COURSE CATALOG
Summer 2019
May 28-Aug 15

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

Learn solely for the joy of learning!

“Develop a passion for learning. If you do, you will never cease to grow.” ~ Anthony J. D’Angelo
Welcome to Summer 2019

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

We are excited to offer 50 NEW courses and events, and welcome 15 NEW instructors and presenters to the OLLI family this Summer!

summer 2019 special series

This summer we are introducing a new type of offering for OLLI-UHM. Special Series provide an opportunity for multi-faceted exploration of a theme with different presenters. Two series were inspired by 50th anniversaries of significant past events (Woodstock and the Moon Landing), and two by urgent present and future concerns. We hope you will join us for one or more of these multi-faceted explorations.

Coral Reef Series (#8) Starts June 18th. See page 5 for detailed description.
Climate Disruption Series (#15) Starts June 12th. See page 7 for detailed description.
Apollo Series (#30) Starts July 15th. See page 11 for detailed description.
Woodstock Series (#29, special events 1, 8 & 23)

OLLI Membership Information

Anyone aged 50 or older is eligible to join OLLI and take courses. A $60 Summer Membership entitles you to enroll in three courses, as well as at least three special events. Once registration is complete, you may be admitted to additional course or events on a space-available basis. Membership fees are non-refundable.

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.isher.socialsciences.hawaii.edu/

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Registration Procedure

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

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

Summer 2019 Key Dates & Events

• May 8: ONLINE REGISTRATION BEGINS
• May 8-14: Help with online registration available in OLLI office; Public Catalog Distribution
• May 14 - 17: Processing of registration
• May 20: Confirmation of class enrollment
• May 28: CLASSES START
• Jun 11: King Kamehameha Day. No classes
• Jul 4: Independence Day. No classes
• Aug 15: Last Day of Summer Classes
1. Muhammad’s Ministry: The Four Contrasting Phases & Their Contemporary Implications

Instructor: Saleem Ahmed, PhD  
Dates: Sundays June 2, 9, 16, 23, (no class June 30), July 7, 14, 21  
Time: 2:00 – 4:00 pm  
Location: Krauss 111

With the Muslim holy book Qur’an being not arranged chronologically – and with the Qur’an carrying “contrarian” guidance on several temporal issues dealing with war and peace; exclusion and inclusion; and misogyny and philogyny – a plethora of choices confronts Muslims in deciding which guidance to follow.

Although the Qur’an tries to help by clarifying that later guidance superseded earlier guidance, there is often no way to know which guidance on any subject came “later”. Thus, with extremists preferring reactive verses and moderates proactive ones, the profusion of available choices leads, at times, to unfortunate actions that make headlines around the world. This chasm has prevailed from immediately after Muhammad died. There seems to be no solution in sight to this dilemma. Until now.

By consulting the earliest extant book on Muhammad written by Ibn Ishaq within a hundred years of Muhammad’s death, Ahmed has unraveled, probably for the first time, the chronology of Qur’anic revelations and identifies the context under which some important reactive and proactive verses were revealed. These show that the religion Muhammad preached summersaulted from inciting war to inspiring peace.

Born in India and raised in Pakistan, Saleem earned an M.S. in geology from the University of Karachi in 1961 and a Ph.D. in Soil Science from the University of Hawaii in 1965. Dismayed by how extremists were unwittingly maligning Islam by their incomplete knowledge of the religion, Saleem has spent three decades researching the religion. This led to his publishing: Beyond Veil and Holy War: Islamic Teachings and Muslim Practices with Biblical Comparisons (2002) and Islam: A Religion of Peace? (2008). Now he is completing his third book, The Four Contrasting Phases of Muhammad’s Ministry and their Contemporary Implications, which this class will be based on.

2. The Psychology of Non-Monogamous Relationships

Instructor: Leslie Spurr, PhD  
Dates: Sundays June 2, 9, 16, 23, 30, July 7  
Time: 2:00 – 3:30 pm  
Locations: Krauss 112  
Recommended Reading: Relax, It’s Just Sex: Understanding Non-possessive Intimate Relationships

The thought that you could have sexual and/or emotional intimacy with outsiders, with the consent and support of your spouse or significant other, is a radical notion for most people. And yet, an increasing number of married and unmarried couples in committed relationships are doing just this and, for many of them, their relationships are flourishing as a result. In this course, we will examine these relatively new forms of intimate relationship style that are becoming increasingly popular among contemporary couples and singles. Non-possessive intimate relationships will be surveyed from a psychological perspective to explore how these arrangements work, emotionally and cognitively, for the individuals involved.

Leslie Spurr, PhD. is a licensed clinical psychologist and relationship therapist working with couples and singles who are involved in non-monogamous relationships. Dr. Spurr has recently researched and published a book-length survey of the varieties of non-traditional relationship arrangements.

Dr. Spurr’s book, Relax, It’s Just Sex: Understanding Non-Possessive Intimate Relationships will be available for purchase at the UH Bookstore.

3. The Movies Made Me Do It: Films Which Inspired Social Change

Instructor: Sue Nance, Amer. Studies, BA, MA, ABD  
Dates: Mondays, Jun 3, 10, 17, 24, Jul 1, 8, 15, 22, 29, Aug 5, 12  
Time: 9:30 am - 12:30 pm  
Location: Krauss 112 and 111

We will look at some of the many films produced by Hollywood studios which--profoundly or subtly--affected the viewing audience, and which resulted in attitudes and values reflecting changes to society itself. Although documentaries have always been the usual means of change, many great commercial films have impacted profoundly as well.
Some of the films we will see are *Philadelphia, In The Heat Of The Night*, 9 To 5, *Norma Rae*, *The Thin Blue Line*, and others. As always, the discussions are the heart of our class, and I look forward to spending that time with you.

After a wonderful try-anything life, Sue Nance went back to school at 45. It was so much fun, that she stayed through graduate school. Having discovered that her passion was teaching, she did so until retirement. After a brief break, during which she went crazy with boredom and purposelessness, Sue was fortunate to have been directed to OLLI, which has been the most joyous experience of all for both her and her many devoted students.

4. Poster Art in 20th Century China

**Instructor:** Dennis Keating, MBA  
**Dates:** Mondays Jun 3, 10  
**Time:** 2:00 - 3:30 pm  
**Location:** Krauss 111

This two week course discusses the two forms of poster art that prevailed in China during two periods and played a role in the country’s evolution.

The first session concerns billboard type advertising poster art used throughout China ca. 1913 – 1932. These posters used illustrations of beautiful women to promote luxury items and consumer goods. Today they are frequently referred to as Shanghai Girl posters. Their creation is attributed to an American businessman. They ceased being used when the Japanese attacked Shanghai in 1932.

The second session concerns the Propaganda posters Chairman Mao Zedong used to gain and maintain power from 1951 – 1976. They were developed shortly after the Communist Party came to power and ceased being used after the death of Mao. These are now referred to as Mao Posters.

Dennis Keating lived, taught, and worked in China from 1997 to 2007. During his ten-year stay in China, he amassed a collection of over 500 posters.

5. Poetry Writing Workshop

**Instructor:** Dana Anderson, BA, MA, English & American Lit.  
**Dates:** Mondays, Jun 24, Jul 1, 8, 15, 22, 29  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 113B  
**Text:** *A Poetry Handbook*, by Mary Oliver

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

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

6. Introduction to American Mah Jongg

**Instructor:** Gay Gale  
**Dates:** Tuesdays May 28, Jun 4, June 18, 25 (No class Jun 11)  
**Time:** 9:30 – 11:00 am  
**Location:** Krauss 111  
**Materials fee:** $8.00 payable to the instructor on the first day for the official Mah Jongg card

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

**Instructor:** Arthur Reed  
**Dates:** Tuesdays, May 28, June 4  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 111

This short two-week course follows the migration of humans into the Pacific Ocean, first with the earliest settlers and seafarers and then with the European mariners.

