Educational courses & events for adults 50+
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Learn solely for the joy of learning!

“The longer I live the more beautiful life becomes.”

~ Frank Lloyd Wright
Welcome to Spring Term 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 pleased to announce 40+ NEW courses and events, and welcome 20+ new instructors and presenters to OLLI-UHM this Spring!

OLLI Membership Information

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

Cover Photo

The Tabebuia impetiginosa, or Amapa tree in the Krauss courtyard is one of two original trees brought to Hawaii from tropical South or Central America. It was planted in this garden in the early 1950s by Dr. Walter Carter, then head of the Entomology Department of the Pineapple Research Institute, formerly located in Krauss Hall.

The Amapa loses all its leaves before it blossoms. Then the branches are covered with large round magenta flower clusters or “balls,” about 8-10” in diameter. Amapa trees flower for about two weeks per flush, and may have two or more flushes per year, usually between late December and March. It is an impressive event, much beloved and frequently photographed by OLLI-UHM members.

How to Contact OLLI

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

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

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Registration Procedure

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

There are five ways to register:
• Online via UHF link: https://online.uhfoundation.org/memberships/OLLI.aspx
• Phone 956-0654 or 956-2624
• Email olliuhm@hawaii.edu
• At the OLLI Office, Krauss Hall 113, across Dole Street from the Law School, Monday through Friday, 8:30 a.m. to 4:30 p.m. (But call 1st to confirm we are in).
• By Mail - Complete and return a membership enrollment form and a check made out to UHF #123-0790-4 (OLLI) to OLLI-UHM, to: PMB #460, 2440 Campus Road, Honolulu, HI 96822.

Spring 2019 Key Dates & Events

• Dec 17: ONLINE REGISTRATION BEGINS
• Dec 18-21: Help with registration available in OLLI office; Public Catalog Distribution
• Jan 2-4: Processing of online and mailed registration
• Jan 7-11: Confirmation of class enrollment
• Jan 22: CLASSES START
• Feb 18: Presidents’ Day (Observed)
• Mar 18-22: Spring Break (No Classes)
• Mar 26: Prince Jonah Kuhio Kalanianaole Day (No Classes)
• Apr 18: Last Day of Spring Classes
A Taste of India

**Instructor:** Gita Kar  
**Dates:** Sundays, Feb 3, 10  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 112  
**Enrollment limit:** 12  
**Fees:** $15 (to cover food expenses)

This is a two session class exploring India’s Cookbooks, unlocking the secrets of Indian Cuisine through recipes, understanding spices and techniques, and sampling its exotic flavors and textures.

**Feb 3** - A fun-filled class discovering the world of India’s fabled cuisine. Bring your Indian cookbooks (or borrow them from the library). We will explore and decipher the recipes together and pick some flavors to enjoy in our second session.

**Feb 10** - A session filled with family stories and fascinating cultural context. We will enjoy the many flavors and textures that create the magic of India’s cuisine.

Gita divides her time between Minneapolis, Honolulu, and India. She comes from a long line of traditional women cooks from four regions of India. She has worked with chefs from the Taj Group of hotels, interned with the head chefs of Zarang and Amber restaurants of Calcutta, and was Instructor & Food Consultant at Cooks International St. Paul and Byerly’s cooking school, Minneapolis.

Modern Calligraphy embraces basic disciplines, such as foundational strokes, but also gives you room for imperfections. Develop confidence by learning how to write inspiring quotes. Practice writing a letter to someone who is significant to you. You will complete two lovely projects to take home in this fun, relaxing and informative class. It’s a long class and vendors on campus will be closed on Sunday. Bring lunch or a snack for a break.

**Modern Calligraphy for Beginners: Therapy for Your Hand And Brain**

**Instructor:** Sylvia Schiada, BFA, Graphic Design  
**Dates:** Sundays Feb 3 and 10  
**Time:** 10:00 am – 2:00 pm  
**Location:** Krauss 111  
**Enrollment limit:** 12  
**Fees:** $15 materials fee to be paid directly to instructor.

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

Modern Calligraphy for Beginners: Therapy for Your Hand and Brain

**Instructor:** Gita Kar, Practitioner of Satyananda Yoga.  
**Dates:** Mon Jan 28, Feb 4, 11, 25, Mar 4, 11, 25, Apr 1, 8  
**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.

**The Crumbling Colossus: Films about Immigration**

**Instructor:** Sue Nance, Amer. Studies, BA, MA, ABD  
**Dates:** Mondays, Jan 28, Feb 4, 11, 25, Mar 4, 11, 25, Apr 1, 8, 15  
**Time:** 9:30 am - 12:30 pm  
**Location:** Krauss 112 and 111

"Give me your tired, your poor, Your huddled masses yearning to breathe free." ~ Emma Lazarus

The "greatness of America" has always been created and fed by the millions of immigrants coming to her shores for a better life. It is the very story of who we are. This ongoing story needs to be told again and again, to silence the rhetoric which would drown it in fear and ignorance. Telling our great and unique shared history have been films, originally from studios begun by immigrants, for immigrants. We will look at some of these stories,
recognizing the commonality that connects us, and the differences that enrich us.

Films will include Avalon, El Norte, In America, Brooklyn, Picture Bride, Dim Sum, The Golden Door and others. What an opportunity for wonderful discussions!

After a wonderful try-anything life, Sue Nance went back to school at 45. It was so much fun, that she stayed through graduate school. Having discovered that her passion was teaching, she did so until retirement. After a brief break, during which she went crazy with boredom passion was teaching, she did so until retirement. Dana Anderson returned home to Hawai‘i after a career of teaching English and directing theatre in Massachusetts.

More Breathless Moments: “A Route of Evanescence”

Instructor: Dana Anderson, BA, MA, English & American Lit.
Dates: Mon, Jan 28, Feb 4, 11, 25, Mar 4, 11, 25, Apr 1
Time: 2-4 pm
Location: Krauss 113B

Emily Dickinson's poem "A Route of Evanescence," communicates in complex language the kind of wonder and pleasure that seeing nature in action can bring, leaving both the author and the reader "breathless." 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 poets, authors, filmmakers and others representing myriad ways to examine the world and our reactions to it.

Together we will read selections of poetry and prose including The Selected Poems of Emily Dickinson, Leaves of Grass by Walt Whitman, and Lincoln in the Bardo by George Saunders, winner of this year’s Booker prize. We will also view films including Charlie Chaplin’s The Great Dictator, and Albert Lamorisse’s The Red Balloon.

TUESDAY CLASSES

Russia at Sea

Instructor: Richard Gould, PhD, RPA, Prof. Emer., Anthropology, Brown University
Dates: Tuesdays, Jan 22, 29, Feb 5, 12
Time: 10:00 am - 12:00 noon
Location: Krauss 111

Most Americans do not think of Russia as a maritime power, so you may be in for a surprise. Since the time of Czar Peter the Great, Russia's influence at sea, both militarily and commercially, has done much to define Russia's territorial boundaries and major events -- even upheavals -- in Russia's history. Personalities involved range from autocratic Czars, outrageous spies, clever admirals, and daring sailors to well-known historical figures like Lenin and Stalin. Whatever else one can say about Russian maritime history, it isn't boring!

The first part of the class will look at "The Ambitions of the Czars," moving on to the Russian Revolution and the emergence of the Soviet Union ("The Red Banner Rises"), and Russia's maritime role during World War II and the Cold War ("It's Really Cold Out There"). My thesis is that Russia's current activities at sea are derived directly from its earlier maritime history and are understandable in relation to well-defined goals that have not changed much since the Czars. We'll look at a few recent examples -- specifically including Syria, the Ukraine, and the Arctic.

Mandarin Chinese through Crafts and Calligraphy

Instructors: Confucius Institute Faculty
Dates: Tuesdays, Jan 22, 29, Feb 5, 12, 19, 26, Mar 5, 12
Time: 10:00 – 11:30 am
Location: Moore Hall 109 (corner of Maile Way and East-West Road)
Enrollment limit: 20

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

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.
Indian Wedding Stories: A Bollywood Movies Class

Instructors: Gita and Pradip Kar
Dates: Tuesdays, Jan 22, 29, Feb 5, 12, 19
Time: 1:00 – 4:00 pm
Location: Krauss 111

In the spirit of Honolulu Arts Institute’s Annual Bollywood Film Festival, this Bollywood Class presents four films that explore the historical, social, and cultural context of Indian marriages.

The Kars have selected “Swami”, based on an adaptation of Saratchandra Chatterjee’s story set in the early to mid 20th century that has relevance for today’s society. The next film “Garm Hawa” pioneered a new wave of art cinema movement in Hindi parallel cinema. It dramatizes the effect of India’s partition on the lives of a young couple and their families who are caught in the winds of war following the assassination of Gandhi. The film is based on a powerful short story by Ismat Chugtai, one of India’s literary giants. The third film “Paheli” is a delightful folk story that draws the audience into its magic spell and the final film, “Monsoon Wedding”, directed by Mira Nair was featured at the Cannes Film Festival.

