Course Catalog
Fall 2019
Sep 15-Dec 6

Educational courses & events for adults 50+
www.cher.socialsciences.hawaii.edu

Learn for the love of it!
Welcome to Fall 2019

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 excited to offer 40 NEW courses and events, and welcome 15 NEW instructors and presenters to the OLLI family this Fall!

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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 2019 Key Dates

Aug 30: ONLINE REGISTRATION BEGINS
Aug 30 – Sep 6: Help with online registration available in OLLI office
Sep 8: OLLI Open House
Sep 10: Confirmation of class enrollment
Sep 15: CLASSES START
Nov 11: Veterans’ Day. No classes
Nov 28-29: Thanksgiving Break. No classes
Dec 6: Last Day of Fall Classes
OLLI Course Descriptions

MULTI-DAY SERIES

1. Climate Action Series: Continued Pathways to Hope and Action

**Dates:** Sundays, Sep 22, Oct 20; Friday, Oct 18
**Time:** Varies, see below
**Location:** Sep 22 - Art Building Auditorium, Rm 112: Oct 18, 20 – Krauss Hall 111

1a. Climate Change Is Worse Than You Think But Still Fixable. Let’s Prove It, Help Us Plant 10,000 Trees In One Day! Camilo Mora, Ph.D.
**Sunday, Sep 22 - Time:** 2:00 – 3:30 pm
**Location:** Art Building Auditorium, Rm 112
**FREE and Open to the Public. Bring your friends!**

Ongoing emission of greenhouse gases is triggering multiple climatic changes with devastating consequences. Every year our carbon emissions are higher than the year before. The ultimate solution to climate change is carbon neutrality: when our CO2 emissions are equal to the emissions removed. The Carbon Neutrality Challenge provides a mechanism for people like you or me to become Carbon Neutral, and have fun along the way: 1) calculate how much CO2 you generate, 2) estimate the number of trees necessary to sequester those emissions, 3) plant the trees, and 4) climate change solved! Let’s make Hawai‘i the first Carbon Neutral place in the world – where climate change starts to be fixed for real! Come learn how you can be part of the climate change solution and plant trees with the Mora Carbon Neutrality Team.

Camilo Mora, Ph.D. is an Associate Professor at the University of Hawai‘i at Mānoa. His work on climate change has been showcased in The New York Times, The Washington Post, Newsweek, Time, and Fortune, among many others. He is the author of over 65 scientific publications, three of which have been among the top 100 science stories in the world in 2017, 2013, and 2011

1b. Art & Climate Workshop. Michelle Schwengel-Regala
**Friday, Oct 18 – Time:** 2:00 – 4:00 pm
**Location:** Krauss 111
**Enrollment Limit:** Limited to 16

Climate change can be a tough topic to really grasp. Many artists have found that art can be especially effective in raising awareness about climate change. Humans are wired to form connections through sensory perception. Art can motivate and provoke people. Because people respond emotionally to art, it can open people’s minds to new ways of thinking and feeling about information they previously dismissed as too abstract to be relevant to them. In this workshop you will hear about the work of Michelle Schwengel-Regala (who spoke to us in 2018 about her exhibit Frozen, Floating, inspired by an expedition to the freezing waters of the South Pole), and have an opportunity to contribute to a new ongoing project of hers as well as consider ways to create your own artistic response to climate change.

Michelle Schwengel-Regala is a scientific illustrator and fiber artist who 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.

1c. Climate Awareness Open House. Russanne Low
**Sunday, Oct 20 - Time:** 2:00 – 4:00 pm
**Location:** Krauss Hall Room 111/112

At this Climate Open House we will share art and other creative works from the Oct 18 workshop and other related OLLI courses. Artists, creators, and scientists will be on hand to discuss and inform and inspire. And you will one last chance to sign up to plant trees with Camilo Mora and his Carbon Neutrality Team.

SUNDAY CLASSES

2. Exploring the Converging Paths of Religions

**Instructor:** Saleem Ahmed, PhD
**Dates:** Sundays Sep 15, 22, (no class Sep 29), Oct 6, 13
**Time:** 2:00 – 4:00 pm
**Location:** Krauss 112

Is each religion like a tree in the forest, taking up space, resources, and competing with other trees while also sharing through recycling and other natural processes? Or is it like a branch of a tree, sharing resources with other branches and contributing to the overall growth and nurturing of the mother tree? This is going to be a highly-participatory class, with all students expected to share ideas, concerns, and perspectives.

As founder-president of the All Believers Network (Belnet), which has had individuals from 19 monotheistic, polytheistic, nature-loving, and agnostic philosophies on its board, Saleem will share his own learning through this experience and encourage students to share theirs.

Born in India and raised in Pakistan, Saleem earned an M.S. in geology from the University of Karachi in 1961, 3
and a Ph.D. in Soil Science from the University of Hawai‘i in 1965. Dismayed by how extremists were unwittingly maligning Islam by their incomplete knowledge of the religion, Saleem has spent three decades researching the religion.

3. OLLI Sunday Matinees

**Presenter:** Tom Sheeran  
**Dates:** Sundays, Sep 29, Oct 27, Nov 24  
**Time:** 2:00 – 5:00 pm  
**Locations:** Krauss 111.

This fall we introduce a new series at OLLI, based on the movie matinees that many of us remember from days gone by. We won’t have newsreels, cartoons, or serials, but there is free parking on the UH Campus on Sundays to make things more convenient. The films will start at 2 pm and be over before dark, so they won’t interfere with your brunch or dinner plans. To align with the OLLI-sponsored tour to Spain and Portugal scheduled for next April-May, we will begin the Sunday Matinee series with films set in that region.

**Sep. 29 - El Cid (1961).** A spectacular Hollywood epic starring Charlton Heston and Sophia Loren, with Christians battling Moors in Medieval Spain. The historical accuracy is questionable, but who cares when a film has top stars, lavishly colorful costumes, brilliant cinematography, and wonderful music. No, they really don’t make them like this anymore! 3 hours.

**Oct 27 - Cities of Light (2007).** An excellent documentary about the era of tolerance and culture in Al Andulus, Moorish Spain, during the Middle Ages. 2 hours.

**Nov 24 - Vicky Christina Barcelona (2007).** From director Woody Allen, with Javier Bardem, Scarlett Johansson, and Penelope Cruz (who took home and Oscar for her role), this contemporary romantic comedy co-stars the wonderful city of Barcelona. 96 min.

4. Art and Consciousness

**Instructor:** Dieter Runge  
**Dates:** Sundays, Oct 6, 13, 20, 27, Nov 3, 10  
**Time:** 10:00 am – 12:00 pm  
**Location:** Krauss 112.

This class delves into the artistic process; what happens when we make art? How do we connect into the depth of our psyche? How do we transform our experiences into art? How do we raise our consciousness through creating as well as contemplating on art? We will talk and we will create. No previous skills are necessary. We will trust the process.

Dieter Runge has taught many classes at the Osher Lifelong Learning Center between 2001-2008 while he completed Bachelors in Psychology, Art, and a Masters of Fine Art at UH. Dieter is on the board of directors of the Honolulu Printmakers and served as their director in 2013/14. He prints; paints; creates fashion; makes music; gardens; practices/teaches taiji/qigong, yoga and ayurvedic cooking; and is almost finished with his rock’n roll memoir.

5. Transform Stress into Vitality: The Inner Smile & Six Healing Sounds

**Instructor:** Dieter Runge  
**Dates:** Sundays, Oct 6, 13  
**Time:** 12:30 – 2:30 pm  
**Location:** Krauss 111

As a musician in 1980s New York, I needed to find a teacher and signed up for a meditation class that included the *Inner Smile* and the *Six Healing Sounds*. It was the healing sounds that pulled me to sign up for this particular class. Mantak Chia became my first teacher and this class was the beginning of a 40-year long study and practice of taiji, qi-gong, meditation, yoga, and ayurvedic cooking.

The inner smile and healing sounds can be practiced sitting down and are as powerful as they are simple. The healing sound relate to our organs and emotions, and are especially useful to practice before going to sleep to help calm down, relax, and find better sleep. The inner smile can be practiced anywhere, anytime. Almost 40 years later, I practice the healing sounds every evening before sleep.