**May 28 - History of Early Human Migration Into the Pacific Islands**  
**June 4 - History of European Exploration of the Pacific and Its Islands from 800 to 1800 AD**

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.

8. Coral Reef Series

**Dates:** Tuesdays, Jun 18, 25, Jul 2  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 111 for Jun 18, 25, Waikiki Aquarium, 2777 Kalakaua Ave for Jul 2

**Jun 18 – Corals and Coral Reefs.** Lecture by Arthur Reed. How coral organisms grow and reproduce eventually forming the massive coral reefs that surround tropical islands and how these reefs evolve with the islands.

**Jun 25 – Chasing Coral.** Documentary viewing and discussion. Jeff Orlowski’s critically acclaimed 2017 documentary follows a team of divers, photographers, and scientists seeking to understand how and why coral reefs around the world are vanishing at an unprecedented rate.

**Jul 2 - Waikiki Aquarium Coral Exhibit Field Trip.** Presentation by Mary Roney, Community Programs Coordinator. A special offering for OLLI members highlighting coral and the coral related exhibit at the Waikiki Aquarium. This event is only available to those who enroll in the series. Limited to 12. **Entrance fee:** $4 group rate

9. Classic Comic Plays

**Instructor:** Dave Johnson, BA Yale, JD Harvard Law  
**Dates:** Tuesdays, July 2 to August 13 (7 sessions)  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss Hall 112

We will discuss one comedy per class, in the order in which they were written. Along with enjoying each play for itself, we will discuss characteristics that link some or all of them. Full-length comedies are not a series of jokes and belly laughs. They tend to have problems that are overcome in the end. I think you should leave a comedy feeling happier than when it started. Our comedies are world famous, and should be easily available in libraries either under their titles or in collections of their authors’ plays. There will be no introductory class. Our first class will focus on the play **Lysistrata.** Our plays and discussion dates are:

**Jul 2 - Lysistrata** – Aristophanes 411 BCE (in translation)  
**Jul 9 - A Midsummer Night's Dream** – William Shakespeare 1595  
**Jul 16 - Volpone** – Ben Jonson 1606  
**Jul 23 - Tartuffe** – Moliere 1664 (in translation)  
**Jul 30 - The Importance of Being Earnest** – Oscar Wilde 1898  
**Aug 6 - Pygmalion** – George Bernard Shaw 1912  
**Aug 13 - The Odd Couple** – Neil Simon 1965

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

10. Geography of Exploration

**Instructor:** Gary Fuller, PhD, Geography  
**Dates:** Tuesdays Jul 9, 16, 23, 30, Aug 6, 13  
**Time:** 2:00 pm – 3:30 pm  
**Location:** Krauss 111

While "exploration" extends from mankind's earliest experiences to recent explorations in space and oceanic depths, the Age of Exploration was the prelude to European colonization of much of the world. This was initiated by a simple innovation: adding Arab lateen sailing rigs to Portuguese ships, producing the caravel, a ship that could sail around Africa and across the Atlantic. We consider several explorers, and the greatest of all explorations, a voyage begun 500 years ago (1519) by Juan Sebastian Elcano in the **Victoria.** Elcano proved that our planet was incorrectly named. Chances are you never heard of Elcano and can only guess what our planet should have been named...which are reasons enough to sign up for the class!
WEDNESDAY CLASSES

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

Instructor: Joel Merchant, Principal, Navigating the Journey
Dates: Wednesdays, May 29, Jun 5, 12, 19, 26, Jul 3, 10
Time: 9:30 am to 12:00 noon
Location: Krauss 113B
Enrollment Limit: 10

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

12. Introductory Tai Chi

Instructor: Ken Koike
Dates: Wednesdays, May 29, Jun 5, 12, 19, 26, July 3 10, 17, 24, 31, Aug 7, 14
Time: 10:00 – 11:00 am
Location: Grass area, Correa Rd Circle outside Krauss
Enrollment limit: 24

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

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

13. OLLI Adventure Hikes for the Fit Senior

Instructor: John B. Hall, Prof. Emer., Microbiology
Dates: Wednesdays, June 12, 19, 26, Jul 3, 10, 17
Time: Fieldtrips meet at the trailhead at 10:00 am unless indicated otherwise.
Location: Varies, see below

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

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


Instructor: Tom Sheeran, Renaissance man
Dates: Tuesdays, Jun 12, 19, 26, Jul 3, 10, 17, 24, 31
Time: 11:00 am - 2:00 pm
Location: Krauss 111/112

This summer we will enjoy foreign films that each won the Oscar. They range from The Bicycle Thief and Rashomon during the revival of the film industry in Italy and Japan after WWII to The Lives of Others following the reunification of Germany after the fall of the Berlin Wall. Several, such as Rashomon and Black Orpheus, are considered masterpieces, and several look at the harsh political conflicts of their times. There is some comic relief in All About My Mother, but like in all the others, the difficulties faced by people in their daily lives have a universal resonance.
In our own children, and for theirs. Although different from humans, other animals are sentient, and are much more like us than many of us allow ourselves to believe. In this talk Dr. Anderson also shares strategies to preserve our planet for our own children, and for theirs.

**15. Climate Disruption Series: Pathways to Hope And Action**

**Dates:** Wednesdays, Jun 12, 19, 26, Jul 3, 10, 17, 24, 31  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 111

Yes, the climate is changing. Yes, we are causing it. We are now at the point where every year matters. It’s a perfect recipe to give up. But there is no other option than to keep going. How do we fight despair? By finding practical ways to take action. Ask yourself, “What is my role on this new planet?” Whatever it is that you’re passionate about, it’s affected by climate change. Come join us in a conversation to foster hope and action.

**Jun 12 - Climate Change.** Carole Mandryk. Overview of the climate system and climate variability. How do we know what we know? What DO we know? Focus on processes and context so you understand why a warming planet causes sea level to rise, extreme weather events to worsen, and ecosystems to degrade.


**Jun 26 - Project Drawdown Workshop.** Andrea Nandoskar and Sherryl Royce. Learn about the 100 most impactful, substantive solutions to global warming that either reduce emissions or remove greenhouse gases from the atmosphere; featuring the book Drawdown by Paul Hawken. Join us in shifting the conversation on climate change from “doom and gloom” to a sense of opportunity, possibility, and hope for the future.

**Jul 3 - How Animal Communication Research Can Inform Our Lifestyle Choices.** Victoria Anderson, Associate Professor of Linguistics, UHM. Bees recognize faces. Rats laugh when they’re tickled. Although different from humans, other animals are sentient, and are much more like us than many of us allow ourselves to believe. In this talk Dr. Anderson also shares strategies to preserve our planet for our own children, and for theirs.

**Jul 10 - Protecting the Ocean and Our Health - Plastic Reduction Solutions.** Suzanne Frazer, B.E.A.C.H. Founder will speak about the importance of the ocean and the urgent need to take action to protect it. She will cover everything you need to know about plastic, chemicals and their impacts and most importantly, how you can make a difference! Come be inspired and empowered to make simple, easy changes to protect your health and the ocean.

**Jul 17 - Blue Planet Foundation.** Hannah Shipman. Learn about Blue Planet Foundation’s work, energy efficiency, and changing Hawaii’s dependence on fossil fuels and clearing the path for 100% clean energy in Hawaii’s future. Clean energy matters!

**Jul 24 - Go Green: Choices for Coexisting.** Kathryn Rone. We can make better choices to support our Aina; plants, animals, and global ecosystems. Learn how choices support conservation efforts in Hawaii and globally. Do simple Go Green actions really affect our planet? Can every day purchasing save endangered species? Find out what is happening globally. Be inspired by creative environmental ideas from new leaders.