Regional Geography: Latin America & the Caribbean

Instructor: Michael Pometta, BA, MA Geography
Dates: Tuesdays, Jan 22, 29, Feb 5, 12, 19, 26, Mar 5
Time: 1:00 – 3:30 pm
Location: Moore 109

This interactive lecture course focuses on all regions of the Western Hemisphere south of the USA. The survey of each of five subregions integrates physical systems (climate, landforms, water resources) with essential cultural systems (economic, population, political, tourism). Students will become comfortable with basic map reading and become familiar with the significance of thematic maps; enhance their appreciation of this magnificent, complex, diverse landscape; and strengthen their sense of place. No tests, no grades. Just geography!
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 Department of Defense’s senior intelligence policy official, the assistant director of the Defense Intelligence Agency, and a long time consultant to the Director of Central Intelligence, the Defense Advanced Research Projects Agency (DARPA) & industry. He taught in the graduate school of the University of Maryland. He is the editor and author of The Guide to the Study of Intelligence (2016) and many intelligence related articles.

Natural History of Hawaii and the Pacific

**Instructor:** Arthur Reed  
**Dates:** Tuesdays, Feb 26, Mar 5, 12 (no class Mar 19, 26), Apr 2, 9, 16  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 111

Through a series of lectures we will start with how the islands of the Hawaii were formed and continue to evolve, and why they form a chain of islands. 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. Finally, we will follow the migration of humans into the Pacific Ocean, first with the earliest settlers and seafarers and then the European mariners.

Before retirement Art Reed’s 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 Hawaii. Art has thoroughly enjoyed presenting these topics to participants in over 100 cruise programs in Hawaii, Tahiti, Fiji, the Cook Islands, Palau, and Yap. The information is presented at a basic level and no prior knowledge is necessary.

WEDNESDAY CLASSES

A History of the Olympic Games: From Athens to Rio

**Instructor:** Gay Gale  
**Dates:** Wednesdays, Jan 23, 30, Feb 6, 13  
**Time:** 10:00 am - 12:00 noon  
**Location:** Krauss 111

This course begins with the ancient Games held in Olympia, Greece and explores the revival of the international multisport competition in 1896 by Baron de Coubertin, a French nobleman. We will examine how the modern Games evolved during the early 20th century by adding and deleting sports, as well as being impacted by two World Wars.

The challenges of doping, gender questions, and divided countries began a period of increased power and a strong regulatory role for the International Olympic Committee. The addition of the Winter Olympics and the advent of corporate sponsorship served to change the Olympics’ prominence and make it one of the major sporting events in the world. To round out the curriculum, we will look at the role of Hawaiian athletes as well as special moments and personalities created by the Olympic Games.

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

**Instructor:** Joel Merchant, Principal, Navigating the Journey  
**Dates:** Wed, Jan 23, 30, Feb 6, 13, 20, 27, Mar 6, 13  
**Time:** 9:30 am to 12:00 noon  
**Location:** Krauss 113B  
**Enrollment Limit:** 12

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, and 3) review, discuss, and make decisions regarding
advanced care in the areas of elder care, hospice care, financial matters, long term care, advanced directives, POLSTs, and 3) review, discuss, and make decisions regarding advanced care planning options.

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

Introductory Tai Chi

Instructor: Ken Koike
Dates: Wednesdays, Jan 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 27, Apr 3, 10
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 memory, 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 instructor. Ken is also author of A Hiker’s Guide to Trailside Plants in Hawaii, and a long-time leader of hikes for OLLI-UHM

Culinary Cinema XXVII: Favorite Foreign Films

Instructor: Joel Merchant
Dates: Wednesdays, Jan 23, Feb 20, Mar 27, Apr 17
Time: 3:00 – 6:00 pm
Location: View films in Krauss 111. Directions to post-film restaurant sites will be provided.
Enrollment limit: 36 for films; 20 for dinners.

For this semester’s Culinary Cinema series, three guest presenters join Tom and pick a favorite foreign film to share.

Jan 23 – Tom Sheeran chose The Garden of the Finzi-Continis, an Italian film that won the Best Foreign Language Oscar. Set in 1938, it depicts the tensions among wealthy Jewish families as the Holocaust approaches, (1972) 94 min.

Feb 20 - With a background in medicine and art, Mary Flynn chose Frida, a movie from Mexico that explores living with disability informed much of Frida Kahlo’s artistry and biography, (2002) 122 min.

Mar 27 - Paul Piper chose Rabbit-Proof Fence, a fascinating historical Australian film about the treatment of the Aboriginal in Australia, where children were taken from their parents to be educated in order to erase/eliminate their Aboriginal heritage (2002) 193 min.

Apr 17 – Retired librarian and long-time OLLI-UHM member Carol Schaafsma chose Departures from Japan, the story of how an out-of-a-job cellist came to work in an agency specializing in final departures, (2008) 131 min.

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

**Instructor:** Joe O’Mealy, PhD, ret. Prof. English,

**Dates:** Wednesdays, Jan 23, 30, Feb 6, 13, 20, 27

**Time:** 2:00 pm – 4:00 pm

**Location:** Krauss 112

Philip Roth (1933-2018) was one of the most prolific as well as accomplished American fiction writers of the last fifty years. From his initial breakthrough novella, *Goodbye Columbus*, which won the National Book Award in 1959 through a middle-period series of novels about a fictional alter-ego, Nathan Zuckerman, to the late period masterpieces he produced in his 60s and 70s (which include *The Human Stain, American Pastoral, and The Plot Against America*), Roth had a career, sometimes marked by controversial content, but always distinguished by a wit, a seriousness, and a clear grasp of the contemporary world he (and we) inhabited. We will read four of Roth’s finest fictions: *Goodbye Columbus, The Ghost Writer, Zuckerman Unbound*, and *The Plot Against America*. Please have read *Goodbye Columbus* (only 150 pages) before our first meeting so we can begin with an informed discussion.

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.

**Imagine You Speak Thai: Practical Thai Through Pictures**

**Instructor:** Michael Zucker, former Peace Corps volunteer, Thailand Group 10

**Dates:** Wednesdays Jan 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 27, Apr 3, 10

**Time:** 2:00 pm – 4:00 pm

**Location:** Krauss 113B

Thai is a tonal language and uses its own alphabet. A phonetic system is used that incorporates tones and sounds that are different from English. Using images as visual aids to remembering, this course will help establish a basic conversational ability to speak Thai.

We will cover Questions & Answers, Greetings & Introductions, Directions & Travel, Food, Weather, Sports, Music & Songs

And as language is a window to and a reflection of culture, in addition to listening, understanding, and speaking, this course should give a bit of feeling for Thai culture.

Michael went to Thailand in 1965, after 3 months of Peace Corps training in the wild winter at Northern Illinois University. Always a lover of languages, he has - for some reason - remembered his Thai, and has used it as a translator and interpreter over the years.

**Tech Trends: Science Fiction in the Real World**

**Instructor:** Leo Doucet, BFA

**Dates:** Wed, Jan 30, Feb 6, 13, 27, Mar 6, 13, Apr 3, 10

**Time:** 1:30 – 4:30 pm

**Location:** Krauss 111

We live in an exciting but uncertain time. This course will explore a variety of topics including, but not limited to, Artificial Intelligence, Robotics, Human-Machine interface, Self-Driving cars, Virtual and Augmented Reality, Exponential Technologies in Healthcare and the Arts, and the concept of Singularity. We will view a variety of science-fiction films, TED talks, and Singularity University videos for a comparison/contrast between Science Fiction and Science Reality. Humans have a natural tendency to fear what we do not know, so during this course we hope to stimulate an introductory discussion of current and near-future technology and how it relates to us as individuals, as a community, and the future of mankind. Throughout the course, we will ultimately wrestle with the question of ethics in an increasingly technology-dependent world.

Leo was born in Canada and graduated from Emily Carr University of Art and Design in Vancouver, with a BFA (Photography major) in 1992. Since then he’s taught photography, homeschooled his children, and is now a private investor. He built his first computer in the late 90s and has been fascinated with ever-changing technology ever since.

**Be a NASA GLOBE Observer: Join OLLI-UHM’s inaugural Citizen Science Group**

**Instructor:** Dr. Russanne (Rusty) Low, MA, Ph.D.

**Dates:** Wednesdays, Feb 20, 27, Mar 6, 13

**Time:** 10:00 am - 12:00 pm

**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 participate by downloading the free GLOBE Observer app and submitting cloud, mosquito habitat, and land cover observations.
This is your opportunity to engage as citizen scientists and contribute to scientific investigations: asking questions, collecting and interpreting data, and communicating results. Please bring a tablet or smart phone for hands-on activities.