6. Made in Blockaded Berlin

**Instructor:** Dieter Runge  
**Dates:** Sundays, Oct 20, 27, Nov 3, 10  
**Time:** 12:30 – 2:00 pm  
**Location:** Krauss 112

From the beginning of the Cold War to the punk rock explosion, 1948-1980, this pop cultural journey begins in blockaded Berlin. We will touch on major topics like, “Does the chewing gum loose its flavor on the bedpost overnight?” and “Jesus died for somebody’s sins, but not mine.” Themes include political engagement, ‘Berufsverbot’, Arthur Rimbaud, rock’n roll, controversy, and diversity. Dieter will read from his memoir, talk about his experiences, play music, and show videos. Take a Walk on the Wild Side!
MONDAY CLASSES

7. Secrets: The Heart Of The Story

Instructor: Sue Nance, Amer. Studies, BA, MA, ABD  
Dates: Mondays, Sep 16, 23, 30, Oct 7, 14, 21, 28, Nov 4 (no class Nov 11), 18, 25, Dec 2  
Time: 9:30 am - 12:30 pm  
Location: Krauss 112 and 111

A key to great drama has always been some kind of secret, anchoring characters to action, protecting the secret from exposure, while we (the lucky audience) sit in the dark, knowing and waiting for that very moment. We will look at a number of films, both comic and dramatic, which frame this notion of secrecy and knowledge. Some of our films will be Secrets and Lies, The Last Black Man in San Francisco, The Farewell, The Reader, The Wedding Banquet, and others. As usual, our discussions will be, hopefully, the highlight for us.

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, 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.

8. Smart Games

Instructors: Uyanga Batzogs and Tyran Terada  
Dates: Mondays, Sep 16, 23, 30, Oct 7  
Time: 10:00 – 11:30 am  
Location: Krauss 113B

Do you want to have fun and become smarter by playing various games? Want to have fun things to do when your friends and family visit you? Then we invite you to our smart games class. We use board games and cards from Korea and Europe, which make these games unique from typical board/card games common in America. They test speed, critical thinking, math, and other important factors in intellectual building. More than that though, they’re fun! People genuinely enjoy playing them and they are a great way to meet new people and make friends.

Uyanga is from Mongolia where she founded Quality Life, a non-profit in Ulaanbaatar that started Mongolia’s first senior center which uses board games as its main socializing and learning tool. Uyanga is a graduate of Shidler Business school currently pursuing her PhD degree in Social Welfare at UH to follow her passion to create new services and opportunities for seniors and families via social entrepreneurship. Tyran was born in Hawai‘i and is a second year PhD student in the social welfare program at the University of Hawai‘i. His research interest focuses on developing interventions that enhance the relationship between older adults and their physical and social environments.

9. Poetry Writing Workshop

Instructor: Dana Anderson, BA, MA, English & American Lit.  
Dates: Mondays, Sep 16, 23, 30, Oct 7, 14, 21  
Time: 2:00 – 4:00 pm  
Location: Krauss 113B  
Text: A Poetry Handbook, by Mary Oliver

This workshop requires prior participation in one of Dana’s classes or demonstrable previous experience with writing poetry. In addition to the textbook, poems will be duplicated and provided by the instructor for class use. We will read poems by selected contemporary poets. We will look at them in terms of how they are put together, exploring sound, line, length, rhythm, and the bones of poetry – tone and voice. We will also read lyric, narrative, and maybe longer poems, and peruse free verse. Students will learn by writing. As we consider and are inspired by various genre and different forms of poetry, students will be asked to write two pieces of their own a week. Students should come to the first class with 2 short original poems, no more than 8 or 10 lines long. The continuing text for the course, A Poetry Handbook, by Mary Oliver, Mariner Books; 1st edition (1994) is available in the Hawai‘i State Library System, for purchase on Amazon ($9.48), or slightly more in person at Barnes & Noble.

Dana Anderson returned home to Hawai‘i after a career of teaching English and directing theatre in Massachusetts and owning a bookstore on Martha’s Vineyard. Thanks to a colleague, she found OLLI and after a brief gasp of retirement, returned with joy to teaching. She is a poet and currently is writing a full-length play.

10. The World of Meditation

Instructor: Richard Bradshaw MA, Asian comparative religions, PhD, Social Psychology  
Dates: Mondays Oct 21, 28, Nov 4, (no class Nov 11), Nov 18, 25, Dec 2  
Time: 2:00 – 3:30 pm  
Location: Krauss 112

This course focuses on various kinds of meditation and how meditation in general relates to everyday life. Meditation will be seen not only as a method of attaining peace and tranquility but as a means to increase one’s ability to be more lucidly perceptive of one’s daily
experiences. Each class will consist of short introductory comments on some meditational discipline, a documentary of between twenty to fifty minutes on said discipline, class discussion, and finally practicing the meditation, usually for about ten to fifteen minutes, though this is negotiable depending on students’ wishes. Documentaries will focus on founders, meditational strategies and methods, and the particular ‘wisdom’ each meditational discipline considers important for the practitioner. The initial class is of a ‘generic’ nature consisting of a fifty-minute documentary on what ‘enlightenment’ means in this modern day and age and will provide a valuable framework for the meditations that are to follow in subsequent classes.

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, shortly after returning to Hawai’i from Japan.

**TUESDAY CLASSES**

**11. New Zealand: An Island in Time**

**Instructor:** Richard Gould, PhD, RPA, Prof. Emer., Anthropology, Brown University  
**Dates:** Tuesdays, Sep 17, 24, Oct 1, 8  
**Time:** 10:00 am - 12:00 noon  
**Location:** Krauss 111  

- **Sep 17** - Fire and Ice: The Land No One Expected  
- **Sep 24** - Survivors Aboard 'Life Raft Zealandia'  
- **Oct 1** - Here They Come: The Human Settlement of New Zealand  
- **Oct 8** - New Zealand's Path to the Present

**12. Introduction to Islam**

**Instructor:** Matiullah Joyia  
**Dates:** Tuesdays Sep 17, 24, Oct 1, 8, 15, 22, 29, Nov 5  
**Time:** 10:00 – 12:00 noon  
**Location:** Krauss 112

Objective: The participant will get to know the basics of the religion and culture, comparing it with other religions, and discussing in particular issues that are of much interest in modern discussions - jihad, position and status of woman in Islam, etc. Particular emphasis will be placed throughout on discussing how Islam views other religions in the world, especially its relationship with Christianity and Judaism, with a view to advancing understanding and promoting informed dialogue.

- **Sep 17** - The Holy Quran  
- **Sep 24** - The Hadith and Sunnah [Sayings and Practices of the Holy Prophet]  
- **Oct 1** - Life of Muhammad  
- **Oct 8** - Brief History of Islam  
- **Oct 15** - Origin and Main Islamic Sects  
- **Oct 22** - Basic Tenets of Islam  
- **Oct 29** - Moral Teachings  
- **Nov 5** - Rites and Rituals  
- **Nov 19** - Jesus and Mary in Islam  
- **Nov 26** - Revelational and Rationality  
- **Dec 3** - Islam in the Current World

Born in Pakistan and raised in Canada, Matiullah earned his Shahid degree in theology from the Ahmadiyya Institute of Islamic Studies of Canada in 2010. As part of his training as the minister of religion, Matiullah was sent to various parts of the world including Pakistan, India, Liberia, and Sierra Leone. He served as an Imam of the Ahmadiyya Muslim Community in the Marshall Islands for 5 years before being assigned to the Honolulu branch of the community.

**13. Is *Middlemarch* the Greatest English Novel?**

**Instructor:** Joe O’Mealy, PhD, Victorian Lit, Stanford; Emeritus Professor, English, UH Mānoa  
**Dates:** Tuesdays, Sep 17, 24, Oct 1, 8, 15, 22, 29, Nov 5  
**Time:** 2:00 pm – 4:00 pm  
**Location:** Krauss 112  
**Textbook:** Students need to purchase a copy of *Middlemarch*. Kindle/Nook versions OK.

We will be reading George Eliot's novel *Middlemarch* over 8 weeks. Published in 1872 in eight "Books" or segments, *Middlemarch*, classically long and panoramic, has often been cited as one of the greatest of Victorian novels, if not the greatest. Like the original Victorian readers, we will read one "Book" at a time (approximately 100 pages each week). Class format will be discussion with occasional lecturing. For the first meeting, please be sure to have already read "Prelude" and "Miss Brooke." Students don't need to have read any other Victorian novels. This is not a comparative course, even if the title might suggest that. More important is your love of reading and patience with an 800 page novel.

Joe O’Mealy taught in the English department at UHM from 1978-2013. He was also interim dean of the College of Languages, Linguistics, and Literature from 2001-2009. His fields of research and teaching include Victorian literature, contemporary drama, and 20th century fiction.
14. Natural History of Hawai’i and the Pacific

Instructor: Arthur Reed, Prof. Emeritus Zoology UHM
Dates: Tuesdays, Oct 1, 8, 15, 15, 22, 29, Nov 5
Time: 2:00 – 4:00 pm
Location: Krauss 111

This series of lectures will start with how the islands of the Hawai‘i were formed and continue to evolve. We will see how wind, weather, and waves are all interrelated, and discuss how other types of waves, tides, and tsunamis are formed. You will see how coral organisms grow and reproduce eventually forming the massive coral reefs that surround tropical islands and how these reefs evolve with the islands. We will look at some of the marine invertebrates and fish that live on and around the reef, how their form or anatomy is closely related to their function, and which ones are dangerous to us and to other organisms. We will examine how land plants and animals got to the Hawaiian Islands, which were endemic, indigenous, or introduced, and how humans altered the survival of these organisms.

