



# Institute for Learning in Retirement

1881 University Drive, VA Beach VA

Spring 2018

Volume VII, Issue 3

## President's Corner

Okay...perhaps I'm rushing the season just a bit, but....let's talk about Thanksgiving and thankfulness. I think it is always a good idea to say "thank you"....to show that you recognize that someone has done something above and beyond and that you appreciate it!!

So, here goes.... I want to say thank you to: Carolyn Schmick, Stan Weisberger, and Betsy Coffelt, all officers of ILR, for serving with me over the past year, and being so willing to go above and beyond in service to this terrific organization, to care about it and to work so hard on behalf of all the members.

Next, the chairs of the various committees: Diane Prince and Jane Martin (Curriculum), Susan Clarke (Social), Arlene Ingram (Travel), DeeDee Rockefeller (Membership), Linda Parish (Volunteer), Don Sullivan (Nominating-temp), David Hamby (Communications and Technology), Stan Weisberger (Planning and Issues), DeeDee Rockefeller and Susan Jones (Members-at-Large). Some of these people came to their committees only recently. So, I would also like to thank their predecessors: Betsy Blank (formerly chair of Travel), Fran Scott (formerly Chair of Volunteers), Jack Kotvas (formerly Chair of Nominating Committee). All of these individuals have contributed numerous hours of their time over the past year, and they have also given freely of their ideas and creativity to all the activities related to the area of their particular responsibility. Special thanks go out to my predecessor, Sandy Barczak (Past President) who continues to champion ILR to all who will listen. And, of course, to Robert Chapin, who has served in so many positions and roles within ILR, and who has left the Board this past year with a headful of Irreplaceable institutional knowledge. Robert, you will indeed be missed. Thank you!

And now we come to our paid office staff...Theo Rozdilsky, Theresa Burgess and Mark Farley... paid, yes, but not nearly paid what they are worth to ILR. I feel so grateful that we have a dedicated office staff who have stayed overtime, taken manuals home to study, and never complained about having two major projects this year. They installed ProClass, trained the new people, and kept the busy office running smoothly. And now, they will be adjusting their procedures to take on-line payments, and having both online and current procedures registering members for classes. Thank you!!

And finally, once again, thank you Carolyn Schmick, who, besides serving as the vice-president and, now, incoming president, has also contributed hours of her time serving as Editor to this Newsletter. Thank you for a job so well done, Carolyn.

Well, that's just about it...I will leave you with a saying from one of my wife's many plaques: "It's not happy people who are thankful; it's thankful people who are happy!" I guess those are pretty good words to live by...wouldn't you say?

~~ Don Christensen

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**Board Members, 2016-2017:**

President, Don Christensen

Vice President, Carolyn Schmick

Secretary, Betsy Coffelt

Treasurer, Stan Weisberger

At-Large Board Members:

Susan Jones

DeeDee Rockefeller

**Committee Chairs:**

Communications & Technology:

Dave Hamby

Curriculum: Jane Martin

Diane Prince

Nominating: Don Sullivan, Interim

Social: Susan Clarke

Travel: Arlene Ingram

Volunteer: Linda Parish

Administrator: Theo Rozdilsky

Admin. Assistant: Theresa Burgess

Bookkeeper: Mark Farley

Newsletter Editor: Carolyn Schmick



## Meet Sue Cunningham

**Starting in this issue, we are featuring a regular column by Sue Cunningham. Her credits are extensive, and her column will be about various senior topics.**

Susan L. Cunningham, Retired Certified Senior Advisor and Aging in Place Specialist, Certified Mediator, radio show moderator, columnist, trainer and presenter.

Sue hosted her television show titled The Good Life with Sue Cunningham where she provided information to seniors and their adult children on aging concerns. And as a national speaker she trained businesses and companies on how to best serve the over 55 customers.

During her 30 years of business experience Sue was the Founder and President of Sue Cunningham's Senior Resources Group, Inc. and Speaking on Aging.

She is the published author of the book titled *Unwrapping the Sandwich Generation...life vignettes about seniors and their adult children as they face aging issues.* She has also authored the *Companion Guidebook to Unwrapping the Sandwich Generation.*

She has co-authored the The LifeinFormation™ life binder system and she has authored numerous booklets. Her words and work have been featured in national magazines such as *Kiplinger's Personal Finance* and *Washington Woman*. Some of her clients were Mass Mutual, Farm Fresh, the Medical Society of Virginia, Toyota and Towne Bank.

