Educational courses & events for adults 50+

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"It is never too late to be what you might have been."
— George Eliot

http://www.osher.socialsciences.hawaii.edu
Revised 1/2/18
Welcome to Spring 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. This spring we are pleased to announce over 30 brand new courses and events and welcome 18 new instructors and presenters to the OLLI family!

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 Spring Term Membership entitles you to enroll in up to three courses, as well as up to 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.

Registration Procedure

ONLINE registration is the quickest way to ensure you gain a spot in classes of your choice; mail is 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.
• By Phone 956-0654 or 956-2624
• By Email olliuhm@hawaii.edu
• In Person 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 the membership enrollment form in this catalog with a check to Osher Lifelong Learning Institute, PMB #460, 2440 Campus Road, Honolulu, HI 96822.

How to Contact OLLI

For more information about OLLI-UHM courses, and enrollment, call 956-0654, 956-2624, or contact:
Director, Carole Mandryk mandryk@hawaii.edu, Program Coordinator, Ninia Barr, wbarr@hawaii.edu, Graduate Assistant, Will Cecil olliuhm@hawaii.edu; http://www.osher.socialsciences.hawaii.edu/

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*Shortened titles. Full titles below.
OLLI Course Descriptions

Traditional and Contemporary Bollywood Cinema

Presenters: Gita and Pradip Kar  
Dates: Tuesdays, Jan TBD, 23, 30, Feb 6, 13, 20  
Time: 2 – 5 pm  
Location: Krauss 111 and offsite

The Bollywood Film Festival is now a regular feature at the Doris Duke Theatre each January, sparking widespread interest in Indian films and their social and cultural context. This class will feature viewing and discussion of five films: two selected from the 2018 Bollywood festival in January and three selected by the presenters and screened at UH Manoa in Krauss Hall. These include “Naukadubi” or ‘The Wreck’, based on a story by Rabindranath Tagore, and “Parineeta”, an adaptation of Saratchandra Chatterjee’s story of the same name. Both films are set in the early to mid 20th century and have relevance for today’s society. The stories are available free online in English and participants are encouraged to read them prior to the class. The third film “Tahan” examines the political and militancy situation in the Kashmir region of India and its impact on the life of a child. The final two films will be announced when the 2018 Bollywood film festival list becomes available.  
NOTE: The 2018 Bollywood Film Festival takes place the week PRIOR to the official start of OLLI classes (Jan 16-22). Gita and Pradip Kar regularly teach aspects of Indian philosophy, Art, Literature and Raja Yoga at the University of Hawaii and the University of Minnesota.

Women Film Directors: In a Different Voice

Instructor: Sue Nance, Amer. Studies, BA, MA, ABD  
Dates: Mondays, Jan 22, 29, Feb 5, 12, 26, Mar 5, 12, 19, Apr 2, 9, 16, 23 (no class Feb 19 or Mar 26)  
Time: 9:30 am - 12:30pm  
Location: Krauss 112 and 111

Is it a compliment to say that a film directed by a woman is “the same as a man’s” (as reviews of Kathryn Bigelow’s Oscar-winning HURT LOCKER, claimed)? It is my opinion that it is not. Each gender brings unique experiences, socialization and acculturization to creative work. We will look at women-directed films to identify ways in which this is demonstrated. These are NOT what have derisively and dismissively been called “chick flicks” (but you’ll like them anyway.) Directors to be studied include Bigelow, Jane Campion, Agnes Varda, Julie Taymore, Dorothy Arzner, Sally Potter, and Niki Caro. As always, I look forward to our class discussions, which have enriched our experience as a viewing community.

More Breathless Moments: Lessons from the Fox and Others

Instructor: Dana Anderson, BA, MA, English & American Lit.  
Dates: Mondays, Jan 22, 29, Feb 5, 12, 26, Mar 5, 12, 19  
Time: 2-4 pm  
Location: Krauss 112

Join us in considering complex questions and sharing observations about life and human nature. What takes our breath away? Where do we hear our own voices? We will draw upon writers, artists, thinkers and doers representing myriad ways to examine the world and our reactions to it.  
Our reading list includes St. Exupéry’s The Little Prince, Madeleine l’Engle’s A Wrinkle in Time, and a new novel, Lincoln in the Bardo, winner of this year’s Booker prize in which a grieving Abraham Lincoln visits his son Willie’s tomb and encounters a wild cast of ghosts. In addition we will read The Book of Joy by His Holiness the Dalai Lama and Archbishop Desmond Tutu, and perhaps Stephen Hawking’s A Brief History of Time.

All along we will look for things that take our breath away and change our way of seeing and knowing. As the Fox says in Saint-Exupéry’s The Little Prince, “What is essential is invisible to the eye.” Come join us in our search for what is essential, what “one sees clearly only with the heart.” Participants will be encouraged to “find their voices” by contributing brief memoirs of experience from time to time. There are no wrong paths.

Facebook for Seniors

Instructor: Jeune Scoffil, MCSE, MSA  
Dates: Mondays, Jan 22, 29, Feb 5, 12  
Time: 2-4 pm  
Location: Krauss 113B

Social media is changing the ways we connect and communicate. Most of us see how social media dominates the news and increasingly the lives of those around us, and not just our younger family and friends. We all want to communicate with our grandchildren, but may have little experience with social media. How do you use them and have fun? For this first in a planned series on using social media, we will focus on Facebook. Come learn how to set up an account, create a profile and find friends, send messages, make video calls, take and send pictures, and handle privacy and other security concerns. The information applies whether you are a Mac or PC person. Bring your device of choice, whether laptop, tablet, smart phone. Future installments in this series will address other popular social media platforms and go into more depth on the ones of most interest to our members.
**Introductory Tai Chi**

**Instructor:** Ken Koike  
**Dates:** Wednesdays, Jan 24, 31, Feb 7, 14, 21, 28, Mar 7, 14, 21, Apr 4, 11, 18  
**Time:** 10:00 – 11:00 am  
**Location:** Hemingway Hall 201/208  
**Enrollment limit:** 20

Come learn and experience how Tai Chi can enhance your health (mind, body & spirit) by improving your balance; flexibility & strength (preventing falls & accidents); reducing stress; anxiety & depression; and increasing your energy, endurance & agility. Practitioners of Tai Chi experience an improvement in mind, memory & concentration, as well as overall feelings of well-being and many other benefits. You will also meet positive energy people and have fun! Course starts at a beginner level. No prior experience necessary. Join us!

**Culinary Cinema XXV: Humphrey Bogart**

**Instructor:** Tom Sheeran  
**Dates:** Wednesdays, 24 Jan, 21 Feb, 21 Mar, 18 Apr  
**Time:** 3 – 6pm  
**Locations:** View films in Krauss 111. Directions to post-film restaurant sites will be provided.  
**Enrollment limit:** 25-30 for films; 20 for dinners.

