Welcome to Fall Term 2018

Enjoy learning in a relaxed environment without exams or grades. Join OLLI-UHM and meet like-minded peers interested in pursuing intellectual challenges. Established in 1996, by a group of retired UHM professors and community elders this award-winning program is underwritten by a generous endowment from The Bernard Osher Foundation of San Francisco and supported by members’ contributions and the UHM College of Social Sciences. Inside these pages you’ll find classes, workshops, and special events.

We are pleased to announce over 50 brand new courses and events, and welcome 25 new instructors and presenters to the OLLI family this Fall!

OLLI Membership Information

Anyone aged 50 or older is eligible to join OLLI and take OLLI courses. You don’t need a college degree, just a desire to learn. A $60 Fall Term Membership entitles you to enroll in up to three courses, as well as at least three special events. Once registration is complete, you may be admitted to additional course or events on a space-available basis. Membership fees are non-refundable.

New Membership Benefits

We have TWO exciting new benefits for OLLI-UHM members this year! We are now allowed UH ID cards and UH usernames. All OLLI-UHM members who pay a membership fee on or after 8/27/18 are eligible for an ID. There will be a $10 charge per ID card to be paid directly to the ID office in Campus Center. The cards will expire 9/15/19. NOTE: Cards cannot be processed until mid-September at which time we will provide with ID application forms. The process for obtaining the usernames is still being worked out. Details soon.

How to Contact OLLI

For more information about OLLI-UHM courses, and enrollment, call 956-0654, 956-2624, or contact:

Carole Mandryk, Director mandryk@hawaii.edu,
Ninia Barr, Program Coordinator wbarr@hawaii.edu,
Will Cecil, Grad Assistant olliuhm@hawaii.edu.
http://www.øsher.socialsciences.hawaii.edu/

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Registration Procedure

ONLINE registration is the quickest way to ensure you gain a spot in classes of your choice; mail the slowest method. If you need help with online registration call or come to the office.

There are five ways to register:
• Online via UHF link: https://online.uhfoundation.org/memberships/OLLI.aspx.
• Phone 956-0654 or 956-2624
• Email olliuhm@hawaii.edu
• At the OLLI Office, Krauss Hall 113, across Dole Street from the Law School, Monday through Friday, 8:30 a.m. to 4:30 p.m. (But call 1st to confirm we are in).
• By Mail - Complete and return a membership enrollment form and check to OLLI-UHM, PMB #460, 2440 Campus Road, Honolulu, HI 96822.

Fall 2018 Key Dates & Events

• Aug 20: Schedule emailed to members
• Aug 22-27: Public Catalog Distribution
• Aug 27: ONLINE REGISTRATION BEGINS
• Aug 27 – 31: Help with online registration available in OLLI office
• Sep 4 - 7: Processing of registration
• Sep 10: Confirmation of class enrollment
• Sep 17: CLASSES START
• Nov 6: Election Day. No classes
• Nov 12: Veterans’ Day. No classes
• Nov 22-23: Thanksgiving Break. No classes
• Dec 14: Last Day of Fall Classes
SUNDAY CLASSES

Flourishing Modern Calligraphy: How to Letter Dance

Instructor: Sylvia Schiada, BFA, Graphic Design  
Dates: Sundays Sep 30 and Oct 7  
Time: 10:00 am – 2:00 pm  
Location: Krauss 111  
Enrollment limit: 12  
Prerequisite: Modern Calligraphy for Beginners: Therapy for Your Hand & Brain  
Fees: $15 materials fee to be paid directly to instructor.

Do you want to make your calligraphy look fancy? This class will teach you how to flourish letters and words so that they dance with beauty! Flourishes convey playfulness and elegance but require a foundation of calligraphic knowledge and practice. *You must have taken the prerequisite class “Modern Calligraphy for Beginners: Therapy for Your Hand & Brain” first, learned all the basic strokes that comprise modern calligraphy and the principles that help you master consistent letterforms. Once you have practiced enough to achieve better hand control in your hairlines and shades, then you are ready to play with the exaggerated strokes that create the flourish. Can you imagine the delight of someone who receives a beautifully calligraphed card or letter inside a flourished envelope from you?

Just as the basic class provided hand exercises and drills, we will review and warm up our hands. We will make two projects perfect for the fall season.

Sylvia Schiada is a calligrapher with a BFA in Graphic Design from the ArtCenter College of Design, Pasadena. She has taught calligraphy workshops around Honolulu and has worked extensively designing greeting cards. Her mission is to make calligraphy fun and liberating, helping you learn a renaissance art form one stroke at a time.

Modern Calligraphy for Beginners: Therapy for Your Hand And Brain

Instructor: Sylvia Schiada, BFA, Graphic Design  
Dates: Sundays Oct 21 and 28  
Time: 10:00 am – 2:00 pm  
Location: Krauss 111  
Enrollment limit: 12  
Fees: $15 materials fee to be paid directly to instructor.

Social media is changing the way we process and convey information. Typing emails and texting on smartphones is changing the way we use our hands. Boomers were raised on penmanship and cursive writing. Research shows we learn more holistically and commit information to memory more completely when we take in information by seeing, listening, speaking, and writing. In this age of spellcheck and delete, we have resorted to keys v. using our hand muscles. Discover how to reinvigorate the muscle memory in your hands, grow new cells in your brain and fire up those neurons! It’s easy to forget a text, but a beautifully handwritten note can be unforgettable. Be the person who writes and sends that beautiful note!

Modern Calligraphy embraces basic disciplines, such as foundational strokes, but also gives you room for imperfections. Develop confidence by learning how to write inspiring quotes. Practice writing a letter to someone who is significant to you. You will complete two lovely projects to take home in this fun, relaxing and informative class.

MONDAY CLASSES

The Educated Fool

Instructor: Sue Nance, Amer. Studies, BA, MA, ABD  
Dates: Mondays, Sep 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 19, 26, Dec 3, 10 (no class Nov 11)  
Time: 9:30 am - 12:30 pm  
Location: Krauss 112 and 111

Whether class, education, economic or cultural differences are the issue, a less-discussed film genre is what I call "The Educated Fool." A person with qualities a particular culture finds superior comes into an unfamiliar setting, in which they are helpless, and those native to it have to care for them in some way. Almost invariably used comically, this plot device offers a wonderful opportunity for class discussions, and I anticipate that we will have many such thoughtful exchanges. Some of the films which we will see are Never on Sunday, Leave No Trace, Zorba, Pleasantville, and others. I look forward to seeing you soon.

After a wonderful try-anything life, Sue Nance went back to school at 45. It was so much fun, that she stayed through graduate school. Having discovered that her passion was teaching, she did so until retirement. After a brief break, during which she went crazy with boredom and purposelessness, Sue was fortunate to have been directed to OLLI, which has been the most joyous experience of all for both her and her many devoted students.
The Inca could be the most improbable civilization the world has ever seen, so how was this possible? Archaeologists and historians have made great strides toward answering that question, which, of course, is the subject of this class. The Inca represent an alternative pathway to civilization like no other and expand our ideas about what defines a great civilization.

Prof. Gould is an archaeologist with special interests in Australian prehistory, ethno-archaeology, maritime archaeology (with work on shipwrecks in Bermuda and the Dry Tortugas, FL), and forensic archaeology (with experience at the WTC after 9-11, the Station Nightclub fire in Rhode Island, and New Orleans and Gulfport after hurricane Katrina).

Mandarin Chinese through Crafts and Calligraphy

Instructors: Confucius Institute Faculty
Dates: Tuesdays, Sep 18, 25, Oct 2, 9, 16, 23, 30
Time: 10:00 – 11:30 am
Location: Moore Hall 109 (corner of Maile Way and East-West Road)
Enrollment limit: 15

This class will be taught jointly by the faculty of the Confucius Institute at the University of Hawai‘i at Mānoa. Each session will begin with a short language lesson focusing on social interaction in Mandarin Chinese—you’ll learn how to chat with your classmates and teachers in Mandarin Chinese. Then we will segue to a hands-on project. During four meetings, we will work on Chinese calligraphy and painting (writing with a brush pen on rice-paper), and for the remaining three meetings we will do crafts such as paper-cutting and Chinese knots. All instructions and demonstrations will be conducted in comprehensible Chinese, and we’ll teach you how to ask simple questions, so you’ll be learning Chinese as you exercise your artistic talents. Each class will end with a short session of music or song. All materials and supplies provided by the Confucius Institute.

Just Google It....

Instructor: Jeune Scoffil, MCSE, MSA
Dates: Tuesdays, Sep 18, 25, Oct 2, 9
Time: 2:00 – 4:00 pm
Location: Krauss 111

Have you ever had someone tell you to “Just Google It?” This four class series is for anyone who wants to thoroughly understand what that means. There will be visual presentations and take home handouts. Students will learn step by step how to understand what “Googling”
is, what it does, and how to do it. We begin with the Google website itself, covering issues of security and privacy, learning the tabs as well as history, and how to do bookmarks. Students will have the opportunity to ask questions and interact with each other. Second and third classes will be how to refine your searching and address individual student questions and concerns should their device be different e.g., iPhone vs. Android, Ipad or Windows Laptop etc. In the last class we will learn how to use Google Hangouts to make free phone calls and video calls.

A MCP & MCSE (Microsoft Certified Professional & Systems Engineer), Jeune dedicated most of her professional working life to technical customer support on many tiers. A recent transplant from Florida, Jeune enjoys using the latest technology to keep in touch with her daughters, and realized there is a real need for other seniors to learn all the new ways and devices available for staying connected with friends and family. She looks forward to sharing her knowledge with you!

**Minimum Requirements:** This is not a class for computer user novices; participants should have basic knowledge of their device and a basic understanding of the Internet. If you do bring in your own device you will be using your own data plans to connect to the internet. You are responsible for understanding how to operate your own device.

**Tuesday Morning Watercolor: Painting with Light**

**Instructor:** Mary Michelle Baghdady, BFA, Clemson  
**Dates:** Tuesdays, Nov 13, 20, 27, Dec 4  
**Time:** 9:00 am - 11:00 am  
**Location:** Krauss 112  
Oahu is filled with beautiful landscapes and beautiful color. In this morning watercolor class, we will study the variations of light changes across Hawaii, whether in your backyard, on your favorite palm tree, or across the sands of Kailua. We will study color and light and how the two affect each other. We will learn when to look for light changes, how to distinguish color temperature, how to translate them into watercolor, and take photos specifically for this class. Materials for the first class will be provided. If you already have watercolor paint or brushes bring them. At the first class we will discuss supplies you can purchase locally.

Mary Michelle Baghdady graduated with her BFA from Clemson University in 2017. She moved to Honolulu in January 2018 with her husband where they both work at the Applied Research Laboratory in Manoa Valley. Her work is about sharing impressions of places from personal travel through fractured landscapes.