**16. Writing Our Lives, Telling Our Stories**

**Instructor:** Rain Wright, BA, MA, PhD  
**Dates:** Wednesdays July 10, 17, 24, 31, Aug 7, 14  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 113B  
**Enrollment limit:** 12

“The truth about stories is, that’s all we are.” Thomas King’s quote carries intricate meaning and weight on who we are as humans and how we convey lived experiences. Most of us follow the “beginning, middle, and end” model when telling stories, but to what degree can life writers incorporate techniques traditionally associated with fiction into their production of memoir? We will discuss a range of creative writing techniques that over the last thirty years have enhanced our perception of the narrative approaches that are possible when writing our lives, telling our stories. Each class begins with a short writing exercise and discussion to stimulate story ideas, use muscle memory, and engage with creative writing techniques. Each week, four students will have the opportunity to share their work. Short readings (creative and theoretical) and journaling activities will be assigned to carry your passion for writing and reading over to the next week.
Rain, a PhD graduate of the Department of English at UHM, is the recipient of several creative writing, teaching, and academic awards, Rain believes healing comes in the form of sacred family spaces, lomilomi (the prayer work of hands), and storytelling.

THURSDAY CLASSES

17. The Olympic Games at the Movies

Instructor: Gay Gale
Dates: Thursdays, May 30, Jun 6, 13, 20, 27
Time: 9:30 am - 12:00 noon
Location: Krauss 111

We will screen and discuss one TV special and three movies in which the Olympic Games are the centerpiece:

May 30 - The First Olympics - Athens 1896, Part 1
Jun 6 - The First Olympics – Athens 1896, Part 2
Jun 13 - Chariots of Fire (1924 Summer Olympics in Paris)
Jun 20 - Race (1936 Summer Olympics in Berlin)

Gay Gale has a B.S and M.Ed in Physical Education, three years of PhD studies in Psychology of Sport and a Masters in Business Administration. A fan of excellence in every endeavor, Gay fell in love with the Olympics after touching a gold medal won by a California swimmer in 1964. Tokyo 2020 will be the 9th Summer Olympics that Gay has attended.

18. Flexible Workforce Workshop

Presenter: Carleen MacKay
Dates: Thursdays May 30, June 6
Time: 9:30 – 11:00 am
Location: Krauss 112

In this world of ever-longer lifetimes and ever-faster technology shifts, we ask…what are you planning to do with your longer lifetime? Beyond the old world of full-time jobs is an exciting, fast-rising world filled with other, newer, and increasingly flexible ways to work. From full-time to part-time to some-of-the-time; from home to across town or across the world; for a fee, for free or for gain-sharing; launch or re-launch your work-life your way! It is time to explore and discover many ways to reach your goal of new and meaningful work that works for you! Remember, your career is your business. You are the CEO. Get ready! Discover new ways to work that will work for you! We will first focus on working through the

8 steps of Carleen Mackay’s Career Strategy, and then focus on Social Networking. Each participant will have access to a free PDF of Carleen MacKay and Phyllis Horner’s ebook New Ways To Work - A Playbook to Make WORK – Work for YOU!

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

19. American Musicals by Rogers & Hammerstein

Instructor: Jim Hesse, Musician, Actor
Dates: Thursdays May 30, June 6, 13, 20, 27
Time: 1:00 – 4:00 pm
Location: Krauss 111

The classic songwriting duo of Oscar Hammerstein and Richard Rodgers are credited with starting the golden age of American musical theatre in the 1940s and 1950s. Richard said when he and Oscar first discussed making a musical from Green Grow the Lilacs, “What happened between us was almost chemical. Put the right chemicals together and an explosion took place! Oscar & I hit it off from day we began discussing the show.”

Their relationship was like some predetermined destiny: first, their fathers were both named William; they both had wives named Dorothy, and both had met their wives aboard a trans-Atlantic liner! Oscar’s wife had been a distant relative of Richard’s and Richard’s father had been the physician who had delivered Oscar’s first two children! We will watch and discuss five of their most outstanding successes. Anecdotes will be shared during this course, including thoughts & memories of yours truly!

May 30 - Oklahoma! Curly & Laurie are sweethearts, but they are stubborn so they end up going to the Box Social shindig with Aunt Eller and Jud Fry!
Jun 6 - Carousel: Billy Bigelow, the operator of the town’s Carousel, had a special lady in mind, Julie Jordon, to marry. When they do, they both lose their jobs. Billy’s desperation to provide for his family leads to fatal results.
Jun 13 - South Pacific: From James Michener’s Pulitzer Prize Book of adventures in wartime.
Jun 20 - The King and I: Anna is a prim English mistress who meets the King of Siam and is hired to teach his young children.
Jun 27 - Sound of Music: And finally, their most successful (financially & beloved) was the true background story of the Austrian Von Trapp family escaping from the Nazis and the love of Maria for the Captain and his children who all learned to “Climb Every Mountain!”

After 40 years in retail music stores, touring the US and Europe as a puppeteer, appearing for years in the Hawai’i Shakespeare Festival, Jim Hesse had enough adventures to share with OLLI, 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!

20. Explorations in Drawing with Ava Fedorov

Instructor: Ava Fedorov
Dates: Thursdays May 30, Jun 6, 13, 20, 27
Time: 1:00 – 4:00 pm
Location: Krauss 112

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

Required Supplies: The following supplies are needed for the course. You do not need to purchase a new set if you already have the supplies. Pad of Bristol art paper, drawing pencils, 1 kneaded eraser. Additional supplies will be provided.

21. 3 by Cole Porter, 3 by Sondheim

Instructor: Jim Hesse, Musician, Actor
Dates: Thursdays July 11, 18, 25, Aug 1, 8, 15
Time: 1:00 – 4:00 pm
Location: Krauss 111

Continuing our summer focus on Broadway composers, we’ll now focus on single songwriters. First up is Cole Porter (1891-1964), considered one of the wittiest of all lyricists, and then Stephen Sondheim (b. 1930), a living composer of Broadway Musicals, who is still creating new sounds! Starting with “West Side Story” with Leonard Bernstein’s music right up to his “Passion” in which he wrote both words and music, like Cole Porter before him.

COLE PORTER

Jul 11 - Anything Goes (1934) The film version of the 1934 musical, with significant alterations to the plot; with Bing Crosby, Donald O’Connor, and Mitzi Gaynor.
Jul 18 - Kiss Me Kate (1953) With more than two dozen songs in this score, and most of them atop the Hit Parade, it’s an adaptation of Shakespeare’s “Taming of the Shrew” with a modern twist about a theatre company putting on the classic with a married couple. Was it really Lunt and Fontane’s backstage bickerings?
Jul 25 - High Society (1956) A musical version of “The Philadelphia Story” with Louis “Satchmo” Armstrong leading the band with Bing Crosby, Frank Sinatra and Grace Kelly. The Oscar award-winning song, “True Love” is featured as the plot turned to a happy ending. Bing and Satch give an instructional song on “That’s Jazz” that’s a classic duet from these great performers.

SONDHEIM

Aug 8 - A Little Night Music (1977) The only film version of this delightful all-waltz musical (“Send In the Clowns”) featuring original cast members plus Diana Rigg, Lesley Ann Downs and Elizabeth Taylor in her only singing film role.
Aug 15 - Into the Woods (1987) With Original Cast performing live with Bernadette Peters as a Witch creating havoc over Cinderella, Jack the Lad (Beanstalk fame) and a childless Baker and his wife, all forced to enter the Woods to get their wishes fulfilled and lift the Witch’s curse. Can they do this?