Before retirement Art Reed was Professor of Zoology at the UHM campus. His interests were in coral reef biology, marine invertebrates, and marine education at the high school level. After retiring he became a group leader and lecturer in the Elderhostel/Roadscholar programs and developed a series of lectures on geology, meteorology, biology, and history of the Pacific and Hawai‘i. Art has thoroughly enjoyed presenting these topics to participants in over 100 cruise programs in Hawai‘i, Tahiti, Fiji, the Cook Islands, Palau, and Yap. The information is presented at a basic level and no prior knowledge is necessary.

15. The Intriguing World of Intelligence

Instructor: Peter Oleson
Dates: Tuesdays, Oct 15, 22, 29, Nov 5, 12, 19
Time: 10:00 – 12:00 noon
Location: Krauss 111

A six-session course of lecture and discussion covering: what is intelligence; who uses it and why; what are the many means of human spying and technical sources, such as satellite imagery and communications intercepts; the importance of analysis; important intelligence contributions that changed history; significant historical and recent covert actions by Russia, the US, and others; significant espionage cases and counterintelligence; cyber intelligence; and economic espionage.

Professor Peter Oleson has been an intelligence analyst, operations officer, systems developer, planner, the

16. Global Warming and Ocean Acidification: Today and in Deep Time

Instructor: Fred T. Mackenzie, Prof. Emeritus, UHM
Dates: Tuesdays, Nov 12, 19, 26, Dec 3
Time: 2:00 – 4:00 pm
Location: Krauss 111

Welcome once more to my class on issues involving our climate and environment. As a scientist and teacher over the years, I have always been interested in the bigger picture. In this class we shall deal mostly with a large-scale picture of global warming and ocean acidification. This approach requires synthesis of data from many fields and my personal insights into the modern issue of global warming and ocean acidification as tied to the climate and environment of the geological past (deep time). Emphasis in the class will be on the science of global warming (climate change) and the impacts of the warming on the United States.

We draw on publications of the U.S. Global Change Research Program (USGCRP) and the Intergovernmental Panel on Climate Change (IPCC) through mid-2019 and integrate these results with modern and deep time aspects of warming and ocean acidification from the volume by Fred T. Mackenzie and Andreas J. Andersson, The Marine Carbon System and Ocean Acidification during Phanerozoic Time (Geochemical Perspectives, 2013, Volume 2, Number 1, pages 1-227) and that by Wallace Broecker, CO₂, Earth’s Climate Driver (Geochemical Perspectives, 2018, volume 7, Number 2, pages 117-196. These volumes may be downloaded from http://www.geochemicalperspectives.org/online. Fred is the author or co-author of more than 300 scholarly publications including 7 books. His research interests include: modeling of the Earth surface system through geologic time; effects of rising CO₂ and temperature on coral/carbonate ecosystems; and implications of global warming for concepts of sustainability for Pacific Island nations and Hawai‘i. Fred is also an ardent athlete, lifetime traveler, trekker, and mountaineer.
17. Beyond Adaptation: Film Transformations

**Instructor:** Phyllis Frus  
**Dates:** Wednesdays, Sep 18, 25, Oct 2, 9, 16, 23  
**Time:** 9:30 am to 12:00 pm  
**Locations:** Krauss 111  
**Recommended Reading:** Beyond Adaptation: Essays on Radical Transformations of Original Works

We will explore films that go beyond adaptation to transform their sources in creative and imaginative ways, studying how these new, stand-alone creations critically engage their sources and contexts. We’ll pay particular attention to parody, revisions of fairy tales, and Shakespeare. Possible Shakespeare plays are *Othello*, transformed into *O; Romeo and Juliet*, revised as *West Side Story*; and *The Taming of the Shrew*, reborn as *Ten Things I Hate About You*.

**Sep 18** - *Splash*  
**Sep 25** - *The Piano*  
**Oct 2** - *O Brother Where Art Thou?*  
**Oct 9** - *Young Frankenstein*  
**Oct 16** - A Shakespeare play adapted as a film  
**Oct 23** - That play transformed

Phyllis Frus taught writing, American literature, women’s studies, and film studies for 25 years at institutions ranging from New York University, Hunter College, and the Juilliard School to Hawai’i Pacific University. She is co-editor of Beyond Adaptation: Essays on Radical Transformations of Original Works (McFarland, 2010).

18. Jack Kerouac & The Beat Generation

**Instructor:** Raymond Steiner, Ph.D., Philosophy  
**Dates:** Wednesdays, Sep 18, 25, Oct 2, 9, 16, 23  
**Time:** 10:00 am - Noon  
**Location:** Krauss 112  
**Enrollment limit:** 20

Jack Kerouac was a uniquely American phenomenon. His best-known novel, *On the Road*, is included in many serious anthologies of 20th Century American prose. Besides the innovative characteristics of his writing, Kerouac influenced succeeding generations and played a major part in shaping counter-culture ‘60s. It is my view that there is even more to Kerouac’s popularity and literary acceptance than his published works and that his passing signaled a fundamental change in the character of the country. Kerouac, along with three of his friends, Neal Cassady, Allen Ginsberg and William Burroughs, formed the heart of what became known as the Beat Generation. This course will offer a brief sketch of the Beats and this literary genre -- an introduction for some and a fond review for others.

Raymond Steiner earned a Ph.D. in Philosophy at the University of Hawai’i and taught Philosophy, Religion, ESL, and American Culture in Hawai’i, Japan, and Colorado. These days, he writes philosophical essays and short stories in a sci-fi context.

19. Culinary Cinema: Foodie Films

**Presenter:** Tom Sheeran  
**Dates:** Weds. Sep 18, Oct 16, Nov 13, Dec 4  
**Time:** 3:00 – 6:00 pm  
**Locations:** View films in Krauss 111. Map/directions to post-film restaurant sites will be provided.

This fall we return to our ‘roots’ – foodie films. There are difficult family dynamics in *Tortilla Soup* and the German comedy *Soul Kitchen*. The more serious and heartwarming dramas featuring Oscar winners (Meryl Streep) in *Julie and Julia* and (Helen Mirren) *Hundred Foot Journey* will provide more on-screen culinary treats.

Following each film, participants may choose to join the group for dinner at a local restaurant, where we will enjoy a meal together.


As in previous Culinary Cinema classes, post-film dinners will be held at local restaurants, locations to be announced. We aim for pleasant, quiet neighborhood places with reasonable prices and entrees under $25. Participants will pay on-site for their own meals and drinks. Please note: Seating at restaurants is limited to 24 and RSVPs are required for each session.

20. Introductory Tai Chi

**Instructor:** Ken Koike  
**Dates:** Wednesdays, Oct 9, 16, 23, 30, Nov 6, 13, 20, 27, Dec 4  
**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.

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

Instructor: Joel Merchant, Navigating the Journey
Dates: Wed, Oct 16, 23, 30, Nov 6, 13, 20, 27, Dec 4
Time: 9:30 am to 12:00 noon
Location: Krauss 113B Enrollment Limit: 12

New technologies and political circumstances have created more ambiguities regarding the issues and choices surrounding end-of-life, the definition of death, and how to deal with dying. Individuals who make an effort to become more informed about the options may be in a better position to influence events in their own lives and those of their loved ones. 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, and advanced directives; 3) review, discuss, and make decisions regarding advanced care in the areas above, as well as POLSTs, and advanced care planning options. Joel Merchant has long been involved in social, religious, political, community, and non-profit causes in Hawai’i, culminating in what he calls his final community outreach effort: organizing, participating in, and facilitating group conversations about end-of-life issues.

22. Five Shakespeare Plays

Instructor: Dave Johnson, BA Yale, JD Harvard Law
Dates: Wed, Oct 16, 23, 30, Nov 6, 13, 20
Time: 2:00 – 4:00 pm
Location: Krauss Hall 112

This course will give a brief introduction to Shakespeare's life and times, and then focus on five of his plays, spanning comedy, history, romance, and tragedy. Join us to discuss and enjoy them. No reading for the first class.

Oct 16 – Introduction: Shakespeare, His Place and Time
Oct 23 – Richard III
Oct 30 – Love's Labour's Lost

Nov 6 – Cymbeline (Prof. Valerie Wayne, guest speaker)
Nov 13 – Julius Caesar
Nov 20 – King Lear

All these plays should be available at libraries, individually and in Shakespeare collections. Recommended inexpensive editions are Penguin and Signet Classic. More detailed texts include Arden, Oxford and Norton Critical. Free online editions are found at opensourceshakespeare.org/; shakespeare.mit.edu/; shakespeare-online.com/plays/; and gutenberg.org/

Dave Johnson, a long-time Honolulu lawyer, has taught literature at OLLI-UHM for 23 years.