**Mountains, Humans, And Climate**

**Instructor:** Fred T. Mackenzie, Prof. Emer., UHM, Oceanography  
**Dates:** Tuesdays, Nov. 13, 20, 27, Dec. 4, 11  
**Time:** 10:00 am - Noon  
**Location:** Krauss 111

The objective of this course is to integrate the geologic and present history of development of mountains with their influence on weather and climate, and in turn, the response of man to his changing climatic environment. The course also aims to discuss the mountaineering history of some selected mountain ranges in terms of the men and women who engaged in climbing them. The three major mountain ranges that will be discussed in some detail are the European Alps, U.S. Coastal Range and Rocky Mountains, and the South American Andes.

Dr. Fred T. Mackenzie, Emeritus Professor of Oceanography, Geology & Geophysics UHM, is the author or co-author of more than 300 scholarly publications including 7 books. His current research interests include: modeling of the Earth surface system through geologic time; effects of rising CO$_2$ and temperature on coral/carbonate ecosystems; and implications of global warming for concepts of sustainability for Pacific island nations and Hawaii. Fred is also an ardent athlete, life-time traveler, trekker and mountaineer.

**WEDNESDAY CLASSES**

**Culinary Cinema XXVI: “Tinseltown and LaLa Land”**

**Instructor:** Tom Sheeran  
**Dates:** Wednesdays, Sep 19, Oct 17, Nov 14, Dec 12  
**Time:** 3:00 – 6:00 pm  
**Locations:** View films in Krauss 111. Directions to post-film restaurant sites will be provided.  
**Enrollment limit:** 36 for films; 20 for dinners.

Hollywood is the subject, and ‘La La Land’ is the setting for our fall series of films. There’s a long and glorious tradition of movies about Hollywood, or set in LA, including some of the best and most famous films ever made, ranging from larky comedy to jet-black noir.

**Sept 19 - Sunset Boulevard** The most iconic of all Hollywood films, (1950) 110 min.
Oct 17 - Singing in the Rain  The best-ever Hollywood musical will entertain you as it has for generations (1951) 103 min.


Dec 12 - Gods and Monsters  Starring Ian McKellen and Lynn Redgrave, this film gives a fascinating portrait of a director’s desires to chase his dreams, the dream of another hit - or the dream of a second chance (1999) 106 min.

Post-film dinners will be held at local restaurants, locations to be announced shortly before each film date. We aim for pleasant, quiet neighborhood places with entrees under $20. Participants pay on-site for their own meals and drinks. *RSVPs are required for each dinner.

Blue Laws, Dollar Bills, Prayer in Schools and Congress: Establishing Religion in the United States

Instructor: Cynthia Scheopner, JD, MA, PhD, Phil.
Dates: Wednesdays Sep 26, Oct 3, 10, 24, 31, Nov 7 (no class Oct 17)
Time: 4:00 pm – 6:00 pm
Location: Krauss 111

The United States has no state religion, yet the U.S. Senate and House of Representatives each have a Chaplain, paid with tax dollars, who opens each day of congressional business with a public prayer. So far, the Chaplains have all been male Christians, predominantly Protestants (only one has been a person of color). The nation's official currency is marked with "In God We Trust" and, until recently, residents of many states could not buy alcohol, appliances, or automobiles on Sunday due to "Blue Laws." We will explore what the First Amendment means when it says that Congress shall not pass a law creating an established religion in the United States.

Cynthia Scheopner’s professional background is in journalism and law, with a JD from Baylor University, and a PhD from the University of Hawaii in philosophy of religion and law. She is currently pursuing an MA in Spanish at UH to translate works by Spanish philosopher José Ortega y Gasset.

Free Speech Supreme Court Decisions

Instructor: Dave Johnson, BA Yale, JD Harvard Law
Dates: Wednesdays, Oct. 3, 10, 17, 24, 31, Nov. 7, 14
Time: 2:00 – 4:00 pm
Location: Krauss Hall 112

After an Introductory class, we will focus each week on one aspect of Free Speech/Free Press issues, discussing 1-3 Supreme Court cases we have read. A list of cases will be provided. Scholar.Google.com has complete cases available for free. Other cases will be mentioned but are not expected to be read. Class discussion is desired; let other people speak too. The classes will be:


Oct 1 - Opposing Government Interests, Clear and Present Danger, Disturbing the Peace.


Oct 31 - Unwelcoming Owner: Company Town, Shopping Center, Parade Organizer.


Introductory Tai Chi

Instructor: Ken Koike
Dates: Wednesdays, Oct 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12
Time: 10:00 – 11:00 am
Location: Grass area, Correa Rd Circle outside Krauss
Enrollment limit: 24

Come learn and experience how Tai Chi can enhance your health (mind, body and spirit) by improving your balance, flexibility and strength (preventing falls and accidents), reducing stress, anxiety and depression, and increasing energy, endurance and agility. Practitioners of Tai Chi experience an improvement in mind, memory and concentration, as well as overall feelings of well-being. Students will learn basic tai chi and qi gung principles. The Yang style tai chi will be taught. Course starts at a beginner level. No prior experience necessary. Join us!

Ken Koike, a martial arts (judo, karate, aikido) enthusiast for most of his personal life, is very experienced in Chinese internal martial arts including tai chi, bagua and qi gung and is a certified Tai Chi for Health instructor for tai chi for arthritis and fall prevention and rehabilitation.
OLLI Adventure Hikes for the Fit Senior

Instructor: John B. Hall, Prof. Emer., Microbiology
Dates: Wednesdays, Nov 7, 14, 21, 28, Dec 5, 12
Time: Fieldtrips meet at the trailhead at 10:00 am unless indicated otherwise.
Location: Varies, see below

Good boots or hiking shoes and a good day pack are needed for the hikes. There are many well-known trails on O‘ahu, some maintained by the State and others under private jurisdictions. In addition, experienced hikers know of many obscure, less traveled trails that often pass through more pristine wilderness. We will start out on the former kind of path and work our way up to reach some of these more obscure byways. The first few hikes will be easy and have few challenges, but as time passes, and if the interest and ability of the group permits, we will move on to longer and more adventurous walks.

John Hall has explored Hawaii’s trails for more than 40 years, and founded a local hiking group called “Solemates.” A life member of the Hawaiian Botanical & Hawaii Audubon Societies, John is also author of A Hiker’s Guide to Trailside Plants in Hawaii, and a longtime leader of hikes for OLLI-UHM.

Aging and Dying with Dignity: End-of-Life Issues

Instructor: Joel Merchant, Principal, Navigating the Journey
Dates: Wednesdays, Nov 7, 14, 21, 28, Dec 5, 12
Time: 10:00 am to 12:00 noon
Location: Krauss 113B
Enrollment Limit: 10

Adults are increasingly interested in learning about the issues and choices surrounding end-of-life. Despite the universality of death, the inventions of new technologies and political circumstances have created more ambiguities regarding the definition of death, and how to deal with the dying. These conflicts have increased the need for more informed decision-making regarding end-of-life issues. Individuals who make an effort to learn about the options may be in a better position to influence events in their own lives and those of their loved ones. In this course, we will: 1) discuss and clarify options regarding aging, dying, and end-of-life issues, 2) provide information and discuss our experiences in the areas of elder care, hospice care, financial matters, long term care, advanced directives, POLSTs, and 3) review, discuss, and make decisions regarding advanced care planning options.

Joel Merchant, with more than a half century professional career in Hawaii at the intersection of education and business, has long been involved in social, religious, political, community and non-profit causes in Hawaii, culminating in what he calls his final community outreach effort: organizing, participating in, and facilitating group conversations about end-of-life issues.

THURSDAY CLASSES

Yoga for Seniors

Instructor: Richard Bradshaw MA, Asian comparative religions, PhD, Social Psychology
Session 1: Thursdays, Sep 20, 27, Oct 4, 11, 18, 25
Session 2: Thursdays, Nov 1, 8, 15 (no class Nov 22), Nov 29, Dec 6, 13
Time: 10:00 – 11:30 am
Location: Krauss 111
Enrollment limit: 12

Yoga is the art of coming into more complete communion with one’s own self, by integrating the physical, emotional, mental and spiritual aspects of oneself into one cohesive state of being and awareness. Our approach in this class will follow Patanjali’s Raja Yoga system toward achieving higher states of awareness and self-actualization.

Each class will focus on 1) basic Yoga postures (Asanas), 2) breathing exercises, (Pranayama), 3) Mantras and 4) visualization, as preparation for meditation. The class will conclude with a 10-15 minute guided meditation, with time for questions and comments.

It is important that those signing up for the class are serious about the practice of Yoga and diligent in their attendance. There will be yoga mats available, but students are encouraged to bring their own as well to double the cushion they will be practicing upon. Please do not eat anything substantial for at least an hour before practice. The emptier one’s stomach, the better.

Richard Bradshaw spent twenty-six years teaching in Japan while traveling extensively and living for short periods in many Asian countries. He has practiced yoga and meditation daily for over fifty years. Richard has taught yoga for the UH Dept. of Religion, at a university in Japan, at a yoga organization he started in Japan, and as a volunteer for the students at the East-West Center, University of Hawaii shortly after returning to Hawaii from Japan.
Food For Thought: Continuing Dialogue

Facilitator: Carole Mandryk, foodie, baker, chef  
Dates: Thursdays, Sep 20, 27, Oct 4, 11, 18  
Time: 10:00 am to 12:00 noon  
Location: Krauss 112

Food is more than nutrition for the body, it is also sustenance for the soul. In this class we will use short readings, in-class writing exercises and above all sharing our stories with each other - as prompts to evoke our own food-based memories. Food memories are part of the emotional narrative of our lives. Comfort foods remind us of who we are, and where we came from. Or perhaps, we just like to talk about what we like to eat, where we ate it, whom we ate it with. You can engage at any level – deeply or skimming the surface. The only requirement is to share food memories and recipes. What recipes were passed down to you from family and friends? What do they mean to you? Where did you eat last night? Should we go? Did you just bake ginger rosemary shortbread squares? Did you bring enough to share?

Carole Mandryk is an inveterate foodie. She likes to talk about, read about, bake, cook, imagine, share and eat food.

Ken Burns Jazz

Instructor: Jim Hesse, Musician, Actor  
Dates: Thursdays Sep 20, 27, Oct 4, 11, 18, 25  
Time: 1:00 – 4:00 pm  
Location: Krauss 111

Jazz celebrates the quintessential American art form. In this series we will view the first 6 episodes of Ken Burns’ 10-part documentary, spanning from the origins of Jazz to 1939, as well as contributions from other sources such as the biographies of Ella Fitzgerald and Louis Armstrong. Come learn about and listen to the history, the music, and experience the healing power of jazz.

