OLLI-UHM Spring 2020
Open House
Sunday, January 12th
1:00-3:00 pm

Come For
The Classes, Stay For
The Friends!
JOIN US!!
Welcome to Spring 2020

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 48 NEW courses and events, and welcome 15 NEW instructors and presenters to the OLLI family this Spring!

OLLI Membership Information

Anyone aged 50 or older is eligible to join OLLI and take courses. A $60 Spring 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.oshersocialsciences.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.

Spring 2020 Key Dates

Dec 17: ONLINE REGISTRATION BEGINS*
Dec 17 – 20: Help with registration available in OLLI office
Jan 12: OLLI Open House
Jan 14: Confirmation of class enrollment
Jan 21: CLASSES START
Jan 31: New Member Lunch
Feb 17: Presidents’ Day. No classes
Mar 16-20: Spring Break No Classes
Mar 26: Prince Kuhio Day. No Classes
Apr 17: Last Day of Spring Classes
*Registration stays open until all classes are full.
1. Enjoying the Hobby and Play of Hot Wheels: A Beginners’ Guide

**Instructor:** Grover Raguindin, MBA, PhD  
**Dates:** Sundays, Jan 26, Feb 2, 9, 16, 23, Mar 1 (no class Mar 8, 15), Mar 22, 29, Apr 5, 12  
**Time:** 10:00 - 11:45 am  
**Location:** Krauss 111

Looking for an exciting new hobby? Found some Hot Wheels recently from your childhood past? Let’s continue the play! Collecting 1/64 scale die-cast cars is still all the rage. This course introduces novice collectors and car aficionados to the hobby of collecting and trading Hot Wheels cars in the name of fun. We will cover the history of Hot Wheels, exclusive inside scoops at Mattel, product development, and secondary market-watch. Whether you are a collector or non-collector, this course will provide a sustainable foundation for fun and play. Everything that a beginner collector will need to know to embark on the speedway to Hot Wheels fandom!

Grover Raguindin has been involved in toy retail and distribution as an authorized dealer for Mattel, and a regular conventioneer to the annual Hot Wheels conventions held in Los Angeles and the East Coast for over 20 years. He chairs Hawai’i’s official Hot Wheels chapter, Blue Moon: Hot Wheelers in Paradise.

2. Conscious Healing, 6 Healing Sounds, Meditation, and Other Ways To Practice Self-Love

**Instructor:** Dieter Runge  
**Dates:** Sundays, Jan 26, Feb 2, 9, 16, 23, Mar 1  
**Time:** 10:00 – 11:45 am  
**Location:** Krauss 112

As a musician in 1980s New York, I signed up for a meditation class that included the Inner Smile and the Six Healing Sounds. It was the healing sounds that pulled me to sign up for this particular class. Mantak Chia became my first teacher and this class was the beginning of a 40-year long study and practice of taiji, qi-gong, meditation, yoga, and ayurvedic cooking. In this class we will begin with the inner smile and the six healing sounds and add meditation and movement - expanding with other practices of qi-gong, elements of taiji, and draw from yogic and ayurvedic traditions to develop a contemporary and personal practice of continuous self-healing. Many of these can be practiced sitting down and are as powerful as they are simple. The healing sounds relate to our organs and emotions, and are especially useful to practice before going to sleep to help calm down, relax, and find better sleep.

Dieter Runge taught many classes at OLLI-UHM from 2001-2008 while completing degrees in Psychology, and Fine Art at UH. A member of the board of Honolulu Printmakers, Dieter prints; paints; creates fashion; makes music; gardens; practices/teaches taiji/qigong, yoga, and ayurvedic cooking; and just finished his rock’n roll memoir.

3. Art, Music, Fashion, & Film From A DIY Perspective

**Instructor:** Dieter Runge  
**Dates:** Sundays, Jan 26, Feb 2, 9, 16, 23, Mar 1  
**Time:** 12:00 – 1:45 pm  
**Location:** Krauss 112

Social and pop cultural movements from a DIY perspective. What is useful today from social, political, and artistic experiments from the past? Coming from personal experiences as an activist, musician, artist, and teacher Dieter invites the audience to re-examine these experiments for inspiration in the present. Have you ever participated in a demonstration? Made your own clothes that made a statement? Lived in a commune? What makes us more creative and resilient today? Is it possible to share experiences and keep developing alternative forms of relating to each other and society, especially as we are getting older? How does loneliness and community play into all of that? Can we still become bolder and more open in our later years? Many ideas and concepts that were explored in earlier times remain or even have become more valid again today. Come share and explore together.

4. Exploring The Unexplained: ESP, ET's, and Ghosts

**Instructor:** Lisa Carter  
**Dates:** Sundays, Jan 26, Feb 2, 9, 16, 23, Mar 1  
**Time:** 12:00 – 1:45 pm  
**Location:** Krauss 111

Although many people haven’t experienced the “Other World,” evidence supports it. Among other phenomena, such as angels and near death experiences (NDEs), extrasensory perception (ESP), extra-terrestrials (ETs), and hauntings by ghostly spirits have been documented. Each week, we’ll explore another facet of the unexplained, using various means including: reading handouts, viewing films, and having class discussions sharing first-person testimonials. Participation is encouraged.
Lisa has had experiences beyond the five senses ever since she can remember. After years of study, she's still curious about the unknown surrounding us.

5. Writing Political Commentary

**Instructor:** Lloyd Lim  
**Dates:** Sundays, Jan 26, Feb 2, 9  
**Time:** 12:00 - 2:00 pm  
**Location:** Krauss 113B  
**Enrollment Limit:** 8

Experienced writer of commentary on politics and economics will teach various approaches to writing short essays for publication, including doing research, putting together ideas in an interesting, logical, and persuasive way; and revising expertly for maximum impact. We will use a mixture of lecture/Socratic method, discussion, writing exercises, and interactive consultation. Reading material will include current events articles and excerpts from philosophy/economics books.

Lloyd is a lawyer/businessperson with background in government, real estate, finance, and insurance. He also writes books and articles and is a strong short essay writer.

6. Forgotten Islam: It Champions Interfaith Harmony

**Instructor:** Saleem Ahmed, Ph.D.  
**Dates:** Sundays, Jan 26, Feb 2, 9, 16, 23, Mar 1  
**Time:** 2:00pm - 4:00pm  
**Location:** Krauss 112

The course will discuss some Qur’anic verses and Muhammad’s ministry chronologically, thereby helping make sense out of Islam’s many "contrarian" messages. It will consider why Islam, which championed interfaith harmony in the 7th century, is now considered to be an exclusive and reactive religion; it will also examine reasons for some other questionable conservative practices such as veiling and misogyny.

Saleem Ahmed has a PhD in Soil Science (UH, 1965), He has written two books on Islam. He has taught courses on Islam under OLLI during 2019 and earlier.

7. Sunday Matinee: “The Great American Road-Trip”

**Instructor:** Tom Sheeran  
**Dates:** Sundays, Jan 26, Feb 23, Mar 22  
**Time:** 2:00pm - 5:00pm  
**Location:** Krauss 111

The road-trip genre has become a standard storytelling format, an especially American theme, where the characters may seek change, adventure, escape, or self-knowledge. Its format, often, but not always comedic, offers a variety of locations and characters, which makes these films ideal for our Sunday Matinee series.