22. Smart Games

Instructor: Uyanga Batzogs
Dates: Thursdays Jul 11, 18, 25, Aug 1
Time: 2:00 – 3:30 pm
Location: Krauss 113B

Do you want to have fun and become smarter by playing various games? Want to have fun things to do when your friends and family visit you? Then we invite you to our smart games class. We use board games, cards from Korea and Europe, which makes these games unique from typical board/card games common in America. They test speed, critical thinking, math, and other important factors in intellectual building. More than that though, they’re fun! People genuinely enjoy playing them and it is a great way to meet new people and make friends.
Uyanga is from Mongolia and she is Founder of Quality Life, a non-profit in Ulaanbaatar, Mongolia. Quality Life started Mongolia’s first senior center (Facebook: Quality Life Club UB) and it uses board games as its main socializing and learning tool. Uyanga is a graduate of Shidler Business school and is currently pursuing her PhD degree in Social Welfare at UH to follow her passion to create new services and opportunities for seniors and families via social entrepreneurship.

FRIDAY CLASSES

23. Meditations Around the World

Instructor: Richard Bradshaw MA, Asian comparative religions, PhD, Social Psychology
Dates: Fridays May 31, Jun 7, 14, 21, 28, Jul 5
Time: 10:00 – 11:30 am
Location: Krauss 111

This course focuses on the various kinds of meditations practiced around the world. Each class will consist of a short introductory lecture on some meditational discipline, a documentary of between twenty to fifty minutes on said discipline, class discussion, and finally practicing the meditation, usually for about ten to fifteen minutes, though this is negotiable depending on students’ wishes. Documentaries will focus on founders, meditational strategies and methods, and the particular ‘wisdom’ each meditational discipline considers important for the practitioner. The initial class is of a ‘generic’ nature consisting of a fifty-minute documentary on what ‘enlightenment’ means in this modern day and age and will provide a valuable framework for the meditations that are to follow in subsequent classes.

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

24. Geography of Religion: Origin & Spread of Judaism, Christianity, and Islam

Instructor: Gary Fuller, PhD, Geography
Dates: Fridays May 31, Jun 7, 14, 21, 28, Jul 5
Time: 2:00 pm – 3:30 pm
Location: Krauss 111

This course uses religious ideology as an example of how new ideas originate, spread, and are modified and differentiated over time and through space. This is a geography course, and necessarily touches on ideology (belief systems) to some extent but does not deal with all the nuances and rich histories that characterize these faiths. Disagreeing with the instructor is most welcome; stoning him, however, is discouraged.

Emeritus Professor Gary Fuller was formerly Director of the Population Studies Program. He received the Teacher of the Year Honor (University Division) from the National Council for Geographic Education, has written 4 books, published over 100 articles, was a winning contestant on Jeopardy, and has lectured on more than 60 cruise ships.

25. Yoga Dance

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Dates: Fridays, June 7, 14, 21, 28, July 5, 12, 19
Time: 10:00 – 11:30 am
Location: Krauss 112

Stretch, dance, move, and play! We will strengthen the abdomen, become more aware of the body, feel our breath, and enjoy yoga. Gentile, easy movements come from following a natural flow. Being open to all of life's undulations, contractions, or expansions allows for an endless possibility of options and shift. Modifications are offered for all.

Kathryn has practiced yoga since 1999, studied Hatha yoga designed to improve health in an accessible way, and taught since 2003. The focus is on the reduction of injury and stress, pain, and recovery from tension. She integrates healing waves of movement into yoga asanas to connect with the breath and spirit. You can learn more about her at: www.creativehealingmovement.com.

26. Figure Drawing

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Dates: Fridays, June 7, 14, 21, 28, July 5, 19, 26
Time: 1:00 – 3:00 pm
Location: Krauss 112
Enrollment Limit: 10

Learn how to observe and create people through quick sketches and longer drawing times. Most figures will be fully clothed. Review basic drawing skills and the elements of art and design. Please bring sketchbook or watercolor paper and pencils or pens.

Kathryn attended Laguna College of Art and Design, and taught at the Palo Alto Art Center & Museum (PAAC). Her artwork is sold in Kailua and can be viewed online at www.kathyrone.com
27. DIY Reupholster Chair Seat Workshop

Instructor: Carole Mandryk, wood & textile worker  
Dates: Fridays, Jun 7, 14, 28 (no class Jun 21)  
Time: 1:00 – 3:00 pm  
Location: Krauss 113B  
Enrollment limit: 6  

Did you know it’s EASY to reinvent your dining chairs by recovering the seat? All you need is suitable material, a staple gun, and a few other tools you likely already have around the house (screw drivers, tape measure, scissors). Bring nothing but yourself to the first class except your chair seat if you’ve already removed it from the chair or your fabric if you’ve already chosen it. Be careful when choosing fabric. Dining chairs can be covered with a piece of fabric 27 x 27”. Fabric that is 54” wide is ideal as you can cover two seats with ¾ of a yard. Narrower fabric requires additional yardage, e.g., 44” wide fabric would require 1 and ½ yards to allow cutting of 27 x 27” squares. If you do not already own a staple gun, wait until after the 1st class to purchase one. I’ll have a few different ones on hand for you to try. Star pupils may assist in recovering Room 112 armchairs to gain additional upholstery experience.

28. DIY Pillows and Piping Workshop

Instructor: Carole Mandryk, wood & textile worker  
Dates: Fridays, Jul 5, 12, 26 (no class Jul 19)  
Time: 1:00 – 3:00 pm  
Location: Krauss 113B  
Enrollment limit: 6  

This workshop will cover simple throw pillows, making your own piping, and sewing pillows with piping. We will start with demonstrations followed by working on your own pillows. You can make brand new pillows with purchased pillow forms, or make a new cover for an existing pillow. Making a simple throw pillow will be easiest for experienced sewers. Materials list to be provided upon confirmation of enrollment. Bring a sewing machine if you have one.

29. The Times They Are a-Changing: The Cultural and Political Revolution of The Sixties

Instructor: Sue Nance, Amer. Studies, BA, MA, ABD  
Dates: Fridays July 12, 19, 26, Aug 2, 9  
Time: 9:30 am - 12:30 pm  
Location: Krauss 111  

August marks 50 years since the landmark event of Woodstock. The cultural phenomenon occurring on Max Yasgur’s dairy farm—the creation, for three days, of a city of the young—was, to some extent, the final expression of the decade’s conversion to "Youth Culture." It was, ultimately, the final moment of its careless and temporary shift of attention and illusion of power.

Our six meetings will discuss those cultural and political changes and challenges, using films, music, lectures, and guest speakers. (The films will be Monterey Pop, Across The Universe, culminating with the Director’s cut of Woodstock.) "...we’ve got to get ourselves back to the garden."

30. Apollo Series

Dates: Monday Jul 15 12:30-1:30 pm; Fridays, July 19, 26 1:00 – 3:00 pm  
Location: Krauss 111  

It’s been nearly 50 years since Neil Armstrong and Buzz Aldrin became the first humans to walk on the moon. Do you remember watching it on TV? I do.

Jul 15 – Moon TED talk and video. View and discuss.

Jul 19 – Apollo 11. View and discuss Apollo 11, the critically acclaimed 2019 documentary. The film consists solely of archival footage, including 70 mm film that was previously unreleased to the public, and does not feature narration or interviews. Paul Mavis: "Apollo 11 not only thrills you like a rollercoaster ride, it brings back to life an exceedingly brief moment in the American timeline where brash and wholly warranted confidence in our technological superiority created a miraculous, quantum leap forward for us as a (mostly) unified nation."