**Feb 20 – Introduction to GLOBE Observer/Clouds.**
Clouds play an important role in transferring energy from the Sun to different parts of the Earth system. Since clouds can change rapidly, scientists need frequent observations from citizen scientists.

**Feb 27 – Mosquitoes.** A serious global health risk, not only do millions of people die each year from mosquito-borne disease, but in Hawaii, mosquitoes are the vector for avian malaria devastating the native bird population. While climate and weather conditions can suggest to scientists where we can expect spikes in mosquito populations during the year, we don’t know for sure what is happening unless we make observations on the ground.

**Mar 6 – Land Cover.** 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.

**Mar 13 – Community Report Out.**
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. In the past year she has traveled to Vietnam, Togo, Peru, Brazil, and Mexico as part of this project and is now coming to Hawaii to share her expertise with us.

**Chinese Comic Cinema**

**Instructor:** Cynthia Ning, PhD, Associate Director, Center for Chinese Studies, Director, Confucius Institute

**Dates:** Wednesdays, Feb 20, 27, Mar 6, 13

**Time:** 1:00 – 4:00 pm

**Location:** Moore Hall 109 (corner of Maile Way and East-West Road)

We will view and discuss four comic Chinese films that provide a tour through China and Chinese-America:

**Feb 20 - Ermo,** 1994. A village woman decides to earn enough to buy the biggest TV available by doing what she does best—make twisty noodles.

**Feb 27 - Wedding Banquet,** 1993. If you're gay in NYC, what can you do when the family patriarch from Taiwan insists that you take a bride?

**Mar 6 - Cape No. 7,** 2008. A failed rock-singer returns to his hometown in southernmost Taiwan and is pressured to put together a band of misfits to open for a Japanese star.

**Mar 13 - Kungfu Hustle,** 2004. This raucous romp is by the king of Hong Kong comedy—Stephen Chow—and is set in the make-believe Pigsty Alley.

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

In addition to being Associate director of the Center for Chinese Studies, and Hawaii director of its Confucius Institute, Cynthia Ning is the author of several textbooks for learning Mandarin Chinese, and a regular instructor of ASN 330: Chinese Film.

**Climate Change Update**

**Instructor:** Fred T. Mackenzie, Prof. Emer., UHM, Oceanography

**Dates:** Tuesdays, Mar 27, Apr 3, 10, 17

**Time:** 10:00 am - Noon

**Location:** Krauss 111

The planet Earth and its climate are always in a state of change. The greatest global environmental problem of the 21st century facing us and our children and grandchildren is that of global climatic change (“global warming”). Fossil fuel combustion, land-use changes, and other activities of humankind emit carbon dioxide (CO₂) and other greenhouse gases to the atmosphere, leading to an enhanced planetary greenhouse effect, changing global precipitation patterns and aridity, and altering and increasing the intensity of extreme weather events, leading to changes in the biodiversity and distribution of plants and animals, as well as an increase in ocean acidity and sea level rise.

In this lecture and discussion course, we will review natural historical global climatic change and what that tells us about our present situation, particularly in light of recently released Fourth U.S. National Climate Assessment outlining devastating effects of a changing climate on the economy, health and environment that are already being felt. Strained freshwater supplies, damaged and compromised coastal infrastructure, coral reef death, and greater stresses on native biodiversity and species are among the major concerns detailed in the Hawai’i-Pacific Islands chapter of the report. Using this background as a framework, we will discuss local implications and what actions can be taken to lower the future economic, environmental, social, and cultural costs of the effects of climate change on the US economy and our local communities.
Dr. Fred T. Mackenzie, Emeritus Professor of Oceanography, Geology & Geophysics UHM, is the author or co-author of more than 300 scholarly publications including 7 books. His current research interests include: modeling of the Earth surface system through geologic time; effects of rising CO₂ and temperature on coral/carbonate ecosystems; and implications of global warming for concepts of sustainability for Pacific Island nations and Hawaii. Fred is also an ardent athlete, life-time traveler, trekker, and mountaineer.

**Fireside Poems to Recite for Fun**

**Instructor:** Dave Johnson, BA Yale, JD Harvard Law  
**Dates:** Wednesdays, Mar 27, Apr 3, 10  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss Hall 112

Class members will recite wonderful sounding story telling poems, most of them humorous, and discuss what makes them effective. The poems include: *Jabberwocky* (Carroll), *McCavity, the Mystery Cat* (Eliot), *The Cremation of Sam McGee* (Service), *The Shooting of Dan McGrew* (Service), *Fuzzy Wuzzy* (Kipling), *On the Road to Mandalay* (Kipling), *Casey at the Bat* (Ernest Thayer), *The Raven* (Poe), *Kubla Khan* (Coleridge), *The Highwayman* (Alfred Noyes), *Ulysses* (Tennyson), *The Charge of the Light Brigade* (Tennyson), and *Casabianca* (Hemans). Poems will be provided without charge.

Dave Johnson, a long-time Honolulu lawyer, has taught literature at OLLI-UHM for 20 years.  
* Does not count toward 3-class limit.

**THURSDAY/classes**

**Thursday Morning Watercolor**

**Instructor:** Kit Cameron, BA, MFA  
**Dates:** Thursdays Jan 24, 31, Feb 7  
**Time:** 9:30 am to 12:00 noon  
**Location:** Krauss 112  
**Enrollment limit:** 14

Whether you are an absolute beginner in watercolor or a seasoned painter you will enjoy this class as we all share our knowledge and experience. Each week we will explore themes and techniques with a demo, plenty of support as needed, followed by time to work and look at each other’s results. Come see what beauty you create!

You will need to get your materials before the first class (list provided upon enrollment).

Kit Cameron returns to OLLI to share her delight in one of her favorite painting media. She has an MFA from San Francisco Art Institute and taught art in the San Francisco Bay Area and Honolulu. She is a member of Hawaii Watercolor Society.

**How to Take Better Photos**

**Instructor:** Jennifer Crites, BA  
**Dates:** Thursdays Jan 24, 31, Feb 7, 14  
**Time:** 10:00 am to 12:00 noon  
**Location:** Krauss 111  
**Enrollment limit:** 30

Whether you consider yourself a beginner or intermediate photographer, 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. 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. If your camera has an instruction book, please bring it.

Jennifer Crites is a former portrait/wedding photographer and current freelance photojournalist whose images have appeared in Travel+Leisure, Islands, Hawaii, Travel Ideas by FlightCentre, TravelWorld International, and other magazines and books worldwide.

**I Want To Write a Book. What do I do?**

**Instructor:** Dennis Keating, MBA  
**Dates:** Thursdays Jan 24, 31, Feb 7, 14  
**Time:** 10:00 am to 11:30 am  
**Location:** Krauss 113B

The course takes the mystery out of writing and publishing your book. It uses a step-by-step process to answer all aspects of book writing from planning to publication. The course discusses all aspects of book writing. Fiction and Nonfiction. Staying focused. Joining writing groups. The pros and cons of using publishers and self publishing. Hardbound, Paperbacks and eBooks. Book design. Those enigmatic ISBNs; the benefits of PODs; Can I get in B&N? What's it all cost? How much money can I make? Marketing and Tie-Ins. Also, the course provides an opportunity for one-on-one consultations.

Dennis Keating is an author of both fiction and nonfiction books. He has an MBA and has lectured at universities in China, Germany, Thailand, Mexico and the USA.
Michael Wood’s *Story of England*

**Instructor:** Jim Hesse, Musician, Actor  
**Dates:** Thursdays, Jan 24, 31, Feb 7, 14, 21, 28  
**Time:** 1:00 – 4:00 pm  
**Location:** Krauss 111

This BBC documentary series takes a unique angle in exploring the history of England. Host Michael Wood investigates English history through looking at the evolution of the town of Kibworth, Leicestershire. Using archaeological evidence, historical records, and interviews with ordinary English residents, Wood uses Kibworth’s rich history in the heart of England to demonstrate a number of key events in the nation’s history. This documentary will show how through invasions, famines, plagues, wars, and social upheaval, the ordinary people of England have shaped their own history. Additionally, we will watch a documentary on the discovery of the remains of King Richard III.