This series will feature films by Hollywood legend, Humphrey Bogart. The very definition of the term "film icon," Humphrey Bogart rose from a bit player on Broadway, to a supporting B-movie actor, to eventually become the undisputed reigning box-office star of his day. He often played a world-weary cynic who ultimately shows his noble side.

**Jan 24 – The Maltese Falcon,** (1941) 101 min. Bogart clinched stardom as Sam Spade in this 1941 thriller with Peter Lorre and Mary Astor.

**Feb 21 – Casablanca,** (1942) 102 min. Opposite Ingrid Bergman, Bogart achieved film immortality as Rick Blaine, in what many consider the best Hollywood film ever made. (1942)

**Mar 21 – The Big Sleep,** (1946) 116 min. As Phillip Marlowe, author Raymond Chandler’s hard-bitten detective, in one of four films he made with wife Lauren Bacall, this mystery has a plot too confusing to follow, but the on-screen chemistry between Bogart and Bacall leaves the viewer breathless.

**Apr 18 – The African Queen,** (1951) 105 min. Bogart earned a best-acting Oscar in 1951 as a gin-soaked riverboat captain who falls for a strait-laced missionary played by Katherine Hepburn.

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.*

**Polygamy, Peyote, Birth Control, and Wedding Cakes: Intersections of Philosophy, Religion and Law**

**Instructor:** Cynthia Scheopner, JD, MA, Ph.D., Philosophy  
**Dates:** Wednesdays Jan 24, 31, Feb 7, 14, 21, 28  
**Time:** 10:00 to noon  
**Location:** Krauss 111

What does it mean when the First Amendment to the U.S. Constitution says that "Congress shall pass no law respecting ... the free exercise [of religion]? Can anyone get an exemption from laws that impact their religion? What if the religious practice is offensive to the rest of society? If religious acts are somehow privileged, who decides when and how much? If they are not, what does the First Amendment mean?

We will explore why we do not have to allow every religious act if we allow one; why "toleration" is OK between the church and state, but a bad idea between the government and citizens of the same country; how religious identity is similar to sexual orientation and secularism is like Don't Ask, Don't Tell; and why accommodation may be a better approach to religious identity than toleration, through Supreme Court cases dealing with polygamy, peyote, birth control, and wedding cakes.

**3 B’s Plus 3: Bach, Beethoven, Borodin, Brahms, Bizet & Bernstein**

**Instructor:** Jim Hesse, Musician, Actor  
**Dates:** Thursdays Jan 25, Feb 1, 8, 15, 22, Mar 1  
**Time:** 1 - 4pm  
**Location:** Krauss 111

Explore the works of six composers from Germany, Russia, France and the United States to understand their impact on music. Class will view films, listen to music of each composer and discuss highlights of their lives.

**Jan 25 - Bach** (1685-1750)  
**Feb 1 - Beethoven** (1770-1827)  
**Feb 8 - Borodin** (1833-1887)  
**Feb 15 - Brahms** (1833-1897)  
**Feb 22 - Bizet** (1838-1875)  
**Mar 1 - Bernstein** (1918-1998)
Regional Geography: Asia

**Instructor:** Michael Pometta, BA, MA Geography  
**Dates:** Fridays, Jan 26, Feb 2, 9, 16, 23, Mar 2, 9, 16  
**Time:** 1 - 3pm  
**Location:** Krauss 111

This course integrates essential physical and cultural elements of the subregions within the continental mainland and adjacent island groups of Asia. It is an ambitious overview of the region for the purpose of bringing political geographic perspective to students' knowledge of the region. Our study relies on a variety of thematic map and photo image presentations of the fifteen countries selected for emphasis. We will also incorporate discussion of students' own Asian experiences. The Rand McNally Classroom Atlas is recommended reading.

**What’s Next?: The Changing Roles Of Women And Men**

**Instructor:** Jackie Young, Ph.D.  
**Communication/Women’s Studies**  
**Dates:** Fridays, Jan 26, Feb 2, 9, 16, 23, Mar 2, 9  
**Time:** 10 am to Noon  
**Location:** Krauss 111

This course is developed to explore, discuss, learn about the changing roles of women and men in American culture past and present through examining stereotypes, sex and violence, politics, language, work and play.  
Format: lectures, guest speakers, class discussions, fieldwork, sharing of life experiences and group activities that create opportunities to expect the unexpected and visualize a preferred future for women and men.

**Weeks:**
1 - Conceptual Traps – Discussion on revolutionary changes between women and men in our lifetime. Coming out of patriarchy as a conceptual trap.  
2 - Culture and Communication – How culture influences our behavior.  
3 - Examination of children’s play and its impact on gender and communication. Title IX in education.  
4 - Males, Females, LGBTQ - Sex and violence and its impact on women and men in the workplace  
5 - Movies, the media and you – changing images  
6 - Sexual Harassment - What’s next?  
7 - Creating a Preferred Future – the role of advocacy

**Recommended reading:** Patriarchy as a Conceptual Trap by Elizabeth Dodson Gray (Cost $0.01-$6) Amazon online OR Download (No cost): http/web.stanford.edu/~eckert/PDF/Chap1.pdf

Explorations in Drawing with Ava Fedorov

**Instructor:** Ava Fedorov  
**Dates:** Mondays, Jan 29, Feb 5, 12, (no class Feb 19), Feb 26, Mar 5, 12  
**Time:** 9 am to noon  
**Location:** Sakamaki C204

For those experienced in drawing and absolute beginners, this class will start with basics and then will push the boundaries of drawing by incorporating mixed media black & white drawing, color and collage to enhance composition and depth, as well as to engage in a type of visual storytelling. Using various techniques and studio drawing exercises, students will learn expanded drawing techniques and styles, deepen their understanding of visual elements of drawing and composition, be exposed to both dry media and wet media and blending techniques, and will be able to take their drawings to the next level.

**Required Supplies:** The following supplies are needed for the course: Pad of Bristol art paper, set of drawing pencils, set of Charcoal and Conte, 1 kneaded eraser. You do not need to purchase a new set if you already have the supplies. Optional: set of watercolor paints, 1 paint brush, India Ink, scissors, and a glue stick. Additional supplies will be provided.