**Jan 26 - It Happened One Night,** (1934) 105 min.  
A classic screwball comedy featuring Clark Gable and Claudette Colbert. One of the only films to win all 5 of the major Oscar categories.

Set in California’s wine country, this film is "…charming, thoughtful, and often funny… a decidedly mature road trip comedy full of excellent performances."

**Mar 22 - Little Miss Sunshine,** (2006) 101 min.  
A likeable, funny road movie about a dysfunctional family headed for a children’s beauty pageant in their VW van.

8. Smart Games

**Instructors:** Uyanga Batzogs and Tyran Terada  
**Dates:** Sundays, Feb 16, 23, Mar 1, 8  
**Time:** 12:00 – 1:30 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? Come to our smart games class! We use board games and cards from Korea and Europe, which make these games unique from typical board/card games common in America. They test speed, critical thinking, math, and other important factors in intellectual functions. More than that though, they’re fun and a great way to meet new people and make friends!

Uyanga is from Mongolia where she founded Quality Life, a non-profit in Ulaanbaatar that started Mongolia’s first senior center which uses board games as its main socializing and learning tool. Tyran was born in Hawai’i and is a second year PhD student in the social welfare program at the University of Hawai’i.

9. How the Angels Can Assist You in Your Life

**Instructor:** Lisa Carter  
**Dates:** Sundays, Mar 22, 29, Apr 5, 12  
**Time:** 12:00 - 2:00pm  
**Location:** Krauss 113B

Angels surround us, believe it or not--even for us non-religious types; it doesn't matter. Discussion topics will cover: vibrational energy, the Law of Attraction, breathing methods, visualization, number sequence significance, affirmations, how to receive angelic messages, healing power of mind-body connection, and more.
Two chapters of reading per week from a required book by a renowned angelic expert. 70-80% of Americans believe in angels. Sharing your personal angel stories and other participation is encouraged. Lisa is one of the non-religious believers, knowing of angelic presence even before studying psychic phenomena.

**Required Text:** *Healing with the Angels: How the Angels Can Assist You in Every Area of Your Life*, Doreen Virtue, PhD (available free Hawaii Public Library and used on Amazon, etc)

**MONDAY CLASSES**

10. East Meets West? The Films of Ang Lee (with some bonus films by Ingmar Bergman and Spike Lee)

**Instructor:** Sue Nance, Amer. Studies, BA, MA, ABD  
**Dates:** Mondays, Jan 27, Feb 3, 10 (no class Jan 17), Jan 24, Mar 2, 9 (no class Mar 16), Mar 23, 30, Apr 6, 13  
**Time:** 9:30 am - 12:30 pm  
**Location:** Krauss 112/111

Ang Lee attributed his decision to become a filmmaker to viewing Bergman's *Wild Strawberries*. Later, at film school in New York, he was a classmate of and assistant to Spike Lee on his highly-regarded student film, *Joe's Bed-Stuy Barbershop*. What influences, if any, may have informed the brilliant and beautiful films directed by the Taiwanese director, winner of countless awards and honors, including 3 Academy Awards?

We will see a number of those films (*Crouching Tiger Hidden Dragon, Eat Drink Man Woman, Life Of Pi, Sense And Sensibility, Pushing Hands, Gemini Man*) as well as *Wild Strawberries, and Cries And Whispers* by Bergman and *Bamboozled, and BlaKKKlansman* by Spike Lee. Our discussions will be framed by identifying the possible influences of the "West," and the power of the "East." I anticipate our usual enjoyment in our communal insights and wisdom!

11. Introduction to Islam

**Instructor:** Matiullah Joyia  
**Dates:** Mondays Jan 27, Feb 3, 10 (No class Feb 17), Feb 24, Mar 2, 9 (no class Mar 16), Mar 23, 30, April 6, 13  
**Time:** 10:00 – 11:30 am  
**Location:** Krauss 113B

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

- **Jan 27** - Basic Tenets, and Rites & Ritual of Islam  
- **Feb 3** - The Holy Quran  
- **Feb 10** - The Hadith and Sunnah [Sayings and Practices of the Holy Prophet]  
- **Feb 24** - Life of Muhammad  
- **Mar 2** - Brief History of Islam  
- **Mar 9** - Origin and Main Islamic Sects  
- **Mar 23** - The Concept of Jihad in Islam  
- **Mar 30** - Moral Teachings  
- **Apr 6** - Jesus, Mary, and People of the Book in Islam  
- **Apr 13** - Islam in the Current World

Born in Pakistan and raised in Canada, Matiullah earned his *Shahid* degree in theology from the Ahmadiyya Institute of Islamic Studies of Canada in 2010. He served as an Imam of the Ahmadiyya Muslim Community in the Marshall Islands for 5 years before being assigned to the Honolulu branch of the community.

12. Monday Adventure Hikes

**Leader:** Mike Fujita  
**Dates:** Mondays, Jan 27, Feb 3, 10 (no class Feb 17), Feb 24, Mar 2, 9  
**Time:** 10:00 am at the trailhead 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.

Mike has led over 6000 Nature Tours for guests from other climes since 2001. He is a Lifetime member of the Hawaiian Trail and Mountain Club and has led hikes for them. He is a member of Solemates - a wonderful group of people who hike on Wednesdays, as well as the Sierra Club, for whom he does service projects.
TUESDAY CLASSES

13. Intermediate American Mah Jongg

Instructor: Gay Gale
Dates: Tuesdays, Jan 21, 28, Feb 4, 11, 18, 25, Mar 3, 10
Time: 9:30am - 11:30am
Location: Krauss 113B
Enrollment Limit: 16
Materials fee: $8.00 payable to the instructor on the first day for those without a 2019 Mah Jongg card.

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

14. Geography of a Cruise Vacation Through The Panama Canal

Instructor: Gary Fuller, PhD, Geography
Dates: Tuesdays, Jan 21, 28, Feb 4, 11, 18, 25, Mar 3, 10
Time: 2:00 pm – 3:30 pm
Location: Krauss 111

This course will focus on contemporary human and geographic facets of Florida, Cuba, Puerto Rico, and others of the Antilles; piracy in the Caribbean; the American Plague (yellow fever); the French failure and the American success in Panama; education in Costa Rica, the agricultural hearth in Guatemala; modern tourism in Mexico; and issues of the US/Mexico border. This should not be viewed as a regional geography course (which today often devolves into pseudoscience) but rather as a brief course in cultural geography that uses examples from places that occur along a specific (and popular) route for tourism.

Emeritus Professor Fuller has been a faculty member at Ohio State and UH Mānoa. He has written 4 books, published over 100 articles, was a winning contestant on Jeopardy, and has lectured on more than 60 cruise ships.

15. Russian Short Fiction from Pushkin to Solzhenitsyn

Instructor: Joe O’Mealy, PhD, Victorian Lit, Stanford Emeritus Prof, English, UH Mānoa
Dates: Tuesdays, Jan 21, 28, Feb 4, 11, 18, 25
Time: 2:00 pm – 4:00 pm
Location: Krauss 112

We will read and discuss approximately a dozen stories written by some of the masters of Russian literature, including Alexander Pushkin, Nikolai Gogol, Anton Chekhov, Ivan Turgenev, Fyodor Dostoevsky, and Lev Tolstoy. The rich tradition of Russian literature, especially that written before the Revolution, can be seen in miniature in these short fictions, which offer a window into a short story tradition that rivals that of the English and the French.