Two more moon landing related items that may be of interest:

Chasing the Moon, PBS Series, airing July 8, 9, and 10. https://www.pbs.org/wgbh/amexexperience/films/chasing-moon/

Dawn of the Space Age will be screened on Saturday July 20, 2:15 pm at the Hokulani Imaginarium at Windward Community College. “Re-live the excitement of the early days of space exploration, from the launch of the first artificial satellite to the magnificent lunar landings and privately operated space flights.”

http://aerospace.wcc.hawaii.edu/imaginarium.html
# COURSES, WORKSHOPS, & SPECIAL SERIES

## SUNDAY COURSES
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<tr>
<td>1</td>
<td>Muhammad’s Ministry: The Four Contrasting Phases &amp; Their Contemporary Implications</td>
<td>Ahmed</td>
<td>6/2-7/21</td>
<td>2:00-4:00</td>
<td>7</td>
<td>111</td>
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<tr>
<td>2</td>
<td>The Psychology of Non-Monogamous Relationships</td>
<td>Spurr</td>
<td>6/2-7/7</td>
<td>2:00-3:30</td>
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<td>113B</td>
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<td>The Movies Made Me Do It: Films Which Inspired Social Change</td>
<td>Nance</td>
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<td>9:30-12:30</td>
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<td>4</td>
<td>*Poster Art in 20th Century China</td>
<td>Keating</td>
<td>6/3-6/10</td>
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<tr>
<td>5</td>
<td>Poetry Writing Workshop</td>
<td>Anderson</td>
<td>6/24-7/29</td>
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## TUESDAY COURSES
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<tr>
<td>6</td>
<td>Introduction to American Mah Jongg</td>
<td>Gale</td>
<td>5/28-6/25</td>
<td>9:30-11:00</td>
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<td>7</td>
<td>*Peopleing of the Pacific</td>
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<td>5/28-6/4</td>
<td>2:00-4:00</td>
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<td>8</td>
<td>*Coral Reef Series</td>
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<td>6/18-7/2</td>
<td>2:00-4:00</td>
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<td>9</td>
<td>Classic Comic Plays</td>
<td>Johnson</td>
<td>7/2-8/13</td>
<td>2:00-4:00</td>
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<td>112</td>
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<tr>
<td>10</td>
<td>Geography of Exploration</td>
<td>Fuller</td>
<td>7/9-8/13</td>
<td>2:00-3:30</td>
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## WEDNESDAY COURSES
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<tr>
<td>11</td>
<td>Aging and Dying with Dignity: End-of-Life Issues</td>
<td>Merchant</td>
<td>5/29-7/10</td>
<td>9:30-12:00</td>
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<tr>
<td>12</td>
<td>Introductory Tai Chi</td>
<td>Koike</td>
<td>5/29-8/14</td>
<td>10:00-11:00</td>
<td>12</td>
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<tr>
<td>13</td>
<td>OLLI Adventure Hikes for the Fit Senior</td>
<td>Hall</td>
<td>6/12-7/17</td>
<td>TBA</td>
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<td>14</td>
<td>Oscar Winners for Best Foreign-Language Films Brownbags Cinema 2019</td>
<td>Sheeran</td>
<td>6/12-7/31</td>
<td>11:00-2:00</td>
<td>8</td>
<td>111/112</td>
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<tr>
<td>15</td>
<td>Climate Disruption Series</td>
<td>Multiple</td>
<td>6/12-7/31</td>
<td>2:00-4:00</td>
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<td>111/112</td>
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<tr>
<td>16</td>
<td>Writing Our Lives, Telling Our Stories</td>
<td>Wright</td>
<td>7/10-8/14</td>
<td>2:00-4:00</td>
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<td>113B</td>
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## THURSDAY COURSES
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<tr>
<td>17</td>
<td>The Olympics at the Movies</td>
<td>Gale</td>
<td>5/30-6/27</td>
<td>9:30-12:00</td>
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<tr>
<td>18</td>
<td>*Flexible Workforce Workshop</td>
<td>MacKay</td>
<td>5/30-6/6</td>
<td>9:30-11:00</td>
<td>2</td>
<td>112</td>
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<tr>
<td>19</td>
<td>Rodgers &amp; Hammerstein Musicals</td>
<td>Hesse</td>
<td>5/30-6/27</td>
<td>1:00-4:00</td>
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<td>111</td>
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<tr>
<td>20</td>
<td>Explorations in Drawing</td>
<td>Fedorov</td>
<td>5/30-6/27</td>
<td>1:00-4:00</td>
<td>5</td>
<td>112</td>
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<tr>
<td>21</td>
<td>3 by Cole Porter, 3 by Sondheim</td>
<td>Hesse</td>
<td>7/11-8/15</td>
<td>1:00-4:00</td>
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<td>111</td>
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<tr>
<td>22</td>
<td>Smart Games</td>
<td>Batzogs</td>
<td>7/11-8/1</td>
<td>2:00-3:30</td>
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## FRIDAY COURSES
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<tr>
<td>23</td>
<td>Meditations Around the World</td>
<td>Bradshaw</td>
<td>5/31-7/5</td>
<td>10:00-11:30</td>
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<td>24</td>
<td>Geography of Religion: Origin &amp; Spread of Judaism, Christianity, and Islam</td>
<td>Fuller</td>
<td>5/31-7/5</td>
<td>2:00-3:30</td>
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<td>25</td>
<td>Yoga Dance</td>
<td>Rone</td>
<td>6/7-7/19</td>
<td>10:00-11:30</td>
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<tr>
<td>26</td>
<td>Figure Drawing</td>
<td>Rone</td>
<td>6/7-7/26</td>
<td>1:00-3:00</td>
<td>8</td>
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<tr>
<td>27</td>
<td>*DIY Reupholster Chair Seat Workshop</td>
<td>Mandryk</td>
<td>6/7-6/28</td>
<td>1:00-3:00</td>
<td>3</td>
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<tr>
<td>28</td>
<td>*DIY Pillows &amp; Piping Workshop</td>
<td>Mandryk</td>
<td>7/5-7/26</td>
<td>1:00-3:00</td>
<td>3</td>
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<tr>
<td>29</td>
<td>The Times They Are a-Changing...</td>
<td>Nance</td>
<td>7/12-8/9</td>
<td>9:30-12:30</td>
<td>5</td>
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<tr>
<td>30</td>
<td>*Apollo Series</td>
<td>Multiple</td>
<td>7/15-7/26</td>
<td>1:00-3:00</td>
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## MULTI-DAY COURSES
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<td>31</td>
<td>Ethics Conversation Series</td>
<td>Weinstein</td>
<td>7/11-8/8</td>
<td>6:00-7:30</td>
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<td>32</td>
<td>Ethics Discussion Group</td>
<td>SIG</td>
<td>7/11-8/8</td>
<td>4:00-5:30</td>
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Courses/events with an asterisk* do not count against three-course tally, i.e., they can be chosen in addition to three others.
SUNDAY EVENTS

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<tr>
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<tr>
<td>1SE</td>
<td>Woodstock: Three Days of Peace &amp; Music</td>
<td>staff</td>
<td>11-Aug</td>
<td>11:00-4:00</td>
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MONDAY EVENTS

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<td>2SE</td>
<td>*Lunchtime TED Talks</td>
<td>Mandryk</td>
<td>6/3-8/12</td>
<td>12:30-1:30</td>
<td>6</td>
<td>111</td>
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<tr>
<td>3SE</td>
<td>Mozart's Magic Flute</td>
<td>Becker</td>
<td>24-Jun</td>
<td>1:00-4:00</td>
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<td>111</td>
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<tr>
<td>4SE</td>
<td>*Active Aging: Age 60-70 Do and Don'ts</td>
<td>Multiple</td>
<td>1-Jul</td>
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<tr>
<td>5SE</td>
<td>*Blue Zones Project</td>
<td>Foley</td>
<td>15-Jul</td>
<td>2:00-4:00</td>
<td>1</td>
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<tr>
<td>6SE</td>
<td>NIFI A House Divided</td>
<td>Reardon</td>
<td>22-Jul</td>
<td>2:00-3:30</td>
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<td>7SE</td>
<td>*Colette Travel Program Talk</td>
<td>Fawcett</td>
<td>29-Jul</td>
<td>2:00-3:30</td>
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<tr>
<td>8SE</td>
<td>The Enduring Appeal Of Hippies</td>
<td>Redman</td>
<td>5-Aug</td>
<td>2:00-4:00</td>
<td>1</td>
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<td>9SE</td>
<td>Are We Too Busy To Paws For Lions? Going</td>
<td>Murashige</td>
<td>12-Aug</td>
<td>2:00-3:30</td>
<td>1</td>
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<td>10SE</td>
<td>Joyful Aging: Well-Being from the Inside Out</td>
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TUESDAY EVENTS