**The Future is Now: Speculative Film (from the Fifties until Tomorrow)**

**Instructor:** Sue Nance, Amer. Studies, BA, MA, ABD  
**Dates:** Wednesdays, Jan 31, Feb 7, 14 (no class Feb 21), Feb 28, Mar 7, 14 (no class Mar 21 or 28), Apr 4, 11  
**Time:** 1:45 – 4:45 pm  
**Location:** Krauss 111

Science-fiction, which I prefer to call "speculative fiction," often accurately anticipated social, political and technological changes. H. G. Wells, Jules Verne, George Orwell, Aldous Huxley, and Ray Bradbury come first to mind as exemplars of this progressive imagination. Filmmakers have been inspired by such ideas since George Melies created "A Trip to the Moon," in 1902. During the 1950s, sci-fi films reflected our anxiety about the effects of atomic bombs and fears of Communism. During the next decades, space exploration and contact with sentient alien cultures encouraged both hopefulness and fear. We will look at a variety of films to assess their context, with the intention of understanding our own sense of the future. Some of the films may include 2001: A Space Odyssey, Invasion Of The Body Snatchers, Arrival, Solaris, Vanilla Sky, and others. I expect that we will find much to talk about, as we examine these very different visions of what may lie ahead.
Delicious Geography

**Instructor:** Gary Fuller, PhD, Geography  
**Dates:** Thursdays Feb 1, 8, 15, 22, Mar 1, 8, 15, 22  
**Time:** 10:00 to noon  
**Location:** Krauss 111

Delicious Geography examines the enduring links between geography and food, including the geography of food production, consumption, customs, and practices, as well as how food and its preparation and enjoyment define the major cultural regions of the world, and how these regions have changed over time.

Among the questions to be considered are: What is “food”? What is really meant by agricultural revolution? How do farmers decide what crops to grow? How did immigration (broadly defined) influence culinary regions? And…even such strange matters as: How did Columbus influence food traditions in Hungary and Thailand? How did Captain Bligh influence Puerto Rico’s cuisine?

Participants are encouraged to purchase the book Delicious Geography ($15 or less) and may have the opportunity to meet the book’s co-author, Chef T.M. Reddekopp of the Hawaiian Vanilla Company and sample the output from a recipe from the book. Gary Fuller has taught geography at UH, Penn State, and Ohio State.

Life Writing Workshop

**Instructor:** Ann Rayson, MA, PhD, Ret. Prof. English,  
**Dates:** Fridays, Feb 2, 9, 16, 23, Mar 2, 9  
**Time:** 1:30pm - 3pm  
**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.

Shakespeare’s Works

**Instructor:** Dave Johnson, BA Yale, JD Harvard Law  
**Dates:** Wednesdays, Feb 7, 14, 21, 28; Mar 7, 14  
**Time:** 2-4 pm  
**Location:** Krauss 111/112

We will discuss some of Shakespeare’s works in the following order:

- 2/7 Shakespeare in America A lively look at Shakespeare reading and performance in America.
- 2/14 Henry VI Part 1 The struggle of the English against the French, led by Joan of Arc (Not Henry IV Part 1).
- 2/21 The Comedy of Errors Two sets of twins make fun confusion, based loosely on earlier Plautus plays.
- 2/28 Sonnets 8 to 15 selected sonnets – 14 line poems with emotion, wordplay and some unusual ideas.
- 3/7 Merry Wives of Windsor A comedy of Falstaff in Love, possibly ordered by Queen Elizabeth.
- 3/14 Macbeth One of Shakespeare’s greatest and shortest plays – intensely imaginative and exciting.

Any play edition with Act and Line numbers will be fine. Good inexpensive paperbacks include Signet Classic and Penguin. Good editions with more notes and background include Arden, Oxford and Norton Critical. All plays and the Sonnets should be available from any library, separately or in collections. No reading for the first class.

Islamic Miniatures

**Instructor:** Tom Klobe, Emeritus Professor, artist, Peace Corps volunteer  
**Dates:** Tuesdays, Feb 27, Mar 6, 13, 20  
**Time:** 2:00 – 3:30 pm  
**Locations:** Krauss 111

Experience the richness and variety of Islamic miniatures, including extensive figurative imagery especially in a secular context. Miniatures are theatrical art form—an art that almost always recreates a mass of elements and figures, bringing them together to create a spectacle. See details like you have never seen them before. Come join us for a series of lectures by Tom Klobe, acclaimed museum curator, author, accomplished artist and emeritus professor at the University of Hawai‘i at Mānoa’s Department of Art and Art History.

27 Feb – Religion  
6 Mar – Science and Technology  
13 Mar – History and Portraiture  
20 Mar – Poetry & Literature
Chinese Filmic Interpretations Of History

**Instructor:** Cynthia Ning, PhD, Associate Director, Center for Chinese Studies, Director, Confucius Institute  
**Dates:** Wednesdays, Feb 28, Mar 7, 14, 21  
**Time:** 10 am - 1 pm  
**Location:** Moore Hall 109 (corner of Maile Way and East-West Road)

We will watch the four films from China/Taiwan, to get a taste of the scope of Chinese history.

*Feb 28 - Hero* by Zhang Yimou. (2002, 99 m.) Set in the Warring States period about 200 B.C.E., this gorgeous, cinematic film explores the mythology surrounding the founding of the Chinese empire.

*Mar 7 - Nanking! Nanking!* by Lu Chuan. (2009, 132 m.) A searing film set over 2000 years later, during the run-up to WWII, this black-and-white, documentary style feature explains why hostility still endures between China and Japan today.

*Mar 14 - To Live* by Zhang Yimou. (1994, 125 m.) Called a “multi-generational love story,” this film depicts ordinary life through the tumultuous years that finally brought China to the present.

*Mar 21 - Eat Drink Man Woman* by Ang Lee. (1992, 123 m.) This modern thoughtful comedy set in Taipei explores the effects of modernity and globalism on the lives of a father and his three vivacious daughters.

Each screening will be preceded by a brief lecture setting the stage for the film, and followed by a brief discussion of the film.

Shakespeare and Friends: Dramatic Readings

**Instructor:** Jim Hesse, Musician, Actor  
**Dates:** Thursdays, Mar 8, 15, 22, Apr 5, 12, 19  
**Time:** 1 - 4pm  
**Location:** Krauss 111

In this dramatic reading class plays by Shakespeare, Dekker, Marlow & Jonson will be read aloud by the entire class, with all participants having an opportunity to read from each play. Five comedies and one tragedy will be discussed:

*Mar 8 – The Shoemakers’ Holiday (1599) - Thomas Dekker* A warm and happy play where Lucy comes disguised as a Dutch shoemaker to the house of Symon Eyre. With the king’s blessing, Simon, Hodge, Firk, and other honest shoemakers help set affairs right.

*Mar 15 – The Comedy of Errors (ca. 1591) – William Shakespeare* This is a comedy of mishance and mistaken identity. Shakespeare exploits the situation in a dizzying series of farce maneuvers that involve a jealous wife and others. Identities are discovered and the family closely unites with bonds strengthened by adversity and long separation.