After 40 years in retail music stores, touring the US and Europe as a puppeteer, appearing for 9 years in the Hawai’i Shakespeare Festival, Jim Hesse has had enough adventures to share with Osher folks, including his ongoing Shakespeare On Sunday readings twice a month for the last 22 years! And he is happy to do so with over 10 years with Osher!

Writing Short Stories

Instructor: Rain Wright, BA, MA, ABD  
Dates: Thurs, Nov 1, 8, 15 (no class Nov 22) 29, Dec 6, 13  
Time: 10:00 am – 12:00 noon  
Location: Krauss 112  
Enrollment limit: 12

This class will focus on the craft of the short story, crafting with precise use of language. In this course, students will evaluate, discover, and write the short story. We will discuss the different elements of short stories, and we will look at the effectiveness of short stories form as you write original work.

We will ask and answer the following questions:
- What makes a short story? (It is not a myth, a fairytale, or a sketch.)
- What is plot, conflict, climax?
- How do writers use narration, summary, scene, and dialogue in the space of the short story?

Each class begins with a short writing exercise and discussion to stimulate story ideas, and engage with creative writing techniques. Each week, four students will have the opportunity to share their work. Short readings (creative and theoretical) and journaling activities will be assigned to carry your passion for writing and reading over to the next week.

Rain Wright, a PhD Candidate in the Department of English at UH Mānoa, teaches writing courses at UH and Kāhala Nui. The recipient of several creative writing, teaching, and academic awards, Rain believes healing comes in the form of sacred family spaces, lomilomi (the prayer work of hands), and storytelling.

Weekend Aristocrats*

Instructor: Jim Hesse, Musician, Actor  
Dates: Thursdays Nov 1, 8, 15  
Time: 1:00 – 3:00 pm  
Location: Krauss 111

In this British reality show, English Aristocrats rent out their mansions and castles to the public on weekends and demonstrate how keeping up an expensive estate in modern Britain requires creativity and entrepreneurial skills. Events range from weddings and guided tours to Fitness Boot Camps! Two 45-minute episodes will be screened at each class.

Nov 1 - At Maunsel House in Somerset, the eccentric Baronet’s ladylove keeps him away from his guests, while at Chillingham Castle in Northumberland, Sir Humphrey unwisely shares his opinions!

Nov 8 - Baronet Humphry Wakefield prepares to welcome a band of ghost-hunting tourists at Chillingham Castle. Meanwhile, Carlton Towers hosts an annual dog show for Afghan hounds.

Nov 15 - At Muncaster Castle, The Pennington family struggles to keep their stately home afloat; Shooting enthusiasts join a pheasant hunt at Chillingham Castle.

* Does not count toward 3-class limit.
**English Holiday Classics***

**Instructor:** Jim Hesse, Musician, Actor  
**Dates:** Thursdays Nov 29, Dec 6, 13  
**Time:** 1:00 – 4:00 pm  
**Location:** Krauss 111

This three-session “festival” will feature the Chanticleer Chorale with Coventry Carols, the King’s College Choir and stories of Brother Heinrich’s Christmas and Charles Dickens’ Christmas Carol with Patrick Stewart as the miser Scrooge. We’ll also review several customs of Victorian holiday celebrations and Fezziwig’s party!  
* Does not count toward 3-class limit.

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**FRIDAY CLASSES**

**Adventures in Nature w/ Susan Scott**

**Instructor** Susan Scott, BA, Author  
**Dates:** Fridays, Sep 21, 28, Oct 5, 12  
**Time:** 10:00 am – 12:00 noon  
**Location:** Krauss 111

Come listen to this series of talks by Susan Scott, author of the weekly “Ocean Watch” column for the Honolulu Star-Advertiser

**Sep 21** - “Rats, Crabs, Trees and Murder: The Mysteries of Palmyra Atoll”  
**Sep 28** - “The Great Barrier Reef is Still Great”  
**Oct 5** - “From Gloom to Bloom: Using Art to Save the Sea.”  
**Oct 12** - “Kolea: The Amazing Trans-Pacific Life of the Pacific Golden Plover”

A former registered nurse, Susan Scott earned a bachelor’s degree in biology from the University of Hawai’i in 1985 and is a graduate of the University’s Marine Option Program, where she specialized in marine science journalism. In addition to writing her weekly column since 1987, and working as a volunteer for the U.S. Fish and Wildlife Service since 1989, Susan has written nine books about nature in Hawai’i.

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**Film and Culture 2**

**Instructor:** Todd Farley, PhD, Performer, Director, Professor, Theologian  
**Dates:** Fridays Sep 21, 28, Oct 5, (no class Oct 12), Oct 19, 26  
**Time:** 1:00 pm – 4:00 pm  
**Location:** Krauss 111

Film has come to be one of the ways we look at and examine the issues addressed by society and culture. In this short course participants will gain new tools to unpack the meanings (overt and hidden) in the popular movies of today. The class will include watching full movies and clips in class— as well as viewing one movie currently showing in theatres—followed by in-class examination of them from the point of view of culture, philosophy and religion. We will specifically explore how film engages culture as a reflection (mimesis), confrontation (oracle), or agent of change (agogic moment).

Todd Farley has a dizzying array of academic and theatrical experience, studying with Marcel Marceau in Paris, earning an MAT in Biblical Studies, a PhD in Theology, and finishing an MFA In Theatre for Youth: he has won national awards for his work. After years as a pastor Todd has returned home to Hawai‘i to explore Hawaiian and Asian Theatre and create a new chapter in his life's work.

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**Movement Therapy**

**Instructor** Kathryn Rone, MA, RSMT, RSME, CYT  
**Dates:** Fridays, Sep 28, Oct 5, 12, 19, 26, Nov 2, 9, 16  
**Time:** 10:00 – 11:30 am  
**Location:** Krauss 112

The body speaks though aches and tension. When we do not listen, it screams louder. When we breathe and listen, we receive memories, insight, emotions, and beliefs. This begins the healing process. Come learn to listen to your body, and experience body mind healing methods. Practice greater calm and mobility and freedom through gentle stretching and meditation. Receive an energetic aliveness from the creative play of movement. Connect to stability and balance through a grounding press that can open up new possibilities. These practices are useful for getting out of a chair, but can also create spinal alignment and powerful balance for a stronger adult. Moving meditation helps the body to heal from stress, post-traumatic stress disorder, physical injuries, and medical problems. People feel their internal system becoming much more alive. Please reduce or avoid caffeine before coming to class.

Kathryn Rone has taught movement since 1996, yoga since 2003, and offered somatic healing for chronic physical symptoms since 2008. She offers Meditation, Movement Therapy, Continuum Movement, Creative Expression, and Bio-Psychosynthesis to explore physical, emotional, and cellular healing. You can learn more about her at: [www.creativehealingmovement.com](http://www.creativehealingmovement.com).
Botanical Drawing

**Instructor:** Kathryn Rone, MA, RSMT, RSME, CYT  
**Dates:** Fridays, Sep 28, Oct 5, 12, 26, Nov 2, 9 (no class Oct 19)  
**Time:** 1:00 – 3:00 pm  
**Location:** Krauss 113B  
**Enrollment Limit:** 10

Spend classroom time reviewing basic drawing skills and the elements of art and design. Spend outside drawing time developing the meditative practice of observational drawing in nature. Please bring sketchbook or watercolor paper and pencils or pens.

Kathryn Rone attended Laguna College of Art and Design, taught at the Palo Alto Art Center & Museum (PAAC), and was the Director of Children's Education in the Schools program for PAAC. Her artwork is sold in Kailua and can be viewed online at [www.kathrynrone.com](http://www.kathrynrone.com).

Life Writing Workshop

**Instructor:** Ann Rayson, MA, PhD, Ret. Prof. English,  
**Dates:** Fridays, Oct 5, 12, 19, 26, Nov 2, 9, 16  
**Time:** 1:30 – 3:00 pm  
**Location:** Krauss 112  
**Enrollment Limit:** 12  
**Required Text:** Living to Tell the Tale, by Jane Taylor McDonnell, (Penguin Press, available in paperback.)

In this life-writing workshop we explore significant people, places, and events that have shaped our lives. We will share rough and finished writing, engage in creative writing exercises sometimes in class to prompts, and read aloud longer pieces of our writing (usually not over 500 words, which equals two pages typed and double spaced) each week. The class objective is to gain a better understanding of self and culture and to acquire techniques for more effective expression. Because some class members have been taking Life Writing for 4-5 years, we will not go through the text in class, but please use it for your own purposes as it is very helpful. Come ready to discuss and share your writing and your life. Each semester has new and different assignments, based each week on a short reading presented by the instructor to stimulate creative thinking and help you get your writing underway.

1918 – 1919: World War I and Versailles

**Instructor:** Tom Sheeran  
**Dates:** Fridays Oct 26, Nov 2, 9, 16  
**Time:** 10 am to Noon  
**Location:** Krauss 111

2018-2019 marks the centennial of the final year of major fighting during The Great War and the negotiations in Paris that resulted in the Treaty of Versailles.

**Session 1:** The US in the War/the War in the US. Review of 1914-1917 and how the United States responded to and was changed by the war.  
**Session 2:** 1918 – German offensives, Allied counter-offensives, and American troops’ impact on the Western Front, leading to the November 11th Armistice. Collapse of the Central Powers: Germany, Austria-Hungary, and Ottoman Empires.  
**Session 3:** Paris 1919 – The Allies begin discussions about the treaty. Strong personalities with conflicting national goals and values delayed rapid agreements, while events on the ground played a role in shaping the outcome.  
**Session 4:** The Treaties and the aftermath – After negotiations among the Allies, the Germans and other Central Powers were forced to accept, not negotiate, the final peace treaties. The war ended in the west, but fighting continued elsewhere, while the treaties laid the groundwork for future conflicts.

After growing up in Hawai‘i, Tom Sheeran’s multi-varied career included school teacher, working on research vessels, being an entrepreneur, and authoring a book on traditional Peruvian textiles - reflecting his wide-ranging interests, including history, cinema, cuisine, politics, and travel. He has offered cinema and history courses with OLLI for more than a decade.

The Super Heroes Of Greek Mythology

**Instructor:** Imra Sowers, BA Hebrew U of Jerusalem, MA New School for Social Science, M.Ed UArizona  
**Dates:** Fridays, Nov 2, 9, 16, 30, Dec 7, 14 (no class Nov 23)  
**Time:** 10:00 – 12:00  
**Location:** Krauss 113B

How does one explain love, lust, revenge, jealousy, loyalty, intrigue and revenge? How does one understand human concerns such as: diseases, spiders, the "eyes" on the peacock, panic, the seasons, falling in love and wars? What is the origin of many words and concepts we use daily such as echo, psycho, calypso, atlas, Chronos, Eros, Hades, Amazon, and narcissism? Greek mythology has answers. We will follow he magnificent deeds of the gods, the heroic action of supermen and encounters between gods and humans.

