolve problems that, left untouched, would erode your relationships or deprive you of greater happiness in the future. Within this lecture, Dr. Winfield will discuss the nature of conflict, explore conflict styles, and how they are influenced by gender and culture, and explore positive ways to resolve conflict while preserving the relationship.

**Speaker: Dr. Chaniece Winfield** has over 15 years of experience as a behavioral health practitioner specializing in providing substance abuse and mental health services to individuals and families across the lifespan. She is an undergraduate and graduate level educator in the counseling, psychology and human service disciplines and specializes in teaching and developing courses related to psychopathology, service interventions, ethics, and special populations. She currently serves as Human Services Online Program Director at ODU. Her expertise includes private and public service experience within outpatient, community and K-12 settings. She has several peer reviewed publications and is the recipient of several awards and honors locally at ODU and nationally.



**Course Title: American Democracy: A Matter of Trust**

**Date and Time:** Wednesday, May 3, 2023, 10:00 – 12:00

**Location:** TCC Virginia Beach and ZOOM

**Course Description:** The United States was founded by people with a healthy skepticism about government power who believed that too much trust in government would lead to bad government. Yet, current levels of trust are low and cynicism has replaced skepticism. This class examines what this means for American democracy and why it may fuel problems such as misinformation and electoral unrest. Finally, we will discuss what healthy levels of trust look like and what can be done to build them.

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



**Course Title: Southern Campaigns: The Heart of the Revolutionary War**

**Date and Time:** Thursday, May 4, 2023, 1:00 – 3:00

**Location:** TCC Virginia Beach and ZOOM

**Course Description:** Back by popular demand, Randy will revisit his overview of the Southern Campaigns of the Revolutionary War. Even if you attended this class in the past, take this opportunity to refresh your memory. These campaigns form the heart of the war that occurred in our neck of the woods.

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



**Course Title:** A Short History of Paris  
**Date and Time:** Tuesday, May 9, 2023, 10:00 – 12:00  
**Location:** TCC Virginia Beach and ZOOM

**Course Description:** Called “The City of Lights” and “The City of Love,” Paris immediately brings to mind iconic images and moments in history. A fire threatening the Notre Dame Cathedral in Paris received worldwide attention. Join us for a brief history of the legendary city in the modern ages.

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



**Course Title:** Urban Ecology  
**Date and Time:** Thursday, May 11, 2023, 1:00 – 3:00  
**Location:** TCC Virginia Beach and ZOOM

**Course Description:** This lecture covers some of the fundamental principles of ecology, such as: life history patterns, island biogeography, food webs, etc. and presented within the context of urban ecosystems. It will also cover some of the ways that urban wildlife is studied, along with information on common urban wildlife species.

**Speaker:** **Dr. Shawn Dash** is presently an Assistant Professor of Biological Sciences at Hampton University. He is highly engaged in outreach regarding natural history and helping his listeners to enjoy nature and science.



**Course Title:** The History of Apartheid in South Africa and How It Affected the People  
**Date and Time:** Thursday, May 18, 2023, 10:00 – 12:00  
**Location:** TCC Virginia Beach and ZOOM

**Course Description:** This lecture will explain firsthand the racial makeup of apartheid in South Africa. The speaker will review the differences among the groups and how apartheid affected each group, including their standards of living. Examples of how each group lived, the hardships, and its true meaning will also be discussed. We will see through the eyes of a young White man and learn how his viewpoints differed from others. Ken will also discuss the resolution and its aftereffects.

**Speaker:** **Ken Reynolds** was born and raised in South Africa. His father was ex-military and transferred frequently. Ken was eight when he saw firsthand how the different races were treated while his father was employed by a mental asylum. Following high school he “fell for” a coloured woman, which ended due to apartheid. After graduating from university in South Africa, he taught at elementary and high schools. Ken and his family emigrated to the United States when he was in his mid-forties, first to Anchorage, Alaska, then to Virginia Beach. He returned to teaching prior to retiring. Ken is the author of the novel *Colour* which was published in 2022.