**Jan 24 - Romans to Normans**  
**Jan 31 - Domesday to Magna Cart**  
**Feb 7 - The Great Famine and the Black Death**  
**Feb 14 - Peasants’ Revolt to the Tudors**  
**Feb 21 - Henry VIII to the Industrial Revolution**  
**Feb 28 - Victoria to the Present Day. Bonus - Richard III: The King in the Car Park**

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

The Fundamentals of Investing in Stocks and Bonds

**Instructor:** Richard Chou  
**Dates:** Thursdays, Feb 21, 28, Mar 7, 14  
**Time:** 10 am to Noon  
**Location:** Krauss 112

What is "the one thing" that underlies the complex financial world of investment? Can we make sense of the alphabet soup of asset allocation, portfolio balancing, smart beta ETF and mutual funds by understanding one concept? Yes, we can and it is "risk". In this course, we will give examples of financial risks by examining financial statements from simple to complex corporations. Along the way, we discuss the time value of money and how risks affect valuation. We then discuss one way to quantify financial risks in stocks and bonds using statistics and how to use this concept of risk to minimize risk and maximize returns based on personal risk tolerance. Finally, we apply risk and return to examine the pros and cons of typical investment strategies such as balanced, growth, value, market timing and technical charting mutual funds and ETF’s. By the end of this class, you will be able to start the process forming your own investment strategy.

Richard was born and raised in Taipei, Taiwan. He has a BS in Physics from TungHai University in Taichung, Taiwan, a BS in Physics from Northwestern University and a MBA from the Booth School of Business of the University of Chicago in Chicago. He has been a sales engineer at various high tech companies in the Bay Area in California, has long been interested in the creation of business value via technology start-ups and non-technology businesses and is enthralled in knowing the basics of business finance.

Russia from Czars to Commissars - And Back?

**Instructor:** Carol Zink, BA, MBA  
**Dates:** Thursdays, Feb 21, 28, Mar 7, 14, 28, Apr 4, 11, 18  
**Time:** 10 am to Noon  
**Location:** Krauss 111

The grand sweep of Russian history is replete with fascinating rogues, from Ivan the Terrible to Stalin. Czars and Commissars alike were confronted by challenging problems of climate and geography, the struggle to modernize while maintaining control, and threats from without and within. We will examine the interplay of domestic and foreign policy, and the perils of resisting social and political modernization while trying to modernize industrially and economically. We will look at Russia's major external conflicts, including Peter the Great's Great Northern War, Napoleon's disastrous invasion of Russia, the Crimean War, WWI, WWII, the Cold War, and Afghanistan ("Russia's Vietnam"). We will study Russia's three revolutions of the 20th Century, the Soviet system, and the collapse of the USSR. We will conclude with a brief look at present-day Russia and Vladimir Putin's efforts to reassert Russian power in the world. The course will be taught in a lecture/discussion format.

Carol Zink taught AP European History and Modern World History for 14 years at independent college prep high schools in California. She has a BA in history from Northwestern University, and has taken numerous courses at Stanford University and Yale University to continue her history education, and is particularly fascinated by and has extensively studied Russian history.
The Royals

Instructor: Jim Hesse, Musician, Actor  
Dates: Thursdays Mar 7, 14, 28, Apr 4, 11, 18  
Time: 1:00 – 4:00 pm  
Location: Krauss 111

This collection of BBC documentaries presents an exciting and comprehensive look into the lives of several generations of the British Monarchy. This documentary looks into the lives of Royal Family members ranging from the Victorian Era up to present day.

Mar 7 - Queen Victoria’s Children – This film explores Victoria’s relationship with her husband and nine children.  
Mar 14 - King George and Queen Mary – Examines the lasting legacy of King George, who created the House of Windsor and reinvented many royal traditions, rescuing the monarchy from potential disaster along the way.  
Mar 28 - The Coronation of Queen Elizabeth II – Drawing on rare archival footage, this program looks at the behind the scenes story of logistically enormous and culturally significant event.  
Apr 4 - Elizabeth at 90 – Using archival footage and interviews with family members, this program celebrates the Queen’s legacy after 90 years.  
Apr 18 - The Royal Wedding: Harry & Meghan – Join Prince Harry and Meghan Markle as they celebrate their royal wedding in May of 2018.

The Study of Dreams (For Dreamers)

Instructor: William Rogers II, M.D., M.P.H.  
Dates: Thursdays, Mar 7, 14, 28, Apr 4  
Time: 2:00 – 4:15 pm  
Location: Krauss 112

As we enter the second 'psychological' century, how do we regard our dreams? Are they useful sources of guidance in the conduct of our daily lives? Is there a systematic approach to the study of dreams that is helpful in elucidating their complex and elusive imagery? Is there a 'science' of the symbolic? These questions have been addressed extensively in academic, analytic, and therapeutic settings; however, we will undertake the study of dreams with the goal of developing a personal approach to their meaning. We will briefly survey the historical and scientific currents that have influenced modern theories about dreams and dreaming, but this workshop will be devoted primarily to the elucidation of dreams that are presented by the participants. Reading suggestions will be offered at each session.

Will has a longstanding avocational interest in the phenomenology and interpretation of dreams, and is a past president of Oregon Friends of C.G. Jung.

FRIDAY CLASSES

Facebook For Seniors

Instructor: Jeune Scoffil, MCSE, MCP  
Dates: Fridays, Jan 25, Feb 1, 8, 15  
Time: 2:00-4:00 pm  
Location: Krauss 111, Crawford 212

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? In this class you will learn how to set up a Facebook account; create a profile and find friends; send messages, make video calls, take and send pictures, and handle privacy and other security concerns. Links to visual presentations shown in class will all be emailed to you for future reference. The last two classes will meet in the CSS Mac Computer lab in Crawford 212 for hands-on instruction.

Note: This is not a class for computer user novices; participants should have basic knowledge of their own devices and a basic understanding of the Internet.

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

Continuum Movement

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT  
Dates: Fridays, Feb 1, 8, 15, 22, Mar 1, 8, 15  
Time: 10:00 – 11:30 am  
Location: Krauss 112

Continuum Movement is a therapeutic moving meditation practice. This practice connects to the body’s fluid system and into a slower wave frequency for a state of rest and settle. Cellular resonance is created through breath, sound vibrations, mindful micro movements, and wave like movements.
This meditation helps the body to heal from stress, PTSD, physical injuries, and medical problems. The internal system is experienced as becoming much more alive. Please reduce or avoid caffeine before coming to class.

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

**Life Writing Workshop**

**Instructor:** Ann Rayson, MA, PhD, Ret. Prof. English, 
**Dates:** Fridays, Feb 1, 8, 15, 22, Mar 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.

**Creative Expression**

**Instructor:** Kathryn Rone, MA, RSMT, RSME, CYT  
**Dates:** Fri, Feb 1, 8, 15 (no class Feb 22), Mar 1, 8, 15  
**Time:** 1:00 – 3:00 pm  
**Location:** Krauss 113B  
**Enrollment Limit:** 10

Let your creativity express, sort out, and process the emotional, social, and mental strengths and challenges in your life. Class will use art materials, words, poetry, and movement to dive into our unconscious. Feel free to bring in your favorite art supplies, or come without and ready to explore! Class is based on instructor’s Masters of Counseling Psychology with Specialization in Creative Expression, studies with Psychosynthesis and BA in Visual Art.

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

**Lord of the Rings: Films and Discussions**

**Instructor:** Shalane Sambor, BA  
**Dates:** Fridays, Feb 8, 15, 22, Mar 1, 8, 15  
**Time:** 9:30 am – 12:30 pm  
**Location:** Krauss 111

Join us for an adventure into J.R.R. Tolkien's Middle-earth. This will be a six-week journey which will include viewing Peter Jackson's three films - The Fellowship of the Ring, The Two Towers, and The Return of the King - and discussion of each film. One session will be seeing a film, then the following week's session will be discussion of that film, until all three films are completed. Discussions could include topics such as general themes, characterizations of the inhabitants of Middle-earth, archetypes that may be seen in the films, or other topics of interest to participants. Together we will explore the rich tapestry that Professor Tolkien created in his Lord of the Rings. No previous knowledge of Tolkien's works or Jackson's films is necessary. Presented by members of the Tolkien Fellowship of Hawaii. Call 808-293-1353 for further information.

Born in Honolulu Hawaii, Shalane attended Punahou School, then Boston University, receiving a B.A. in Philosophy and Religion. While at college she read Tolkien's The Hobbit and The Lord of the Rings and 2001 she and a few friends formed the Tolkien Fellowship of Hawaii, dedicated to Tolkien's works.

**TEACH FOR OLLI!**

OLLI-UHM is always looking for dynamic instructors who have a passion for teaching. No grades, no tests, no homework – just the pleasure of sharing your knowledge. Come share it with us and experience the joy of giving to a community of lifelong learners.