*Mar 22 – The Jew of Malta (ca. 1590) Christopher Marlow* The “Ghost of Machiavel” is the prologue to this tragic drama of vicious intrigue. The Jew of Malta is the most unscrupulous among those who are motivated by ruthless self-interest.

*Apr 5 – The Merchant of Venice (ca. 1596) – William Shakespeare* Shylock foregoes his usual interest but asks for a pound of flesh if 3,000 ducats are not repaid in 3 months. Shylock prepares to get this pound of flesh but is defeated. The play ends with Portia’s mock test of Bassanio’s love tricking him into relinquishing his wedding ring.

*Apr 12 – Every Man in his Humour (1598) – Ben Jonson* This play explores the follies and frolics of city folk full of sons against fathers, shrewd servants countering masters, jealous husbands versus wives and lovers. The complications are myriad.

*19 Apr – As You Like It (ca.1599) – William Shakespeare* The wicked Duke Frederick has wrestled power from his brother. The exiled Duke Senior has found refuge in the Forest of Arden. Duke Frederick exiles Rosalind from court and she flees with her friend Celia to join her father in the forest. In the idyllic Forest setting, Rosalind finds love-struck Orlando. Disguised as a boy, Rosalind offers to “cure” him of his passion and teaches him to love.

Blame It On Eve, or: How the Bible Treats Its Women

**Instructor:** Imra Sowers, BA Hebrew U of Jerusalem, MA New School for Social Science, M.Ed UArizona  
**Dates:** Mondays, Mar 12, 19, Apr 2, 9, 16, 23  
**Time:** 10:00 – 12:00  
**Location:** Krauss 113B

In Biblical times, women were daughters, wives, mothers, leaders, military generals, queens, healers, saviors, teachers, and spies. They fought, caused changes, suffered and triumphed. They were strong, yielding, smart, sly, brave and daring. We will look at the lives and deeds of women such as Eve, Sarah, Hagar, Debrah, Yael, Ruth, David’s 7 wives, Queen Esther, Judith and more. Their stories represent attitudes and customs of their time. What do these women’s experiences mean for us today? Readings will be drawn from the Jerusalem Bible.
The French Revolution: Political, Philosophical, Social and Economic Roots and Results

Instructor: Carol Zink, BA, MBA
Dates: Weds Mar 14, 21, Apr 4, 11, 18, 25
Time: 10 am to Noon
Location: Krauss 111

The French Revolution shaped Europe for the next century and beyond. How did it come about? What is its connection to the American Revolution and the experiments in government in the New World? How did the Enlightenment of the previous century shape the thinking of the leaders of the Revolution? This course will explore the economic, social, philosophical, and political roots of the French Revolution, the events which occurred over the tumultuous revolutionary decade, and the outcomes felt both at home and in the rest of Europe.

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

Instructors: Tony Lenzer, Prof. Emer., UHM Public Health; and Joel Merchant, Sociologist, Consultant
Dates: Wednesdays, Mar 14, 21, Apr 4, 11, 18, 25
Time: 10 am to Noon
Location: Krauss 113B
Enrollment Limit: 15

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.

OLLI Adventure Hikes for the Fit Senior

Instructor: John B. Hall, Prof. Emer., Microbiology
Dates: Wednesdays, Mar 14, 21, Apr 4, 11, 18, 25
Time: Fieldtrips meet at the trailhead at 10am unless indicated otherwise.
Location: Varies, see below

Please note this is a repeat of the Fall 2017 course for those who were not able to take Adventure Hikes. 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 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.

Mar 14, Week 1 - The first hike will be the Wailupe Valley Loop, an easy, 2-3 mile walk with a few ups and downs, but nothing at all difficult. It begins on a well-traveled valley trail, then drops down to a trail mountain bikers were building nearer the valley floor but have now abandoned, which will take us back toward the beginning.
Mar 21, Week 2 - This week’s hike will be a trek in Lyon Arboretum up a bit of a climb to see the square bamboo, and then along a contour with a few sharp descents on steps to Aihualama Springs (often dry) for lunch and a return via the easy Springs trail.
Apr 4, Week 3 - The third hike will be ‘Aiea Bisectu (careful how you say that!) which bisects the ‘Aiea Loop trail. This one gets a little steep toward the bottom and may be muddy and choked with gingers along the stream.
Weeks: Apr 11, 18 and 25. There are at least 9 more possibilities that can be considered for the remaining weeks. We can discuss them once we have a measure of the capabilities of the group and their level of interest.

A Gentle Review of Classical and Modern Physics

Instructor: Richard Chou, PhD, Physics
Dates: Mondays, Apr 2, 9, 16, 23
Time: 2-4 pm
Location: Krauss 111

Did you wish you understood physics better in high school or college? Are you amazed at the strides that have been made in the way physics understands the world? Come take this course and dip into key topics in Classical and Modern physics. This course will first review the solutions to the problem of an object in a gravitational field in classical physics, than develop the changes to the formulation of the same problem in quantum mechanics that lead to the modern understanding of atoms and molecules. Both analogy and math will be used to explain the physics concepts. Ample motivations by example of how and why modern physics is relevant in our daily lives will be provided.
How to Take Better Photos

**Instructor:** Jennifer Crites, BA  
**Dates:** Tuesdays Apr 3, 10, 17, 24  
**Time:** 10 am to Noon  
**Location:** Krauss 111  
**Enrollment limit:** 20

Whether you consider yourself a beginner or intermediate, come learn tips and techniques for taking your digital photos from OK to good to great. We’ll be looking at lighting, composition, backgrounds and how to use your camera more effectively to photograph people, pets, scenery, action and all your favorite subjects. And we’ll be practicing these techniques in class, so bring your camera—from DSLR to cell phone. The camera is a recording device. Good pictures are created in your imagination when you know what to look for. Come join Jennifer, a former portrait/wedding photographer and current freelance photo journalist whose images have appeared in Travel+Leisure, Islands, Hawaii, Travel Ideas by FlightCentre, TravelWorld International, and other magazines and books worldwide. If your camera has an instruction book, please bring it.

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Great Naturalists – Voyages of Discovery

**Instructor:** Tom Sheeran  
**Dates:** Fridays Apr 6, 13, 20, 27, May 4 (field trip)  
**Time:** 10 am to Noon  
**Location:** Krauss 111

The great naturalists Joseph Banks, Alexander von Humboldt, and Charles Darwin were pioneers who changed the course of science. Their daring travels and groundbreaking theories challenged the accepted ideas and beliefs of their day. These educated and determined men, inspired by Enlightenment ideas, voyaged to remote islands little known to Europeans, to explore, describe, collect and provide the means to order and understand the natural world. In addition to classroom lectures, we hope to offer one or more field trips as scheduling permits.