"The whole of mythology is a projection of the collective unconscious." Carl Jung
Una Breve Visite Con Il Maestro (A Short Visit with the Master): Three films by Federico Fellini*

Instructor: Sue Nance, American Studies, BA, MA, ABD
Dates: Fridays, Nov 2, 9, 16
Time: 1:00 – 4:00 pm
Location: Krauss 112 and 111

We will examine three of Fellini’s greatest films, with some clips from several others. The films shown will be La Strada, Giulietta Degli Spiriti (Juliet of the Spirits), and 8 1/2. Considered to be his most important works, these three are imaginative, magical, and uniquely his vision. Two of them star his wife, Giulietta Masina, called "the Italian Chaplin" for her brilliant balance of comic and tragic performance. This short class will hopefully be a reminder of the vast opportunities of world cinema for us all. *A Short Visit With The Master
*Does not count toward 3-class limit.

Spread Aloha with Give Aloha

Help OLLI raise funds! OLLI-UHM is proud to participate in GIVE ALOHA, Foodland Super-market’s annual community matching gifts program. Make a donation to OLLI with your Maika’i Card (up to $249 per person) at any Foodland or Sack N Save checkout during the month of September, and Foodland and the Western Union Foundation will match all donations up to a total of $500,000 for all organizations combined!

Our Organization Code is 77147

Thank you for your support!

Special Event Descriptions

Monday Events

Lunchtime TED Talks

Facilitators: OLLI staff and volunteers
Dates: Mondays, Sep 24, Oct 8, 15, Nov 5, 19, 26;
Time: 12:30 – 1:30 pm
Location: Krauss 111

You’ve asked for mid-day offerings to bridge the gap between morning and afternoon classes. Come join us on selected Monday and Tuesdays to view and discuss “Short TED Talks That Will Change Your Life Forever.” Talks range from 16 to 26 minutes. Bring your lunch and your curiosity. No need to sign up in advance. Just drop in.

Sep 24 - The Surprising Science of Happiness
Oct 8 - A Kinder, Gentler Philosophy of Success
Oct 15 –The Psychology of Self-Motivation
Nov 5 - Why We Need To Practice Emotional First Aid
Nov 19 - On Being Wrong
Nov 26 - Happiness Is All In Your Mind

By the Water: Walking Where the Ancients Walked in India

Instructor: Linda Laurence, M.A., M.L.I.S., RYT 200
Date: Monday, September 24, 2018
Time: 2:00 - 3:30 pm  Location: Krauss 111

So many legends from ancient India take place by water -- a river, a lake, a pond, etc. Linda set her itinerary for her 2009 visit to India based largely on legends. She wanted to walk where the ancients “walked.” From New Delhi, slideshow viewers will travel north to the lower Himalayas, to Rishikesh, where sages of old lived and meditated on the banks of the Ganges River; then south to Madras, on the ocean, where St. Thomas was martyred in 72 C.E.; to Thanjavur in the Kaveri River delta to explore the remains of a 16th-17th c. royal palace; to Kanyakumari at the southern-most tip of the subcontinent; and then back north to Pushkar (town and lake), on the edge of the Thar Desert in Rajasthan, an area that is replete with famous legends.

Linda’s research interests in India were planted by a childhood story-telling librarian at Punahou School. Many years later, in graduate school at the University of Pennsylvania, she focused on Sanskrit language and story literature. She also has a long-standing interest in yoga (practice and philosophy) and is a registered yoga teacher with the Yoga Alliance.
# Fall 2018 Schedule by Day of the Week

## CLASSES & WORKSHOPS

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Course Title</th>
<th>Instructor</th>
<th>#wks</th>
<th>Start Date</th>
<th>Location</th>
<th>Page</th>
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<tbody>
<tr>
<td><strong>SUNDAY CLASSES</strong></td>
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<tr>
<td>10:00-2:00</td>
<td>Flourishing Calligraphy (2)</td>
<td>Schiada</td>
<td>2</td>
<td>30-Sep</td>
<td>111</td>
<td>3</td>
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<tr>
<td>10:00-2:00</td>
<td>Modern Calligraphy (1)</td>
<td>Schiada</td>
<td>2</td>
<td>21-Oct</td>
<td>111</td>
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<tr>
<td><strong>MONDAY CLASSES</strong></td>
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<tr>
<td>9:30-12:30</td>
<td>The Educated Fool</td>
<td>Nance</td>
<td>12</td>
<td>17-Sep</td>
<td>111/112</td>
<td>3</td>
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<tr>
<td>2:00-4:00</td>
<td>Theater on the Page</td>
<td>Anderson</td>
<td>8</td>
<td>17-Sep</td>
<td>112</td>
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<td><strong>TUESDAY CLASSES</strong></td>
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<td>10:00-12:00</td>
<td>Empire of the Inca</td>
<td>Gould</td>
<td>4</td>
<td>18-Sep</td>
<td>111</td>
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<tr>
<td>10:00-11:30</td>
<td>Mandarin Chinese</td>
<td>CI Faculty</td>
<td>7</td>
<td>18-Sep</td>
<td>Moore 109</td>
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</tr>
<tr>
<td>2:00-4:00</td>
<td>Just Google It…</td>
<td>Scoffil</td>
<td>4</td>
<td>18-Sep</td>
<td>111</td>
<td>4</td>
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<tr>
<td>9:00-11:00</td>
<td>Watercolor Painting</td>
<td>Baghdady</td>
<td>4</td>
<td>13-Nov</td>
<td>112</td>
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<td>10:00-12:00</td>
<td>Mtns, Humans &amp; Climate</td>
<td>Mackenzie</td>
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<td>13-Nov</td>
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<td><strong>WEDNESDAY CLASSES</strong></td>
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<td>3:00-6:00</td>
<td>Culinary Cinema XVI</td>
<td>Sheeran</td>
<td>4</td>
<td>19-Sep</td>
<td>111</td>
<td>5</td>
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<tr>
<td>4:00-6:00</td>
<td>Blue Laws, Dollar Bills, …</td>
<td>Scheopner</td>
<td>6</td>
<td>26-Sep</td>
<td>111</td>
<td>6</td>
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<tr>
<td>2:00-4:00</td>
<td>Free Speech Supreme…</td>
<td>Johnson</td>
<td>7</td>
<td>3-Oct</td>
<td>112</td>
<td>6</td>
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<tr>
<td>10:00-11:00</td>
<td>Introductory Tai Chi</td>
<td>Koike</td>
<td>10</td>
<td>10-Oct</td>
<td>Tree Quad</td>
<td>6</td>
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<tr>
<td>10:00-tbd</td>
<td>OLLI Adventure Hikes</td>
<td>Hall</td>
<td>6</td>
<td>7-Nov</td>
<td>offsite</td>
<td>7</td>
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<tr>
<td>9:30-12:00</td>
<td>Aging &amp; Dying w Dignity</td>
<td>Merchant</td>
<td>7</td>
<td>7-Nov</td>
<td>113B</td>
<td>7</td>
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<td><strong>THURSDAY CLASSES</strong></td>
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<tr>
<td>10:00-11:30</td>
<td>Yoga for Seniors 1</td>
<td>Bradshaw</td>
<td>6</td>
<td>20-Sep</td>
<td>111</td>
<td>7</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Food For Thought</td>
<td>Mandryk</td>
<td>5</td>
<td>20-Sep</td>
<td>112</td>
<td>8</td>
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<tr>
<td>1:00-4:00</td>
<td>Ken Burns Jazz</td>
<td>Hesse</td>
<td>6</td>
<td>20-Sep</td>
<td>111/112</td>
<td>8</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Yoga for Seniors 2</td>
<td>Bradshaw</td>
<td>6</td>
<td>1-Nov</td>
<td>111</td>
<td>7</td>
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<tr>
<td>10:00-12:00</td>
<td>Writing Short Stories</td>
<td>Wright</td>
<td>6</td>
<td>1-Nov</td>
<td>112/113B</td>
<td>8</td>
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<tr>
<td>1:00-3:00</td>
<td>Weekend Aristocrats</td>
<td>Hesse</td>
<td>3</td>
<td>1-Nov</td>
<td>111/112</td>
<td>8</td>
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<tr>
<td>1:00-4:00</td>
<td>English Holiday Classics</td>
<td>Hesse</td>
<td>3</td>
<td>29-Nov</td>
<td>111/112</td>
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<tr>
<td><strong>FRIDAY CLASSES</strong></td>
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<tr>
<td>10:00-12:00</td>
<td>Adventures in Nature</td>
<td>Scott</td>
<td>4</td>
<td>21-Sep</td>
<td>111</td>
<td>9</td>
</tr>
<tr>
<td>1:00-4:00</td>
<td>Film &amp; Culture 2</td>
<td>Farley</td>
<td>5</td>
<td>21-Sep</td>
<td>111</td>
<td>9</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Movement Therapy</td>
<td>Rone</td>
<td>7</td>
<td>28-Sep</td>
<td>112</td>
<td>9</td>
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<tr>
<td>1:00-3:00</td>
<td>Botanical Drawing</td>
<td>Rone</td>
<td>6</td>
<td>28-Sep</td>
<td>112</td>
<td>10</td>
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<tr>
<td>1:30-3:00</td>
<td>Life Writing Workshop</td>
<td>Rayson</td>
<td>7</td>
<td>5-Oct</td>
<td>112</td>
<td>10</td>
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<tr>
<td>10:00-12:00</td>
<td>1918-1919: World War I</td>
<td>Sheeran</td>
<td>4</td>
<td>26-Oct</td>
<td>111</td>
<td>10</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Super Heroes/Greek Myth</td>
<td>Sowers</td>
<td>6</td>
<td>2-Nov</td>
<td>113B</td>
<td>10</td>
</tr>
<tr>
<td>1:00-4:00</td>
<td>Una Breve Visite Con…</td>
<td>Nance</td>
<td>3</td>
<td>2-Nov</td>
<td>111</td>
<td>11</td>
</tr>
</tbody>
</table>

As a helpful reminder, we suggest you circle or highlight the classes in you are enrolled in. Registration begins Monday August 27. Registrations will not be taken prior to that date. **Note:** Underlined terms are the words used to identify classes on the color calendar.
### Fall 2018 Schedule by Day of the Week