Call Carole Mandryk at 956-8224 or email mandryk@hawaii.edu
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<td>Imagine You Speak Thai: Practical Thai…..</td>
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<td>Climate Change Update</td>
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<td>Fireside Poems to Recite for Fun*</td>
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<td>A History of Mathematics: Antiquity to the AGP</td>
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<td>More Adventures in Nature w/ Susan Scott*</td>
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<td>Broadway Treasures: Lerner &amp; Loewe*</td>
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**SUNDAY EVENTS**

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<tr>
<td>Rare &amp; Wonderful Trees and Plants of UHM Tour</td>
<td>Bornhorst</td>
<td>10-Feb</td>
<td>4:00-5:00</td>
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<td>UHCampus</td>
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<tr>
<td>Writers on Writing: Sisters In Crime (SIC) Author Series</td>
<td>White et al</td>
<td>3-Mar</td>
<td>2:00-4:00</td>
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**MONDAY EVENTS**

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<tr>
<td>The Historical Ecology of Agricultural Production in Polynesia: Case studies from Samoa and Hawaii</td>
<td>Quintus</td>
<td>28-Jan</td>
<td>2:00-3:30</td>
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<td>17</td>
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<tr>
<td>Lunchtime TED Talks</td>
<td>Mandryk</td>
<td>1/28-4/8</td>
<td>12:30-1:30</td>
<td>6</td>
<td>111</td>
<td>18</td>
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<tr>
<td>Correlates of Life Satisfaction among Older Adults: Findings from China, Taiwan, and Hawaii</td>
<td>Zhang</td>
<td>4-Feb</td>
<td>2:00-3:30</td>
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<td>111</td>
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<tr>
<td>Cubism+: Art Isms of the 20th Century</td>
<td>Georagas</td>
<td>11-Feb</td>
<td>2:00-3:30</td>
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<tr>
<td>Hydrogeology &amp; Groundwater in Hawaii: Occurrence, Development, and Management</td>
<td>Eyre</td>
<td>25-Feb</td>
<td>2:00-3:30</td>
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<td>Verdi’s Rigoletto w/ Jim Becker</td>
<td>Becker</td>
<td>4-Mar</td>
<td>1:00-4:00</td>
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<td>111</td>
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<tr>
<td>By the Pond ~ Inquiries into Yoga2: Transmission of Yoga to the West</td>
<td>Laurence</td>
<td>11-Mar</td>
<td>2:00-3:30</td>
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<tr>
<td>Aztec, Mayan, and Inca Travelogue</td>
<td>Lowder</td>
<td>25-Mar</td>
<td>2:00-4:00</td>
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<td>111</td>
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<td>Animation: Paint in motion</td>
<td>Margulies</td>
<td>1-Apr</td>
<td>2:00-3:30</td>
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<td>So it’s Historic, But should it be saved? And how?</td>
<td>Deters</td>
<td>8-Apr</td>
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<tr>
<td>“Hot” Opportunities in the Flexible Workforce</td>
<td>MacKay</td>
<td>15-Apr</td>
<td>2:00-3:30</td>
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**TUESDAY EVENTS**

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<td>Writer’s Circle</td>
<td>Ching</td>
<td>29-Jan</td>
<td>1:00-3:00</td>
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<td>113B</td>
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<tr>
<td>Courts To Clowns: Performing Puppets In Asia Tour</td>
<td>Reynolds</td>
<td>19-Feb</td>
<td>10:00-11:00</td>
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<td>EWCenter</td>
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<td>Spaulding House Art Tour</td>
<td>Georgas</td>
<td>6-Mar</td>
<td>11:00-12:00</td>
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<td>SpHouse</td>
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<td>The Best Apple Pie You’ll Ever Eat!</td>
<td>Zink</td>
<td>14-Feb</td>
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<td>The Painter’s Palette Watercolor Open Forum</td>
<td>Lindenbach</td>
<td>2/14-3/14</td>
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<tr>
<td>Food For Thought Encore</td>
<td>Mandryk</td>
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<td>UHM</td>
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<td>OLLI Book Club</td>
<td>SIG</td>
<td>25-Jan</td>
<td>1:30-3:00</td>
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<tr>
<td>Heart &amp; Breast Health</td>
<td>Rone</td>
<td>29-Mar</td>
<td>10:00-11:30</td>
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</table>

**Note:** In the tables above, underlined terms are used to identify classes on the color calendar, *courses do not count against three-course tally, i.e., can be chosen in addition to three other courses.

A $60 Term OLLI-UHM Membership entitles you to enroll in 3 courses, and 3 “Special Events,” e.g., one-time lectures, workshops, tours, Lecture Series, and Shared Interest Groups (SIGs), which meet multiple times. Once registration is complete, you may be admitted to additional courses or events on a space-available basis. SIGs do not count toward your three-course total, but one must be a member to join a SIG.

**NEW OLLI-UHM Membership Benefit:** Members are now eligible for a UH ID. There is a $10 charge per ID card to be paid directly to the ID office in Campus Center once registration is complete. The cards will expire 9/15/19. **NOTE:** Cards for members who join in Spring 2019 will available late-January.
A History of Mathematics: Antiquity to the Alexandrian Greek Period

Instructor: Pradip Kar  
Dates: Fri, Feb 22, Mar 1, 8, 15  
Time: 1:30 – 3:00 pm  
Location: Krauss 111

Mathematics has a fascinating history and captures many significant milestones in the progress of mankind. It was loved by the practicing mathematicians and loathed by many who both hated and feared its power. We will explore man’s quest for knowledge and disciplined enquiry into “the most elaborated and sophisticated of the sciences”.

In this class you will be introduced to the central concepts of mathematics: abstraction; methods of reasoning; inductive and deductive logic; and axioms and the formal proof; most topics will be developed through class discussions and solving problems. (So bring a paper and pencil). A historical perspective will be provided including a timeline. We will discuss the lives and stories of great mathematicians from major civilizations. We will examine number systems used in ancient times and solve numerical problems in the different number systems. We will discuss the contributions of ancient Egyptian, Mesopotamian, Chinese, Indian and other civilizations.

Reference Books: A Concise History of Mathematics by Dick Struik, Journey through Genius by William Dunham, Mathematics for the non mathematician by Morris Kline

Pradip Kar is a retired weapon system engineer who has spent over 50 years working on and designing Naval Weapon Systems. His interest in the history of mathematics grew out of reading about the lives of great geniuses like Pythagoras, Archimedes and Leibnitz. In addition to practicing engineering, he has taught various topics in electrical and systems engineering at the college level. Pradip has an honors degree in Electrical Engineering from the University of London.

More Adventures in Nature w/ Susan Scott

Instructor Susan Scott, BA, Author  
Dates: Fridays, Mar 8, 15, 29, Apr 5  
Time: 10:00 am – 12:00 noon  
Location: POST 127

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

Mar 8 - “White Terns: It Takes a Hui. How citizen scientists, researchers, government employees, educators, wildlife groups, writers, photographers, tree trimmers, birders, office workers, condo dwellers and others have come together to help Hawaii’s White Terns.”

Mar 15 - “Working at Midway Atoll. How do you count a million albatrosses? One, two, three, four…”

Mar 29 - “The Art of Beach Walking: What I see when the tide goes out.”

Apr 5 - “All Stings Considered. Myths and facts about Hawaii’s marine injuries.

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

* Does not count toward 3-class limit.

Broadway Treasures: Lerner & Loewe

Instructor: Robert Schwartz, BS, MBA  
Dates: Fri, Mar 29, Apr 5, 12  
Time: 10:00 – 11:30 am  
Location: Krauss 111

The four blockbuster shows of Lerner & Loewe rival even those of Rodgers and Hammerstein. We will focus on "Brigadoon", "My Fair Lady", "Camelot", and "Gigi" in this program of anecdotes sprinkled in with lots of discussion and music. Each of the four sessions will cover the different shows and material.

Bob has taught Musical Theater History for Lifelong Learning institutes in St. Louis, Chicago, and NYC. His knowledge of the history of Musical Theater stems from his Academic background at Penn where he formed a Five Piece band that played principally show tunes from the period 1948-1952 and gave him even more interest in going into New York for Broadway Theater.

* Does not count toward 3-class limit.

~ Tell us what you need! ~

We continue to add courses to meet the needs of our members. What learning opportunities would enrich your life?
Special Event, Lecture Series, and Shared Interest Group Descriptions

Sunday Events

Rare and Wonderful Trees and Plants of UH Manoa Tour
Presenter: Heidi Leianuenue Bornhorst, BS, MS
Date: Sunday, February 10, 2019
Time: 4:00 – 5:00 pm
Location: Krauss 111/patio

Join Horticulturist and Arborist, (and UH Tropical Ag grad) Heidi Leianuenue Bornhorst for a tour of the rare, wonderful, historic, native, and new trees and plants on the UH Manoa campus.

Did you know that the trees and plants at UH are more valuable than any of the Buildings? Do you want to learn about some of them, and their history and background?

Bornhorst helped save some of them, and planted others, and has been around the campus her whole life.

We will stroll along the campus in the early cool afternoon light, and learn about some of these green botanical treasures, some of which date back to the founding of UH Manoa as a premiere Land Grant College, in the days of Dr. Joseph Rock, AKA Pohaku.