**Course Title:** What is 3-D Printing & Additive Manufacturing?

**Date and Time:** Wednesday, May 24, 2023, 10:00 – 12:00

**Location:** TCC Virginia Beach and ZOOM

**Course Description:** 3D printing technologies, also known as Additive Manufacturing (AM), are used to join materials layer by layer to make objects from 3D computer-aided design (CAD) model data. Through AM technology, complex geometric shapes, multi-material and multi-functional parts can be manufactured in a single operation. This lecture provides the basic principles of AM, the difference between traditional manufacturing processes, and recent advances in AM technologies. *TCC will provide a demonstration following the class. In-person attendance is suggested.*

**Speaker: Dr. Hamid EisaZadeh** is an assistant professor in the Mechanical Engineering Technology program at Old Dominion University. He has extensive experience teaching courses related to conventional and modern processes like welding and additive manufacturing. He obtained his Ph.D. degree in Mechanical Engineering from Clarkson University in 2017.

## ILR Special Interest Groups



Interested in joining the **ILR Book Group**?? Contact Laura Beckwith for information.

Email: [laurasutherland.2016@gmail.com](mailto:laurasutherland.2016@gmail.com) Home phone: 757-689-2144 Cell Phone: 774-364-2801



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

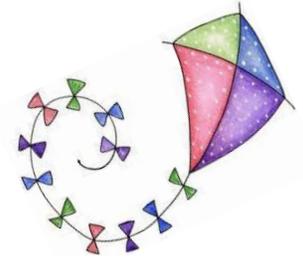
*It's free and fun!*

**Please contact Nancy McWilliams for information concerning the group meeting schedule or to be added to the participation list.** [nancym0907@yahoo.com](mailto:nancym0907@yahoo.com)

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



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 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): \_\_\_\_\_

## SPRING 2023 CLASS REGISTRATION

**\*See Location Column to determine if class is available via “TCC & Zoom” (TCC-Z), “Zoom Only”, or “TCC Only”** See Schedule, Page 2, for “Location” details.

**We expect to be back in the Pungo Auditorium for spring classes.** *Check your Zoom Link/Class Location emails for final class location. Appropriate maps will be distributed once location is confirmed.*

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

*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.*

Location *	Date	Time	<b>March</b>	Registrant(s) Name/Initial	Cost \$	Total
Bonfish Grill	22 (Wed)	11:30 am	<b>Annual Meeting Luncheon</b> (See flyer for details.) Reg. deadline Mon. March 13		\$ 31	
			<b>APRIL</b>	Registrant(s) Name/Initial	Cost \$	Total
TCC-Z	3 (Mon)	10 a.m.	<b>Peregrine Falcons &amp; Bald Eagles</b>		14.	
TCC-Z	5 (Wed)	10 a.m.	<b>Pirates &amp; Privateers</b>		14.	
TCC-Z	10 (Mon)	10 a.m.	<b>Mr. Rogers: Preserving Our Humanity</b>		14.	
TCC-Z	13 (Thur)	<u>1 p.m.</u>	<b>26yrs: Orientation to American Revolution</b>		14.	
TCC-Z	17 (Mon)	<u>1 p.m.</u>	<b>Chesapeake Bay Foundation</b>		14.	
TCC-Z	19 (Wed)	10 a.m.	<b>Famous Explorer Not Heard Of - Gosnold</b>		14.	
TCC-Z	24 (Mon)	10 a.m.	<b>Railcars of Rich &amp; Famous</b>		14.	
<b>TCC ONLY</b>	27 (Thur)	<u>1 p.m.</u>	<b>Power of Story</b>		14.	
				<b>Total</b>	➡	\$
				<b>(front page)</b>		