Recommended text: Russian Short Stories from Pushkin to Buida (Penguin Classics), edited by Robert Chandler (with his own translations from the Russian).

For the first meeting please have already read Pushkin's "The Queen of Spades" and Lermontov's "The Fatalist" so we can begin the class discussion right away.

Joe O’Mealy taught in the UHM English department 1978-2013, and was interim dean of the College of Languages, Linguistics, and Literature 2001-2009. His fields of interest include Victorian literature, contemporary drama, and 20th century fiction. Professor O’Mealy taught a previous Osher course on the stories of Anton Chekhov; this course will be an expansion of his interest in Russian literature.

16. A History of Mathematics Part II: From Antiquity to the Renaissance

Instructor: Pradip Kar
Dates: Tuesdays, Feb 4, 11, 18, 25, Mar 3, 10
Time: 10:00am - 12:00pm
Location: Krauss 112

Mathematics has a fascinating history and captures many significant milestones in the progress of mankind. In this class, we will first review materials from Part I, (which was presented last spring) including the central concepts of mathematics: abstraction; methods of reasoning; inductive and deductive logic; and axioms and the formal proof. Most topics are developed through class discussions and solving problems. We examine number systems used in ancient times and solve numerical problems in the different number systems. (So bring a paper and pencil! And note that the problems will be new). We will also review the contributions of the great mathematicians of ancient Egyptian, Mesopotamian, Chinese, and Indian civilizations.

In Part II we cover the contribution of American civilizations such as the Incas and Maya, and the Orient (India, China, and the Arabs) after the decline of Greek society. Finally we cover developments in Western Europe during the Middle Ages, translations of Arabic texts (themselves translations from Greek and oriental civilizations) and developments through the 16th century.
Pradip Kar is a retired weapon system engineer who also taught courses in electrical and systems engineering at the college level. His interest in the history of mathematics grew out of reading about the lives of great geniuses like Pythagoras, Archimedes, and Leibnitz.

**Useful Reference Books:** *A Concise History of Mathematics* by Dick Struik; *Journey Through Genius* by William Dunham; *Mathematics for the non Mathematician* by Morris Kline

17. The Human Species: Its Origins And How It Evolved

**Instructor:** Becky A. Sigmon, Emeritus Professor of Anthropology, University of Toronto  
**Dates:** Tuesdays Feb 4, 11, 18, 25, Mar 3  
**Time:** 10:00 am - 12:00 pm  
**Location:** Krauss 111

This course is about what palaeoanthropology can tell us about ourselves, our species, and maybe even its survival! Among the topics covered in the lectures are: how to find, interpret, and date fossils; spending a day in the fossil fields of Africa with the palaeoanthropologist; the pluses and minuses of our erect bipedalism; the ups and downs of human status for Neanderthal; new theories that might shock even Darwin, and more! Time for questions at the end of each class.

Becky Sigmon, a palaeoanthropologist with research interests in earliest human evolution such as when, how and why we became upright bipeds, has participated in an Ethiopian palaeontological expedition, and lived briefly with the San hunter-gatherers of the Kalahari desert to conceptualize earliest human subsistence patterns. Her long term interest continues to be “what is human?” Recent books include: *Human Ecology and Challenges in the 21st Century* (2012), and *Physics, Evolution, God: Mass and Nomass (with R.L.Dowden)* (2011, and updated 2015).

18. Preserving Archaeological Sites in Hawai‘i

**Instructor:** Sara L. Collins, Ph.D.  
**Dates:** Tuesdays Mar 24, 31, Apr 7, 14  
**Time:** 10:00 – 11:30 am  
**Location:** Krauss 111

Hawai‘i has a rich cultural heritage reaching back nearly a thousand years. The number of identified traditional Native Hawaiian archaeological sites is in the thousands now and yet only a fraction of them are formally preserved for future generations. The majority of historic sites that are now nominated to the Hawai‘i Register of Historic Places are architectural properties, ranging from private homes to public schools and parks. How well does our state’s historic preservation law work (or not) when it comes to identifying and preserving archaeological sites? Should more archaeological sites and traditional cultural properties be preserved? How can citizens participate in the historic preservation process?

During this class, we’ll first consider the origins of historic preservation in Hawai‘i. Then, a brief overview of Hawaiian archaeology will be followed by an exploration of modern-day preservation measures as carried out by both government and private sector organizations. We will also consider the ways in which citizens can participate in the historic preservation process.

Sara Collins is a Physical Anthropologist and Archaeologist with over 40 years of experience in Hawaii and the Pacific, including serving as the Oahu Archaeologist and Archaeology Branch Chief with the State Historic Preservation Division (SHPD), working at Bishop Museum, and serving as Affiliate Graduate Faculty, Department of Anthropology, UH Mānoa.

19. The Psychology & Practice of Meditation

**Instructor:** Richard Bradshaw MA, Asian comparative religions, PhD, Social Psychology  
**Dates:** Tuesdays Mar 24, 31, Apr 7, 14  
**Time:** 10:00 - 11:30 am  
**Location:** Krauss 112

This course focuses on various kinds of meditation and how meditation in general relates to everyday life. Meditation will be seen not only as a method of attaining peace and tranquility but as a means to increase one’s ability to more lucidly perceive one’s daily experiences and the mental states that accompany and help ‘define’ personal experience. Each class will consist of short introductory comments on some meditational discipline, guided meditations, a documentary of between twenty to fifty minutes on some meditative discipline, and finally, class questions/discussion. Documentaries will focus on founders, meditational strategies and methods, and the particular ‘wisdom’ each meditational discipline considers important for the practitioner. Diaries will be kept by the students describing their meditational experiences and will serve as discussion material during small group discussions at the beginning of each class.

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.
20. Pacific Encounters: Living Traditions Of Oceania

**Instructor:** John Fleckles, Ph.D.
**Dates:** Tuesdays, Mar 24, 31, April 7, 14
**Time:** 2:00pm - 3:30pm
**Location:** Krauss 111

Examine encounters with Oceanic living traditions - key values and practices that bind islanders together in distinct communities. Islands covered are Samoa, Fiji, Papua New Guinea, and Marquesas where the instructor (with camera) has traveled/led tours for 25 years. Included are ceremonies of communal life, social hierarchy traditions, and spiritual components of contemporary Oceanic art. Excellent background for the Festival of Pacific Arts, to be held in Honolulu June 2020. Lecture and interactive.

John Fleckles, PhD UC Berkeley, has taught in Hawaii for 40 years, served as VP of Academics at HPU, and lecturer/guide for Road Scholar in the South Pacific.

21. Make Your Own Easy Hand Made Greeting Cards

**Instructor:** Margo Vitarelli
**Dates:** Tuesdays, Mar 24, 31, April 7
**Time:** 2:00pm - 4:00pm
**Location:** Krauss 112
**Enrollment Limit:** 10-12
**Materials Fee:** $10 to be paid at the first class.