Heidi Leianuenue Bornhorst is a Certified Arborist, Horticulturist, and Landscape Designer. She got her start as an Apprentice Gardener at the National Tropical Botanical Garden, and has a B.S. and M.S. from UH Mānoa. She wrote the book: Growing Native Hawaiian Plants, and writes the Hawai`i Gardens column for the Honolulu Star Advertiser.

Monday Events

The Historical Ecology of Agricultural Production in Polynesia: Case studies from Samoa and Hawaii
Presenter: Seth Quintus, BA, MS, PhD, Asst Prof Anthropology, UHM
Date: Monday, Jan 28, 2019
Time: 2:00 – 3:30 pm
Location: Krauss 111

Agriculture is a cornerstone of most economies throughout the world, but the techniques of production are variable reflecting different environmental and social influence. This was true of the past as well and Polynesian islands provide useful case studies through which to understand the development and long-term consequences of such diversity. This historical information provides insights into how most people lived within these past societies. More importantly, though, it presents an opportunity to capture ecological knowledge lost through the colonial process. This talk will discuss ongoing research into pre-European food production systems in Samoa and Hawai‘i, illustrating significant relationships between local ecologies, social systems, and agricultural techniques. Instead of viewing these systems as artifacts of the past, Prof Quintus will highlight techniques and strategies in the archaeological record that might be reconsidered and revitalized in contemporary time as tools to combat issues of food security and food sovereignty.

Writers on Writing: Sisters in Crime Author Series

Presenters: Sisters In Crime Authors
Dates: Sundays, Mar 3, 10, 24, 31
Time: 2:00 – 4:00 pm
Location: Krauss 111/112

Come to one or all of this series of talks by local authors. The speakers are all members of Sisters in Crime, a national organization developed to support women authors that today welcomes men writers as well. There are two speakers each day. Authors will also have copies of their own books available for purchase and signing. A fabulous opportunity for OLLI’s aspiring writers to talk story with published authors.

March 3
A.J. Lewellyn: What is Your Core Story?
Gail Baugniet: The Story Behind the Story

March 10
Laurie Hanan: Writing with Aloha
Katharine Nohr: The Making of a Honolulu legal mystery novel

March 24
Kent Reinker: Making Writing Relevant to the Reader
Jenny Delos Santos: Falling Perfectly Without Trying – Emerging from Domestic Abuse

March 31
Vicki White: Onions in My Ice Cream – Inspiration for difficult issues
Lizbeth Hartz: Writing as a Form of Activism
Seth joined the UH faculty in 2016 as a Pacific Island archaeologist. Much of his archaeological experience stems from work conducted in Polynesia examining long-term relationships between humans and Pacific island environments, approached from an interdisciplinary perspective applying spatial, ecological, and geomorphological techniques to the study of settlement systems and environments. This research exploring the role of agricultural development in the formation of small-scale political economies and emergent complexity centers on the role that the environment played in both constraining and presenting opportunities for emergent leadership in Pacific island societies.

Lunchtime TED Talks

Facilitator: Carole Mandryk
Dates: Mondays, Jan 28, Feb 11, 25, Mar 11, 25, Apr 8
Time: 12:30 – 1:30 pm
Location: Krauss 111

You’ve asked for mid-day offerings to bridge the gap between morning and afternoon classes. Come join us on selected Mondays to view and discuss short TED Talks. Talks range from 10 to 15 minutes. Bring your lunch and your curiosity. No need to sign up in advance. Just drop in.

Jan 28 - A lesson on looking
Feb 11 - The surprising habits of original thinkers
Feb 25 - Older people are happier
Mar 11 - Why some of us don’t have one true calling
Mar 25 - There’s more to life than being happy
Apr 8 - How to make hard choice

Correlates of Life Satisfaction among Older Adults: Findings from China, Taiwan, and Hawaii

Presenter: Wei Zhang, BA, PhD
Dates: Monday, February 4, 2019
Time: 2:00 – 3:30 pm
Location: Krauss 111

Wei and her graduate students collected qualitative and quantitative data via surveys and face-to-face interviews allowing them to compare measures of productive and healthy aging (such as psychosocial and economic well-being, physical well-being, and social support from adult children) in three populations from Wuhan in China, Taichung in Taiwan, and local Chinese in Honolulu. Wei will discuss the interesting similarities and differences between the three populations and some of the somewhat counter-intuitive findings.

Wei Zhang is a professor in the Department of Sociology at UH Manoa. Her research interests include socioeconomic status (SES) and health, religion and health, aging, and social epidemiology.

Cubism+: Art Isms of the 20th Century

Presenter: Peter Georgas, BA
Dates: Monday, February 11, 2019
Time: 2:00 – 3:30 pm
Location: Krauss 111

For 400 years prior to the 20th Century, painting was dominated by a single principle: Realism. With the discovery of perspective, the two-dimensional surface of the canvas was artificially given a third dimension: depth. Twentieth century artists questioned this static approach to painting, prompting artists like Picasso to reexamine the way we look at art by introducing time, the sense of movement, as a fourth dimension. This opened the door to an unparalleled century of innovation, not only in painting but also sculpture, architecture, music, literature and dance. We will concentrate on painting and examine its major "Isms": Cubism, Fauvism, Futurism, Expressionism, Dada, Constructivism, Surrealism, Abstract Expressionism, Pop Art, and Minimalism.

Note: Peter will also be leading a tour of Spaulding House on March 6 to view contemporary art in person (see tour p. 21).

Peter Georgas grew up in Waseca, a small town in southern Minnesota. After earning a BA in Journalism from the University of Minnesota, he went on active duty for two years as an enlisted man aboard a destroyer, the Floyd B. Parks. His experiences during the Korean War served as inspiration for his first published book. Following a decade in advertising, he joined the staff of Walker Art Center in Minneapolis as the museum's first full time publicist. Later, along with his family, he moved to Austria, where he was Director of the Salzburg Seminar until 1984. He also writes suspense novels.

Hydrogeology & Groundwater in Hawaii: Occurrence, Development, and Management

Presenter: Paul Eyre, BA, MA
Date: Monday Feb 25, 2019
Time: 2:00 – 3:30 pm
Location: Krauss 111

Gordon Macdonald once said, “Geology is the Mother of Hydrology”. In that spirit we will examine how the geologic structures formed by Hawaiian volcanism
over the past 2 million years combined with the generous amounts of rainfall provided by evaporation from the ocean and the northeast trade winds to create some of the most beneficent aquifers on earth.

We will discuss how these aquifers have been developed to support Hawaii’s growing population and the sustainability of this development. We will also touch on instances of groundwater contamination that could threaten our health and reduce the amount of groundwater available for consumption.

Paul Eyre received his bachelor’s degree in Geology/Geophysics and his master’s degree in Civil Engineering, both from the University of Hawaii. Over the past 30-plus years he has worked as a Hydrogeologist for the U.S. Geological Survey, as the Water System Engineer for the U.S. Navy at Pearl Harbor, and as a Water Use Regulator for the Hawaii State Commission on Water Resource Management.

**Rigoletto with Jim Becker**

**Presenter:** Jim Becker, Retired AP foreign correspondent, sportswriter, opera and drama critic  
**Date:** Monday March 4, 2019  
**Time:** 1:00 pm – 4:00 pm  
**Location:** Krauss 111

Former opera and drama critic Jim Becker will introduce us to Giuseppe Verdi’s Rigoletto, giving us insights into the background and plot of this opera and enhancing our viewing pleasure. Considered the first operatic masterpiece of Verdi’s mid-to-late career, this tragedy revolves around the Duke of Mantua, his court jester Rigoletto, and Rigoletto’s beautiful daughter. Luciano Pavarotti, Ingvar Wixell, and Edita Gruberova star in director Jean-Pierre Ponnelle’s 1982 film version. This film was set in a number of Renaissance landmarks, including the Castello di San Giorgio in Mantua, the Piazza Duomo in Cremona, and the Teatro Farnese in Parma.

**By the Pond ~ Inquiries into Yoga 2: Transmission of Yoga to the West**

**Instructor:** Linda Laurence, M.A., M.L.I.S., RYT  
**Date:** Monday, March 11, 2019  
**Time:** 2:00 - 3:00 pm  
**Location:** Krauss 111

Contact between India and the West has a very long history -- from ancient to modern times. To focus on the westward transmission of yoga, we will view segments on “Yoga’s Passage from East to West” and “Modern Yoga” from Gita Desai’s documentary film Yoga Unveiled. Linda will augment the film's content with a slideshow that will look a little further into: the discovery of Sanskrit by Europeans and the subsequent translation of Indian philosophical texts; the early introductions of yoga to America by Swami Vivekananda in 1893 and Paramahansa Yogananda in 1920; yoga’s reception by Emerson and the Transcendentalists; and the mushrooming of present-day postural yoga, breathing techniques, and meditation practices that were brought to the U.S. by teachers sent in the 1950s by prominent yogis in India. All are welcome to join this session and learn more about the history of the current global phenomenon called “yoga.”