			<b>MAY</b>	<i>Registrant(s) Name/Initial</i>	<i>Cost \$</i>	<i>Total</i>
<i>TCC-Z</i>	<b>1 (Mon)</b>	<b>10 a.m.</b>	<b>Let's Agree to Disagree</b>		<b>14.</b>	
<i>TCC-Z</i>	<b>3 (Wed)</b>	<b>10 a.m.</b>	<b>American Democracy – Matter of Trust</b>		<b>14.</b>	
<i>TCC-Z</i>	<b>4 (Thur)</b>	<b><u>1 p.m.</u></b>	<b>Southern Campaigns: Heart of Am. Rev.</b>		<b>14.</b>	
<i>Sandler</i>	<b>7 (Sun)</b>	<b>2:15 p.m.</b>	<b>Social: Olga Kern-Tribute to Rachmaninoff</b> (See flyer for details.) Reg. deadline: Fri. March 17		<b>\$ 39</b>	
<i>TCC-Z</i>	<b>9 (Tue)</b>	<b>10 a.m.</b>	<b>Short History of Paris</b>		<b>14.</b>	
<i>TCC-Z</i>	<b>11 (Thur)</b>	<b><u>1 p.m.</u></b>	<b>Urban Ecology</b>		<b>14.</b>	
<i>TCC-Z</i>	<b>18 (Thur)</b>	<b>10 a.m.</b>	<b>Apartheid in South Africa</b>		<b>14.</b>	
<i>TCC-Z</i>	<b>24 (Wed)</b>	<b>10 a.m.</b>	<b>3-D Printing &amp; Additive Manufacturing</b>		<b>14.</b>	
			<b>JUNE</b>			
<i>Va. Bch.</i>	<b>7 (Wed)</b>	<b>10:15 a.m.</b>	<b>Dolphin Watching Boat Tour</b> (See flyer for details.) Reg. Deadline: Tue. May 16		<b>\$ 26</b>	
				<b>Total (this page)</b> →		<b>\$</b>
<i>Total (front page)</i>						
<b>Total</b>						
<b>Do You Have an Account Credit ?</b>						
<i>Please note: Credits can only be used with mail-in registration (or you may call/email the office with the name(s) &amp; date(s) of class(es) you want paid via account credit)</i>						-
<b>-- Subtract Account Credit(s)</b>						
<i>Please make check(s) payable to ILR</i>					<b>Total Due</b>	<b>\$</b>

*If you have not already renewed, you may mail your Renewal form & payment with your Class Registration.*

*One check is acceptable for both.*

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

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

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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.*



WEDNESDAY, MARCH 22, 2023  
11:30 A.M.

**ILR 2023 ANNUAL LUNCHEON MEETING  
AND  
INSTALLATION OF 2023-2024 OFFICERS**

*COME YE ONE AND ALL*, to the ILR 2023 Annual Luncheon Meeting and Installation of 2023-2024 Officers. It is time to review our past year and ready ourselves for the new one. COVID did not allow us to have this event since 2019, but times have changed and we are eager to embrace 2023. So, put on your ILR name tag and meet fellow members at the *Bonefish Grill* for a friendly gathering, delicious lunch and the installation of 2023-2024 officers.

**DATE:** Wednesday, March 22, 2023

**TIME:** 11:30 A.M.

**PLACE:** *Bonefish Grill*  
3333 Virginia Beach Blvd.  
Princess Anne Plaza Shopping Center  
Virginia Beach, 23452

**COST:** \$31.00 Special limited selection lunch menu, (served w/tea, coffee, soft drink). Includes tax and gratuity. Alcoholic and non-luncheon beverages are individual checks. Gluten-free entrée available upon request. Menu Choices: Chicken Marsala, Bang-Bang Shrimp Tacos, Blackened Baja Fish Tacos, Caesar Salad-Atlantic Salmon or Grilled Chicken, Half-Pound Burger; Veg. Options: Florida Cobb Salad, Bonefish Signature Pasta. Actual menu selection will be made at restaurant.

**RESERVATION  
DEADLINE:** Monday, March 13, 2023  
(No refunds after this date)

**ADVANCE  
PAYMENT  
REQUIRED:** Either by check, made payable to ILR, and mailed to:  
ILR, TCC Virginia Beach Campus, Princess Anne Bldg. A,  
Room A-103, 1700 College Crescent, Virginia Beach, VA  
23453-1918 or on-line registration via credit card.

*An ILR Social Committee Event*



Wednesday; March 22, 2023; 11:30 a.m.