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<td>11SE</td>
<td>UHM Arboretum Tour 1 - Hawaii Hall</td>
<td>Kai</td>
<td>28-May</td>
<td>9:30-11:00</td>
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<td>12SE</td>
<td>Writer's Circle</td>
<td>Ching</td>
<td>6/4-8/13</td>
<td>1:00-3:00</td>
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<td>13SE</td>
<td>UHM Arboretum Tour 2 - Sinclair Library</td>
<td>Kai</td>
<td>18-Jun</td>
<td>9:30-11:00</td>
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<td>14SE</td>
<td>AirBnB and Vacation Rental Apartments</td>
<td>Sheeran</td>
<td>2-Jul</td>
<td>10:00-11:30</td>
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<td>UHM Arboretum Tour 3 - McCarthy Mall</td>
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<td>9:30-11:00</td>
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<td>Civility in Presidential Campaigns</td>
<td>DKII</td>
<td>16-Jul</td>
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<td>30-Jul</td>
<td>9:30-11:00</td>
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<td>7/11-8/15</td>
<td>10:00-12:00</td>
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<td>Small Group Artist Forum</td>
<td>Lindenbach</td>
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<td>Knee Joints and Core</td>
<td>Rone</td>
<td>26-Jul</td>
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<td>23SE</td>
<td>DIY Tie Dye Workshop</td>
<td>Mandryk</td>
<td>2-Aug</td>
<td>1:00-3:00</td>
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Notes: Underlined terms are used to identify classes on the color calendar. Courses and special events are now identified by numbers for ease of reference. Courses/events with an asterisk* do not count against three-course tally, i.e., they can be chosen in addition to three others. Ethics is not included on the color calendar, but has its own calendar on p. 14.

Summer 2019 Special Series
This summer we are introducing a new type of offering for OLLI-UHM. Special Series provide an opportunity for multi-faceted exploration of a theme with different presenters. Two series were inspired by 50th anniversaries of significant past events (Woodstock and the Moon Landing), and two by urgent present and future concerns. We hope you will join us for one or more of these multi-faceted explorations.

Coral Reef Series (#8) Starts June 18th. See page 5 for detailed description.
Climate Disruption Series (#15) Starts June 12th. See page 7 for detailed description.
Apollo Series (#30) Starts July 15th. See page 11 for detailed description.
Woodstock Series (#29, plus special events 1, 8 and 23)
Will Weinstein, former partner in two investment banking firms, leads a post graduate summer course, “Integrity and Ethics in the Real World,” at the William S. Richardson School of Law and the Shidler College of Business. This is his 16th summer teaching the course, introducing special guest speakers to the university and making this learning opportunity available to the public.

32. OLLI-UHM Integrity and Ethics in the Real World Discussion Group

Dates: Mon/Tues/Thurs July 11, 16, 18, 23, 29, Aug 1, 8
Time: 4:00 – 5:30 pm
Location: Krauss 112

The public lecture events listed in the Will Weinstein Ethics Conversation Series are only part of the “Integrity and Ethics in the Real World” summer course offered jointly by the William S. Richardson School of Law and the Shidler College of Business. The course’s extensive reading and resource list has been shared with OLLI-UHM to assist those of you who desire greater context for the topics to be discussed. Beyond making the readings and room available, this group will not be led by OLLI staff; it will be a member run and facilitated SIG. A room will be available from 4:00-5:30 pm in Krauss prior to each public event so that those of you who wish to delve deeper into the material may do so together. As Krauss is right across Dole Street from the Law School, this will allow time for discussion, crossing Dole and arriving at the Law School in time for the 6:00 public lecture.

Will Weinstein Ethics Conversation Series & Discussion Group Schedule

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<td>Ethics Convo 2 6:00-7:30</td>
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<td>Ethics Convo 4 6:00-7:30</td>
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<td>8 Ethics Disc 4:00-5:30</td>
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Special Event Descriptions

Sunday Events

1SE. Woodstock: Three Days of Peace & Music

Facilitator: Carole Mandryk  
Dates: Sunday, August 11, 2019  
Time: 11:00 am to 4:00 pm  
Location: Krauss 111

Join kindred spirits August 11th to celebrate the 50th anniversary of Woodstock as well as music, the 60s, drugs, sex, and rock n roll. For three days in the town of Bethel, New York, half a million people experienced... What? Were you there? This remastered version of the 40th Anniversary Edition, Director’s Cut of the Woodstock Festival 2009 film features legendary performances by 17 best selling artists. Remember: Free parking on Sundays!

Monday Events

2SE. Lunchtime TED Talks

Facilitator: Carole Mandryk  
Dates: Mondays, Jun 3, 17, Jul 1, 15, 29, Aug 12  
Time: 12:30 – 1:30 pm  
Location: Krauss 111

Come join us on alternate Mondays to view and discuss TED talks that will alter perspectives, and perhaps inspire. Talks range from 10 to 20 minutes. Bring your lunch and your curiosity. No need to sign up in advance. Just drop in.

Jun 3 - The power of vulnerability  
Jun 17 - A Woman Over 50: A Life Unleashed  
Jul 1 - Celebrating Age; Dare to Question Why We Are So Afraid of Getting Older  
Jul 15 - How centuries of sci-fi sparked spaceflight*  
Jul 29 - How to Make Stress Your Friend  
Aug 12 - The Three A’s of Awesome  
*also part of Apollo Series, p. 11.

3SE. The Magic Flute with Jim Becker

Presenter: Jim Becker, Retired AP foreign correspondent, sportswriter, opera and drama critic  
Date: Monday June 24, 2019  
Time: 1:00 pm – 4:00 pm  
Location: Krauss 111

The Magic Flute is Mozart's joyous comic opera, with some profound overtones. It is also Mozart's final opera. He died at 35, just weeks after its opening in Vienna in 1791. We will present the sparkling spectacular Metropolitan Opera production. It is complete with giant puppet animals and an active staging that captures all of the happy moments, as well as the solemn ones. It is sung in English with English subtitles. A grand show, and quite wonderfully sung and enjoyably conducted by James Levine. As always, prior to watching, we will be treated to an introduction by Jim Becker. As he did in the past for Hawaii Opera Theater, Jim will share key details of the plot we should notice while watching to enhance our enjoyment.

4SE. Active Aging: Age 60-70 Do and Don'ts

Presenters: Change AGEnts Hawaii Advisory Group  
Date: Monday, July 1, 2019  
Time: 2:00 pm – 3:30 pm  
Location: Krauss 111

Change AGEnts Mission is to enhance personal well-being, community engagement, self-determination and wisdom as we age. This presentation focuses on social engagement, financial stability, a senior friendly community, and mental and physical well-being. Aging is inappropriately thought of as a problem. Join us to combat Ageism in our society.