Currently Sue is a volunteer at Sentara where she practices Healing Touch, the Central Library where she helps non-English speaking students practice their English and her church. She enjoys walking, Tai Chi, Yoga, Silver Sneakers workouts, reading and her garden.



## Notes from the Office

The ILR website is so full of valuable information, you'll be amazed.

"Let your fingers do the walking"....that was then (valuable and informative)

"Let your fingers do a **digital walkabout**"...this is now (valuable and informative)

Have you really checked it out, beyond a quick glance?

On the Home page are **Announcements**: class cancellations, classes closed or that have wait lists; special ILR activities, i.e. Annual Meeting, ILR Annual Art Show, ILR Graduate Scholarship Award; some member policies.

On the row of tabs under the photo, you will find tabs for the following:

- JOIN ILR—How to **join**; how to **register** for classes, social events, trips, special interest groups.
- FORMS—There are **forms**: New Member, Member Renewal; Registration
- NEWS—Lots of **Photos** from ILR events and activities, including your favorite speakers

So, take some time, get your cup o' java, log onto the website, and start doing a digital walkabout...

we think you'll be treated to an ILR adventure!!

## Splinters from the Board

*The purpose of this article is to offer the membership enhanced access to the issues discussed at the meetings of the Board of Directors, by providing a brief description of the more important matters that came before the Board since the last newsletter.*

The ILR Board of Directors has been very busy the past few months.

We did not meet during the Holiday time, but at the last meeting of 2017, Don Christensen, President, offered a proposal for a new, and much needed committee, one designed to discuss “hot” issues in a smaller group, rather than in a group the size of the Board. Stan Weisberger volunteered to chair the new committee, and suggested members to be: Robert Chapin, David Hamby, Sandy Barczak, and Carolyn Schmick. The new committee has already met at least once.

In January, the Board acted to accept newly revised Bylaws and Handbook of ILR. These new documents will be presented to the general membership for ratification at the Annual Meeting in March.

Also in January, The Board voted to give Dave Hamby, Chair of the Communications and Technology Committee, authority to establish a contract for a Merchant Services Account with a firm that processes online payment using credit cards, as part of the implementation of ProClass.

Finally in February, the Board tested the new Bylaws in regards to the scheduling of conflicting activities. The guiding principle in the discussion was “let’s do what is going to be best for the general membership”. In the end, it was decided to let the Bylaws be the rules of the organization because they lent guidance to the Board and really represented the best interests of the general membership.

~~ Don Christensen, President

## Special Interest Groups

### **Great Decisions**

Meets First Tuesday of Month    Room 210    Dave Hamby    757-486-6336

### **ILR Book Group**

Meets Third Tuesday of Month    Room 210    Judy Schooley    757-486-7490

### **Great Books**

Meets 1st & 3rd Friday of Month    Room 210    Dianne Pruden    dkpruden@gmail.com

### **Dog Walk**

Meets First Friday of Month    Shore Drive    Dave Hamby    757-619-6931

### **Art Show**

October    ODU Atrium    Carolyn Schmick    cschmick@cox.net

### **ILR SiteSeers**

Meets First Tuesday of Month    Room 133    Nancy McWilliams    NJM47@cox.net

## Great Decisions Book Order

The 2018 Great Decisions Briefing Book is out of stock at the local Great Decisions program office on Granby in Norfolk. You may order the book directly from Foreign Policy Associations website for \$30. ([http://fpa.org/great\\_decisions/](http://fpa.org/great_decisions/)). Books are also available by phone at (212) 481-8100, option 3, where a live person will take your order. Large print version available by phone order.

Any questions contact Dave Hamby at [dlhamby@gmail.com](mailto:dlhamby@gmail.com).

## Colors of Retirement Life ...

thoughts, ideas and general conversations.

By Sue Cunningham



Hello, world. This is Sue Cunningham and I am honored to be a columnist for your quarterly newsletter. We have decided to title this column *Colors of Retirement Life...thoughts, ideas and general conversations*.

I'll be writing about topics that will hopefully make you chuckle, bring up sweet memories, excite you about the future and encourage you to think outside the box.