#### SPECIAL EVENTS

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Event Title</th>
<th>Instructor</th>
<th>#wks</th>
<th>Start Date</th>
<th>Location</th>
<th>Page</th>
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<tbody>
<tr>
<td><strong>MONDAY SPECIAL EVENTS</strong></td>
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<tr>
<td>12:30-1:30</td>
<td>Lunchtime TED Talks</td>
<td>Mandryk et al.</td>
<td>9</td>
<td>24-Sep</td>
<td>111</td>
<td>11</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>By the Water...</td>
<td>Laurence</td>
<td>1</td>
<td>24-Sep</td>
<td>111</td>
<td>11</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Frozen, Floating Exhibit</td>
<td>Schwengel-Regala</td>
<td>1</td>
<td>1-Oct</td>
<td>Box Jelly</td>
<td>14</td>
</tr>
<tr>
<td>2:30-3:30</td>
<td>Improving Quality of Life</td>
<td>Cheang</td>
<td>1</td>
<td>1-Oct</td>
<td>111</td>
<td>14</td>
</tr>
<tr>
<td>2:00-4:00</td>
<td>Balancing Circle of Life</td>
<td>Gold</td>
<td>1</td>
<td>8-Oct</td>
<td>111</td>
<td>14</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Road Scholar Travel</td>
<td>Lockwood</td>
<td>1</td>
<td>15-Oct</td>
<td>111</td>
<td>15</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Medicare Basics for 2019</td>
<td>Howell</td>
<td>1</td>
<td>22-Oct</td>
<td>111</td>
<td>15</td>
</tr>
<tr>
<td>1:00-4:00</td>
<td>Turondot w/ Jim Becker</td>
<td>Becker</td>
<td>1</td>
<td>29-Oct</td>
<td>111</td>
<td>15</td>
</tr>
<tr>
<td>5:00-7:30</td>
<td>Culinary Tour: Peru</td>
<td>Sheeran</td>
<td>1</td>
<td>29-Oct</td>
<td>111</td>
<td>15</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Campus Trees Makai</td>
<td>Hall</td>
<td>1</td>
<td>5-Nov</td>
<td>UHCampus</td>
<td>16</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>By the Pond/Inquiries into Yoga</td>
<td>Laurence</td>
<td>1</td>
<td>5-Nov</td>
<td>111</td>
<td>16</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>King Kalakau’s Plan for...</td>
<td>Ing</td>
<td>1</td>
<td>19-Nov</td>
<td>111</td>
<td>16</td>
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<tr>
<td>2:00-3:30</td>
<td>New Ways to Work</td>
<td>MacKay</td>
<td>1</td>
<td>26-Nov</td>
<td>111</td>
<td>16</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Campus Trees 2 Mauka</td>
<td>Hall</td>
<td>1</td>
<td>3-Dec</td>
<td>UHCampus</td>
<td>16</td>
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<tr>
<td><strong>TUESDAY SPECIAL EVENTS</strong></td>
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<tr>
<td>1:00-3:00</td>
<td>Writer’s Circle</td>
<td>Ching</td>
<td>7</td>
<td>18-Sep</td>
<td>113B</td>
<td>20</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Symphony Hawaiian Birds</td>
<td>Price</td>
<td>1</td>
<td>16-Oct</td>
<td>111</td>
<td>17</td>
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<tr>
<td>10:00-12:00</td>
<td>Cooking Can Be Fun 2</td>
<td>Tom</td>
<td>1</td>
<td>30-Oct</td>
<td>111</td>
<td>17</td>
</tr>
<tr>
<td>2:00-4:00</td>
<td>Canary Islands, Cape Verde</td>
<td>Lowder</td>
<td>1</td>
<td>30-Oct</td>
<td>111</td>
<td>17</td>
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<tr>
<td>2:00-3:30</td>
<td>Historic Preservation?</td>
<td>Deters</td>
<td>1</td>
<td>13-Nov</td>
<td>111</td>
<td>18</td>
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<tr>
<td>2:00-3:30</td>
<td>Mindfulness and Aloha</td>
<td>Le</td>
<td>1</td>
<td>27-Nov</td>
<td>111</td>
<td>18</td>
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<tr>
<td>2:00-4:00</td>
<td>Just Text Me</td>
<td>Scoffil</td>
<td>1</td>
<td>4-Dec</td>
<td>111</td>
<td>18</td>
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<tr>
<td>10:00-12:00</td>
<td>Sisters In Crime Authors</td>
<td>Multiple</td>
<td>5</td>
<td>19-Sep</td>
<td>111</td>
<td>18</td>
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<tr>
<td>10:00-11:30</td>
<td>Albizia House Tour</td>
<td>Valentl</td>
<td>1</td>
<td>3-Oct</td>
<td>UHCampus</td>
<td>19</td>
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<tr>
<td>10:00-12:00</td>
<td>Cooking Can Be Fun 1</td>
<td>Lo</td>
<td>1</td>
<td>24-Oct</td>
<td>111</td>
<td>19</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Virtual Tour Campus Art (Talk)</td>
<td>Ruby</td>
<td>1</td>
<td>31-Oct</td>
<td>111</td>
<td>19</td>
</tr>
<tr>
<td>9:00-12:00</td>
<td>Walking Tour of UH Campus Art</td>
<td>Ruby</td>
<td>1</td>
<td>7-Nov</td>
<td>UHCampus</td>
<td>19</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Cooking Can Be Fun 3</td>
<td>Lo</td>
<td>1</td>
<td>7-Nov</td>
<td>111</td>
<td>19</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>HOMA Ho’oulu Tour</td>
<td>Flynn</td>
<td>1</td>
<td>21-Nov</td>
<td>HOMA</td>
<td>20</td>
</tr>
<tr>
<td>4:00-6:00</td>
<td>Nativity Scenes, Reindeer…</td>
<td>Schepner</td>
<td>2</td>
<td>28-Nov</td>
<td>111</td>
<td>20</td>
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<tr>
<td>10:00-12:00</td>
<td>2018 Election Follow-up</td>
<td>Sheeran</td>
<td>1</td>
<td>5-Dec</td>
<td>111</td>
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<tr>
<td><strong>FRIDAY SPECIAL EVENTS</strong></td>
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<tr>
<td>10:00-11:30</td>
<td>Garden Meditation</td>
<td>Rone</td>
<td>1</td>
<td>21-Sep</td>
<td>UHCampus</td>
<td>20</td>
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<tr>
<td>1:30-3:00</td>
<td>OLLI Book Club</td>
<td>na</td>
<td>4</td>
<td>21-Sep</td>
<td>113B</td>
<td>20</td>
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As a helpful reminder, we suggest you circle or highlight the classes in you are enrolled in. Registration begins Monday August 27. Registrations will not be taken prior to that date.

Note: The underlined terms are the words used to identify classes on the color calendar.
**Frozen, Floating Exhibit Talk & Tour**

**Presenter:** Michelle Schwengel-Regala  
**Date:** Monday, Oct 1, 2018  
**Time:** 10:00 am – 12:00 noon  
**Location:** The BoxJelly, 307a Kamani St., Honolulu, HI. Parking may be available at the old Ward Warehouse parking structure one block away.  
**Enrollment Limit:** 15

Come for a tour of a unique exhibit led by the artist, Michelle Schwengel-Regala. Michelle was artist in residence at BoxJelly this past spring. Her exhibit *Frozen, Floating* was inspired by a recent expedition to the freezing waters of the South Pole with dive buddy and fellow science communicator Kirsten Carlson, as part of the NSF Antarctic Artists & Writers program. Michelle produced woven metal sculptures and drawings to bring to life what she witnessed beneath the sea ice in the world's coldest and most remote ecosystem. “*Frozen, Floating* takes the audience on an underwater adventure that invites them to visualize the diving environment and expand their interest and understanding of the sea life and science in the Antarctic marine ecosystem.”

Michelle Schwengel-Regala is a scientific illustrator and fiber artist whose art background has been linked to science since her college coursework drawings caught the attention of a professor who hired her as a science illustrator in his research lab. Michelle studied Entomology and Wildlife Ecology at the University of Wisconsin-Madison, Science Illustration at UC Santa Cruz, has collaborated with researchers at various natural history museums in the USA and Sweden, and believes it is important to develop a connection between the public and science, and that creative expression, whether writing, video, or fine art, can play a significant role in that.

**Improving Quality of Life for Caregivers and Elders at Home: Challenges, Mistakes, and Successes in the Journey of Caregiving**

**Presenter:** Michael Cheang, PhD, Prof. CTAHR  
**Date:** Monday, October 1, 2018  
**Time:** 2:30 – 3:30 pm  
**Location:** Krauss 111

This talk discusses the idea of “the new normal” of caregiving of older adult family members in the US. It explores the caregiving experience of older adults over extended periods of time, the traps that caregivers tend to be caught up in, and the strategies in working smarter instead of working hard to improve quality of life for both the elder and the caregiver. Michael was a long-distance caregiver to his mother who had Alzheimer’s Disease. She passed away about nine years from the time she was “diagnosed.” He would travel from Honolulu to Singapore (about 15 hours of flying time) to do his share of caregiving in blocks of six weeks or more during the summer. Examples of difficult and trying times, hilarious incidents, and poignant moments of his caregiving experience will be shared.

Michael Cheang is an Associate Professor in the Department of Human Development and Family Studies at the UH Manoa where he teaches Family Resource Management and Family Public Policy. Much of his work has been in partnerships with the county offices on aging, AARP, and other non-profit agencies in the State of Hawai’i to provide training for individuals who work with or care for older adults. His doctorate is in Public Health with a focus in Gerontology.

**Balancing Your Circle of Life**

**Presenter:** Dr. Mitzi Gold, BA, MA, PhD  
**Date:** Monday, Oct 8, 2018  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 112  
**Enrollment Limit:** 30

Your circle of life is your individual roadmap to inner peace, personal satisfaction, and authentic happiness. Come to this interactive presentation with clinical psychologist Mitzi Gold, author of *Balancing Your Circle of Life: Creating Your Lifestyle, Relationships, and Happiness with Intention*. The Circle of Life Process is engaging and fun to do. Dr. Gold will walk us through the Circle of Life Process so you can discover what you need more of, and just as importantly, what you need less of in your life, to create balance and fulfillment, discover your own purpose and destiny, and fulfill your deepest goals and dreams.

Dr. Mitzi Gold has over 30 years of experience integrating psychotherapy and holistic approaches to health, stress management, and relationships. She has created a powerful process called The Circle of Life which has helped thousands of people resolve lifelong issues, let go of patterns that block success and make the changes they desire to find joy in their lives and relationships. In private practice since 1982, she has expertise in the fields of mind/body/energy therapies, consciousness exploration, and integrative and complementary approaches to health.
Road Scholar Travel Adventures

**Presenter:** Andrew Lockwood, CMP  
**Date:** Monday, October 15, 2018  
**Time:** 2:00 – 3:00 pm  
**Location:** Krauss 111

Born as Elderhostel over 40 years ago, Road Scholar combines travel and life-long learning, a perfect compliment to your OLLI-UHM experience. You’ve seen the catalogs on the table, heard of some friends who may have gone on a trip, now come hear more about what Road Scholar has to offer. Many OLLIs have travel programs and this year we hope to learn about opportunities available to us as individuals, as a group, or for our program. Come for this overview of an array of educational travel experiences that may be in our future.