Come enjoy making your own greeting cards using simple stamping and printmaking techniques. Participants will be able to use the instructor's original hand-carved stamps and also learn how to carve their own stamps on an easy-to-carve soft block. Design your custom cards with a Pacific Island flair and then have them handy to mail to friends on special occasions. Beginners welcome! No prior experience necessary! Fail-proof and fun!

Margo Vitarelli, art educator, children's book illustrator and member of the Honolulu Printmakers has taught workshops in Hawaii and across the Pacific Islands. Her prints have been exhibited at the Honolulu Printmakers Annual Exhibition from 2009-2019.

**WEDNESDAY CLASSES**

22. Raja Yoga: Integrating Body, Mind, and Spirit

**Instructor:** Gita Kar, Practitioner of Satyananda Yoga
**Dates:** Wednesdays, Jan 22, 29, Feb 5, 12, 19, 26, Mar 4, 11, (no class Mar 18), 25, April 1, 8

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.

23. Introductory Tai Chi

**Instructor:** Ken Koike
**Dates:** Wednesdays, Jan 22, 29, Feb 5, 12, 19, 26, Mar 4, 11, (no class Mar 18), 25, April 1, 8.
**Time:** 10:00am - 11:00am
**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 qigong 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.

24. Learn Mandarin Chinese by Reading: Proficiency Through Storytelling and Puzzling

**Instructor:** Cynthia Ning, Ph.D., Associate Director, Center for Chinese Studies
**Dates:** Wednesdays, Jan 22, 29, Feb 5, 12, 19, 26, Mar 4, 11, (no class Mar 18), 25, April 1, 8, 15
**Time:** 10:00am - 11:00am
**Location:** Moore 109

Reading can be fun, even given a script as challenging as that of Mandarin Chinese. Each hour-long session of this course will offer a series of graded activities, including puzzles, story-telling, games, and travelogues.
Participants will be reading (and speaking) Chinese before you know it! Of course, how well you do depends in part on your motivation, aptitude, and life experience, but come give Chinese a try! No prior knowledge necessary.

Cynthia Ning is associate director of the UHM Center for Chinese Studies, and author of a number of Chinese language textbooks from Yale University Press.

25. An Ocean View: Science of the Sea

**Instructor:** Anthony Russo  
**Dates:** Wed, Jan 22, 29, Feb 5, 12, 19, 26, Mar 4, 11  
**Time:** 10:00am - 12:00pm  
**Location:** Krauss 111

Broad overview of the science of Oceanography for the average citizen. The topics will include: origins of ocean, atmosphere, cursory look at ocean basins, plate tectonics, the nature of water, currents, waves, tides, marine biology.

Anthony Russo has a PhD in Oceanography from Florida Institute of Technology. Prof. of Marine Sciences at LCC from 1970 to 2002. Presently retired.

26. An Introduction to Western Philosophy: The Greeks

**Instructor:** Raymond Steiner, Ph.D., Philosophy  
**Dates:** Wednesdays Jan 22, 29, Feb 5, 12, 19, 26  
**Time:** 10:00 am - 12:00 pm  
**Location:** Krauss 112

Whether you want to brush up on that old college philosophy course or just get acquainted with the subject for the first time, this course promises to be interesting as well as educational. It will combine lectures, along with class discussions, in order to stimulate thought and share ideas among ourselves. From Thales to Plato to Aristotle, Greek philosophers present a widely diverse assortment of ideas and perspectives, many of which remain controversial to this day. Greek philosophers established the groundwork of modern academic philosophy and challenge us to make up our own minds about the great questions of philosophy.

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


**Instructor:** Pradip & Gita Kar  
**Dates:** Wednesdays Jan 22, 29, Feb 5, 12, 19

Embark on an adventure with us as we travel through the Sundarbans World Heritage Site. We will: View slides from our travels last winter in this uncharted region; see film documentaries of Sundarbans culture, mythology and folklore, discuss the ongoing process of island formation in the largest mangrove forests of our planet; study the Gangetic and Irrawaddy dolphins, and the Royal Bengal Tiger in their habitat; learn about the socio-political history and culture of the region; read and discuss relevant sections from *The Hungry Tide*; enjoy a potluck lunch at the end of our final session.

**NOTE:** Prior to class please read, *The Hungry Tide* by Amitav Ghosh. Available from [abebooks.com](http://www.abebooks.com) for $3.99 including shipping.

Gita and Pradip Kar regularly teach aspects of Indian philosophy, Art, Literature, and Raja Yoga at the University of Hawaii and the University of Minnesota.

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

**Instructor:** Joel Merchant, Principal, Navigating the Journey  
**Dates:** Weds Jan 22, 29, Feb 5, 12, 19, 26, Mar 4, 11  
**Time:** 1:00 - 3:00 pm  
**Location:** Krauss 113B  
**Enrollment Limit:** 10

New technologies and political circumstances have created more ambiguities regarding the issues and choices surrounding end-of-life, the definition of death, and how to deal with dying. Individuals who make an effort to become more informed about the options may be in a better position to influence events in their own lives and those of their loved ones. We will: 1) discuss and clarify options regarding aging, dying, and end-of-life issues; 2) provide information and discuss our experiences in the areas of elder care, hospice care, financial matters, long term care, and advanced directives; 3) review, discuss, and make decisions regarding advanced care in the areas above, as well as POLSTs, and advanced care planning options.

Joel Merchant has long been involved in social, religious, political, community, and non-profit causes in Hawai‘i, culminating in what he calls his final community outreach efforts: organizing, participating in, and facilitating group conversations about end-of-life issues.
29. Culinary Cinema XIX: “Not Best Picture” Series

Instructor: Tom Sheeran
Dates: Wednesdays, Jan 22, Feb 19, Mar 25, April 15
Time: 3:00pm - 6:00pm
Location: Krauss 111

In this series we watch 4 excellent movies that did NOT win the Oscar for Best Picture, but have stood the test of time to be considered better cinema than their competitors that did win. Following each film, participants may choose to join the group for dinner at a local restaurant, where we will enjoy a meal together.

Jan 22 - Five Easy Pieces, (1970) 96 min. Jack Nicolson proved he was a great actor and became a star in this insightful character study, which critics now favor far more than Patton which took home the Oscar.

Feb 19 - Network, (1976) 121 min. Rocky won the Oscar and remains popular, but Network is now recognized as a much more important film.

Mar 25 - Tootsie, (1982) 116 min. Though Tootsie lost to Gandhi, this small masterpiece of intelligent comedy, is much more relevant today. Dustin Hoffman’s performance is brilliant and more memorable, even though he lost to Ben Kingsley.


Post-film dinners will be held at local restaurants, locations to be announced. We aim for pleasant, quiet neighborhood places with reasonable prices. Participants pay on-site for their own meals and drinks. Please note: Seating at restaurants is limited to 24 and RSVPs are required for each session.

30. Showing and Telling: Docudrama and the New Documentary

Instructor: Phyllis Frus
Dates: Wednesdays, Jan 29, Feb 5, 12, (No class Feb 19), Feb 26, Mar 4, 11
Time: 2:00 to 5:00 pm
Location: Krauss 111

Many critics of history-based films evaluate them by what they got right and wrong in adapting the events to film. In this class we will examine how two particular modes of telling historical stories on film---docudrama and documentary --- convey their interpretations of historical figures and events by using techniques borrowed from fictional film for dramatic effect and to guide our sympathy.