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~ Tell us what you need! ~

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

Let us know how we can inspire you to follow your passion with lifelong learning at OLLI-UHM!
Walking Through Tsavo

Instructor: John B. Hall, Prof. Emer., Microbiology
Date: Tuesday, February 6, 2018
Times: 10 am to Noon
Location: Krauss 111

An illustrated account of a 100-mile, 11-day walk across two of Kenya’s great game parks, West and East Tsavo. Known as a land of lava, springs & man-eating lions, Tsavo East and Tsavo West together form one of the world’s largest national parks. Tsavo East, with its mesmerizing vast open spaces dotted with huge baobab trees, and Tsavo West, with more diverse habitats including wooded hills, palm thickets, and recent lava flows, are have abundant and spectacular wildlife including elephants, hippos, lion, cheetah, hyena, giraffe, gazelle and more. Please note this is a repeat performance of a popular lecture that was given several years ago.

Irresistible Resist: The Art of Indian Dyes and Design

Presenter: Michael Schuster, Curator, EW Center Gallery
Dates: Thursday, February 8, 2018
Time: 10:00 – 11:00am
Location: East-West Center Gallery, John A. Burns Hall, 1601 East-West Road (corner Dole St. & East-West Rd.).
Tour limit: 15 Gallery admission is free.

This exhibition focuses on the resist dyeing processes that have made Indian textiles with their rich and complex designs and vibrant colors prized by people throughout the world. Many of the patterns were originally signifiers of status, community, tribe, occupation, religion, stage in life, or gender, while others are enjoyed for their aesthetic quality.

Now textile artisans from India borrow designs from thousands of years of diverse regional images and reimagine them for modern consumption. What are the secrets of these dazzling textiles? What makes them so irresistible? Don’t miss the opportunity to tour Irresistible Resist with one of the exhibit’s curators as your guide.

NIFI Forum: Climate Choices

Presenter: Dolores Foley, Ph.D., NIFI Director
Date: Monday, February 26, 2018
Time: 2-4pm
Location: Krauss 111

National Issues Forums (NIF) is a nonpartisan, nationwide network that bring citizens together to voice their views about challenging social and public policy issues. NIF provides materials for groups that meet with a moderator to participate in a deliberative guided dialogue. Join us for a National Issues Forum at OLLI-UHM on the topic: “Climate Choices: How Should We Meet the Challenges of a Warming Planet?”

The climate is changing. Summers are starting earlier and lasting longer. Heat waves are becoming more frequent and intense. Dry regions are getting drier and wet regions are seeing heavier rains. Record cold and snowfalls blanket some parts of the country, while record fires ravage forests across the West. Climate disruptions have some people worried about their health, their children, their homes, their livelihoods, their communities. Come join in a conversation considering our options. Reading materials on the topic and more information about NIF are available at www.nifi.org. We will also provide hard copies of the Climate Choices Issue Guide for forum participants.

A Year in Nepal

Instructor: John B. Hall, Prof. Emer., Microbiology
Dates: Mondays, Mar 5, 12
Time: 2-4pm
Location: Krauss 111

Illustrated talks of a sabbatical year in Katmandu (1978-1979). A trek to the Everest region and tales of a culture just emerging from the medieval to the modern.

Mindful Multitasking: Exercise Your Body, Mind, Heart & Spirit in No Time

Presenter: Makana Risser Chai
Dates: Tuesday, February 13, 2018
Time: 10 – 11 am
Location: Krauss 111

How many of us have time to exercise, set goals, do affirmations, practice gratitude, meditate, and pray? With Mindful Multitasking, you can do all of those and more while doing something else you’re already doing. Learn and practice how to exercise without taking extra time out of your day. Our speaker, Makana Risser Chai, author of the book, Mindful Multitasking, is an attorney who changed her life 20 years ago and became a certified Stress and Wellness Consultant with the Canadian Institute of Stress, a licensed massage therapist, and a teacher of Pilates, yoga and meditation. In this highly interactive, fun session, she will share physical, mental, emotional and spiritual practices shown by medical research to lead to a longer, healthier, happier, stress-free life.
New Hope for Alzheimer’s

**Presenter:** Dr Mee-Lee, MD.

**Date:** Friday, March 16, 2018

**Time:** 10:00 am to noon

**Location:** Krauss 111

Do you know or care for someone in early-to-mid stage Alzheimer’s? Every year in Hawaii, 4,000 people are newly diagnosed with the condition. New research is looking into the possibility that human Stem Cells, which have been shown to regenerate nerve cells, may slow or even reverse cognitive decline in old age.

Dr. Denis Mee-Lee, Clinical Professor of Psychiatry at John A. Burns School of Medicine, former Chief of Staff at Castle Medical Center, and a leading researcher in Alzheimer’s, will explain the causes of Alzheimer’s, and review the current state of research, including trials currently underway in Hawaii. In this presentation you will learn:

- how to identify the stages of Alzheimer’s
- biological and hereditary causes of Alzheimer’s
- the potential role of human adult stem cells for a cure
- non-drug approaches to a long and healthy mental life
- eligibility criteria for current FDA-approved trials

Aida (Verdi) with Jim Becker

**Presenter:** Jim Becker, Retired AP foreign correspondent, sportswriter, opera and drama critic

**Dates:** Monday March 19, 2018

**Time:** 2 – 5 pm

**Location:** Krauss 111

Before we watch Giuseppe Verdi’s Aida, we will be treated to an introduction by Jim Becker. As he did in the past for Hawaii Opera Theater, Jim will set the stage for us, sharing key details on the plot and special things we should notice while watching to enhance our enjoyment. The story is set during the Old Kingdom period in the third millennium BC. The Egyptians have captured and enslaved Aida, an Ethiopian princess. An Egyptian military officer, Radamès, struggles to choose between his love for her and his loyalty to the Pharaoh. Meanwhile, the Pharaoh’s daughter Amneris is in love with Radamès.

Aida was composed by Verdi in 1870-1871 (Libretto by Antonio Ghislanzoni) for the opening of a new opera house, in Cairo, Egypt. We will be watching the 1992 performance filmed live at the Arena di Verona, a Roman amphitheater in Verona, Italy. Directed for TV and video by Gianni Casalino; produced by Gianfranco De Bosio using 1913 costumes and designs, conducted by Nello Santi.

Successful Aging: The Best Years of Our Lives

**Presenter:** Cat Sawaii, Tai Chi & Yoga instructor

**Date:** Friday, March 23

**Time:** 2:00-3:30

**Location:** Krauss 111

What is your secret to aging well and feeling happy? What do you do to embrace aging and handle the changes associated with growing older? Are you looking for alternative views to healthy aging or approaches to healthy living? If you decided you wanted to live to be 120 years old do you think you could? If we thought we could, would we manage our body and brain differently?