I think it is pretty safe to say that we all look forward to our "retirement years" ...whatever that means to you. We anticipated a utopia when early in our careers we began to conjure up thoughts of no clocks, no timetables, no bosses, no employees, no "must do" lists, no 5am alarms, no rush hour traffic, no errands after work, no rushing to ballet lessons, baseball lessons and soccer lessons, etc.

These are the years when we can finally do "what we want to do." So, what exactly do you want to do? If we are lucky we still have enough years ahead of us to "make a mark." Keep in mind that making a mark doesn't mean it has to be something we read in the headlines. It could be something as simple as finally being able to read all those books you have put off for so long. It might be volunteering and making a mark on another person's life. It could be finally going on that trip you promised your spouse on your honeymoon. Or it could be the sweetest moment when you cradle your grandchildren in your arms for the very first time.

So let's chat about these wonderful years that we have been given. In this column you'll find comments, ideas, suggestions, articles of interest to seniors (and our adult children), tips, resources, motivation, and peacefulness as well as excitement.

Come along for the ride. Pour yourself a cup of coffee or tea, grab a forbidden cookie or slice of pie and relax. Yes, relaxation needs to be at the top of the list for our retirement years. You have earned it! Welcome to the "colors" of your retirement years.



Could you volunteer to interface with the ILR Committee Chair people to gather any articles they may have for the next Newsletter (May)? Someone is needed to confer with the editor and then contact the committees and members who wish to contribute articles or information. If this sounds like something you would like to do, please contact the editor, Carolyn Schmick at [cschmick@cox.net](mailto:cschmick@cox.net).



Do you have a group of ILR Members who would like to start a special interest group? Contact the ILR Office and they will get you in contact with a Board Member who can guide you.

~~ Editor



Unable to Attend a Class? Due to the increase in our membership and the vast selection of outstanding classes, some of the classes are becoming overly booked resulting in lengthy waitlists. So, if you find that you cannot attend a class, please let the ILR office know (call or email) so that the next person on the waitlist can take your place. If you notify us at least 4 days in advance, we'll send you a refund voucher (good for a year), minus a \$2 administration fee.

Remember: It could be you on the waitlist next time. Thanks ~~~ Office Staff

## VIRGINIA BEACH MILITARY AVIATION MUSEUM

~~ Contributed by F.W. Krueger



Virginia Beach's Military Aviation Museum is a world class museum covering fifty years of aviation from 1903 to 1953. It is located on Princess Anne Road south of Pungo and the museum guests come from all over the world. The museum has over sixty aircraft and ninety percent of the aircraft are airworthy or can be made to be airworthy. The museum resides on over one hundred acres which includes a five thousand foot grass runway, eight hangers, a period water tower, and a reconstructed WW II English watch tower. The museum hosts many private events such as weddings, receptions, retirement ceremonies, and business meetings. The museum conducts air shows for WW I and WW II aircraft and a flying prom, which has an orchestra, flying aircraft, and fireworks for family picnics.

Volunteers are available to conduct tours and offer information related to each individual display and aircraft. The museum entrance and lobby consists of two levels of static displays of vehicles and other items, as well as a gift shop. Next to the lobby are the Navy and Army Air Corp hangers which hold many different types of American and foreign aircraft.

An iconic P-51D Mustang is usually on display in the Navy hanger. This aircraft has a storied history from its inception to its deployment in Korea. The Mustang has an English name, English specification, American design, and American production. It was a good aircraft with an Allison V-12 engine, but became a great aircraft with a Rolls Royce Merlin V-12 engine. With drop fuel tanks, the Mustang could escort bombers to Berlin and back. The American 8th Air Force lost as many airmen in Europe as the U.S. Marines in WW II. Many of those airmen lost were teenagers.

The Army Air Corp hanger displays many storied aircraft both foreign and American. On display is a P-40 Kitty Hawk Flying Tiger fighter. The P-40 gave America its first victories in the Far East with American volunteers flying for the Chinese. Also on display is a Russian P-02 utility aircraft which was flown by Russian women. They were the first female military in combat and were called "nacht hexen", Night Witches!