23. OLLI Adventure Hikes for the Fit Senior

Instructor: John B. Hall, Prof. Emeritus, Microbiology
Dates: Wednesdays, Oct 30, Nov 6, 13, 20, 27
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 Hawai‘i’s trails for over 40 years, and founded a local hiking group called “Solemates.” A life member of the Hawaiian Botanical & Hawai‘i Audubon Societies, John is also author of A Hiker’s Guide to Trailside Plants in Hawai‘i, and a long-time leader of hikes for OLLI-UHM. This fall David Frost and Mike Fujita will assist John in leading the hikes.

24. Counter Culture 60s

Instructor: Raymond Steiner
Dates: Wednesdays, Oct 30, Nov 6, 13, 20, 27
Time: 10:00 am - Noon
Location: Krauss 112

The keyword describing this class is FUN. We will look back at this unique time in our history through rose-colored glasses. Respectful attention will be paid to some of the negative aspects of the 60s, but we will not dwell on them.
Rather, we will celebrate those aspects of the culture that still fascinate us today: personal style, fashion, art, music, literature, communal living, religion, and spirituality. Class participation is encouraged, so please feel free to discuss your own ideas and experiences.

Raymond Steiner earned a Ph.D. in Philosophy at the University of Hawai‘i and taught Philosophy, Religion, ESL, and American Culture in Hawai‘i, Japan, and Colorado. These days, he writes philosophical essays and short stories in a sci-fi context.

25. Meditation: Here and at Home - A Take-out Menu

Instructor: Michael Zucker, former Peace Corps volunteer, Thailand Group 10
Dates: Wednesdays Nov 13, 20, 27, Dec 4
Time: 2:00 pm – 3:30 pm
Location: Krauss 113B
Enrollment Limit: 10

This course will provide easy meditation instructions followed by discussion and conversation. We'll talk about different styles of meditation and how to put them to use in daily life. The goal is for participants in this course to feel they have acquired a skill that is useful in their lives, whether simply as a method to relax or de-stress, or as a means to better understand how we make choices and decisions in our lives.

Michael first encountered Buddhist meditation while serving in the Peace Corps in Thailand in 1966. He began a regular meditation practice shortly after that and has used a variety of different styles in his own practice, as taught by different teachers from Asia and the US. While the basis of Michael's meditation experience has been primarily Buddhist, this is not a course in religion.

26. Global Issues in the Age of Trump

Instructor: Robert Weiner, PhD, Professor Emeritus, Political Science UMB.
Dates: Thursdays Sep 19, 26, Oct 3, 10, 17, 24
Time: 10:00 – 11:30 am
Location: Krauss 111

Students will learn that the ability of the international community to deal with global issues takes place within the framework of the forces of globalization in an international system whose structure consists of both state and non-state actors. An emerging multipolar system is marked by the decline of the US, the rise of China, the recovery of Russia, and rogue states such as Iran and North Korea. While states are the primary actors in the international system, the phenomenal growth of such non-state actors as international organizations, non-governmental organizations, and multinational corporations contributes to the complexity of the international system. Topics covered will include:

- Sep 19 - The Liberal International Order
- Sep 26 - Population, Natural Resources, and Climate Change
- Oct 3 - The Global Political Economy
- Oct 10 - Women and Gender Equality
- Oct 17 - War and Peace
- Oct 24 - Ethics and Values

The class will consist of both lectures and discussions. Students will have the option of reading suggested articles from major foreign policy journals such as Foreign Affairs, Foreign Policy, The National Interest, and Current History.

Prof Weiner is an Associate Lecturer in the Global Affairs Program, U Massachusetts/Boston, Center Associate, Davis Center for Russian and Eurasian Studies, Harvard University, and author or editor of eight books, including the 34th edition of *Global Issues*, McGraw-Hill, 2019.

27. In Concert

Instructor: Jim Hesse, Musician, Actor
Dates: Thursdays Sep 19, 26, Oct 3, 10, 17, 24
Time: 1:00 – 4:00 pm
Location: Krauss 111

Sep 19 - Three Tenors. Jose Carraras, Placido Domingo and the incomparable Luciano Pavarotti in their first concert.


Oct 3 - Centennial Gala of The Metropolitan Opera in 1983 including many famous arias, choruses, and ballets from the Met’s stars of the 50s, 60s and 70s conductors include Bernstein, Bonyng, et al..

Oct 10 - Gustavo Dudamel. Live from Salzburg with the Simon Bolivar Youth Orchestra of Venezuela with Martha Argerich playing Beethoven’s Triple Concerto plus orchestral Mussorgsky’s Pictures At An Exhibition.

Oct 17 - Maria Callas. Her Life and Art in Concert, Paris, 1958, with Act II of Giacomo Puccini’s Tosca plus La Divina – A Portrait.
28. Watercolor Workshop

Facilitator: Laurel Lindenbach  
Dates: Thursdays, Oct 3, 10, 17, 24  
Time: 1:00 – 3:00 pm  
Location: Krauss 112  
Enrollment Limit: 12

Four weekly watercolor workshops will each begin with a short demonstration covering art fundamentals to build basic drawing skills and brush stroke technique. We will paint the effects of light and shadow inspired by photographs and classroom still life. Members will have the opportunity to exchange creative ideas and demonstrate those they wish to share. Homework will be optional as some may wish to perfect pieces they wish to be displayed on our gallery wall. One outstanding piece from each semester will be selected to be displayed in our entry to welcome OLLI members and guests.

Supplies needed include: Pencil and kneaded Eraser, Watercolor paints of your choice, 3 brushes preferably #14, #10, and #5, or similar sizes. Watercolor Paper, Strathmore Watercolor 12 sheet pad. Small sponge or paper towel. Two water jars. Masking or painters tape.

A graduate of the American Academy of Art, Chicago, Laurel studied Commercial Illustration, Advertising Art, and Graphic and Interior Design.

29. Introduction to American Mah Jongg

Instructor: Gay Gale  
Dates: Thursdays Oct 24, 31, Nov 7, 14, 21 (no class Nov 28), Dec 5  
Time: 9:30 – 11:30 am  
Location: Krauss 113B  
Enrollment Limit: 16  
Materials fee: $8.00 payable to the instructor on the first day for the official Mah Jongg card.

Often called Jewish Mah Jongg, American Mah Jongg was created in 1920 in New York City. It uses the same tiles as Chinese Mah Jongg but adds eight jokers which are used as wild cards. The goal of American Mah Jongg is to be the first among four players to match one of the 66 standard hands listed on a card that is distributed each year by the National Mah Jongg League, Inc. There are over 350,000 people playing American Mah Jongg in the U.S. and the game has spread around the world. In the first two sessions, participants will become familiar with the tiles, the card and the rules of the game. The last two classes will focus on hand analysis and basic strategy. The actual number of games played will depend on class size and the number of tile sets available.

30. Intermediate American Mah Jongg

Instructor: Gay Gale  
Dates: Thursdays Oct 24, 31, Nov 7, 14, 21 (no class Nov 28), Dec 5  
Time: 12:00 – 2:00 pm  
Location: Krauss 113B  
Enrollment Limit: 16  
Materials fee: $8.00 payable to the instructor on the first day for those without a 2019 Mah Jongg card.

This class is for those who have taken the Introduction class or who have played Mah Jongg and would like to have some refresher coaching as they play with others of similar abilities.

31. A Tribute To Franco Zeffirelli

Instructor: Jim Hesse, Musician, Actor  
Dates: Thu Oct 31, Nov 7, 14, 21 (no class 11/28), Dec 5  
Time: 1:00 – 4:00 pm  
Location: Krauss 111

Since we recently lost Franco Zeffirelli we’ll watch 3 films he directed of Shakespeare and then two films of his own.

Oct 31 - The Taming of the Shrew (1967) the investments Richard Burton gave to Zeffirelli to produce this film helped him to do two other Shakespeare films.  
Nov 7 - Romeo & Juliet (1968) The now-classic love story was unique, well-timed, and matched the youth movement of Britain & USA with teen-aged lead actors.  
Nov 14 - Brother Sun, Sister Moon (1973) Another youthful cast focuses on the early years of Francis of Assisi, who sought communion with nature, not his family’s money.  
Dec 5 - *Tea with Mussolini* (1991) Another all-star cast with Dame Joan Plowright, Dame Judi Dench, Dame Maggie Smith, Michael Williams, Lily Tomlin, and even Cher with a semi-autobiographical story of the youth of its director, Franco Zeffirelli!

32. Pre-Columbian Art of the Americas

**Instructor:** Melinda Eyre  
**Dates:** Thursdays, Oct 31, Nov 7, 14, 21  
**Time:** 10:00 – 11:30 am  
**Location:** Krauss 111  
**Enrollment Limit:** 35

The Pre-Columbian civilizations of the Americas were extraordinary developments in human society and culture, ranking with the early civilizations of Egypt, Mesopotamia, and China. Like the ancient civilizations of the Old World, those in the New World were characterized by kingdoms and empires, great monuments and cities, and refinements in the arts, astronomy, and writing.  