Develop healthier eating and lifestyle habits? What about habits of thought and behavior? How can we link physical and mental activities to promote health in body and mind and live with vitality?

Come to this interactive presentation and book reading by Cat Sawai of Kaimuki Body & Brain Yoga & Tai Chi Center for insights on these and other questions.

Asian Perspectives on the Origins of Modern Humans

**Presenter:** Christopher J. Bae, Ph.D., Professor of Anthropology, UH Manoa

**Date:** Tuesday, Apr 3, 2018

**Time:** 2:00-3:30 pm

**Location:** Krauss 111

As a result of recent technological advances and findings from multidisciplinary research teams working in different regions of the Asian continent, it appears the story of modern human origins is a great deal more complicated than traditionally thought. It is necessary to re-evaluate not just when and how humans left Africa (and how many times), but what happened once they arrived in Asia.

Did modern humans disperse throughout the world in a single wave about 60,000 years ago after evolved in Africa? If so, how do we explain modern human fossils found in southern and central China dated to between 70,000 and 120,000 years old? These and other questions such as modern Homo sapiens interbreeding with other hominins, such as Neanderthals and Denisovans will be explored.

Further, active field and laboratory projects from Guangxi, southern China that are contributing directly to the modern human origins debate will be described.
Valley of the Golden Mummies: The Bahariya Oasis, Mummies, Health and Disease in Ancient Egypt

Presenter: Robert J. Littman, M.Litt, PhD, Professor, UHM Classics, Director, Tell Timai Excavation
Date: Tuesday, Apr 10, 2018
Time: 2:00-3:30 pm
Location: Krauss 111

In 1996 a vast Greco-Roman-Egyptian cemetery was discovered in the Oasis of Bahariya, Egypt, 250 miles into the Sahara Desert. Approximately 34 tombs have been excavated from this area. There are estimated to be 10,000 mummies present at this site. This illustrated lecture will discuss the site, the role of mummies in Greco-Roman Egypt, life expectancy and health. Prof. Littman is part of the Egyptian Mummy Project, which is studying the health and disease of the mummies of Egypt, using CT Scans and other methods.

Genealogy Workshop: Write Your Own History

Instructor: Lenore Hansen-Stafford
Dates: Friday, April 13
Time: 1:00 to 3:00 pm
Location: Krauss 113B

Learn to write your own personal history starting with a time line and a one-page narrative. What do you want people to know about you? Where do you want to start? Is there a specific part of your life you wish to cover/remember? You could break it up into your school years, life after school, marriage years, etc. One-pagers can help you define any section of your life or of anyone. Writing one-page profiles is a good way to start a family history. Come join this workshop by Lenore Hansen-Stafford, long-time active member of the Honolulu County Genealogical Society.

Amazon River with Maria Lowder

Presenter: Maria Lowder, World Traveler
Date: Tuesday, Apr 24, 2018
Time: 2-4pm
Location: Krauss 111

In this travelogue, Maria shares her experiences gained through her two trips to the Amazon, the second longest river in the world, and the largest in terms of the size of its watershed, the number of tributaries, and the volume of water discharged into the sea. No bridge crosses the river along its entire length. The Amazon and its tributaries flow through the countries of Peru, Bolivia, Venezuela, Colombia, Ecuador, and Brazil before emptying into the Atlantic Ocean 6, 437 kilometers (4,000 miles) from the Amazon's headwaters high in the Andes mountains of Peru. This huge watershed includes the largest tropical rainforest in the world as well as areas of dry grassland, or savannah.

We will first explore the upper Amazon. We fly into Iquitos and head upriver to remote lodges including the Ceiba Tops Lodge. This gives us an opportunity to do the canopy walk, 10 stories high in the trees and to see birds, monkeys and other wildlife that live in the treetops. We visit the Yagua village where villagers demonstrate their lifestyle. Then we board a river boat to explore below Iquitos to see life along the river. We see the confluence of the Amazon and Rio Ucayali rivers 2400 miles from the delta. The river is navigable to large vessels all the way to Iquitos. We also visit the Pacaya-Samira Reserve which allows us to see a lot of wild life. Later we fly to Manuas which is situated near the confluence of the Negro and Solimoes rivers, the most populous city in the Brazilian Amazon. We will call at various towns along the way, finally reaching the Atlantic Ocean.

SPRING 2018 KEY DATES & EVENTS

- Dec 22: Catalog emailed to members
- Dec 26: Catalog posted online; Online registration begins
- Dec 27-28: Catalogs mailed
- Jan 2-5: Help with online registration available in OLLI office
- Jan 8: Processing of online and mailed registration begins
- Jan 15: Confirmation of class enrollment
- Jan 22: Classes begin
- Feb 19: Presidents’ Day (Observed)
- Mar 26-30: Spring Break (No Classes)
- Apr 27: Last Day of Spring Classes
Special Interest Groups

Though long-time OLLI-UHM members have known Writer’s Circle as a class, and the Book Club as a Special Event, they are in fact what other OLLIs in the Osher Lifelong Learning Institute Network call Special Interest Groups (SIGs). Special Interest Groups offer a way to pursue interests with other like-minded OLLI members. They meet on a regular schedule, usually 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.

The important distinction is that SIGs are member facilitated. OLLI SIGs are independent and self-managed with members deciding when they will meet and planning how the group will function. Initially, 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

Dates: Meets alternate Tuesdays starting January 23rd
Time: 1 - 3pm
Location: Krauss 03, 12, and 113-B*
Enrollment limit: 6 only

In this peer circle of serious writers, we take turns informally reading our own work for reaction and comment. You will have a chance to submit work on a regular basis. Enrollment in Writer’s Circle is limited. Previous participants will be given first preference.

Raja Yoga: Integrating Body, Mind, and Spirit

Instructor: Gita Kar, Practitioner of Satyananda Yoga.
Dates: Wednesdays Jan 24, 31, Feb. 7, 14, 21, 28
Time: 9:30 am - 11:30 am
Location: Krauss 113-B
Enrollment limit: 8-10 only.

Raja Yoga is a system of transformative health practices that integrate the physical, mental and spiritual energies of the practitioner. In this workshop, we practice breathing techniques, do simple body movements to help relieve and manage physical discomfort, and learn to enhance energy and enjoy the effects of meditation and relaxation to reduce stress levels. Although the activity in this class is not especially strenuous, it is important to have good range of motion and moderate flexibility. Please wear comfortable clothing to class.