Jan 29 – Conspiracy (2001), HBO. Senior Nazi officials consider how to best implement the "Final Solution" to the so-called Jewish Question.


Feb 26 - The Thin Blue Line (1988). This film paved the way for new kinds of documentary.

Mar 4 - Waltz with Bashir (2008). This fusion of animation and documentary explores war and memories of a 1982 massacre in Lebanon.

Mar 11 - American Splendor (2003). Called “a mixture of fiction and reality,” the film is first person, like the graphic novel it is drawn from.

Phyllis Frus taught writing, American literature, women’s studies, and film studies for 25 years at institutions ranging from New York University, Hunter College, and the Juilliard School to Hawai‘i Pacific University.

31. Charles Bukowski: The Other Beat Writer

Instructor: Raymond Steiner, Ph.D., Philosophy
Dates: Weds Mar 4, 11 (no class Mar 18), Mar 25, Apr 1, 8, 15
Time: 10:00 am - 12:00 pm
Location: Krauss 112

Charles Bukowski was a Los Angeles-based writer who can be classified, along with Jack Kerouac, as a major contributor to the latter half of 20th century American literature. From a hardscrabble existence on the margins of society, his prodigious talent and the total dedication to his craft overcame adversity and resulted in several novels, over 5,000 poems, and numerous “underground” articles in The Los Angeles Free Press. Interest in his writing has increased exponentially in recent years. Fortunately, we have a good deal of film of Bukowski reading his poetry as well as interviews and documentary information that allow us an insightful picture of the man and his work. Join us to discover what all the fuss is about.

32. Five More Shakespeare Plays

Instructor: Dave Johnson, BA Yale, JD Harvard Law
Dates: Wed, Mar 4, 11, (no class Mar 18) 25, Apr 1, 8, 15
Time: 2:00 – 4:00 pm
Location: Krauss Hall 112
This course will focus on five of Shakespeare’s plays spanning comedy, history, romance, and tragedy. Join us to discuss and enjoy them. There is no introductory class. We will hit the ground running, and discuss one play each class, except that we will devote two classes to Hamlet.

33. How to Take Better Photos

**Instructor:** Jennifer Crites, BA  
**Dates:** Wednesdays Mar 25, Apr 1, 8, 15  
**Time:** 10:00 am to 12:00 noon  
**Location:** Krauss 111  
**Enrollment Minimum:** 12, **Maximum:** 24

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.

34. Meditation: Here and at Home - Take-out Menu #2

**Instructor:** Michael Zucker, fmr Peace Corps volunteer  
**Dates:** Wednesdays Mar 25, Apr 1, 8, 15  
**Time:** 2:00 pm – 3:30 pm  
**Location:** Krauss 113B  
**Enrollment Limit:** 10

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

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

THURSDAY CLASSES

35. Introduction to English Handbells

**Instructor:** Karen Carlisle  
**Dates:** Thursdays, Jan 23, 30, Feb 6, 13, 20, 27, Mar 5, 12  
**Time:** 10:00 - 11:30 am  
**Location:** Krauss 113B  
**Materials Fee:** $15 for handbell gloves and sheet music, to be paid at first class.

Are you interested in learning how to ring handbells? This is your opportunity. This is a hands-on class for beginners. We will be learning how to ring the bells and make music. No music experience is necessary but it can be helpful, and experienced ringers are welcome! Handbells are the easiest instrument to learn and master in a short period of time and successfully learn to play a piece of music. There are many different sounds that handbells can make and these techniques will all be taught in this class. This class will teach the basics of music hands-on to make it fun while learning. English handbells date back to the 1800’s and have evolved tremendously. You generally will find handbells in church settings but in the past couple of decades they have ventured more out into the community.

Karen Carlisle has rung handbells for 43 years and directed for 28. She currently directs five groups - an advanced and beginning community group, middle after school group, children’s group, and an adult church group. Her specialty is working with beginning ringers. She has a system that will get non-ringers ringing a song in no time at all. She is the Regional Coordinator for Handbell Musicians of America Area 12, California, Nevada and Hawaii, and also a workshop clinician.
36. The UN and Global Challenges of the 21st Century

Instructor: Robert Weiner, Ph.D., Professor Emeritus, Political Science UMass, Boston.
Dates: Thursdays, Jan 23, 30, Feb 6, 13, 20, 27, Mar 5, 12
Time: 10:00 - 11:30 am
Location: Krauss 111

In 2020, the UN will commemorate its 75th Anniversary. The anniversary provides an opportunity to focus on how well the UN is doing in meeting such global challenges as peace and security, economic development, and human rights. Emphasis will be placed on such themes as the relationship between the US and the UN, reform of the UN, and the Future of the UN and global governance.

Robert Weiner is a Former Director of the Master's degree program in International Relations at the University of Massachusetts, Boston.

37. Judi Dench on Film

Instructor: Jim Hesse, Musician, Actor
Dates: Thursdays, Jan 23, 30, Feb 6, 13, 20
Time: 1:00 – 4:00 pm
Location: Krauss 111

Any discussion of the world’s greatest living actors should have Dame Judi Dench near the top of the list. We will survey Judi’s astonishing 60+ year career as an actor from the stage to early TV appearances to contemporary films, eventually earning seven Academy Award nominations, and taking home the Best Supporting Actress Oscar for her performance as Queen Elizabeth I in 1998’s Shakespeare in Love. Please join us in celebrating Dame Judi Dench’s illustrious career via viewing a sample of her works:

Jan 23 - **Tea with the Dames** (2018) – Dame Judi Dench, Lady Joan Plowright, Dame Maggie Smith, and Dame Eileen Atkins discuss their iconic performances, decades of wisdom, and numerous awards over tea.

Jan 30 - **A Fine Romance** (1981-1984) – In her earliest TV series, Judi plays opposite her late husband Michael Williams as a socially awkward foreign correspondent and a shy carpenter navigating an awkward romance and their own insecurities.

Feb 6 - **As Time Goes By** (1992-2005) – A dashing young British Army officer (Geoffrey Palmer) and a lovely student nurse fall deeply, magically in love – until he is shipped off to the Korean War and not heard from for 38 years.

Feb 13 - **Ladies in Lavender** (2004) – Judi and Dame Maggie Smith play two sisters whose quiet lives change dramatically when they discover a young foreigner washed ashore near their home in pre-war England.

Feb 20 - **All Is True** (2018) – Judi recently joined Kenneth Branagh and Ian McKellen in a tribute to Shakespeare, playing his wife, Anne Hathaway, in the last few years of the Bard’s life as he returns to his hometown of Stratford-Upon-Avon.

38. Back to the Drawing Board: Artist Forum 2020

Facilitator: Laurel Lindenbach
Dates: Thursdays, Jan 23, 30, Feb 6, 13, 20, 27, Mar 5, 12
Time: 1:00 – 3:00 pm
Location: Krauss 112
Enrollment Limit: 12

This eight-week session is designed for the serious artist willing to go back to the drawing board to elevate their painting skills to the next level. During the first 4 weeks we will cover the basics of one and two point perspective, provide a refresher on basic anatomy of the human figure, and incorporate those figures into the perspective drawing. We will realize the importance of color value, as light and shadow will be emphasized by working in shades of gray...all 50 of them. During the second 4 weeks we will break out the full color palette incorporating our new skillsets in full color street scenes, room design, landscape or whatever else may capture each artist's fancy. Photo reference will be provided but feel free to bring your own photos. All completed classwork may be matted for display. This forum is an opportunity for like-minded artists to engage, learn and share ideas and technique with one another.