At the west end of the museum are three hangers available to the guests. The first is a French WW I hanger holding tri-planes and bi-planes of that period. In that period, aviation technology and techniques were developed. A German pilot named Bolcke developed tactics for fighting in the air that we use today. Because the WW I aircraft were made of wood and fabric, all of the museum's WW I aircraft are replicas except for one which is a restoration. The JN-4 Jenny, is an American aircraft used to train most American pilots in the Great War. After the war returning pilots would purchase surplus aircraft for air mail delivery. This was the beginning of air mail as well as civil aviation. They also conducted "barn storming" events putting on air shows and selling rides.

Also at the west end of the museum is the Fighter Factory where engineers and technicians maintain and restore aircraft. This handful of men are unique in that they are the few in a population of three hundred and thirty million who can maintain these aircraft in an airworthy status.

The west end has an actual WW II German hanger holding many German WW II aircraft and German concept aircraft models. The hanger was constructed to be portable with only nuts and bolts and no welds. This hanger has an "Iron Annie" Junkers 52 aircraft with three radial engines. This aircraft is so strong that during the invasion of Holland the lead aircraft was ordered to land on the road because there were no serviceable landing areas available. The lead Junkers 52 landed and taxied at speed for two miles knocking down the trees that lined the road. The museum's Iron Annie is the only airworthy one in North America.

## Who Are We?

The ILR offers outstanding classes, trips and social events, and is a very well run organization. How does this happen? Who are the people who take care of the details that make us gratefully enjoy their efforts? Below is an example of a contributor to our Art Show.



Stu Saul

This South Jersey boy loved the hoagies and jazz stage shows of Philly on one side, and the steel pier and ocean on the other. But we grow up, so his marriage and four daughters. Now, when Stu and his wife Patsy host any number of “the girls”, it is sure that many memories will be enjoyed. As an example: our many Summer vacation tent camping trips all over the country, when the girls were very young. Pitching and re-packing a heavy house tent, jumping among campgrounds of all kinds, sometimes riding through deserts under bright sun, in our Studebaker with no a/c but with an engine overheating often, and with a bucket of dirty diapers on the back floor, and having to stop often to warm baby bottles on the car hood. The “girls” are now scattered all over the county, but all our relationships are blessed.

In 1946 Stu began studies in two universities and a seminary leading to 20 years as a Presbyterian minister in Illinois and Indiana. The next 20 years as a psychologist serving community mental health agencies in West Virginia, Indiana and finally Chesapeake, VA.

During Stu’s early years he felt the beauty and challenges in the work of nature, and as he grew he wanted to “do” art. With hardly any instructions, he took up painting in oils, and gradually entered galleries and many outdoor shows in Hampton Roads. Now, at 89, he paints most days, enjoying both the effort and the fun. Moving to Atlantic Shores two years ago, Stu was met with several opportunities to display his work. All the while, Patsy has been both chief supporter and “manager”. Last year the ILR Art Show was a great pleasure, and incidentally, we take pleasure in the ILR lecture series.



~~ Stu and Patsy Saul

## Celebrating Valentine’s Day With Conversation

Jackie Azaransky graciously hosted ILR’s Valentine’s Day celebration on Friday, February 9, 2018. If ever there is a “perfect home for a party,” Jackie has it. Every room offers cozy corners for group or private conversation. It is the ideal home for ILR newcomers and the long-term faithful to enjoy downtime, offering a wonderful opportunity to meet, talk, mingle and munch! It’s a chance for old friends to exchange a hug and new acquaintances to start on a road with the first step being recognition and perhaps ending in friendship!



With the Social Committee acting as co-host behind the scenes, we all enjoyed Jackie’s hospitality. We hope that you will join us for our next in-home party.

~~ Susan Clarke, Chair  
ILR Social Committee

## FROM THE TRAVEL COMMITTEE

### Survey says.....

In the bitter cold of winter as we longed for an early spring, the Travel Committee wanted to experiment. Would it be possible to survey the ILR membership anonymously without the expense and work typically associated with assessments of any kind: printing, mailing and tallying results? Since ILR sponsored trips are typically popular and fully subscribed, why would the Travel Committee want to send an electronic survey to its 900 members (most of whom have and use the computer)? The answer was simple, we wanted data driven results to guide and shape our future planning based on your interests not our perceptions. Our goal as a committee is to plan realistic “adventures” for your pleasure and enjoyment based on your input.