OLLI Book Club & Reading Discussion Group

Dates: Fridays, Jan 26, Feb 23, Mar 23, and Apr 20
Time: 1:30 - 3pm
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 Spring Term will resume Fri. Jan 26. Please come prepared to discuss the classic book, Invisible Man, by Ralph Ellison at the first session. Books for the rest of the spring will be chosen by the group at each meeting. We strive to select books available in libraries on Oahu.

Food For Thought SIG

Dates: Thursdays Feb 1, 8, 15, 22, Mar 1, 8, 15, 22
Time: Noon to 1 pm
Location: Krauss 112

After the new course on delicious geography, stay and continue our ongoing exploring and sharing of thoughts, experiences, and discoveries of food past and present. 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? Which do you want to pass on? Have you written them down yet? Where did you eat last night? Should we go? Let us know!

A Call for OLLI Instructors

Help OLLI GROW!

OLLI-UHM is seeking individuals to present courses and events for Summer and Fall 2018.We need additional instructors and facilitators (e.g., discussion leaders, moderators) so we can 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 any qualified individual(s) who might be? If so, please contact OLLI Director, Carole Mandryk at 956-8224, mandryk@hawaii.edu
### Classes at a Glance By Day of the Week

**MONDAY CLASSES**

<table>
<thead>
<tr>
<th>Course</th>
<th>Instructor</th>
<th>Time</th>
<th>Start Date</th>
<th>#wks</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Women Film Directors</td>
<td>Nance</td>
<td>9:30-12:30</td>
<td>22-Jan</td>
<td>12</td>
<td>111/112</td>
</tr>
<tr>
<td>More Breathless Moments</td>
<td>Anderson</td>
<td>2:00-4:00</td>
<td>22-Jan</td>
<td>8</td>
<td></td>
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<tr>
<td>Facebook for Seniors</td>
<td>Scoffil</td>
<td>2:00-4:00</td>
<td>22-Jan</td>
<td>4</td>
<td>111 or 113B</td>
</tr>
<tr>
<td>CSS Faculty Lecture Series</td>
<td>Assorted</td>
<td>4:00-5:15</td>
<td>29-Jan</td>
<td>6</td>
<td>111</td>
</tr>
<tr>
<td>Explorations in Drawing</td>
<td>Fedorov</td>
<td>10:00-1:00</td>
<td>29-Jan</td>
<td>6</td>
<td>Sakamaki 204</td>
</tr>
<tr>
<td>NIFI Forum: Climate Choices</td>
<td>Foley</td>
<td>2:00-4:00</td>
<td>26-Feb</td>
<td>1</td>
<td>111</td>
</tr>
<tr>
<td>A Year in Nepal</td>
<td>Hall</td>
<td>2:00-4:00</td>
<td>5-Mar</td>
<td>2</td>
<td>111</td>
</tr>
<tr>
<td>Blame It On Eve</td>
<td>Sowers</td>
<td>10:00-12:00</td>
<td>12-Mar</td>
<td>6</td>
<td>113B</td>
</tr>
<tr>
<td>Aida w/ Jim Becker</td>
<td>Becker</td>
<td>2:00-5:00</td>
<td>19-Mar</td>
<td>1</td>
<td>111</td>
</tr>
<tr>
<td>Classical and Modern Physics</td>
<td>Chou</td>
<td>2:00-4:00</td>
<td>2-Apr</td>
<td>4</td>
<td>111</td>
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**TUESDAY CLASSES**

<table>
<thead>
<tr>
<th>Course</th>
<th>Instructor</th>
<th>Time</th>
<th>Start Date</th>
<th>#wks</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bollywood Cinema</td>
<td>Kar</td>
<td>3:00-5:00</td>
<td>16-Jan</td>
<td>5</td>
<td>111/offset</td>
</tr>
<tr>
<td>The Akamai Kupuna Cares</td>
<td>Lee</td>
<td>10:00-11:30</td>
<td>23-Jan</td>
<td>1</td>
<td>111</td>
</tr>
<tr>
<td>Writer's Circle SIG</td>
<td>Ching</td>
<td>1:00-3:00</td>
<td>23-Jan</td>
<td>6</td>
<td>3, 12, 113B</td>
</tr>
<tr>
<td>AARP Tax-Aide Program</td>
<td>Higashi</td>
<td>10:00-11:00</td>
<td>30-Jan</td>
<td>1</td>
<td>111</td>
</tr>
<tr>
<td>Walking Through Tsavo</td>
<td>Hall</td>
<td>10:00-12:00</td>
<td>6-Feb</td>
<td>1</td>
<td>111</td>
</tr>
<tr>
<td>Mindful Multitasking</td>
<td>Chai</td>
<td>10:00-11:00</td>
<td>13-Feb</td>
<td>1</td>
<td>111 or 112</td>
</tr>
<tr>
<td>Islamic Miniatures</td>
<td>Klobe</td>
<td>2:00-3:30</td>
<td>27-Feb</td>
<td>4</td>
<td>111</td>
</tr>
<tr>
<td>How to Take Better Photos</td>
<td>Critef</td>
<td>10:00-12:00</td>
<td>3-Apr</td>
<td>4</td>
<td>TBA</td>
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<tr>
<td>Origins of Modern Humans</td>
<td>Bae</td>
<td>2:00-3:30</td>
<td>3-Apr</td>
<td>1</td>
<td>111</td>
</tr>
<tr>
<td>Valley of the Golden Mummies</td>
<td>Littman</td>
<td>2:00-3:30</td>
<td>10-Apr</td>
<td>1</td>
<td>111</td>
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<tr>
<td>Thai Dyed</td>
<td>Zucker</td>
<td>2:00-3:30</td>
<td>17-Apr</td>
<td>1</td>
<td>111</td>
</tr>
<tr>
<td>Amazon River</td>
<td>Lowder</td>
<td>2:00-4:00</td>
<td>24-Apr</td>
<td>1</td>
<td>111</td>
</tr>
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**WEDNESDAY CLASSES**