Materials for the first 4 weeks: Bristol paper, Tracing Paper, Farber Castell 9000 pencils (4B, 6B, 8B), 1 black pencil, 1 Regular Eraser, Kneaded Eraser, Paper Blending Stumps, Ruler. If you have a T Square and or a Triangle, please bring them as we will have only one or two to share. You’ll want to bring your full Watercolor palette for the 2nd half of this session.

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

39. Find Your Passion and Purpose

Instructor: Lance E. Hylander, DEd
Date: Thursdays, Feb 6, 13, 20, 27, Mar 5, 12
Time: 2:00-4:00pm
Location: Krauss 113B
Butler (Howard Keel) about the feud between Annie Oakley (Betty Hutton) and Frank Mar 12. This film that opens just for those special times. Includes the title tune, the classic, There’s No Business Like Show Business. Apr 2 - Irving Berlin’s 100th Birthday Celebration at Carnegie Hall (1988, 98 min) An all-star tribute with Frank Sinatra, Rosemary Clooney, and others. Apr 9 - Easter Parade (1948, 108 min) – A nightclub performer (Fred Astaire) hires a naïve chorus girl (Judy Garland) to be his new partner. Apr 16 - There’s No Business Like Show Business (1954, 117 min) – Marilyn Monroe meets Ethel Merman! The Donahues are a vaudeville family always touring until one falls in love and the family falls apart.

FRIDAY CLASSES

41. Friday Morning Watercolor

Instructor: Kit Cameron, BA, MFA
Dates: Fridays, Jan 24, 31, Feb 7, 14
Time: 9:30 am - 12:00 pm
Location: Krauss 112
Enrollment Limit: 12

Whether you are an absolute beginner or a seasoned painter you will enjoy this class as we all share our knowledge and experience. Each week we will explore a different theme or technique with a demo followed by time to work and look at each others’ results. Watercolor is described as difficult and unforgiving. Come see why that doesn’t have to be the case. Students will have to acquire materials before first class (list provided upon enrollment).

Kit Cameron explores the visible world through drawing and painting. MFA from San Francisco Art Institute. Member Hawaii Watercolor Society.

42. Friday Adventure Hikes

Leader: David Frost
Dates: Fridays, Feb 7, 14, 21, 28, Mar 6, 13
Time: 10:00 am at the trailhead 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. As time passes, and if the interest and ability of the group permits, we will move on to longer and more adventurous walks.
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<th>#</th>
<th>Day/Course Title</th>
<th>Instructor</th>
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<td>1</td>
<td>Enjoying the Hobby and Play of Hot Wheels</td>
<td>Raguindin</td>
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<td>Conscious Healing, 6 Healing Sounds, Meditation…..</td>
<td>Runge</td>
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<td>10:00-11:45</td>
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<td>3</td>
<td>Art, Music, Fashion, &amp; Film From A DIY Perspective</td>
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<td>Exploring the Unexplained: ESP, ETs, and Ghosts.</td>
<td>Carter</td>
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<td>Writing Political Commentary</td>
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<td>Forgotten Islam: It Champions Interfaith Harmony</td>
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<td>7</td>
<td>&quot;Sunday Matinee: &quot;The Great American Road-Trip&quot;</td>
<td>Sheeran</td>
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<td>8</td>
<td>Smart Games</td>
<td>Batzogs</td>
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<td>9</td>
<td>How the Angels Can Assist You in Your Life</td>
<td>Carter</td>
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<td>10</td>
<td>East Meets West? The Films of Ang Lee (w/ bonus films)</td>
<td>Nance</td>
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<td>Introduction to Islam</td>
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<td>12</td>
<td>Monday Adventure Hikes</td>
<td>Fujita</td>
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<td>13</td>
<td>Intermediate American Mah Jongg</td>
<td>Gale</td>
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<td>14</td>
<td>Geography of a Cruise through the Panama Canal</td>
<td>Fuller</td>
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<td>15</td>
<td>Russian Short Fiction from Pushkin to Solzhenitsyn</td>
<td>O'Mealy</td>
<td>Jan 21</td>
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<td>16</td>
<td>History of Mathematics: Antiquity to the Renaissance</td>
<td>Kar, P.</td>
<td>4-Feb</td>
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<td>17</td>
<td>The Human Species: Its Origins And How It Evolved</td>
<td>Sigmon</td>
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<td>18</td>
<td>Preserving Archaeological Sites in Hawai‘i</td>
<td>Collins</td>
<td>Mar 24</td>
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<td>19</td>
<td>The Psychology &amp; Practice of Meditation</td>
<td>Bradshaw</td>
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<td>20</td>
<td>Pacific Encounters: Living Traditions Of Oceania</td>
<td>Fleckles</td>
<td>Mar 24</td>
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<td>21</td>
<td>Make Your Own Easy Hand Made Greeting Cards</td>
<td>Vitarelli</td>
<td>Mar 24</td>
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<td>22</td>
<td>Raja Yoga: Integrating Body, Mind, and Spirit</td>
<td>Kar, G.</td>
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<td>23</td>
<td>Introductory Tai Chi</td>
<td>Koike</td>
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<td>24</td>
<td>Learn Mandarin Chinese Through Storytelling &amp; Puzzling</td>
<td>Ning</td>
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<td>25</td>
<td>An Ocean View: Science of the Sea</td>
<td>Russo</td>
<td>Jan 22</td>
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<td>26</td>
<td>An Introduction to Western Philosophy: The Greeks</td>
<td>Steiner</td>
<td>Jan 22</td>
<td>10:00-12:00</td>
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<td>27</td>
<td>Adventures in the Ganges Delta: The Hungry Tide</td>
<td>Kar, P&amp;G</td>
<td>Jan 22</td>
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<td>28</td>
<td>Aging and Dying with Dignity: End-of-Life Issues</td>
<td>Merchant</td>
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<td>Culinary Cinema XIX: &quot;Not Best Picture&quot; Series</td>
<td>Sheeran</td>
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<td>Showing &amp; Telling: Docudrama &amp; New Documentary</td>
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<td>31</td>
<td>Charles Bukowski: The Other Beat Writer</td>
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<td>Five More Shakespeare Plays</td>
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<td>33</td>
<td>How to Take Better Photos</td>
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<td>Meditation: Here and at Home - Take-out Menu #2</td>
<td>Zucker</td>
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<td>35</td>
<td>Introduction to English Handbells</td>
<td>Carlisle</td>
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<td>36</td>
<td>The UN and Global Challenges of the 21st Century</td>
<td>Weiner</td>
<td>Jan 23</td>
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<td>37</td>
<td>Judy Dench on Film</td>
<td>Hesse</td>
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<td>38</td>
<td>Back to the Drawing Board: Artist Forum 2020</td>
<td>Lindenbach</td>
<td>Jan 23</td>
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<td>39</td>
<td>Find Your Passion and Purpose</td>
<td>Hylander</td>
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<td>40</td>
<td>Tribute to Melodies of Irving Berlin</td>
<td>Hesse</td>
<td>Feb 27</td>
<td>1:00-4:00</td>
<td>6</td>
<td>111</td>
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<tr>
<td>41</td>
<td>Friday Morning Watercolor</td>
<td>Cameron</td>
<td>Jan 24</td>
<td>9:30-12:00</td>
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<td>112</td>
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<tr>
<td>42</td>
<td>Friday Adventure Hikes</td>
<td>Frost</td>
<td>Feb 7</td>
<td>10:00-TBD</td>
<td>6</td>
<td>offsite</td>
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**Online Registration Now Open!!** [https://online.uhfoundation.org/memberships/OLLI.aspx](https://online.uhfoundation.org/memberships/OLLI.aspx)
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<tr>
<th>#</th>
<th>Day/Course Title</th>
<th>Instructor</th>
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<tr>
<td>43</td>
<td>Life Writing</td>
<td>Rayson</td>
<td>Feb 7</td>
<td>1:30-3:00</td>
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<tr>
<td>44</td>
<td>Travel in Spain and Portugal</td>
<td>Sheeran</td>
<td>Feb 14</td>
<td>10:00-12:00</td>
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<td>45</td>
<td>Primaries, Caucuses, Conventions...</td>
<td>Sheeran</td>
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<td>46</td>
<td>Morality and Immorality in the Bible</td>
<td>Sowers</td>
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<td>47</td>
<td>Natural History of Hawaii and the Pacific</td>
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<td>2:00-4:00</td>
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<td>48</td>
<td>Tech Trends 2020: Science Fiction and the Real World</td>
<td>Doucet</td>
<td>Mar 28</td>
<td>1:00-4:00</td>
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**SPRING 2020 EVENT Schedule by Day of the Week**