5SE. Blue Zones Project

Presenter: Molly Mamaril  
Date: Monday, July 8, 2019  
Time: 2:00 pm – 3:30 pm  
Location: Krauss 111

Blue Zones Project is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to a city’s environment, policy, and social networks. Established in 2010, it is inspired by Dan Buettner, a National Geographic Fellow and New York Times best-selling author who identified five regions of the world—or Blue Zones—with the highest concentration of people living to 100 years or older. Blue Zones Project incorporates Buettner’s findings and works with cities to implement policies and programs that will move a community toward optimal health and well-being. Currently, 48 communities in eleven states have joined Blue Zones Project. The initiative in Hawai‘i is currently sponsored by HMSA in eight communities on Hawai‘i Island, Maui, and Oahu including our own Manoa-Makiki-McCully-Mō‘ili‘ili Blue Zone.
Molly is the Engagement Lead for the Blue Zones Project 4M community of Mānoa, Makiki, Mōʻiliʻili and McCully. She has a BA in Journalism from the University of St. Thomas and a MS of Natural Resources and Environmental Management from UHM, and prior experience in marine and terrestrial conservation, and ‘āina-based education.

6SE. NIFI A House Divided: What Would We Have to Give Up to Get the Political System We Want?

Presenter: Dolores Foley, Ph.D., NIFI Director
Date: Monday, July 15, 2019
Time: 2:00 pm – 4:00 pm
Location: Krauss 111

National Issues Forums (NIF) is a nonpartisan, nationwide network that brings citizens together to voice their views about challenging social and public policy issues. NIF provides materials for groups that meet with a moderator to participate in a deliberative guided dialogue. Join us for a National Issues Forum at OLLI-UHM on the topic: “A House Divided: What Would We Have to Give Up to Get the Political System We Want?”

Every American is affected by the divisions and outrage that prevent us from making progress on urgent problems. This issue guide is designed to help people deliberate together about how we should approach the issue. These are difficult questions, with no easy answers: Should we require more accurate, respectful discussion in the media and online, or would that stifle free speech? Should we reform politics and government to encourage compromise, or will that mean giving up on the changes we really need and want? Should local communities set policies in areas like health care and the environment, or would that risk the progress we’ve made and make further progress nearly impossible? Should we crack down on money in politics, or will people just find new ways to evade the rules?

Reading materials on the topic and more information about NIF are available at www.nifi.org. We will also provide hard copies of the A House Divided Issue Guide for forum participants.

7SE. Colette Travel Program Talk

Presenter: Tyler Reardon
Date: Monday, July 22, 2019
Time: 2:00 pm – 3:30 pm
Location: Krauss 111

Tyler Reardon of Collette travel will do a presentation on tour options for OLLI-UHM in the top two regions of interest to our membership. What are those regions? That’s up to you. In our first round survey the top three regions were Iceland & Scandinavia, Australia & New Zealand, and Spain, Portugal & Morocco. A more focused survey on these three regions is forthcoming.

8SE. The Enduring Appeal Of Hippies

Presenter: Denby Fawcett
Date: Monday, July 29, 2019
Time: 2:00 pm – 3:30 pm
Location: Krauss 111

After viewing Kauai filmmaker John Wehrheim’s film “The Edge of Paradise: Taylor Camp”, Denby spoke with some of the individuals who lived at Taylor Camp and wrote an article for Civil Beat. She’ll share her thoughts and observations with us. We may all have the opportunity to see the film as it may be shown again at Hawaii Theatre in early August. We’ll keep you posted on developments.

Denby Fawcett is a longtime Hawaii television and newspaper journalist, and author of the book, Secrets of Diamond Head: A History and Trail Guide.

9SE. Are We Too Busy To Paws For Lions?
Going On A Safari Is Time Well Spent

Presenter: Ken Redman, BA, MA
Date: Monday, August 5, 2019
Time: 2:00 pm – 4:00 pm
Location: Krauss 111

Ken traveled around the world for over three years to discover the meaning of his life. When he returned to the U.S., he discovered it was obvious all along. It was among the animals. First, he will give a short talk about his 34-year career in the zoo profession, the last seventeen as the director of the Honolulu Zoo. It will be followed by an account of his 34+ safaris to Africa and why he has gone again...again...and again. He truly enjoys sharing his knowledge, memories and experiences. He will show photos and tell stories, most of them true, some fictional (how did the zebra get its stripes?) and some mythological. As a tour leader, he is repeatedly told from people who went on safari with him, “it is the best trip I have ever taken”. It is most definitely unlike any other travel experience.

Ken grew up in very small village of Goodrich, North Dakota. There are those who may say he never grew up.
He has a BA in mathematics and an MA in Comparative Psychology (comparing the behavior of animals and humans) from the University of North Dakota. He served as a Lieutenant (jg) in the U.S. Navy for 3 1/2 years.

**10SE. Joyful Aging: Well-Being from the Inside Out**

**Presenter:** Karen Murashige  
**Date:** Monday, August 12, 2019  
**Time:** 2:00 pm – 3:30 pm  
**Location:** Krauss 111

This is a class targeted for those who are aging (and aren't we all!) Regardless of chronological age, this class provides a safe space where attendees will learn that they have control over their well-being on many levels, and can take positive action to improve their lives. The chief aim is to inspire those in the class to live more joyful, fulfilling, and productive lives.

Class will include the following depending on focus and flow of subject(s) covered: movement; opening joints, tapping, stretching and balancing exercises to open space and improve energy flow within the body; Body-Mind-Spirit discussion topics; and gentle breathing exercises.

Karen Murashige brings a wealth of life and professional experiences to her classes. A mother to three and a grandmother to five, Karen stays active by attending boot camp and yoga regularly. After a career in senior management, she earned a personal trainer certification, worked as a licensed massage therapist, owned and operated a Body+Brain Yoga franchise, and was certified to teach exercise, stretching, healing and energy classes. She enjoys karaoke and attending grandchildren's sporting, musical and other events.

**Tuesday Events**

**UHM Campus Arboretum Tours (SE11, 13, 15, 17)**

**Presenter:** Noweo Kai, Curator, Campus Arboretum  
**Dates:** Tuesdays, May 28, Jun 18, Jul 9, 30  
**Time:** 9:30-11:00 am  
**Location:** Meet at Krauss 111/patio  
**Enrollment limit:** 24

The grounds of the University of Hawai‘i are an accredited arboretum, showcasing plants from Hawai‘i, the Pacific, and across the tropics, including a number of truly exceptional trees, such as the largest Baobab in the United States, and serving as an outdoor laboratory for faculty and students studying horticulture, Hawaiian studies and natural history. Campus Arboretum Curator Noweo Kai is offering four separate tours showcasing different aspects of the amazing collection of plants that give our campus its unique character. Though each tour has a slightly different focus and spatial location, all will provide the opportunity to visit/get to know select plants to ultimately reveal the outstanding diversity of the botanical odyssey that is the UH Mānoa campus. Sign up for each tour separately.

**11SE. UHM Campus Arboretum Tour 1 – Hawai‘i Hall**

**Presenter:** Noweo Kai, Curator, Campus Arboretum  
**Date:** Tuesdays, May 28  
**Time:** 9:30-11:00 am  
**Location:** Meet at Krauss 111/patio  
**Focus:** 1907 to now; Original plantings; Oldest tree on campus; Institutional landscapes; Tree Campus USA

**12SE. Writer’s Circle**

**Facilitator:** Yi-chuan Ching  
**Dates:** Alt Tuesdays, Jun 4, 18, Jul 2, 16, 30, Aug 13  
**Time:** 1:00 – 3:00 pm  
**Location:** Krauss 113  
**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!

**13SE. UHM Campus Arboretum Tour 2 – Sinclair Library**

**Presenter:** Noweo Kai, Curator, Campus Arboretum  
**Date:** Tuesday, June 18  
**Time:** 9:30-11:00 am  
**Location:** Meet at Krauss 111/patio  
**Focus:** UHM Tree management; Namesake/Exceptional Trees; White Terns on campus
Renting alternatives to hotels has become a popular option for many travelers. The benefits can provide you with your own apartment with more space at less cost, especially for larger groups and families. The potential risks are not to be overlooked, such as sudden cancellations, misleading descriptions, and poor communication with the host.