Linda Laurence has been a student of yoga since the late 1960s in Hawaii and received her certified teacher’s diploma in 2015 at the Sivananda Ashram in Canada. She holds a master’s in Oriental [Indic] Studies (UPenn) where her graduate coursework focused on Sanskrit language & story literature and historical & comparative linguistics. Now, she welcomes the opportunity to share some of her favorite research interests with other lifelong learners, at OLLI!

**Aztec, Mayan and Inca Cultures with Maria Lowder**

**Presenter:** Maria Lowder, World Traveler  
**Date:** March 25, 2019  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 111

Central and South America had three great cultures. The Mayans had passed their peak in the 900s but the Aztec and Inca Empires clashed with the conquistadores. The Spanish conquered through disease, myths, manipulation, and superior weapons. Today we can visit some of their temples and see remnants of their great cities.

Through photographs we will explore the remains of their buildings and compare their cultures. All three civilizations relied on farming and housed thousands of people in their great cities. There had been earlier civilizations – the Olmec, and Nazca who were influential on the later empires. We will compare the empires and discuss similarities and differences. They all had many gods and relied on human sacrifice to appease the gods.

What did the Spanish take from these cultures and what do we still use today? Come join Maria for a look at Central and South America prior to the conquistadores and the consequences of the Spanish looking for the wealth of El Dorado and the treasures of the New World.
Animation: Paint in motion

**Presenter:** Laura Margulies, BA, MA, MFA, Lecturer
**ACM UHM**
**Dates:** April 1, 2019
**Time:** 2:00 – 3:30 pm
**Location:** Krauss 111

OLLI Members that attended Melissa Price’s talk on the science behind the Symphony of the Hawaiian Birds in October, or the wonderful live performance of the symphony at Blaisdell this November, will no doubt enjoy learning more about both the animated art and the art of animation. In this related presentation, independent animator Laura Margulies, who coordinated the animated sequences for the Symphony of the Hawaiian Birds, will discuss her work in animation, and how she approaches animation from an artist’s sensibility for her own work, focusing on motion, color, light, texture, dance, and story.

Laura began animating in 1988 as a means to combine her love of dance and painting. Animation has continued to inspire Laura, who has spent over twenty-five years exploring paint in motion. Laura hand animates using paints in a “stop motion” style. Her personal films have been screened worldwide in film festivals and her commissioned work has aired nationwide. Besides creating her own films, Laura has worked as a designer and colorist at MTV Animation on the classics “The Head”, “Beavis and Butthead,” and “Daria” and as a freelance illustrator, animator and artist. Laura teaches animation at the University of Hawai‘i at Mānoa Academy for Creative Media, and has taught at Pratt, New York Film Academy, School of Visual Arts in NYC, Punahou School, I’olani School, Hawaii Women in Filmmaking and at NYU’s Tisch School of the Arts where she was a faculty member.

**So it’s Historic. But should it be saved? And how?**

**Presenter:** Philip Deters, JD, Ret. Asst. Atty. Gen’l for Maryland State Historic Preservation Office, and volunteer for Historic Hawaii Foundation
**Date:** Monday, Apr 8, 2019
**Time:** 2:00 – 3:30 pm
**Location:** Krauss 111

What do we mean when we say, “PRESERVE” in Hawaii? Should we:
* Rehabilitate?
* Restore?
* Reconstruct?
* Preserve as is?
HOW should we preserve?

* Government regulation? By the Federal, State, or local government?
* Government purchase?
* Incentives:
  * tax breaks--charitable donation deductions?
  property tax credits?
  * grants?
  * low-interest loans?

In this short back-and-forth we will continue our discussion on historic preservation. We will review criteria for determining whether a place is “HISTORIC,” and then tackle the questions: Does “historic context” tell us whether a historic place SHOULD be saved? HOW do we save it?

Is it not necessary to have attended Phil’s 1st session on Historic Preservation, which will be briefly reviewed.

**“Hot” Opportunities in the Flexible Workforce**

**Presenter:** Carleen MacKay
**Date:** Monday, April 15, 2019
**Time:** 2:00 – 3:30 pm
**Location:** Krauss 111

As a follow-up to her well-received presentation this fall on “new Ways to Work,” Carleen returns to share additional insights into the opportunities in the new flexible workforce for older adults looking to make meaning in our lives, to continue to contribute. Whether you need additional income beyond your pension (if you have a pension), or are dying for something purposeful to do, your chances of leveraging your experience are better than ever. Flexible work is the fastest growing aspect of the market.

Carleen will cover big questions including:
What Has Changed? The effect of data analytics, global competition and more.
Where Are The Biggest Opportunities? 10 high needs met by flexible workforce.
Challenges & Opportunities: As a mature worker, what threats, what opportunities do you face?
Strategy: Again, as a mature worker, we will overview planning to work flexibly.

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

Writer's Circle (SIG)

Facilitator: Yi-chuan Ching

Dates: Alt Tue, Jan 29, Feb 12, 26, Mar 12, Apr 2, 16

Time: 1:00 – 3:00 pm

Location: Krauss 113-B

Enrollment limit: 6-8 only. Previous participants will be given first preference.

Ours is not a class but a cooperative enterprise in which we share what we write and learn from each other’s responses to our work. We meet every other week. We take turns informally reading our own work for reaction and comment. All types of writing are acceptable—memoirs, essays and rants, fiction, both short and long, poetry—pretty much anything except political diatribes. You will have a chance to submit work on a regular basis.

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

Courts To Clowns: Performing Puppets in Asia

Presenters: Michael Schuster, Curator, EWC Gallery &/or Annie Reynolds, Arts Program Assistant, EWC

Date: Tuesday, February 19, 2019

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.

Puppets have been essential to the performing and visual arts in Asia for centuries. Often aligned with religious or spiritual ritual, puppets continue to impact the cultures that have developed them. Puppeteers generally manipulate puppets with their hands using strings, rods, and gloves. This exhibition will feature three-dimensional puppets from China, India, Indonesia, Myanmar, Sri Lanka, Taiwan, Thailand and Vietnam.

Wednesday Events

Spaulding House Art Tour

Presenter: Peter Georgas

Date: Wednesday March 6, 2019

Time: 11:00 am – Noon

Location: 2411 Makiki Heights Drive

Tour fee: Free for Hawaii residents w/ID*, $10 for non-members of museum

Enrollment Limit: 15

Honolulu Museum of Art Spaulding House, is the only museum in the state of Hawaii devoted exclusively to contemporary art. It is suggested that tour participants plan to attend the lecture on Cubism+: Art Isms of the 20th Century on Feb 11 for enhanced enjoyment of the museum visit (see p. 18). Also note that the well-regarded Spaulding House Café is open from 11:00 – 2:00 pm. Perhaps plan to stay for lunch after your museum visit.

* on the first Wednesday of each month.

Thursday Events

The Best Apple Pie You'll Ever Eat!

Instructor: Carol Zink, BA, MBA, Pastry Maker

Date: Thursday, Feb 14

Time: 10 am to 1:00 pm

Location: Krauss 112

Enrollment Limit: 12

Fees: $15 materials fee to be paid directly to instructor.

If at first you don’t succeed—pie, pie again! Join us for this hands-on class and master the essential pie-making skills all bakers should know. Our instructor will walk you through the steps for mixing, rolling and baking perfectly flaky crusts every time. You’ll enjoy working alongside classmates as you make an apple pie. At the end of class you will have a pie ready to bake or to freeze and bake at a later date. The instructor has taught children, teenagers, and adults. Her pies are known as "the best apple pie you'll ever eat!"

- You will be standing, cooking and working for most of the class
- Please wear comfortable shoes and have long hair tied back
- Please bring an apron unless you don’t mind flour on your shirt
- If you can, please bring a peeler and a rolling pin

The “Painter's Palette” Watercolor Open Forum (SIG)

Facilitator: Laurel Lindenbach

Dates: Thursdays, Feb 14, 21, 28, Mar 7, 14

Time: 1:00 – 3:30 pm

Location: Krauss 112

Enrollment Limit: 12
Get in touch with your inner artist! Join our new "Painter's Palette" Open Forum, a workshop for all levels of watercolor enthusiasts. Just bring your paints, paper, and original ideas to share in our small creative community of like minds.

Weekly workshops will begin with a short demonstration covering art fundamentals to build basic drawing skills. We will perfect brush strokes with use of the watercolor palette as we paint the effects of light and shadow inspired by photographs. 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 new 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: a 4H pencil, 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. We will always use photographs for our subject matter as we will never copy another's artwork.