<table>
<thead>
<tr>
<th>SUNDAY EVENTS</th>
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<tbody>
<tr>
<td>1SE</td>
<td>Coffee Brewing 101</td>
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<tr>
<td>2SE</td>
<td>Spoken Word Sunday: A Poetry Reading Event</td>
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<table>
<thead>
<tr>
<th>MONDAY EVENTS</th>
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<tbody>
<tr>
<td>3SE</td>
<td>Lunchtime TED Talks</td>
</tr>
<tr>
<td>4SE</td>
<td>Reclaiming Kalakaua: 19th Century Perspectives...</td>
</tr>
<tr>
<td>5SE</td>
<td>Know Your OLLI, Grow Your OLLI</td>
</tr>
<tr>
<td>6SE</td>
<td>The Traditional Chinese Dress: A 20th Century Creation</td>
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<tr>
<td>7SE</td>
<td>What should we do about the Opioid Epidemic?</td>
</tr>
<tr>
<td>8SE</td>
<td>Mozart’s <em>Don Giovanni</em> with Jim Becker</td>
</tr>
<tr>
<td>9SE</td>
<td>I Want to Write My Memoirs</td>
</tr>
<tr>
<td>10SE</td>
<td>UHM Campus Arboretum Tour 3</td>
</tr>
<tr>
<td>11SE</td>
<td>Mai Kinohi Mat: Surfing in Hawai‘i Talk</td>
</tr>
<tr>
<td>12SE</td>
<td>Antarctica Yesterday and Today with Maria Lowder</td>
</tr>
<tr>
<td>13SE</td>
<td>Women in Retirement Workshop</td>
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<table>
<thead>
<tr>
<th>TUESDAY EVENTS</th>
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<tbody>
<tr>
<td>14SE</td>
<td>Writer's Circle</td>
</tr>
<tr>
<td>15SE</td>
<td>Herbal Medicine in Old Hawai‘i: A Cautious Examination</td>
</tr>
<tr>
<td>16SE</td>
<td>UHM Campus Arboretum Tour 1</td>
</tr>
<tr>
<td>17SE</td>
<td>Inundation: Art and Climate Change in the Pacific</td>
</tr>
<tr>
<td>18SE</td>
<td>Walking Through Tsavo: An African Safari</td>
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<tr>
<th>WEDNESDAY EVENTS</th>
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<tbody>
<tr>
<td>19SE</td>
<td>Reconsideration of an Ancient Creation Parable</td>
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<tr>
<th>THURSDAY EVENTS</th>
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<tbody>
<tr>
<td>20SE</td>
<td>Food For Thought</td>
</tr>
<tr>
<td>21SE</td>
<td>UHM Campus Arboretum Tour 2</td>
</tr>
<tr>
<td>22SE</td>
<td>Surfing in Hawai‘i Exhibit Tour</td>
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<table>
<thead>
<tr>
<th>FRIDAY EVENTS</th>
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<tbody>
<tr>
<td>23SE</td>
<td>Garden Meditation</td>
</tr>
<tr>
<td>24SE</td>
<td>Book Club</td>
</tr>
<tr>
<td>25SE</td>
<td>Figure Drawing</td>
</tr>
<tr>
<td>26SE</td>
<td>Lower Back</td>
</tr>
<tr>
<td>27SE</td>
<td>Botanical Drawing</td>
</tr>
<tr>
<td>28SE</td>
<td>Knees &amp; Core</td>
</tr>
<tr>
<td>29SE</td>
<td>Creative Expression</td>
</tr>
<tr>
<td>30SE</td>
<td>UHM Campus Arboretum Tour 4</td>
</tr>
<tr>
<td>31SE</td>
<td>Rest &amp; Deep Sleep</td>
</tr>
<tr>
<td>32SE</td>
<td>Creative Stories</td>
</tr>
</tbody>
</table>

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**Online Registration Now Open!!** https://online.uhfoundation.org/memberships/OLLI.aspx#
FRIDAY CLASSES cont.

After a career as an architect, David moved to Honolulu and worked as a tour guide with Oahu Nature Tours, doing over 800 hiking and scenic driving tours. He was one of the founding members of the Solemates hiking group, and has been on many hikes, botanical surveys, and work trips with John Hall and others.

43. Life Writing

Instructor: Ann Rayson, MA, Ph.D., Ret. Prof. English.
Dates: Fridays, Feb 7, 14, 21, 28, Mar 6, 13
Time: 1:30pm - 3:00pm
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.

44. Travel in Spain and Portugal

Instructor: Tom Sheeran
Dates: Fridays, Feb 14, 21, 28, Mar 6, 13
Time: 10:00am - 11:30am
Location: Krauss 111

In this series of ‘armchair’ travelogues we explore both famous and lesser-known areas that draw visitors to enjoy the natural beauty, rich culture, delicious cuisine, and traditional festivals of Spain and Portugal.

Feb 14 - Travel in Northern Spain. From the rugged Atlantic coast of Galicia to the Basque country famous for tapas, and Pamplona for the running of the bulls, northern Spain offers rich experiences in history, culture, nature, and gastronomy.

Feb 21 - Travel in Eastern Spain. We visit Barcelona, energetic city of art and architecture on the Mediterranean; Valencia, home of paella, where the huge public market is always full of the freshest seafood and produce; and the thriving Balearic Island resorts of Majorca, Minorca, and Ibiza.