This course is a study of the arts of Pre-Columbian Mesoamerica and Andean South America. Major monuments of sculpture, architecture, ceramics, jewelry, and textiles from Pre-Columbian civilizations including the Maya, Aztec, and Inca will be covered. We will visit the Mesoamerican sacred cities and royal tombs of Teotihuacan, Palenque, Yaxchilan, Tikal, Calakmul, Uxmal, Chichen Itza, Copan, Tonina, Monte Alban, Mitla, and more. We will then travel to Andean South America where we will examine the ancient Inca sites of Machu Picchu, Sacsayhuaman, Ollantaytambo, the Nazca Lines, and Inca mummies.

Melinda's passion is Pre-Columbian Art History. Melinda has made it her life's quest to study and visit as many Mesoamerican temple sites possible.

33. Social Networking Workshop

**Presenter:** Carleen MacKay  
**Dates:** Thursdays Nov 7, 14, 21  
**Time:** 10:00 – 11:30 am  
**Location:** Krauss 112

The people of Hawai‘i enjoy the longest lifetimes of the 50 States with average life expectancies around 82+ years and growing! What do lengthening lifetimes mean to Hawai‘i and to you? What are you planning to do with your longer lifetime? Whether you need additional income beyond your pension (if you even have a pension), or are yearning for something purposeful to do, your chances of leveraging your experience are better than ever. Carleen returns once more to help you understand the importance of working later in life, to explore some of the best opportunities for mature workers, and to build strategies to maximize your opportunities in the new flexible workplace. What are the most effective live and social networking options for today’s seniors? Do you know? Remember, your career is your business. *You* are the CEO. Get ready! Learn how to develop today’s networking and social media marketing strategies! Each participant will have access to a free PDF of Carleen MacKay and Phyllis Horner’s ebook *New Ways To Work - A Playbook 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.

FRIDAY CLASSES

34. Spain and Portugal: Art and History Through the Ages

**Instructors:** Tom Sheeran and Mary Flynn  
**Dates:** Fridays, Sep 20, 27, Oct 4, 11, 18  
**Time:** 10:00 am - 12:00 pm  
**Location:** Krauss 111

Spain and Portugal share a long history and an impressive artistic heritage. The peoples of the Iberian Peninsula have rich creative traditions extending from ancient cave paintings to internationally renowned modern art and architecture. We will examine this rich legacy during five major periods to help illuminate these fascinating cultures. In addition to slide lectures and commentary, documentary films will help to illustrate the most significant achievements in art and architecture. The five sessions will explore:

- **Sept 20** - Early peoples; ancient times through the Roman era: - 711 CE  
  Cave art, Celts, Phoenicians, Greeks, Carthaginians, Romans, Visigoths

- **Sept 27** - Al Andalus - the Moorish Era and Christian Reconquista: 711 CE – 1492  
  Moorish invasion and conquest; Tolerance and conflict; Christian Reconquista; Islamic, Jewish, and Christian artistic traditions. **Film:** *Alhambra* (25 min)

- **Oct 4** - Golden Age of Spanish and Portuguese Empires: 1492 – 1650
Portuguese and Spanish exploration, trade, and wealth; Cervantes, El Greco, Velasquez. Film: El Greco (25 min)

Oct 11- Decline and Revolutions: 1650 – 1850
Weakening of power and wealth; Revolutions, loss of colonies; Goya. Film: 3rd of May, 1808 (50 min)

Oct 18 - The Modern Era: 1850 – present
Civil War, repression, renewal; Picasso, Gaudi, Miro, Dali Films: Casa Mila-Gaudi; Guggenheim Museum Bilbao-Gehry; (each 25 min)

35. Cannabis: Evolution and Ethnobotany

Instructor: Mark D. Merlin. PhD
Date: Fridays, Sep 20, 27, Oct 4, 11
Time: 1:00 – 3:00 pm
Location: Krauss 111

An interdisciplinary exploration of the natural origins and early evolution of this famous plant, highlighting its historic role in the development of human societies. Cannabis has long been prized for the strong and durable fiber in its stalks, its edible and oil-rich seeds, and the psychoactive and medicinal compounds produced by its female flowers. The culturally valuable and often irreplaceable goods derived from cannabis deeply influenced commercial, medical, ritual, and religious practices of cultures through the ages, and human desire for these commodities directed the evolution of the plant toward its contemporary varieties. As interest in cannabis grows and public debate over its many uses rises, this course will help you understand why we continue to rely on this plant and adapt it to suit our needs.

Mark D. Merlin is Botany Professor at University of Hawai‘i at Mānoa and co-author with Robert C. Clarke of Cannabis: Evolution and Ethnobotany. His research has focused on the cultural histories of human-plant interactions with special emphasis on the pan-global, traditional use of psychoactive species.

36. Botanical Drawing

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Fridays, Sep 27, Oct 4, 11
Time: 1:00 – 3:00 pm
Location: Krauss 113B

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 attended Laguna College of Art of Design, taught at the Palo Alto Art Center & Museum, and was the Director of Children's Education in the Schools program. Her artwork is sold in Kailua and can be viewed online at www.kathrynrone.com

37. Movement Therapy

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Fridays, Oct 4, 11, 18, 25, Nov 1, 8
Time: 10:00 – 11:30 am
Location: Krauss 112

These are gentle, easy ways to help heal chronic physical symptoms and create vibrancy in the body. Physical healing is increased through internal communication, support, acceptance, and movement. Movement and stillness is explored, from toes up to head. Stretching, strength building, and meditation help the body to heal from stress, PTSD, physical injuries, and medical problems. Please reduce or avoid caffeine before coming to class.

Kathryn Rone is a Registered Movement Therapist and offers classes to explore physical, emotional, and cellular healing. You can learn more about her at: www.creativehealingmovement.com.

38. Life Writing Workshop

Instructor: Ann Rayson, MA, PhD, Ret. Prof. English,
Date: Fridays, Oct 4, 11, 18, 25, Nov 1, 8
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.
### COURSES, WORKSHOPS, & SPECIAL SERIES

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<td>Gale</td>
<td>10/24-12/5</td>
<td>9:30-11:30</td>
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<td>Krauss 113B</td>
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<td>30</td>
<td>Intermediate American Mah Jongg2</td>
<td>Gale</td>
<td>10/24-12/5</td>
<td>12:00-2:00</td>
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<td>Krauss 113B</td>
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<tr>
<td>31</td>
<td>A Tribute To Franco Zeffirelli</td>
<td>Hesse</td>
<td>10/31-12/5</td>
<td>1:00-4:00</td>
<td>5</td>
<td>Krauss 111</td>
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<td>Pre-Columbian Art of the Americas</td>
<td>Eyre</td>
<td>10/31-11/21</td>
<td>10:00-11:30</td>
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<td>33</td>
<td>*Social Networking Workshop</td>
<td>MacKay</td>
<td>11/7-11/21</td>
<td>10:00-11:30</td>
<td>3</td>
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**Notes:** Underlined terms are used to identify courses on the color calendar. Courses/events with an asterisk* do not count against three-course tally, i.e., they can be chosen in addition to three others.
### COURSES, WORKSHOPS, & SPECIAL EVENTS

<table>
<thead>
<tr>
<th>#</th>
<th>Day/Title</th>
<th>Instructor</th>
<th>Dates</th>
<th>Time</th>
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<td>34</td>
<td>Spain and Portugal: Art and History Through the Ages</td>
<td>Sheeran &amp; Flynn</td>
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<td>10:00-12:00</td>
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<td>Cannabis: Evolution &amp; Ethnobotany</td>
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<td>*Botanical Drawing</td>
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<td>Life Writing Workshop</td>
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<td>Rule Britannia!: A Brief History of the Royal Navy</td>
<td>Sheeran</td>
<td>10/25-11/22</td>
<td>10:00-12:00</td>
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<td>*Climate Healing Series</td>
<td>Rao</td>
<td>9/17-9/18</td>
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<td>Art Aud 112</td>
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<td>*Citizen Science Series</td>
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<td>3SE</td>
<td>Active Aging: Age 60-70 Do and Don’ts</td>
<td>Change AGEnts</td>
<td>3-Nov</td>
<td>12:00-1:30</td>
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<td>EWC Culture &amp; Games Exchange Series</td>
<td>Batzogs</td>
<td>9/2-10/14</td>
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<td>Lunchtime TED Talks</td>
<td>Mandryk</td>
<td>9/16-12/2</td>
<td>12:30-1:30</td>
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<td>Creating Travel-Inspired Books</td>
<td>Carter</td>
<td>16-Sep</td>
<td>2:00-3:30</td>
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<td>7SE</td>
<td>Know Your OLLI, Grow Your OLLI</td>
<td>Mandryk</td>
<td>23-Sep</td>
<td>1:00-2:30</td>
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<td>Gale</td>
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<td>3:00-4:30</td>
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<td>9SE</td>
<td>Tosca w Jim Becker</td>
<td>Becker</td>
<td>30-Sep</td>
<td>1:00-4:00</td>
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<td>10SE</td>
<td>A introduction to the Arab World</td>
<td>Lowder</td>
<td>7-Oct</td>
<td>2:00-4:00</td>
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<td>Krauss 111</td>
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<tr>
<td>11SE</td>
<td>Hawaiian Oboe Legacy Project</td>
<td>Janusch &amp; Magnussen</td>
<td>14-Oct</td>
<td>2:00-3:30</td>
<td>1</td>
<td>Krauss 111</td>
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<tr>
<td>12SE</td>
<td>NIFI Coming to America</td>
<td>Foley</td>
<td>28-Oct</td>
<td>2:00-4:00</td>
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<td>Historic Waikiki Homes Talk</td>
<td>Deters</td>
<td>4-Nov</td>
<td>2:00-3:30</td>
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<td>The Geology of Kaimuki</td>
<td>Sinton</td>
<td>18-Nov</td>
<td>2:00-3:30</td>
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<td>15SE</td>
<td>Writer’s Circle</td>
<td>Ching</td>
<td>9/17-11/26</td>
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<td>Food For Thought</td>
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<td>18SE</td>
<td>OLLI Book Club</td>
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<td>9/20-12/6</td>
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<td>Garden Meditation</td>
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<td>Rone</td>
<td>27-Sep</td>
<td>10:00-11:30</td>
<td>1</td>
<td>Krauss 112</td>
<td>21</td>
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</table>