Andrew Lockwood, President of the Pacific Islands Institute (PII), which specializes in Hawaii and the Pacific islands of Polynesia, Melanesia, and Micronesia, has nearly 30 years of experience with the Road Scholar program in addition to his work with PII locally and internationally in the south Pacific.

Medicare Basics for 2019

**Presenter:** Jim Howell  
**Date:** Monday, October 22, 2018  
**Time:** 2:00 – 3:30 pm  
**Location:** Krauss 111

Medicare health plans change each year. New plans are available by October 1, in time for the annual open enrollment period (mid-October to about December 7). There is help available to assist you in comparing your choices so if you aren't clear about Medicare vs. Medigap, come join us and get your questions out. EUTF clients can skip this offering.

Jim Howell is a volunteer certified counselor with the State Health Insurance Assistance Program (Hawaii CHIP), whose primary job is that of Medicare counseling. He has served with them for eleven years. Prior to retiring, Jim worked at IBM Corp, as a marketing support person, and with State Judiciary, as a court bailiff. He has been attending OLLI classes for twelve years, and is now brave enough to stand up and share some Medicare answers with you.

Culinary Tour: Peru

**Presenter:** Tom Sheeran, amateur chef and notorious chowhound  
**Date:** Monday October 29, 2018  
**Time:** Talk 5:00-6:00 pm, Refreshments 6:00 – 7:30 pm  
**Location:** Krauss 111/112  
**Enrollment:** Minimum of 20 required to offer the tasting menu; maximum 30  
**Cost:** $ 25 (to cover food expenses)

Peru has one of the world's great cuisines. Native peoples cultivated potatoes, corn, squash, peppers, beans, chilies, quinoa, and other crops. The Pacific Coast provides abundant fish and shellfish; the Amazon, delicious tropical fruits. The Spanish Conquest brought European traditions and ingredients, including olives, grapes, wheat, rice, sugar cane, pigs, sheep, and cows (which also contributed milk and cheese).

Chinese and Japanese, imported as plantation laborers in the 19th and 20th centuries (much as in Hawaii), introduced Asian traditions such as soy sauce and stir-frying, and helped make ceviche popular. The combination of all these influences with the recent growth of a more prosperous population and increased tourism has led to a blossoming, exciting contemporary culinary scene. Our culinary ‘tour’ will describe this remarkable history and highlight many of the regional specialties and popular dishes in modern-day Peru.

Following the slide presentation, participants will enjoy a tasting menu inspired by Peruvian classic dishes using local ingredients prepared by chef Ed Kenney of Town Restaurant. Recipes for typical dishes will be provided.

BYOB –Chilean or Argentine wines are suggested. Beer would also go well with Peruvian cuisine. Non-alcoholic beverages will be provided.

Turondot with Jim Becker

**Presenter:** Jim Becker, Retired AP foreign correspondent, sportswriter, opera and drama critic  
**Date:** Monday October 29, 2018  
**Time:** 1:00 pm – 4:00 pm  
**Location:** Krauss 111

Before we watch Puccini’s *Turondot*, an opera in three acts based on a story by the 12th century Persian poet Nizami, completed by Franco Alfano, and set to a libretto in Italian by Giuseppe Adami and Renato Simoni, we will be treated to an introduction by Jim Becker. As he did in the past for Hawaii Opera Theater, Jim will share key details of the plot we should notice while watching to enhance our enjoyment. James Levine conducts the Metropolitan orchestra and chorus in this performance of Puccini's last opera featuring Placido Domingo, Eva Marton, Diana Mitchell and Paul Plishka. The cruel Princess Turandot will only wed a prince who can answer correctly her three riddles. Those who fail are executed. Prince Calaf, falls in love with Turandot as soon as he sets eyes on her, and despite the protestations of his friends and family sets out to pass her test.
Exploring the World via Campus Trees Makai and Mauka Walks

Instructor: John B. Hall, Prof. Emer., Microbiology
Date: Trees 1 - Makai Walk Monday, Nov 5
Date: Trees 2 - Mauka Walk Monday, Dec 3
Time: 10:00 – 11:30am
Location: Meet at Krauss 113
Enrollment Limit: 15

Did you know that our University Campus is also a botanical garden? Our trees (and other plants) have come from all over the world, and many are unusual or rare and have interesting uses or stories associated with them. Join the OLLI Campus Trees walks for a 60 to 90 minute introduction to the trees and a few other plants that we see every day, but may not have appreciated. The two separate walks consider different plants, though they do overlap geographically quite a bit. Participants can attend one or both of these events but note enrollment is limited.

By the Pond ~ Inquiries into Yoga: The Origins of Yoga

Instructor: Linda Laurence, M.A., M.L.I.S., RYT
Date: Monday, November 5, 2018
Time: 2:00 - 3:30 pm
Location: Krauss 111

We will view a 30-minute segment on the origins of yoga from a documentary film called Yoga Unveiled: Evolution and Essence of a Spiritual Tradition by Gita and Mukesh Desai. In this segment, against a backdrop of visually stimulating, colorful imagery, prominent modern scholars trace yoga’s roots back to the prehistoric Indus Valley civilization and then bring it forward through time with a chronological overview of Vedic, Upanishadic, Epic, and Sutra period literature. In keeping with our special event theme of “inquiries into yoga,” viewers will be encouraged to jot down questions and topics of interest to discuss with the group after the film. Do come and join us in a classroom by the pond!

Linda considers herself to be a perpetual beginner to yoga, even with decades of personal study, credentials for teaching yoga, and a master’s degree in Sanskrit language and literature behind her. She nevertheless looks forward to leading critical thinking discussions, which are likely to raise more questions than to provide definitive answers.

King Kalakaua’s Plan for Native Nationalism

Presenter: Dr. Tiffany Lani Ing
Date: Monday Nov 19, 2018
Time: 2:00 – 3:30 pm Location: Krauss 111

In order to gain a fuller context for viewing the Ho’oulu: The King Kalākaua Era exhibit at the Honolulu Museum of Art (see tour p. 20), we sought a local expert to come speak with us about King Kalākaua and what he meant to the Hawaiian people and the Hawaiian Kingdom. Of course there is no need to be attending the tour to benefit from this talk. Participants can attend one or both of these events.

Dr. Tiffany Lani Ing, from Mānoa, O‘ahu has a PhD in English from The University of Hawai‘i at Mānoa. Her forthcoming book, Reclaiming Kalākaua: Nineteenth-Century Perspectives on a Hawaiian Sovereign (UH Press), examines nineteenth-century perspectives of David La‘amea Kamanakapu Mahinulani Nala‘ehoku Kalākaua in English- and Hawaiian-language newspapers, books, travelogues, and other materials published in the United States, abroad, and in Hawai‘i during his reign.

New Ways to Work

Presenter: Carleen MacKay Date: Monday Nov 26, 2018
Time: 2:00 – 3:30 pm
Location: Krauss 111

Beyond the old world of working in jobs for someone else is an exciting, fast-rising world filled with other, newer, and increasingly flexible ways to work. Do you think some form of work in your later life makes sense for any number of reasons including – and well beyond – financial need? In this world of ever longer lifetimes and ever-faster technology shifts, we must come to grips with changing perspectives of chronological age; perspectives that are hangovers from the 20th century and bear little resemblance to 21st century realities. Good talent, good people and good minds are terrible things to waste! While “Old Age” was once seen as a time of leisure and decline, today all ages are balanced between leisure, active lifetimes, work and education. Come hear tips on how to explore and discover your options no matter what your age. Each participant will have access to a free PDF of Carleen MacKay and Phyllis Horner’s ebook New Ways To Work - A Workbook to Make WORK – Work for YOU!

Carleen MacKay is a nationally recognized author, keynote speaker and presenter specializing in helping all generations understand the emergent 21st century workplace, consider alternative career strategies, and adjust their planning to meet the demands of a structural shift unlike any previously experienced. She writes instructional materials focused on helping people improve their competitive value in this fast changing, technologically advancing global economy.
Tuesday Events

Symphony of the Hawaiian Birds

Presenter: Melissa Price, BA, PhD, Asst Prof NREM
Date: Tuesday Oct 16, 2018
Time: 2:00 – 3:30 pm
Location: Krauss 111

Through a partnership with University of Hawaii, Hawaii Symphony Orchestra, and the Bishop Museum, The Symphony of Hawaiian Birds is a multidisciplinary effort to educate elementary and secondary students of O‘ahu through science, music, and art to teach about Hawaii’s endangered native bird species and the importance of conservation efforts. The production brought together artists, musicians, ecologists, and educators to introduce students to the beauty and the environmental, historical, and cultural importance of Hawaiian native bird species, and culminates in educational concerts to be held for students this fall. Melissa worked with Takuma Itoh (UH Music Dept), and Charlotte Frambaugh-Kritzer (UH College of Education) to develop detailed lesson plans to help teachers teach their students about Hawaiian birds and prepare them for the concerts.

Melissa Price, Assistant Professor in the Department of Natural Resources and Environmental Management, UH Manoa was one of the scientists who participated in the live broadcast of Hawai‘i Public Radio’s Science Friday filmed recently at the Hawaii Theatre Center, where she discussed efforts to engage schoolchildren with science and conservation efforts. On her website she says, “I go to work each day excited to be part of a community of people working to conserve endangered species for the health of our planet and the enjoyment of future generations.”

Cooking Can Be Fun 2: Chinatown Crispy Skin Roast Pork

Presenter: Lynette Lo Tom
Date: Tuesday Oct 30, 2018
Time: 10:00 – 12:00 noon
Location: Krauss 111

This fall, Lynette Lo Tom, regular Honolulu Star-Advertiser Columnist of the Back in the Day and Easy-Kine Cooking columns will share her joy of cooking with OLLI-UHM in three separate cooking classes, where she will demonstrate techniques, talk story, and answer all of your questions.

Tuesday Oct 30 - Chinatown Crispy Skin Roast Pork and Two Kinds of Pickled Vegetables. The majority of Chinese in Hawaii came from one large village in Southern China. Get background on the Chinese in Hawaii. Learn how to make an easy crispy skin pork belly and the easiest pickled cucumbers and mushrooms.