The survey was blasted to the membership on January 15 with no follow-up reminders (that was intentional). Within the first 24 hours, over 100 members have completed the survey. Amazing! When the survey was closed at the end of January, nearly 200, approximately 25% of the membership had responded (in “survey speak”, that was a statistically significant number).

### Survey Highlights:

A **shocking 80%** of the respondents were female (does that reflect the distribution of the membership, are women more eager for travel, or do women just like to complete surveys?). Those who had previously traveled with ILR indicated they liked the structure, organization, attention to detail and the fact that ILR did the planning (driving and parking), they just showed up and had fun! The best response was **“ILR Trips are good for the Mind, Body and Soul.”** When asked what they would change about the trips, most said, “not much or nothing.” A smattering of respondents indicated they wanted a different bus/bus company and then there were conflicting results: more expensive hotels, less expensive hotels, better restaurants, less expensive restaurants, more activities, fewer activities. The funniest response was **“The dancing girls at the front of the bus are a little old, could you find some younger ones!”**

When deciding WHERE to take the next trip, it is good to know our membership’s top interest areas were History, Arts and Cultural Experiences, Train Rides, Historic Homes and Plantation Tours. And, it was fascinating to see that the most desired travel destination was Washington DC! Then we had a few unique suggestions: Distilleries in Kentucky, Mattamuskeet NC, Germany, New York City Food Tour, Turtle Beach Shows in Gatlinburg, National Cryptological Museum, and Marine Barracks (hmmmm?).

Did we achieve our goal? Was the survey helpful? Other than the fact that we were hoping to gain a good “contact” or two and didn’t get one, the survey was a successful experiment that will guide our thinking. And, we discovered that it is an excellent barometer reading, it is good to know what you are thinking.

With thanks to Ingrid Leland, Travel Committee member, for her technology skills!

~~ Arlene Ingram, ILR Travel Committee Chair

## CLASS COMMENTS

### Air Plant Terrarium Workshop



In January, about two dozen of us attended this very interesting and fun social activity at Town Center a few weeks ago. It is a lovely, inviting shop where folks can buy all their own materials for a DIY project at home or bring a few friends and get a group lesson and do your projects on site. They have all kinds of air plants and succulents, glass containers of all sizes and a host of decorative add-ons. At our class we got a history of the owner's family and how they got started in this business as well light refreshments and great fellowship. I would encourage everyone to stop in and hear all about it and explore the possibilities for yourself.

You will enjoy the experience.

~~ Betsy Coffelt

### Local History Discoveries

ILR attendees to the February 12 "Glimpses of Down-County" were treated to some local on-going historical research about the southern part of Virginia Beach. Farmer, City Council member, and meticulous researcher, Barbara Henley began by noting the importance of using primary sources to uncover history. For instance, she cited land grants from the 1600's and subsequent census figures. She read snippets of William Byrd's 1733 Westover diary and an 1859 *Harper's New Monthly Magazine* article, both detailing waterways and canals. An excerpt from N.H. Bishop's *The Voyage of the Paper Canoe* reveals more about waterways as well as Pungo residents. The Reverend D.G.C. Butts chronicled a failed 1887 attempt by the Little Island Rescue team to save victims shipwrecked during a snowstorm. In addition, much information uncovered by Mrs. Henley and team shows the effects of weather events on land and waterway configurations. Stay tuned—more discoveries to come! Check out *Glimpses of Down-County History: Southern Princess Anne County*.

~~ Suzie Forehand



### WELCOME NEWCOMERS

November 11, 2017 - February 19, 2018

*We hope you will participate in our classes and volunteer your time and talent.*

#### **Chesapeake**

Teresa Austin,

#### **Norfolk**

Jill & Rick Fischer, Jesse Gates, Peter Griffin, Melissa McLeod

#### **Virginia Beach**

Roberta Alperin, Mercedes Atilas, MaryAnn Beda, Chris & Gerry Bolton, Sally Bonk, Jim & Marilyn Doyle, Marshall & Frieda Duny, Lynn & Paul Francois, Pat Gomez, Susan Hudgins, Gloria Hughes, Joyce Jackson, Thomas Johnson, Claude Jordan, Lynn Kirby, Patty Klewans, Sally Kocen, Bill & Christine Macchia, Catherine Mann, Sanford & Judy Marks, Mary Ann McCammon, Bertha Myrick, Larry & Grace Isaacs Pedersen, Russell & Judith Sheldon, Chuck & Ruth Ann Steenburgh, Catherine Stever, Janet Wessel