**Notes:** Underlined terms are used to identify classes on the color calendar. Courses/events with an asterisk* do not count against three-course tally, i.e., they can be chosen in addition to three others.

**Fall 2019 Special Series**

This Fall we offer four special series providing an opportunity for multi-faceted exploration of a theme. We hope you will join us for one or more of these series.

- **East-West Center Cultures and Games Exchange Series** (4SE) Starts Sep 2. See p. 17 for more info.
- **Climate Action Series** (#4SE) Starts Sep 22. See p. 3 for full description.
- **Climate Healing Series** (#1SE) Starts Sep 22. See p. 17 for full description.
FRIDAY CLASSES cont.

39. Rule Britannia! A Brief History of the Royal Navy

Instructor: Tom Sheeran
Dates: Fridays, Oct 25, Nov 1 (no class 11/8), Nov 15, 22
Time: 10:00 am - 12:00 pm
Location: Krauss 111

The Royal Navy was for nearly two centuries the unchallenged ruler of the seas. From its beginnings in the time of Henry VIII and Elizabeth I to its heights with Nelson at Trafalgar and decline in the 20th Century, we will examine the vital role the Royal Navy has played during five centuries of British history. The relationship of economic factors and government policies to naval power and empire are key aspects of this study. The main focus will be on the causes and conditions that enabled Britain to gain and then lose mastery of the seas rather than on wars, battles, and individual personalities, although these fascinating details won’t be overlooked.

Oct 25 - Rise - Early years to 1500
The Tudor Navy; Spanish Armada; the Stuart Navy and the Dutch Wars: 1603-1688; The Struggle with France and Spain: 1689-1756; Beginnings of Colonial Empire

Nov 1 - Zenith - Triumph and Check: 1756-1793
The Napoleonic Wars: 1793-1815; Pax Britannica: 1815-1914; Mahan vs. Mackinder

Nov 15 - Challenges and Change
Fisher’s Navy; Stalemate: 1914-1918; Decay: 1919-1939

Nov 22 - Decline and Fall
Illusory Victory: 1939-1945; 2nd Rate Status, End of Empire: 1945-Present

40. Creative Stories

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Dates: Fridays, Oct 25, Nov 1, 8
Time: 1:00 – 3:00 pm
Location: Krauss 113B

Tell, write, and hear life stories. This creative class will use words along with simple movement, sketching, acting, and creative play to develop storytelling skills. Beginners are supported. This class is based on the instructor’s Masters of Counseling Psychology, Specialization in Creative Expression, additional studies with Psychosynthesis, Anna Halprin, and Tamalpa Institute. www.creativehealingmovement.com

OLLI Town Hall Event
SAVE THE DATE!
Sunday November 3, 2019
2:00 – 4:00 pm Krauss 111/112

An opportunity to voice concerns, ask questions, and learn more about OLLI’s future plans. Watch for your invitation!
Special Event Descriptions

MULTI-DAY Events

1SE. Climate Healing Series

Dates: Tuesday Sep 17, 7:00 – 8:30 pm, Wed Sep 18, 6:30-8:30 pm
Location: Art Building Auditorium, Rm 112

These events, held in the Art Building Auditorium, Rm 112, are co-sponsored by OLLI-UHM along with the Department of Linguistics (DoL), and the Institute for Sustainability and Resilience (ISR) at UHM, and the Vegetarian Society of Hawai‘i.

Sep 17 - How Not to Go Extinct. 7:00 – 8:30 pm. This talk by Dr. Sailesh Rao examines the top causes of premature extinction on Earth - climate change, biodiversity loss, ecosystems collapse, chemical pollution, and more, and explains how a nonviolent Eco-Vegan lifestyle mitigates all of these causes.

Sep 18 - A Prayer for Compassion. Special free screening of this new award-winning documentary, followed by Q and A with Dr. Rao. 6:30 -8:30 pm

Can compassion grow to include all beings? Can people who identify as religious or spiritual come to embrace the call to include all human and non-human beings in our circle of respect and caring and love?

Dr. Sailesh Rao is the Founder and Executive Director of Climate Healers, a non-profit dedicated towards healing the Earth’s climate.

2SE. Citizen Science Series

Instructor: Dr. Russanne (Rusty) Low, MA, Ph.D.
Dates: Sunday Oct 20, Wednesday Oct 23
Location: Krauss 111

Come learn how to make environmental observations that complement NASA satellite data to help scientists studying Earth and the global environment. It’s easy to download the free GLOBE Observer app and submit land cover, mosquito habitat, or cloud observations. Please bring a tablet or smart phone for hands-on activities.

Sunday Oct 20 – Introduction to GLOBE Observer/Land Cover.
Time: 12:00 – 1:30 pm

Because land cover is critical to many processes on Earth and contributes to a community’s vulnerability to disasters like fire, floods, or landslides, scientists need detailed and regularly updated land cover maps.

Wednesday Oct 23 – Mosquitoes.
Time: 2:00 – 3:30 pm
A serious global health risk, not only do millions of people die each year from mosquito-borne disease, but in Hawai‘i, mosquitoes are the vector for avian malaria devastating the native bird population.

Rusty is a senior scientist for Education and Public Outreach, Institute for Global Environmental Strategies (IGES), and is the science lead for NASA’s GLOBE Observer Mosquito Habitat Mapper citizen science program.

Sunday Events

3SE. Active Aging: Age 60-70 Do and Don'ts

Presenters: Change AGEnts Hawai‘i Advisory Group
Date: Sunday, Nov 3, 2019
Time: 12:00 – 1:30 pm
Location: Krauss 111

Change AGEnts’ mission is to enhance personal well-being, community engagement, self-determination, and wisdom as we age. With increased life expectancy our 60+ years are a time of discovery and opportunity to tap into the talents, skills, knowledge, and experiences acquired over a lifetime. This presentation focuses on the four domains of social engagement, financial stability, mental and physical well-being, and purpose and empowerment as cornerstones to an active aging strategy. Let’s create a new social paradigm of aging, and recognize older adults as valuable assets in our communities. Free parking on Sundays

Monday Events

4SE. East-West Center Cultures and Games Exchange Series

Dates: Mondays, Sep 2, 9, Oct 14
Time: 10:00 – 11:30 am
Location: Sep 2 & 9 - EWC Hale Halawai; Oct 14 - Burns Hall, 1st floor

Have you ever wondered what the East-West Center actually does? Here is an opportunity to find out directly from the youth of the Indo-Pacific attending their programs.
Lisa is using photographs to illustrate her early life as seen through the eyes of a children about kindness and connections. By writing about different West African countries inspired Lisa to teach photographs and create a book. Worldwide adventures to experiences. Get ideas we can teach tolerance through our own traveling Location: Time: Date: Presenter: 6SE. Does money make you mean? - Science can answer moral questions - The optimism bias - Does money make you mean? - How to spot a liar - How is the Most Powerful Force in the World - Creating Travel-Inspired Books - Culture and Games Exchange. Uyanga Batzogs and Tyran Terada. In this two-week version of the Smart Games class, participants will play “old” and new board & other games. Twenty-one young environmental professionals from all 11 Southeast Asian countries participating in the EWC Natural Resource Managers Institute will teach the new games from their countries. Note: Enrollment is limited to 10 and preference given to those who have previously attended Smart Games classes. Oct 14 - PILP Toks. Lance Boyd. OLLI members will have the opportunity to hear 10 minute 'TED style' talks by participants in the 2019 EWC International Pacific Island Leadership Program about how their communities are wayfinding, engaging reconciliation practices, and navigating changes of the 21st century. These early to mid-career professionals are all citizens of Pacific Island nations working to enhance their leadership capacities and build a network of informed, effective leaders in the Pacific Islands. This is our country's foreign policy at work! 5SE. Lunchtime TED Talks Facilitator: Carole Mandryk Dates: Mondays, Sep 16, Oct 7, 21, Nov 4, 18, Dec 2 Time: 12:30 – 1:30 pm Location: Krauss 111 Come join us on alternate Mondays to view and discuss TED talks dealing morality, hope, and optimism. Talks range from 10 to 20 minutes. Bring your lunch and your curiosity. No need to sign up in advance. Just drop in.