Lynette Lo Tom is a former print and KGMB-TV and PBS television reporter who had a successful marketing and public relations firm for 25 years. Six years ago, she turned to her passion for cooking and has written a best-selling cookbook “A Chinese Kitchen.” Her second cookbook, “Back in the Day” will be published October 2018.

Lunchtime TED Talks

Facilitators: OLLI staff and volunteers
Dates: Tuesdays Oct 30, Nov 13, 27
Time: 12:30-1:30
Location: Krauss 111

Oct 30 - The Habits Of Happiness
Nov 13 - The Art Of Being Yourself
Nov 27 - The Riddle Of Experience Vs. Memory

Canary Islands & Cape Verde Travelogue w/ Maria Lowder

Presenter: Maria Lowder, World Traveler
Date: October 30, 2018
Time: 2:00 – 4:00 pm
Location: Krauss 111

In this travelogue, Maria shares her experiences on a recent excursion to the Canary Islands and Cape Verde, two volcanic archipelagoes near the coast of Africa with a strong resemblance to the Hawaiian Islands. The Canary Islands are an autonomous region of Spain. Cape Verde was originally a Portuguese colony but is now independent. The Canary Islands had an indigenous population, but Cape Verde was uninhabited when discovered by the Genoese in 1456. The Portuguese established the first city in Cape Verde in 1462 and used the islands as a base for the transatlantic slave trade for centuries.

Most Cape Verdeans have African ancestry, and speak Portuguese. The Canary Island population is primarily Spanish and the islands are a mecca for Europeans escaping the winter weather. Besides volcanic origins, the Canary Islands and Hawaii share a strong astronomy presence. They are in competition with Hawaii for the 30-meter telescope. Maria was struck by how viable these islands were during the voyages of discovery and how important they were in providing ports of call, with many excellent harbors.
Historic Preservation? Why: A Discussion

**Presenter:** Philip Deters, JD, Ret. Asst. Atty. Gen’l for Maryland State Historic Preservation Office, and volunteer for Historic Hawaii Foundation

**Date:** Tuesday, November 13, 2018

**Time:** 2:00 – 3:30 pm  **Location:** Krauss 111

What do we mean when we say “preserve” in Hawaii? Should we: Rehabilitate? Restore? Reconstruct? Or, preserve as is? What exactly SHOULD we preserve? Objects? Writings? Buildings, districts, landscapes? Specific elements of them, such as historically significant parts, or some or all development rights? Or, simply the knowledge we gain from them? HOW should we preserve? Government purchase? Private incentives such as tax breaks, or grants, or low-interest loans?

In this short back-and-forth discussion, we look at photos of specific Hawaii objects/sites that with the question: Do we save this? Is it historic? (e.g., The Advertiser Building, Hanalei Valley/Mauna Kea, downed WWII airplanes, Japanese mini-submarines, petroglyphs, cemeteries?) How do we do it? And why the current rationale for all preservation is preserving our SENSE OF PLACE!

Mindfulness and the Aloha Response

**Presenter:** Thao N. Le, MA, PhD

**Dates:** Tuesday, November 27, 2018

**Time:** 2:00 – 3:30 pm  **Location:** Krauss 111

Mindfulness, an ancient contemplative practice often associated with the Buddhist tradition, shares much resonance with the indigenous wisdom of Aloha, the lifestyle and livelihood of Native Hawaiians. Thao and her colleagues propose that mindfulness can facilitate the discovery, recovery, and uncover of the Aloha response leading to the experiential awareness and embodiment of Aloha. She will discuss how mindfulness in Hawaii can nurture individual and collective consciousness to respond with Aloha, thereby recovering the Native Hawaiian spirit on the Islands.

Thao N. Le, associate professor in the Human Development & Family Studies program at UH Manoa, has published more than 40 articles including one on Mindfulness & the Aloha Response, Hawaii Educators’ Experiences in a Professional Development Course on Mindfulness, and a book chapter to be released in 2019 on Mindfulness for Suicide Prevention. She collaborates with the Office of Youth Services to provide mindfulness trainings to youth and family serving agencies, and offers professional development courses to teachers and counselors to incorporate mindfulness in the classrooms.

Wednesday Events

**Sisters In Crime Authors Series**

**Presenters:** Sisters In Crime Authors

**Dates:** Wednesdays Sep 19, 26, Oct 3, 10, 17

**Time:** 10:00 – 12:00 noon

**Location:** Krauss 111

Sisters in Crime is a national organization developed to support women authors that today welcomes men writers as well. I met several local members at the 2018 Hawaii Book and Music Festival and hoped we could develop an event for OLLI. Vicki White, the President of Sisters in Crime, has put together a spectacular 5-week series of talks by authors about writing. There are two speakers each day. Authors will also have copies of their own books available for purchase and signing. A fabulous opportunity for OLLI’s aspiring writers to talk story with published authors.

**September 19**

Vicki White: The Influences of Location & Props

Katharine Nohr: Marketing & Social Media

**September 26**

Rosemary Mild: Writing from Hurt to Healing

Larry Mild: Engaging Elements of Mystery

**October 3**

Lizbeth Hartz: True Crime

Kent Reinker: So You Want to Write a Book?

**October 10**

Dennis Keating: Using Personal Background for Stories

Gail Baugniet: How to Write a Novel in 30 days

**October 17**

A.J. Lewellyn: Research & How to Use It

Laurie Hanan: Bringing a Character to life
Albizia House Tour: When Invasive Trees Become Beautiful Solutions

Presenter(s): Joey Valenti, PhD; Matt Lynch, PhD
Date: Wednesday Oct 3, 2018
Time: 10:00 – 11:30
Location: Near the intersection of University and Metcalf.

You may have noticed a unique structure being erected on campus near the School of Architecture in early April. The Albizia house prototype – a model of innovation and sustainability at UH - erected by a team of family, friends, architecture students and a few experienced builders, was the culmination of UH architecture graduate Joey Valenti’s award winning idea to build an innovative temporary housing unit incorporating traditional Polynesian design and use of available rather than imported materials to create local sustainable housing.

The use of Albizia is ingenious. One of the fastest growing tree species in the world, Albizia has been spreading across the Hawaiian Islands for over a century, causing a vast amount of damage to houses, roads, public infrastructure, and threatening native ecosystems. Joey’s team discovered the lumber milled from the trees had a beautiful grain and the look of mahogany; when boards were milled into panels and three panels laminated together a strong sustainable building material was created. Either Joey, or Matthew Lynch, UH Systems Sustainability Coordinator, who was instrumental in assisting with funding and coordination of the project, will meet us at the house for this talk and tour.

Cooking Can Be Fun 1: Easy-Kine Cooking

Presenter: Lynette Lo Tom
Date: Wednesday Oct 24, 2018
Time: 10:00 – 12:00 noon
Location: Krauss 111

This fall, Lynette Lo Tom, regular Honolulu Star-Advertiser Columnist of the Back in the Day and Easy-Kine Cooking columns will share her joy of cooking with OLLI-UHM in three separate cooking classes, where she will demonstrate techniques, talk story, and answer all of your questions.

Wednesday Oct 24 - Easy-Kine Cooking. Make your meals with a few ingredients under 30 minutes. Learn how to make and taste these recipes: Stir-fried Udon Noodles with Vegetables, Kale Salad and Balsamic Chicken.

A Virtual Tour of Campus Art

Instructor: Laura Ruby, MFA, Author, Editor, Artist
Dates: Wednesday, Oct 31
Time: 10:00 am - 12:00 noon
Location: Krauss 111

The virtual tour held in Krauss Hall 111 will focus on the art on the mid-to-Diamond Head side of campus, as well as art on more distant parts of the campus. One of the primary topics for discussion will be "How can you respond to a work of art? How can you make some thoughtful assessments about the art? This lecture is good preparation for the walking tour the following week. Participants can attend one or both of these events.

Laura Ruby, UHM Art and Honors instructor for 34 years in collaboration with Donne Florence and many Art and Honors students created the CampusArt inventory and brochure tour for the artworks on campus. Laura has restored a number of these artworks. Her own site-specific public artworks can be seen at Honolulu Community College and Marin Tower, and at UH-Hilo on the Big Island.

Walking Tour of UH Campus Art

Instructor: Laura Ruby, MFA, Author, Editor, Artist
Dates: Wednesday, Nov 7
Time: 9:00 am - 12:00 noon
Location: UH Campus
Enrollment Limit: 18

The walking tour will directly engage the participants in making thoughtful assessments about art and human scale-and about an artwork’s relation to its surroundings (environment, buildings, walkways, etc.). The walking tour will investigate art on the ‘Ewa side of the campus. It is not required that you attend the previous week’s lecture by Laura on this topic, but your enjoyment and understanding will no doubt be enhanced if you do so. Participants can attend one or both of these events.

Cooking Can Be Fun 3: Creative Use of Abundance

Presenter: Lynette Lo Tom
Date: Wednesday Nov 7, 2018
Time: 10:00 – 12:00 noon
Location: Krauss 111

Wednesday Nov 7 - Creative Use of Abundance. Learn how use extra produce in delicious ways and eat them too. Pickled Onions, Baked Bananas, Japanese-style Cucumber Kim Chee, and Fresh Apple Cake.
HOMA Ho‘oulu Tour

**Presenter:** Mary Flynn, M.D., Honolulu Museum of Art Docent  
**Date:** Wednesday November 21, 2018  
**Time:** 11:00 am – Noon  
**Location:** HOMA  
**Enrollment Limit:** 15

The Honolulu Museum of Art is showcasing the art and experimentation of the Hawaiian Kingdom during the reign of King David Kalākaua in its upcoming exhibit *Ho‘oulu: The King Kalākaua Era*. Running from September 13th through January 27th, this exhibit explores how the people of Hawai‘i experimented with both indigenous and introduced materials and artistic styles to create unique art reflecting the philosophy of cosmopolitanism that thrived in the Hawaiian Kingdom at this time. This show features with experimental and academic works to reveal how both the avant-garde and academic were used to shape national identity. OLLI member and HOMA docent Mary Flynn will lead a group on a tour of this exhibit to give background on and discuss this fascinating time in Hawaiian history. It is suggested that tour participants plan to the lecture on Kalākaua by Tiffany Ing (see p. 16).

Nativity Scenes, Reindeer, and Menorahs: Religious Displays on Public Property

**Instructor:** Cynthia Scheopner, JD, MA, PhD, Philosophy  
**Dates:** Wednesdays Nov 28, Dec 5  
**Time:** 4:00 pm – 6:00 pm  
**Location:** Krauss 111

A nativity scene inside a county courthouse was ruled to be an unconstitutional endorsement of religion by the Supreme Court. However, an 18-foot high menorah next to a Christmas tree was permitted. A nativity scene with life-sized statues was permitted, when it was part of a display that also included a Santa Claus house and a Christmas tree. Some observers have called this the "Reindeer Rule:" religious displays are ok if they include other secular symbols as well. We will ponder the question of why religious displays are permitted only when they can be considered non-religious, which cannot be what either side intends.