Institute for Learning In Retirement

*This menu is for information only. You will place your order at the restaurant, not in advance.*

Entrée's

**Chicken Marsala**

Wood-grilled chicken with prosciutto, mushrooms and Marsala wine sauce served with a side of our seasonal vegetable and rice.

**Bang-Bang Shrimp Tacos**

Our signature bang-bang shrimp, greens, tomatoes, and lime crema served with fries

**Blackened Baja Fish Tacos**

Mango Salsa, shredded Cabbage, and lime sour cream served with fries.

**Caesar Salad: Salmon or Chicken**

Crisp romaine and garlic croutons tossed in Caesar dressing and topped with our Atlantic salmon or Grilled Chicken

**Half Pound BFG Burger**

Toasted bun, fully dressed (LTOP) with sharp cheddar and special sauce, served with seasoned fries.

Vegetarian Options

**Florida Cobb Salad**

Crisp chopped greens with mango, tomato, blue cheese crumbles, and pepitas, tossed in our house citrus-herb vinaigrette dressing

**Bonefish Signature Pasta**

Red peppers and artichokes tossed in a creamy creole sauce finished over linguine pasta

*A Gluten Free Menu is available upon request*

Beverages

Coffee, Hot Tea, Coca-Cola, Ginger Ale, Dr.Pepper, Sprit, Sweet Tea, Unsweetened Tea, Root Beer, Diet Coca-Cola, and Tonic Water.

\*THESE ITEMS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS WHICH MAY CONTAIN HARMFUL BACTERIA MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS OR DEATH, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

# Tribute to Rachmaninoff

## Olga Kern

"Call it star quality — music likes Kern the way the camera liked Garbo." (The Washington Post)



Time and again, critics have swooned over her showmanship, the deep emotion she brings to the music, and her flawless technique — and just when you think it can't get any better, she whips out encores that draw repeated standing ovations. If you haven't yet experienced the astonishing artistry of Olga Kern, here's your chance — and if you have, chances are you're already clearing your calendar to make sure you experience it anew.

**When:** Sunday, May 7, 2023 at 2:30 P.M. Get to the Box Office by 2:15 for tickets. I will be there with the tickets. Bob Burns 757-323-9498 the date of performance.

**Where:** Sandler Center for the Performing Arts, Town Center, 201 Market Street, Virginia Beach, VA

**Cost:** \$39 per person for midway Orchestra Seats

**Parking:** Abundant free parking at adjacent parking garage. Do not park in reserved slots on lower decks. Parking regulations are enforced.

**Reservation Deadline:** Friday, March 17, 2023. No refunds after that date.

*A Social Committee Event*

## Virginia Beach Dolphin Watching



JOIN ILR FRIENDS on a dolphin watching cruise as the essential trip for the aquatic enthusiast. Each 90-minute experience is narrated by experts who are ready to share their knowledge and answer your questions about dolphins, other marine life, and the Virginia Beach coastline.

The boat is ADA certified and equipped with a climate-controlled indoor cabin, and offers a 360-degree view of the water from multiple viewing levels.

*Sightings are GUARANTEED. If they are unable to locate any dolphins during our dolphin watching trip, you can ride again for FREE!*

### WHAT TO EXPECT:

- **DRESS** for the weather! It can be slightly cooler out on the water especially in the spring. Cruises will still go when it is raining. The captain will only cancel the trip if there are high winds.

- **ADULT BEVERAGES** will be available in the climate controlled cabin.

- The cruise Departs from Rudee Inlet at the Virginia Beach Fishing Center (parking is free).

**DATE:** Wednesday, June 7, 2023 @ 10:15 a.m. to board the ship

**COST:** \$26 - includes admin fee and tip

**LOCATION:** 200 Winston Salem Ave., VA Beach, VA 23451

**DEADLINE FOR RESERVATIONS:** Tuesday, May 16, 2023 (no refunds after this date)

**LUNCH:** If you would like to have lunch on your own, there are two restaurants within walking distance at the end of Winston Salem Ave.- Rockafeller's & Rudee's.

**IF YOU HAVE QUESTIONS ON THE DAY OF THE TRIP, CALL Sandi Advocat 757-422-9097.**

A SOCIAL COMMITTEE EVENT