6SE. Creating Travel-Inspired Books Presenter: Lisa Carter Date: Monday, September 16, 2019 Time: 2:00-3:30 pm Location: Krauss 111 We can teach tolerance through our own traveling experiences. Get ideas about how to take your vacation photographs and create a book. Worldwide adventures to different West African countries inspired Lisa to teach children about kindness and connections. By writing about life as seen through the eyes of an orphaned beach dog, Lisa is using photographs to illustrate her early-reader books. With an intention to help young children in the Western world understand how other people live in these developing countries, she is writing a series of bilingual children’s books. Presentation of photographs and stories.

7SE. Know Your OLLI, Grow Your OLLI Facilitator: Carole Mandryk Dates: Monday, Sep 23 Time: 1:00 – 2:30 pm Location: Krauss 111 Expanding volunteer participation is our #1 goal in 2019-20. Are you a driver? A connector? An organizer? A creative? A techie? What does OLLI mean to you? Come share ideas and brainstorm with other members on ways to make OLLI-UHM more of what you want, the way you want! Together we can accomplish anything.

8SE. Interested in the 2020 Tokyo Olympics? Presenter: Gay Gale Date: Monday, September 23, 2019 Time: 3:00 – 4:30 pm Location: Krauss 111 This one-time class will touch on the Olympic Experience as applied to the Summer Games in Tokyo, July 24 – August 2020. Instructor Gay Gale has been to eight other Summer Olympics and she is excited to share suggestions. Topics will include accommodation, flights, event tickets, local transportation, food, security, shopping, and some key Do’s and Don’ts.

9SE. Tosca with Jim Becker Presenter: Jim Becker, Retired AP foreign correspondent, sportswriter, opera and drama critic Date: Monday, September 30, 2019 Time: 1:00 – 4:00 pm Location: Krauss 111 Set in Rome in the Napoleonic era, Puccini's Tosca is both intensely dramatic and scenically spectacular. It also has some of the most celebrated arias, for the heroine, the operatic soprano Floria Tosca, and for her doomed lover and the evil police chief Scarpia. The action is set in three well-known sites in Rome, one of the city's largest churches, the Renaissance Palazzo Farnese, and the Castel San Angelo, based on the funeral monument of the Emperor Hadrian.

Jim Becker will introduce the opera, pointing out things to look and listen for, and play a version of the work from one of the world's leading opera houses.
10SE. A Introduction to the Arab World

**Presenter:** Maria Lowder, World Traveler  
**Date:** October 7, 2019  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 111

This exploration of Oman and the United Arab Emirates (UAE) is a chance to see a couple of the more peaceful and very wealthy Muslim countries. We will go through the Strait of Hormuz into the Gulf of Oman – site of recent altercations. Muscat, Oman’s port capital, sits on the Gulf of Oman surrounded by mountains and desert. With history dating back to antiquity, it mixes high-rises and upscale shopping malls with cliff top landmarks.

Abu Dhabi, the capital of the United Arab Emirates, sits off the mainland on an island in the Persian Gulf. Its focus on oil exports and commerce is reflected by the skyline’s modern towers and shopping megacenters. Dubai is known for luxury shopping, ultramodern architecture, and a lively nightlife scene. Burj Khalifa, an 830m-tall tower, dominates the skyscraper-filled skyline.

Maria was born in England and emigrated to the US in the 50s. Later she moved to Hawai‘i and has called this home for many years. She recently retired as a CPA and is enjoying it. At last count she has been to over 75 countries in a quest to see the world and enjoys sharing her photos with others.

11SE. Hawaiian Oboe Legacy Project

**Presenters:** Scott Janusch and Jon Magnussen  
**Date:** Monday, Oct 14, 2019  
**Time:** 2:00 – 3:30 pm  
**Location:** Krauss 111

In 2017 Hawai‘i Symphony principal oboist J. Scott Janusch directed the creation of a new oboe made of native Hawaiian kauila wood, and also the commissioning of a new musical composition featuring the kauila oboe. The oboe was constructed at Howarth’s of London, and Jon Magnussen, noted Hawai‘i composer and professor of music at University of Hawai‘i – West Oahu, has composed the monumental work that celebrates ancient Hawaiian culture, *Nā Kau ‘Elua | The Two Seasons*, which will be performed this Nov 9 and 10 at the HSO.

We are delighted that both Scott and Jon are coming to share the story of this project and the fall programs in time for you to consider attending.

12SE. NIFI Coming To America: Who Should We Welcome, What Should We Do?

**Presenter:** Dolores Foley, Ph.D., NIFI Director  
**Date:** Monday, October 28, 2019  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 111

National Issues Forums (NIFI) is a nonpartisan, nationwide network that brings 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: “Coming To America: Who Should We Welcome, What Should We Do?”

Immigration affects virtually every American, directly or indirectly, often in deeply personal ways. This guided dialogue is designed to help people deliberate together about how we should approach the issue. Options presented reflect different ways of understanding what is at stake and force us to think about what matters most to us when we face difficult problems that involve all of us and that do not have perfect solutions. The concerns that underlie this issue are not confined to party affiliation, nor are they captured by labels like “conservative” or “liberal.” Come join us to consider the following three options for deliberation:

- **Welcome Immigrants, Be a Beacon of Freedom**
- **Enforce the Law, Be Fair to Those Who Follow the Rules**
- **Slow Down and Rebuild Our Common Bonds**

Reading materials on the topic and more information about NIF are available at [www.nifi.org](http://www.nifi.org). We will also provide hard copies of the Coming To America Issue Guide for forum participants.

13SE. Historic Waikiki Homes

**Presenter:** Philip Deters, JD, Ret. Asst. Atty. Gen’l for Maryland SHPO, Historic Hawai‘i Foundation volunteer  
**Date:** Monday, Nov 4, 2019  
**Time:** 2:00 – 3:30 pm  
**Location:** Krauss 111

The Historic Waikiki Homes Tours this summer proved so popular that Phil has offered to do a classroom presentation for those of you unable to go on the walking tour. Come hear about this lovely neighborhood at the foot of Diamond Head that contains one of the largest intact clusters of historic homes in Hawai‘i.
14SE. The Geology of Kaimuki

Presenter: John Sinton, Ph.D
Date: Monday, Nov 18, 2019
Time: 2:00 – 3:30 pm
Location: Krauss 111

This talk will provide an overview of the geology of Oahu from 5 million years ago (mya) to present, including the history of the landforms that define southeast Oahu, with particular emphasis on Kaimuki and Mānoa. Come learn about the history under your feet! Dr. Sinton has been on the faculty of the University of Hawai‘i, Department of Geology and Geophysics (now Earth Sciences) since 1977, where he taught a range of classes, including Hawaiian geology. His specialties include geologic mapping and the study of volcanic rocks. He is co-author of the Geologic Map of the State of Hawai‘i.

Tuesday Events

15SE. Writer’s Circle (SIG)

Facilitator: Yi-chuan Ching
Dates: Alt Tue, Sep 17, Oct 1, 15, 29, Nov 12, 26
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 and 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!

Thursday Events

16SE. Food For Thought

Facilitator: Carole Mandryk, foodie, baker, chef
Dates: Thursdays, Sep 19, 26, Oct 3, 10, 17, 24
Time: 10:00 am to 12:00 noon
Location: Krauss 112

“Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious.” ~ Ruth Reichl

Food is more than nutrition for the body; it is also sustenance for the soul. 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 blueberry scones? Did you bring enough to share? Come to the first class ready to share a food memory that warms your soul.

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

17SE. Artist Forum

Facilitator: Laurel Lindenbach
Dates: Thursdays, Oct 31, Nov 7, 14, 21
Time: 1:00 – 3:00 pm
Location: Krauss 112
Enrollment Limit: 10

This artist forum will be a smaller group totaling not more than ten artists willing to share and learn new techniques from each other. Your existing supplies will be all you need to begin as watercolor will remain our basic medium. As we experiment and develop new techniques together perhaps some may wish to compliment our past watercolor experience with the introduction of pastels, colored pencils, or other media for exciting multi medium effects. This is not an instructional course but an interactive forum of like-minded peers. Members will have the opportunity to exchange creative ideas and demonstrate those they wish to share.