2018 Election Follow-up and Analysis

**Presenter:** Tom Sheeran, Political Junkie  
**Dates:** Wednesday, December 5, 2018  
**Time:** 10 am to Noon  
**Location:** Krauss 111

After the dust settles from the November national midterm elections and for Hawaii state and local offices, we will review and analyze the results, and what implications they have for the future.

After growing up in Hawai‘i, Tom Sheeran’s multi-varied career included school teacher, working on research vessels, being an entrepreneur, and authoring a book on traditional Peruvian textiles - reflecting his wide-ranging interests, including history, cinema, cuisine, politics, and travel.

Friday Events

Garden Meditation

**Instructor:** Kathryn Rone, MA, RSMT, RSME, CYT  
**Date:** Friday, September 21, 2018  
**Time:** 10:00 – 11:30 am  
**Location:** East-West Center Japanese garden. (We may meet at Krauss Hall and walk over to the garden together. Instructions will be given after you sign-up).  
**Enrollment limit:** 15

Japanese gardens characterized by stones, water, bridges, lanterns, and plants are traditionally designed to promote inner peace and serenity. What better setting for a garden meditation? We will practice receiving the colors, movements, and sounds around us. This sensory awareness practice can offer a feeling of peace and calm. We will walk, stand, and sit outside to receive the energy and oxygen of the trees. This is a guided gentle stretch, breathing, and meditation that is useful for all. If you have never visited the East-West Center Japanese Garden, this will be a perfect introduction. Please reduce or avoid caffeine before coming to class.

Helpful Rest, Deep Sleep

**Instructor:** Kathryn Rone, MA, RSMT, RSME, CYT  
**Date:** Friday, November 16, 2018  
**Time:** 10:00 – 11:30 am  
**Location:** Krauss 112

We will review stretching and breathing practices to help you fall asleep faster and rest more deeply. You may bring paper and a pen to take notes to practice these steps to falling asleep or taking a break from worry. These are gentle, easy ways to bring the body to a state of ease. Drinking caffeine before class will make it difficult to receive the restful practice.
**Numerology, Cycles & Relationships: An Interactive Workshop**

**Presenter:** Liang Ho, MA  
**Date:** Friday, Dec 7, 2018  
**Time:** 10:00 am – 12:00 noon  
**Location:** Krauss 112

Numbers provide us with many clues on how to live in harmony with life, and get satisfaction in whatever we do. In keeping with Mother Nature, Numerology indicates 9-year cycles which regulate the energies and opportunities we have. By applying this knowledge, we enhance our quality of life and relationships with each other. We will calculate our personal year energies and explore opportunities for 2019. Handouts with Q&A to follow.

Liang Ho, MA, has studied, taught and given Numerology-Astrology readings for over 30 years. She holds a BA and MA in Political Science with a history minor, and was active in the civil rights and women’s movement both in California (1963-1976) and Hawaii since 1976.

**Special Interest Groups**

Special Interest Groups (SIGs) offer a way to pursue interests with other like-minded OLLI members. They meet on a regular schedule, weekly to monthly, according to the needs of the group. Each group is different depending on its focus, and all provide interesting lifelong learning opportunities as well as fun social experiences.

OLLI SIGs are not classes, but independent member facilitated, self-managed groups. Members decide when they will meet in consultation with OLLI staff and determine how the group will function. Members volunteer to be leaders or co-leaders, and leadership roles may rotate. Volunteers also handle administrative and communication details. The OLLI office provides meeting space although a group may decide to meet off campus.

**Writer’s Circle**

**Facilitator:** Yi-chuan Ching  
**Dates:** Alternate Tuesdays, Sep 18, Oct 2, 16, 30, Nov 13, 27, Dec 11  
**Time:** 1:00 – 3:00 pm  
**Location:** Krauss 113-B  
**Enrollment limit:** 6-8 only. Previous participants will be given first preference.

Ours is not a class but a cooperative enterprise in which we share what we write and learn from each other’s responses to our work. We meet every other week.

We take turns informally reading our own work for reaction and comment. All types of writing are acceptable—memoirs, essays and rants, fiction, both short and long, poetry—pretty much anything except political diatribes. You will have a chance to submit work on a regular basis.

After Yi-chuan Ching retired he took courses at UH Mānoa’s English Department. An instructor suggested he volunteer to facilitate a group of senior writers at a new program for seniors that eventually became OLLI. More than twenty years later he is still at it!

**OLLI Book Club & Reading Discussion Group**

**Dates:** Fridays, Sep 21, Oct 19, Nov 16, Dec 14  
**Time:** 1:30 – 3:00 pm  
**Location:** Krauss 113-B

Did you know that reading a novel can improve brain function? Looking for some thought-provoking conversations about books? Join the OLLI Book Club! In these monthly sessions, everyone has an opportunity to contribute and voice opinions. The Book Club for Fall Term will resume Fri. Sep 21st. Please come prepared to discuss the award-winning novel *We Are All Completely Beside Ourselves*, by Karen Joy Fowler at the first session. Books for the rest of the fall will be chosen by the group at each meeting. We strive to select books available in libraries on Oahu.

**A Call for OLLI Instructors**

**Help OLLI GROW!**

OLLI-UHM is seeking individuals to present courses and events for Spring and Summer 2019. Additional instructors and facilitators (e.g., discussion leaders, moderators) can help us expand our offerings.

**What are you passionate about? Come share it with us!**

Are you interested in instructing or facilitating an OLLI course? Do you know anyone who might be? If so, please contact OLLI Director, Carole Mandryk at 956-8224, mandryk@hawaii.edu

~ Tell us what you need! ~

We continue to add courses to meet the needs of our members. What learning opportunities would enrich your life?
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Finding OLLI-UHM

This is a simplified map of campus. Not all buildings are shown. Distances and building sizes are not to scale. For a detailed campus map, go to http://manoa.hawaii.edu/campusmap/
Getting to OLLI-UHM

Alternatives to Parking
Parking at UHM can be tricky and costly*. Consider taking TheBus or the FREE UHM Rainbow Shuttle.

TheBus
How to get to UH on TheBus (excellent brochure): http://www.thebus.org/Fare/U-Pass_UHM_Flyer.pdf

NOTE: The official UHM bus tracking app available on iTunes shows bus riders where the bus is and when it will pick them up on UHM campus.

UHM Rainbow Shuttles
The Rainbow Shuttle is one of the sustainable options that UHM makes available at no charge. Please note that some of the routes, stops and times for the Rainbow Shuttle have changed for Fall 2018. See the new schedule & route maps to see if they offer you an alternative to driving at http://manoa.hawaii.edu/commuter/dayshuttle.php

• Shuttle routes travel into Manoa Valley, Moiliili, Kaimuki and Makiki.
• All shuttles are air-conditioned, ADA-compliant and equipped with bike racks.
• Shuttle arrivals may be tracked in real time via the UHM Shuttle app or at uhmshuttle.com
• To ride the Rainbow Shuttle, you are required to show a valid UH ID or sign up to get a free shuttle card. Click here to sign up: https://uhmcampusservices.wufoo.com/forms/pxmoz7s01qw6in

Most useful UHM Rainbow Shuttle Routes:
H1 - Student Housing/Hawaiian Express Begins at Hale Wainani. Runs 7:00am – 4:45pm
F1 – Mānoa/Faculty Express Route Begins at Mānoa Faculty Housing. Runs 7:00am – 5:45pm
M1 – Makiki/Moiliili Express Route Begins at Varney Circle. Runs 6:30am – 5:45pm
N1 Night Shuttle Begins at Hale Wainani. Runs 5:00pm – 11:15pm
W1 - Wai'alae Avenue Express Route Begins at Koko Head. Runs 6:30am – 5:45pm

Tips: For Route F1 the closest stop to Krauss Hall is Varney Circle. For Route M1 the closest stops are Varney Circle and Sinclair Circle on Univ. For Route W1 the closest stops are either Varney Circle or Burns Hall. For Route N1 the closest stop is Andrews Amphitheater.

Parking
Lower Campus
Visitor parking is theoretically available from 5 am to 4 pm for a flat fee of $5. However, without a UHM parking permit (which only full-time UHM students and employees are eligible for), it is hard to access parking on campus between 9:30 am and 1:30 pm. Our members report “Lot Full” signs as early as 9:45 and until 1:30pm. Commuter Services asks us to “please understand that about 26,000 affiliates access our campus daily, causing lots to fill by 10 a.m.” Come early to get a parking spot. Enter the main Parking Structure on Lower Campus Road (first right off Dole Street past the University Avenue and Dole Street intersection). After 4 pm, on Saturdays and for special events, the flat fee is $6.

Upper Campus
Visitor parking is limited and expensive: from 6:30 am to 4 pm, the parking fee is $2 per half-hour. The green striped visitor stalls in the parking lots at Orvis Auditorium, Sinclair Library, behind Kennedy Theatre, next to Kuykendall Hall, and at Varney Circle have Pay-to-Park ticket machines; place receipts face-up on dashboard.

Handicapped Parking Permits
If you have a current valid City & County Disability Placard and UHM ID (now available to OLLI-UHM members), you may purchase a campus visitor parking entry for $5 at campus entry gates and park in any legal, marked parking stall on campus. Avoid a parking ticket by displaying the visitor parking receipt face-up on the dashboard and place handicapped parking placard on rearview mirror.

*Parking Violation Fines have been increased and range from $40 to $260! PLEASE park with Aloha.

Off Campus Parking
When parking off campus, please show your respect for the surrounding community by:
• Parking in legally designated areas.
• Following all state and city laws and ordinances.
• Refraining from blocking driveways and roads.
• Carpooling whenever possible to reduce the number of parked cars in the area.
• Arriving and departing quietly

For more information on getting to and around the UHM campus, visit: www.manoa.hawaii.edu/commuter
Lifelong Learning for adults 50+
Fall Term Classes begin September 17, 2018

Meet intelligent, interested, INTERESTING people who bring their life experiences to share with one another

SIGN UP NOW!
Indulge your curiosity!
Exercise your brain!
JOIN US!!

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Help OLLI GROW!

What are you passionate about?
Come share it with us!

Unless you try to do something beyond what you have already mastered, you will never grow."
~Ralph Waldo Emerson

For more information about OLLI-UHM courses, opportunities, and membership benefits, see, visit, or contact: http://www.isher.socialsciences.hawaii.edu/ 956-0654, olliuhm@hawaii.edu.

Mailing address: PMB #460, 2440 Campus Road, Honolulu, HI 96822
Physical Location: Krauss Hall 113, across Dole Street from the Law School