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

Food For Thought Encore (SIG)

**Facilitator:** Carole Mandryk, foodie, baker, chef

**Dates:** Thur, Feb 21, 28, Mar 7, 14, 28, Apr 4

**Time:** 10:00 am to 12:00 noon

**Location:** Krauss 113B

“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 orange cranberry muffins? Did you bring enough to share?

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

Friday Events

**Garden Meditation**

**Instructor:** Kathryn Rone, MA, RSMT, RSME, CYT

**Date:** Friday, January 25, 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.

**OLLI Book Club & Reading Discussion Group (SIG)**

**Dates:** Fridays, Jan 25, Feb 22, Mar 29

**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. Jan 25th. Please come prepared to discuss *Between the World and Me*, by Ta-Nehisi Coates (2015). 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.

**Heart and Breast Health**

**Instructor:** Kathryn Rone, MA, RSMT, RSME, CYT

**Date:** Friday, March 29, 2019

**Time:** 10:00 – 11:30 am

**Location:** Krauss 112

We will review stretching and breathing practices to reduce tension, and increase blood and oxygen distribution to the chest area. You may bring paper and a pen to take notes to practice these steps. These are gentle, easy ways to nourish the body. Drinking caffeine before class will make it difficult to receive the restful practice.
OLLI-UHM Spring 2019 Registration Form

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 oliuhm@hawaii.edu or see: http://www.osher.socialsciences.hawaii.edu/membership-enrollment.html

PAYMENT INFORMATION
Make $60 membership check payable to: UH Foundation #123-0790-4 (OLLI).
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.

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. Also 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 and SIGs 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>
<thead>
<tr>
<th>Course Title</th>
<th>1, 2, 3</th>
<th>Special Event Title</th>
<th>A, B, C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Russia at Sea [example]</td>
<td></td>
<td>Verdi’s Rigoletto [example]</td>
<td>A</td>
</tr>
</tbody>
</table>

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:
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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.

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. Also 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 and SIGs 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>
<thead>
<tr>
<th>Course Title</th>
<th>1, 2, 3</th>
<th>Special Event Title</th>
<th>A, B, C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Russia at Sea</td>
<td>1</td>
<td>Verdi’s Rigoletto</td>
<td>A</td>
</tr>
</tbody>
</table>

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:
### Art & Art History
- Modern Calligraphy .................. 3
- Creative Expression .................. 5
- Thursday Morning Watercolor ...... 5
- How to Take Better Photos .......... 10
- Cubism+: Art Isms of 20th C ....... 18
- Animation: Paint in motion .......... 20
- Performing Puppets Tour .......... 21
- Spaulding House Art Tour ......... 21
- Painter’s Watercolor Forum ........ 21

### Film, Music, & Theater
- Crumbling Colossus ................. 3
- Indian Wed Stories: Bollywood ... 5
- CulCin: Foreign Films ............. 7
- Chinese Comic Cinema ........... 9
- Story of England ................. 11
- The Royals .......................... 14
- Verdi’s Rigoletto .................... 15
- Lord of the Rings .................. 15
- Broadway Treasures* ............... 16

### History & Culture
- A Taste of India ..................... 3
- Russia at Sea ....................... 10
- History of Olympic Games ...... 11
- A History of Mathematics ....... 15
- Russia from Czars to .......... 16
- By the Pond ......................... 19
- Aztec, Mayan, & Inca .......... 19
- So it’s Historic ...................... 20

### Languages
- Mandarin Chinese ................. 4
- Learn Korean from K-dramas .. 4
- Imagine You Speak Thai .......... 4

### Lit, Poetry & Drama
- More Breathless Moments ....... 4
- Some Novels of Philip Roth .... 10
- Fireside Poems* .................... 18
- OLLI Book Club ................... 22

### Multidisciplinary/Other
- Aging & Dying with Dignity .... 7
- Fundamentals of Investing ....... 8
- Lunchtime TED Talks .......... 18
- Flexible Workforce .......... 20
- Food For Thought Encore ...... 22

### History & Culture
- A Taste of India ..................... 3
- Russia at Sea ....................... 10
- History of Olympic Games ...... 11
- A History of Mathematics ....... 15
- Russia from Czars to .......... 16
- By the Pond ......................... 19
- Aztec, Mayan, & Inca .......... 19
- So it’s Historic ...................... 20

### Science & Technology
- Natural History of Hawaii ....... 4
- Tech Trends: Science Fiction ..... 4
- Be a NASA GLOBE Observer .... 9
- Climate Change Update ........ 16
- Facebook For Seniors .......... 16
- Rare Trees and Plants Tour .... 17
- More Adventures in Nature* .... 18
- Hydrogeology in Hawaii ......... 18

### Social Sciences
- Regional Geography ............. 4
- The Historical Ecology of ...... 17
- Correlates of Life Satisfaction .. 18

### Wellness, Health, Fitness
- Raja Yoga ........................... 3
- Introductory Tai Chi .............. 6
- OLLI Adventure Hikes .......... 7
- Garden Meditation ............... 7
- Continuum Movement .......... 9
- Heart & Breast Health .......... 14

### Writing
- I Want To Write a Book .......... 8
- Life Writing Workshop .......... 8
- Writers on Writing (SIC) ...... 17
- Writer’s Circle .................... 21

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**Note:** In the table above, as well as those on pp. 14-15, underlined terms are used to identify classes on the color calendar. *classes do not count against three-course tally, i.e., can be chosen in addition to three other courses.

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### SPRING 2019 KEY DATES

**Dec 17:** ONLINE REGISTRATION BEGINS  
**Dec 18-21:** Help with registration available in OLLI office  
**Jan 2-4:** Processing of registrations  
**Jan 7-11:** Confirmation of class enrollment  
**Jan 22:** CLASSES START  
**Feb 18:** Presidents’ Day (Observed)  
**Mar 18-22:** Spring Break (No Classes)  
**Apr 18:** Last Day of Spring Classes

### FIVE WAYS TO REGISTER:

**Online:**  
[https://online.uhfoundation.org/memberships/OLLI.aspx](https://online.uhfoundation.org/memberships/OLLI.aspx)  
**Phone:** 956-0654  
**Email:** olliuhm@hawaii.edu  
**In person** at the OLLI Office, Krauss Hall 113, across Dole Street from the Law School  
**By Mail** with membership enrollment form on this page.

**NOTE:** ONLINE registration is the quickest way to ensure you gain a spot in classes of your choice; mail is the slowest method.

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### FULL COURSE CATALOG ONLINE:

**WARNING**

Installation of a large photovoltaic panel canopy on the top deck of the Lower Campus parking structure will decrease daily visitor parking spaces by 200 spots during construction Jan 2 - Mar 31 making your Spring 2019 campus commute & access to parking even more difficult. Please consider alternatives to parking.

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

TheBus

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

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

UHM Rainbow Shuttles
The Rainbow Shuttle is one of the sustainable options that UHM makes available at no charge. See schedule & route maps to see if they offer you an alternative to driving at http://manoa.hawaii.edu/commuter/dayshuttle.php

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

Most useful UHM Rainbow Shuttle Routes:

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

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

PARKING

Lower Campus
Visitor parking is theoretically available from 5 am to 4 pm for a flat fee of $5. However, without a UHM parking permit (which only full-time UHM students and employees are eligible for), it is hard to access parking on campus between 9:30 am and 1:30 pm. Our members report “Lot Full” signs as early as 9:45 and until 1:30pm. Commuter Services asks us to “please understand that about 26,000 affiliates access our campus daily, causing lots to fill by 10 a.m.” Come early to get a parking spot. Enter the main Parking Structure on Lower Campus Road (first right off Dole Street past the University Avenue and Dole Street intersection). After 4 pm, on Saturdays and for special events, the flat fee is $6.
Upper Campus
Visitor parking is limited & expensive: from 6:30 am to 4 pm, the parking fee is **$2 per half-hour**. The green striped visitor stalls in the parking lots at Orvis Auditorium, Sinclair Library, behind Kennedy Theatre, next to Kuykendall Hall, and at Varney Circle have Pay-to-Park ticket machines; place receipts face-up on dashboard.

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

*Parking Violation Fines have been increased and range from $40 to $260!*

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

For more information on getting to and around the UHM campus, visit: [www.manoa.hawaii.edu/commuter](http://www.manoa.hawaii.edu/commuter)

Finding OLLI-UHM

OLLI-UHM classes are held in Krauss Hall, Moore Hall, and POST, all indicated on this 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/](http://manoa.hawaii.edu/campusmap/)
Lifelong Learning for adults 50+
Spring Term Classes start January 22, 2019!

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!!

Over 60 courses, workshops & special events!

“Education is not the filling of a pail, but the lighting of a fire.”
— William Butler Yeats

New classes start almost every month!

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

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