### IN MEMORIAM

*Robert Young, Virginia Beach    Donald Johnson, Virginia Beach    Alfred Madsen, Virginia Beach*



## ILR SITESEERS

The SITESEERS are ILR members who are interested in international and U.S. travel and love meeting and talking about their adventures and especially sharing stories of their mis-adventures! Interested in joining: just come to a meeting or contact Nancy McWilliams at [njm47@cox.net](mailto:njm47@cox.net)

We meet the first Tuesday of the month (Except for Jan., July, and Aug.) from 1:00 – 3:00 PM at the ODU/Virginia Beach Higher Education Center, Room 133. We have both meetings and social events during the year. We have some programs with speakers and we will continue to share our travel recommendations with each other.

Although we do not plan trips for the group, another goal of SITESEERS is to bring people together who have similar travel interests and destinations. Last year, two members reunited and traveled to Costa Rica, checking that country off of their “Bucket List.” Other members traveled to Iceland together. We also have members interested in a South Pacific snorkeling/diving trip, Galapagos, European river cruises, Cuba, etc. Any of these on your “Bucket List”?

### ILR SITESEER 2017 – 2018 CALENDAR

ILR SITESEERS meet the first Tuesday of the month  
(Except Jan., July, and Aug.) from 1:00 – 3:00 PM at the ODU/Virginia Beach Higher Education Center, Room 133  
For more information: [njm47@cox.net](mailto:njm47@cox.net)

- September 5, 2017 – *Traveling in China, Tibet, and Angkor Wat*  
VBHEC – Meeting host, Nancy Graham  
Speaker – Linda and Ed Dye
- October 3, 2017 – *How to Take Pictures; Using Your Digital Camera*  
VBHEC – Meeting host, Toni Hedrick  
Speaker: Don Mercer
- November 7, 2017 - *Restaurant Lunch, 1:00*  
Jason’s Deli, 4554 Virginia Beach Blvd, Virginia Beach  
Host – Bernie McCabe
- December 5, 2017 – *Living in France for five weeks*  
VBHEC – Meeting host, Toni Hedrick  
Speakers—Nancy McWilliams and Phil Goldsmith
- January - NO meeting
- February 6, 2018 – *Spectacular African Safari*  
VBHEC – Meeting host, Nancy McWilliams  
Speaker – Linda and Ed Dye
- March 6, 2018 - *Galapagos with the Virginia Aquarium*  
VBHEC – Meeting host, Julia Guill  
Speaker – Sara Schauer
- April 3, 2018 – *Iceland and Greenland*  
VBHEC – Meeting host, Toni Hedrick  
Speakers – Nancy Graham, Rosemarie Hughes, Martha Tompkins
- May 1, 2018 - *Planning a Cruise around New Guinea and Indonesia*  
VBHEC – Meeting host, Nancy McWilliams  
Speaker – Nancy McWilliams
- June 5, 2018 - *Cuba*  
VBHEC – Meeting host, Nancy Graham  
Speakers – Nancy Graham and Martha Tompkins
- July 2018 - NO meeting  
August 2018 - NO meeting



ODU Virginia Beach Higher Education Center  
1881 University Drive, Room 125  
Virginia Beach, VA 23453

#### Some Upcoming Classes

- A re-play of the popular class, the Sometimes Salacious life of Abraham Lincoln.
- Contemporary Russian society's diplomacy, democracy, it's press, gender relations and counter-cultures.
- Learn about whales, dolphins, porpoises and what threatens them in the Cetaceans class.

#### Some Upcoming Travel Plans

March 28 - "Wonder City" Hopewell Virginia

June 5 - Manteo Adventure, The Lost Colony

And planning for more unique and exciting excursions to come.

#### Some Upcoming Social Events

April 17- Private ILR Dinner at Mangia Qui

May 18 - Harbor Cruise *Miss Hampton II*

June 1 - Potluck Dinner



Did you know that ILR offers a scholarship to a worthy ODU graduate student? He or she can check with ILR, [www.oduilr.org](http://www.oduilr.org) for details. Applications need to be in to ILR by May 31st for Fall 2018 semester award.

Online...[oduilr.org](http://oduilr.org)