This session will explain how these arrangements work, how to book a rental you like, and tips on how to make the most of the opportunities, with examples of recent personal stays in Europe. Participants will see examples of rentals they might like to reserve on a trip of their own to US, Europe, or almost anywhere.

Tom Sheeran is an OLLI instructor who recently returned from 4 months staying in rental apartments in Spain, England, and Paris. Past trips include Rome, Genoa, Portugal, Scotland, and Prague.

15SE. UHM Campus Arboretum Tour 3 – McCarthy Mall

Presenter: Noweo Kai, Curator, Campus Arboretum
Date: Tuesday, July 9, 2019
Time: 9:30-11:00 am
Location: Meet at Krauss 111/patio
Focus: Tree benefits; Unique advantages of buildings among trees; Largest Adansonia digitata in USA

Thursday Events

18SE. Historic Waikiki Homes Tour

Date: Thursday July 11, 2019
Time: 10:00 – 11:30 am
Location: Meet at the War Memorial Natatorium, 2815 Kalakaua Ave.
Enrollment Limit: 15

This walking tour of properties listed on the Hawaii Register of Historic Places starts at the Natatorium and ends with an optional walk to the Diamond Head Lighthouse. In between you will walk through a lovely neighborhood that contains one of the largest intact clusters of historic homes in Hawai’i. The historic homes can all be viewed from the sidewalk; they are not open to the public and visitors should respect the homeowners’ privacy when viewing them. All those enrolled will be sent a pdf of the Historic Hawai’i Foundation’s Historic Homes in Waikiki Walking Tour Map.

19SE. Food For Thought

Facilitator: Carole Mandryk, foodie, baker, chef
Dates: Thursdays, July 11, 18, 25, Aug 1, 8, 15
Time: 10:00 am to 12:00 noon
Location: Krauss 112

“Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious.” ~ Ruth Reichl
Food is more than nutrition for the body; it is also sustenance for the soul. Food memories are part of the emotional narrative of our lives. Comfort foods remind us of who we are, and where we came from. Or perhaps, we just like to talk about what we like to eat, where we ate it, whom we ate it with. You can engage at any level – deeply or skimming the surface. The only requirement is to share food memories and recipes. What recipes were passed down to you from family and friends? What do they mean to you? Where did you eat last night? Should we go? Did you just bake 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.

20SE. Small Group Artist Forum

Facilitator: Laurel Lindenbach  
Dates: Thursdays, July 11, 18, 25, Aug 1, 8, 15  
Time: 1:00 – 4:00 pm  
Location: Krauss 112  
Enrollment Limit: 10

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

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

Friday Events

21SE. OLLI Book Club & Reading Discussion Group

Dates: Fridays, May 31, June 21, July 19, Aug 9  
Time: 1:30 – 3:00 pm  
Location: Krauss 113-B

Did you know that reading a novel can improve brain function? Looking for some thought-provoking conversations about books? Join the OLLI Book Club! In these monthly sessions, everyone has an opportunity to contribute and voice opinions. The Book Club for Summer Term will resume Fri. May 31. Please come prepared to discuss Tattoos on the Heart: The Power of Boundless Compassion, by Gregory Boyle at the first session. Books for the rest of the fall will be chosen by the group at each meeting. We strive to select books available in libraries on Oahu.

22SE. Knee Joints and Core

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT  
Date: Friday, July 26, 2019  
Time: 10:00 – 11:30 am  
Location: Krauss 112

We will examine the way we walk and rise to alleviate knee strain. Strength in the abdomen can support body weight and protect delicate joints. Gentle exercise and movement can be done before or after knee surgery. You may bring paper and a pen to take notes to practice these steps at home.

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.

23SE. DIY Tie Dye Workshop

Facilitator: Carole Mandryk  
Dates: Friday, Aug 2  
Time: 1:00 – 3:00 pm  
Location: Krauss 112  
Enrollment Limit: 12-24  
Materials fee: $15

Come tie dye your own shirt to wear to the Woodstock screening or just look fabulous in! We will use the direct application method with fiber reactive dye in squeeze bottles. White cotton shirts and all supplies will be provided. You will take your damp shirt home to cure and wash per provided instructions. Wear old clothes or a smock to the workshop.

I will need a few helpers to set-up, prepare soda ash mix and dyes prior to the workshop. Let me know if you wish to be a helper and you’ll get a free shirt😊
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<td>9SE</td>
<td>Are We Too Busy To Paws For Lions? Going On A Safari Is Time Well Spent</td>
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<td>14SE</td>
<td>AirBnB and Vacation Rental Apartments….</td>
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<td>19SE</td>
<td>Food For Thought</td>
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### Phil, Religion & Psych

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<td>The Psychology of Non-Monogamous Relationships</td>
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### Policy, Politics, Current Events

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<td>*DIY Pillows &amp; Piping Workshop</td>
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<td>UHM Arboretum Tour 4 - Holmes Hall</td>
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### Wellness, Health, Fitness

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<td>Knee Joints and Core</td>
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### Writing

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**Help OLLI GROW!**

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

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

---

*Tell us what you need! ~*

We continue to add courses to meet the needs of our members. What learning opportunities would enrich your life?
# OLLI-UHM Summer 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 olliuhm@hawaii.edu or see: http://www.usher.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. 12-13 of the catalog. Enter your priority ranking. For COURSES indicate at least five choices using numbers to indicate your priority e.g., 1 for first choice, 2 for second, 3 for third, etc. For SPECIAL EVENTS use letters to indicate your priorities, e.g., “A” for first choice, “B” for second, etc. The first line is an example.

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

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<th>Course Title</th>
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Return your check and completed registration membership form to: Osher Lifelong Learning Institute, PMB #460, 2440 Campus Road, Honolulu, HI 96822 or drop off at the OLLI Office, Krauss Hall 113, across Dole Street from the Law School.

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


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Getting to OLLI-UHM

Alternatives to Parking
Parking at UHM can be tricky and costly. Consider taking TheBus or car-pooling. Note: THERE ARE NO Rainbow Shuttles during the Summer.

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.

Parking
**WARNING** CONTINUED 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 over the Summer making your campus commute & access to parking even more difficult. Please consider alternatives to parking.

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

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 9:00 am and until 1:30 pm. The Lot Full sign does NOT mean that there are no spaces in the lot, but that they are saving spaces for permit holders. OLLI members are not eligible to be permit holders. Commuter Services asks us to “please understand that about 26,000 affiliates access our campus daily, causing lots to fill by 10 a.m.” Come early to get a parking spot. Enter the main Parking Structure on Lower Campus Road (first right off Dole Street past the University Avenue and Dole Street intersection). After 4 pm, on Saturdays and for special events, the flat fee is $6.

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

Handicapped Parking Permits
With a current valid City & County Disability Placard and UH ID (now available to OLLI-UHM members), you may purchase a campus visitor parking entry for $5 at campus entry gates and park in any legal, marked parking stall on campus. Avoid a parking ticket by displaying the visitor parking receipt face-up on the dashboard and place handicapped parking placard on rearview mirror. NOTE: You may be told this perk is no longer available, but it has been extended through the summer.

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

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

For more information on getting to and around the UHM campus, visit: www.manoa.hawaii.edu/commuter
Lifelong Learning for adults 50+
Summer Term Classes begin May 28, 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!!

A Call for OLLI Instructors
Help OLLI GROW!

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

“Learning Is Not A Product Of Schooling But The Lifelong Attempt To Acquire It.”
~Albert Einstein

For more information about OLLI-UHM courses, opportunities, and membership benefits, see, visit, or contact: http://www.osopher.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's Dole Street from the Law School.