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<tr>
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<th>Time</th>
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<th>#wks</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introductory Tai Chi</td>
<td>Kolke</td>
<td>10:00-11:00</td>
<td>24-Jan</td>
<td>12</td>
<td>Hem 201/208</td>
</tr>
<tr>
<td>Culinary Cinema XV: Bogart</td>
<td>Sheeran</td>
<td>3:00-6:00</td>
<td>24-Jan</td>
<td>4</td>
<td>111/112</td>
</tr>
<tr>
<td>Polygamy, Peyote, et al</td>
<td>Schepner</td>
<td>10:00-12:00</td>
<td>24-Jan</td>
<td>6</td>
<td>111</td>
</tr>
<tr>
<td>Raja Yoga SIG</td>
<td>Gita</td>
<td>9:30-11:30</td>
<td>24-Jan</td>
<td>6</td>
<td>113B</td>
</tr>
<tr>
<td>The Future is Now</td>
<td>Nance</td>
<td>1:45-4:45</td>
<td>31-Jan</td>
<td>8</td>
<td>111</td>
</tr>
<tr>
<td>Shakespeare's Works</td>
<td>Johnson</td>
<td>2:00-4:00</td>
<td>7-Feb</td>
<td>6</td>
<td>111/112</td>
</tr>
<tr>
<td>Chinese Filmic</td>
<td>Ning</td>
<td>10:00-1:00</td>
<td>28-Feb</td>
<td>4</td>
<td>Moore 109</td>
</tr>
<tr>
<td>Aging and Dying with Dignity</td>
<td>Lenzer/Merchant</td>
<td>10:00-12:00</td>
<td>14-Mar</td>
<td>6</td>
<td>113B</td>
</tr>
<tr>
<td>OLLI Adventure Hikes</td>
<td>Hall</td>
<td>TBA</td>
<td>14-Mar</td>
<td>6</td>
<td>offsite</td>
</tr>
<tr>
<td>The French Revolution</td>
<td>Zink</td>
<td>10:00-12:00</td>
<td>14-Mar</td>
<td>6</td>
<td>111</td>
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**THURSDAY CLASSES**

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<thead>
<tr>
<th>Course</th>
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<th>Time</th>
<th>Start Date</th>
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<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 B's Plus 3</td>
<td>Hesse</td>
<td>1:00-4:00</td>
<td>25-Jan</td>
<td>6</td>
<td>111/112</td>
</tr>
<tr>
<td>Delicious Geography</td>
<td>Fuller</td>
<td>10:00-12:00</td>
<td>1-Feb</td>
<td>8</td>
<td>111</td>
</tr>
<tr>
<td>Food For Thought 5 SIG</td>
<td>Mandryk</td>
<td>12:00-1:00</td>
<td>1-Feb</td>
<td>8</td>
<td>112</td>
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<tr>
<td>Irresistible Resist</td>
<td>Schuster</td>
<td>10:00-11:00</td>
<td>8-Feb</td>
<td>1</td>
<td>offsite</td>
</tr>
<tr>
<td>Shakespeare and Friends</td>
<td>Hesse</td>
<td>1:00-4:00</td>
<td>8-Mar</td>
<td>6</td>
<td>111/112</td>
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**FRIDAY CLASSES**

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<tr>
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<th>Instructor</th>
<th>Time</th>
<th>Start Date</th>
<th>#wks</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regional Geography: Asia</td>
<td>Pometta</td>
<td>1:00-3:00</td>
<td>26-Jan</td>
<td>8</td>
<td>111</td>
</tr>
<tr>
<td>Roles of Women and Men</td>
<td>Young</td>
<td>10:00-12:00</td>
<td>26-Jan</td>
<td>6</td>
<td>111</td>
</tr>
<tr>
<td>OLLI Book Club SIG</td>
<td>Rayson</td>
<td>1:30-3:00</td>
<td>26-Jan</td>
<td>4</td>
<td>113-B</td>
</tr>
<tr>
<td>Life Writing Workshop</td>
<td>Rayson</td>
<td>1:30-3:00</td>
<td>2-Feb</td>
<td>6</td>
<td>112</td>
</tr>
<tr>
<td>New Hope for Alzheimer’s</td>
<td>Mee-Lee</td>
<td>10:00-12:00</td>
<td>16-Mar</td>
<td>1</td>
<td>111</td>
</tr>
<tr>
<td>Successful Aging</td>
<td>Sawai</td>
<td>2:00-3:30</td>
<td>23-Mar</td>
<td>1</td>
<td>111 or 112</td>
</tr>
<tr>
<td>Great Naturalists</td>
<td>Sheeran</td>
<td>10:00-12:00</td>
<td>6-Apr</td>
<td>4</td>
<td>111</td>
</tr>
<tr>
<td>Genealogy Workshop</td>
<td>Hansen-Stafford</td>
<td>1:00-3:00</td>
<td>13-Apr</td>
<td>2</td>
<td>113B</td>
</tr>
</tbody>
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Membership and Course Enrollment Registration Form Spring 2018
Each registrant should complete a separate form. Membership fees are non-refundable.

CONTACT INFORMATION
Name: ____________________________________
Address: ___________________________________
City: ________________________________ Zip Code: __________
Phone: ____________________________________________________
Email: _________________________________________________

Emergency Contact:
Name: ________________________________________________
Phone: _______________________________________________

If you have questions about membership, call our office at 956-0654.

PAYMENT INFORMATION
A $60 Term Membership entitles you to enroll in up to three courses, as well as up to three special events or SIGs. Once registration is complete, you may be admitted to additional course or events on a space-available basis. SIGs do not count towards course total but one must be a member to join a SIG.

Please make $60 membership check payable to: UH Foundation #123-0790-4 (OLLI).

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Indicate your choices below (no check marks or X’s please!). For COURSES indicate at least five choices using numbers to indicate your priority e.g., 1 for first choice, 2 for second, 3 for third, etc. For SPECIAL EVENTS and SIGs use letters to indicate your priorities, e.g., “A” for first choice, “B” for second, etc.

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Remove the completed form (or print if you are viewing this on the website) and mail your completed registration membership form with your check to: Osher Lifelong Learning Institute, PMB #460, 2440 Campus Road, Honolulu, HI 96822 or drop off at the OLLI Office, Krauss Hall 113, across Dole Street from the UH Law School.
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OLLI members helping with Spring 2017 mail out
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/

Find an Osher Institute Near You
Getting to OLLI-UHM

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

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

How to get to UH on the free Rainbow Shuttle:
http://manoa.hawaii.edu/commuter/rainbowshuttle.html

UHM Rainbow Shuttles

UHM Rainbow Shuttles start running 6:30-7:00am. The last shuttle on most routes leaves Varney Circle at 5:45pm. Check route maps online to see if they offer you a viable alternative to driving or the bus.

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 Shuttle Routes

F1 - Mānoa Express Route begins at Manoa Faculty Housing
JM1 - Japanese Cultural Center/Mo‘ili‘ili Express Route begins at Japanese Cultural Center.
M1 - Makiki Express Route begins at Metcalf St/University St starting at 6:30am. No M1 shuttle between 12:30pm - 2:30pm
W1 - Wai'alae Avenue Express Route begins at Koko Head.

Tips: For Routes F1 and JM1, 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.

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. 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, Saturdays and 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, 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.

For more information on getting to and around the UHM campus, visit: www.manoa.hawaii.edu/commuter.
Lifelong Learning for adults 50+
Spring Term Classes begin Jan 22, 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!!