A graduate of the American Academy of Art, Chicago, Laurel studied Commercial Illustration, Advertising Art, Graphic and Interior Design.
Friday Events

18SE. OLLI Book Club & Reading Discussion Group (SIG)

Dates: Fridays, Sep 20, Oct 18, Nov 15, Dec 6
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! Everyone has an opportunity to contribute and voice opinions. The Book Club will resume Fri. Sep 20th. Please come prepared to discuss Founding Mothers: The Women Who Raised Our Nation, by Cokie Roberts (2005). 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.

19SE. Garden Meditation

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Friday, September 20, 2019
Time: 10:00 – 11:30 am
Location: East-West Center Japanese garden. (Meet at Krauss Hall and walk over to the garden together.)
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.

20SE. Lower Back

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Friday, September 27, 2019
Time: 10:00 – 11:30 am
Location: Krauss 112
Enrollment limit: 20

Strength in the abdomen can support body weight and reduce lower back strain. Gentle stretching has proven to reduce lower back pain. You may bring paper and a pen to take notes to practice these steps at home.

Kathryn Rone is a Registered Movement Therapist. She has taught movement since 1996, yoga since 2003, and offered somatic healing for chronic physical symptoms since 2008. You can learn more about her at: http://www.creativehealingmovement.com

Help OLLI GROW!
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?

OLLI-UHM Word Search

Look for OLLI related words. They may be spelled forward, backward, downward, upward, or diagonally.

O V N I N V A S T T S C
C X B E N F P O E T R Y
N V T C N S R K B B I M
J E S Z U X T I X B K A
V L H J E F F I E I V N
C O B S K I W G T N A O
W O R K S H O P S U D A
T R D U C K P O N D T S
M F L I F E L O N G O E
X S B K O S H E R F H G
A R L E A R N I N G C
C O U R S E S W V H L C

COURSES DUCKPOND FRIENDS
INSTITUTE LEARNING LIFELONG
MĀNOA OSHER POETRY
WORKSHOPS
NEW! OLLI-UHM Travel Program
The Osher Lifelong Learning Institute at UH Mānoa announces an educational travel program to Spain & Portugal for Spring 2020

OLLI-UHM is pleased to announce an exciting educational travel opportunity. In partnership with Collette Travel and Non-Stop Travel, we are offering a 15-day trip to Portugal and Spain, April 28 – May 12, 2020.

OLLI-UHM Connection:
Long-time OLLI Instructor, Tom Sheeran, will accompany OLLI members on the tour and share his knowledge of the history, culture and food of the region. Tom first visited Spain and Portugal in 1972 and has returned many times, most recently spending two months there.

Additionally, participants may take part in related programs and courses prior to the trip. Throughout this academic year, OLLI-UHM will offer courses and programs to align with the tour. We start this fall with Spain and Portugal: Art and History Through the Ages, taught by Tom Sheeran and Mary Flynn, (Course #34, see p. 12), and an OLLI Sunday Matinee series with films set in the region (Course #3, see p. 4).

What: Spain’s Classics & Portugal
When: April 28 – May 12, 2020
Who: OLLI members, Students, UH Faculty & Staff

To view an itinerary, estimated costs, and for more information visit:
https://gateway.gocollette.com/link/982517

Space is limited, so sign up TODAY!

BOOK BY 10/30/19 & Save $200 Per Person

To secure your spot, an initial deposit is of $500 is required. Reservations are made on a first come, first served basis.

**To participate in this program an OLLI membership is required** Fall memberships that will also allow you to enroll in OLLI courses are available for $60. To purchase a membership you can visit https://online.uhfoundation.org/memberships/OLLI.aspx or us at 956-0654, 956-2624

If you have any questions regarding the trip or registration process, please contact Carole Mandryk, 808-956-8224, mandryk@hawaii.edu. For reservations, contact Non-Stop Travel 808-593-0700/800-551-1226.

This is sure to be a very unique, educational, and enjoyable travel program. Join Us!
OLLI-UHM Fall 2019 Registration Form

Each registrant should complete a separate form. Membership fees are non-refundable.

<table>
<thead>
<tr>
<th>CONTACT INFORMATION</th>
<th>PAYMENT INFORMATION</th>
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</thead>
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<tr>
<td>Name: ____________________________</td>
<td>Make $60 membership check payable to: UH Foundation #123-0790-4 (OLLI).</td>
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<td>Address: ____________________________________________</td>
<td>A $60 Term Membership entitles you to enroll in up to three courses, as well as up to three special events or SIGs.</td>
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CHOOSE CLASSES: Neatly write the shortened title of each course or special event you wish to enroll in as listed on the Schedules on pp. 14-15 of the catalog. Enter your priority ranking. 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 use letters to indicate your priorities, e.g., “A” for first choice, “B” for second, etc. The first line is an example.

Note: You are unlikely to get into limited enrollment classes unless you rank them as either 1, or A.

<table>
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<tr>
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<th>Special Event Title</th>
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<td>1</td>
<td>Coming to America [example]</td>
<td>A</td>
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Return your check and completed registration membership form 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 Law School.

Find Complete Catalog, Course Descriptions & Calendar Online:
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:___________________________________________

Questions? Call 956-0654 or 956-8224, email olliuhm@hawaii.edu or see:
http://www.osher.socialsciences.hawaii.edu/membership-enrollment.html

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Find Complete Catalog, Course Descriptions & Calendar Online:
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Finding OLLI-UHM

This is a simplified map of campus. Not all buildings are shown, and distances and building sizes are not to scale. But key points of interest to OLLI members are indicated. Most Fall 2019 OLLI-UHM classes are held in Krauss Hall, with a couple of events in the Art Auditorium. Also note location of Campus Center (where IDs are obtained), Lower Campus parking structure, Varney Circle, Burns Hall, and bus stop locations.
For a detailed campus map, go to [http://manoa.hawaii.edu/campusmap/](http://manoa.hawaii.edu/campusmap/)

Getting to OLLI-UHM

Alternatives to Parking
Parking at UHM is increasingly difficult, tricky, & 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](http://www.thebus.org/Fare/U-Pass_UHM_Flyer.pdf)

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

Free UHM Rainbow Shuttles
The Rainbow Shuttle is one of the sustainable options that UHM makes available at no charge. Shuttle routes travel into Mānoa Valley, Moiiliili, Kaimuki and Makiki. All shuttles are air-conditioned, ADA-compliant and equipped with bike racks.
To ride the Rainbow Shuttle, you are required to show a valid UH ID or sign up to a get a free shuttle card. (OLLI-UHM members are now entitled to get UH IDs).
Shuttle arrivals may be tracked in real time via the UHM Shuttle app or at uhmshuttle.com. See schedule & study the route maps to see if they offer you an alternative to driving at http://manoa.hawaii.edu/commuter/dayshuttle.php.

**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.

**Off Campus Parking**

There are many Off Campus Parking Locations, some on Rainbow Shuttle Routes. Both Church of the Crossroads (1212 University Ave), and Mānoa Valley Church (2728 Haupala Street), have reasonable rates that may work for OLLI members, and are located on shuttle routes. See: https://manoa.hawaii.edu/commuter/offcampusparking.html

**On Campus 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 9:00 am and 1:30 pm. Our members report “Lot Full” signs as early as 9:00 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 $7.

**Upper Campus**

Visitor parking is limited & expensive: from 6:30 am to 4 pm, the parking fee is **$6 per 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.

**NOTE: Handicapped Parking Permits no longer allow discounted Upper Campus parking**

If you are capable of walking across Dole Street from the Lower Campus Parking structure we encourage you to do so. If you have a current valid City & County Disability Placard and need to park adjacent to Krauss Hall you must purchase visitor parking at an automated Pay-to-Park Pay station at the new $6 an hour rate. Yes, we also think this is less than an equitable situation. We are still negotiating possible changes, as well as exploring getting OLLI members access to Carpool parking passes.

*Parking Violation Fines* have been increased and range from $40 to $260. Please pay attention to signs and instructions to avoid getting expensive citations!

UH Commuter Services has a useful web site has been updated with much new information on getting to and around the UHM campus: manoa.hawaii.edu/commuter/
Lifelong Learning for adults 50+
Fall Term Classes begin Sep 15, 2019
Indulge your curiosity! JOIN US!!

OLLI-UHM Fall 2019
Open House

Sunday, September 8
1:00 – 3:00 pm

Connect with Fall instructors,
Meet OLLI members,
Enjoy refreshments.
Free and open to the public.
Parking is free on Sundays.
RSVP 956-2624

Travel with OLLI-UHM!

Spain's Classics & Portugal
April 28 – May 12, 2020

Book by 10/30/2019 & Save $200 Per Person

To view an itinerary, approx. cost, and more information:
https://gateway.gocollette.com/link/982517

Contact: http://www.oshersocialsciences.hawaii.edu/ 956-0654, olliuhm@hawaii.edu.
Physical Location: Krauss Hall 113, across Dole Street from the Law School