Feb 28 - Travel in Central Spain. Madrid, the capital, is full of world-class museums, grand royal palaces, and vibrant nightlife. Segovia’s Roman aqueduct and Toledo’s great cathedral are highlights, while north of Madrid is the austere grandeur of the large region of Castilla-Leon.

Mar 6 - Travel in Southern Spain. From the Mediterranean resorts of the Costa del Sol to Granada and Seville, Andalusia is rich in tradition with a Moorish accent. Ancient Cadiz, founded by Phoenicians, faces the Atlantic while medieval hilltop towns dot the arid landscape inland.

Mar 13 - Travel in Portugal. The Atlantic Ocean has influenced many aspects of Portugal’s culture: salt cod and grilled sardines are national dishes. Lisbon, once capital of a vast colonial empire, is now a lively multicultural city with UNESCO-heritage architecture, great cuisine, and the annual Carnival festival.

45. Primaries, Caucuses, Conventions: How US Political Parties Nominate Presidential Candidates

Instructor: Tom Sheeran
Dates: Fridays, Jan 24, 31, Feb 7
Time: 10:00am - 12:00pm
Location: Krauss 111

The US Constitution nowhere mentions political parties, let alone primary elections, party caucuses, or conventions. These practices have grown up over time to become the current methods by which our major parties choose their candidates for the highest office in the land.

In this 3-part series we will examine the history of these institutions, their evolution over time, and their role in our current political system. This won’t help you pick the person YOU want to be our next president, but should give you a better understanding of how this often confusing process produces the choices you will have in November 2020.

Jan 24: 1789-1948
Development of early US political parties; domination by party officials; Conventions allowing party insiders to continue to influence (or control) nominations; Progressive era reforms introduce primary elections allowing some voter input.
Jan 31: 1948 – 1960
Primary elections gain importance; Importance of mass media; Historic election video.

Feb 7: 1960 – Present
Caucuses, debates, polls, money, political-action committees; Activists and voter preferences equal or exceed party-insider influence; How it works in 2020.

46. Morality and Immorality in the Bible

**Instructor:** Imra Sowers, BA Hebrew U of Jerusalem, MA New School for Social Science, M.Ed UArizona  
**Dates:** Fridays, Jan 24, 31, Feb 7, 14, 21, 28, Mar 6, 13  
**Time:** 10:00 – 12:00  
**Location:** Krauss 113B

In this exploration of ethical issues in the bible we will look at the actions of some of the heroes, certain deeds and events, many of the laws and commandments, and together judge their morality or immorality. Please bring an old testament book with you, in any language, to class.

47. Natural History of Hawai’i and the Pacific

**Instructor:** Arthur Reed, Prof. Emeritus Zoology UHM  
**Dates:** Fridays, Jan 24, 31, Feb 7, 14, 21  
**Time:** 1:00 – 3:00 pm  
**Location:** Krauss 111

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

Before retirement, Art Reed was Professor of Zoology at the UHM campus. His interests were in coral reef biology, marine invertebrates, and marine education at the high school level. After retiring he became a group leader and lecturer in the Elderhostel/Roadscholar programs and developed a series of lectures on geology, meteorology, biology, and history of the Pacific and Hawai’i.

48. Tech Trends 2020: Science Fiction and the Real World

**Instructor:** Leo Doucet, BFA  
**Dates:** Fridays, Feb 28, Mar 6, 13 (no class Mar 20), Mar 27, Apr 3 (no class Apr 10), Apr 17  
**Time:** 1:00 – 4:00 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, Biotechnology and the concepts of Singularity and Exponential Technologies. Using a variety of documentaries, TED talks, and Singularity University videos we will attempt to ‘connect the dots’ to explore the comparison/contrast between Science Fiction and Science Reality. We 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.

Some of the material will be repeated from last year’s class, however, in the world of technology a lot changes in 12 months. Our goal is to explore what has changed and how much it has changed in the past years so students are encouraged to attend and share how technology has shaped their lives.

Leo was born in Canada and graduated from Emily Carr University of Art and Design in Vancouver, with a BFA (Photography major) in 1992. He built his first computer in the late 90s and has been fascinated with increasingly fast-paced world of technology and how it affects our lives ever since.

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 are YOU looking for?
Special Event Descriptions

Sunday Events

1SE. Coffee Brewing 101

**Instructor:** Justin Schiada  
**Date:** March 8, 2020  
**Time:** 3:30–4:30 pm  
**Location:** The Curb Kaimuki, 3408 Wai’alae Ave  
**Enrollment Limit:** 15

This class, held on site at The Curb Kaimuki (3408 Wai’alae Ave) covers basic fundamentals that will make home coffee brewing easier to understand. Justin Schiada, a former rock and roll roadie, whose dad taught him how to barista at 10, has been in the coffee business for 25 years. In 2018 he served on the board of the Hawaiian Coffee Association for 6 months, and came in 4th place in the State of Hawaii Brewers Cup. He loves coffee and the pursuit of developing a better palette through exploration in brewing every day.

2SE. Spoken Word Sunday: A Poetry Reading Event

**Facilitators:** TBD  
**Date:** Sunday April 12, 2020  
**Time:** 2:00 – 4:00 pm  
**Location:** Krauss 111

Come to listen. Come to share. Come to celebrate National Poetry Month. All are welcome. It does not matter if you don’t know the difference between a poetry reading, a poetry slam, and spoken word poetry. Read original work, or a favorite poem. Interested but unsure? We’ll schedule a spoken poetry workshop in March for those interested in participating in the April event.

Monday Events

3SE. Lunchtime TED Talks

**Facilitator:** Carole Mandryk  
**Dates:** Mondays, Jan 27, Feb 10, 24, Mar 9, 30, Apr 13  
**Time:** 12:30 – 1:30 pm  
**Location:** Krauss 111

Come join us on alternate Mondays to view and discuss TED talks dealing with morality, hope, and optimism. Bring your lunch and your curiosity. No need to sign up in advance. Just drop in.

**Jan 27 -** The psychology of positivity  
**Feb 10 -** What makes a good life? Lessons from the longest study on happiness  
**Feb 24 -** How much is enough?  
**Mar 9 -** How to motivate people to do more good  
**Mar 30 -** Top 10 Tips to Keep Your Brain Young  
**Apr 13 –** How to live passionately – no matter your age.

4SE. Reclaiming Kalākaua: Nineteenth-Century Perspectives on a Hawaiian Sovereign

**Presenter:** Dr. Tiffany Lani Ing  
**Date:** Monday Jan 27, 2019  
**Time:** 2:00 – 3:30 pm  
**Location:** Krauss 111

Come hear Dr. Ing discuss her recently published book, *Reclaiming Kalākaua: Nineteenth-Century Perspectives on a Hawaiian Sovereign* (UH Press), which examines the American, international, and Hawaiian representations of David La‘amea Kamananakapu Mahinulani Nalaiaehuokalani Lumialani Kalākaua in English- and Hawaiian-language newspapers, books, travelogues, and other materials published during his reign as Hawai‘i’s mō‘ī (sovereign) from 1874 to 1891.

The book first surveys the negative, even slanderous, portraits of Kalākaua inherited from his enemies, who sought to curtail his authority as mō‘ī. Then through her use of contemporary Kanaka Maoli (Native Hawaiian) examples drawn from hundreds of nineteenth-century Hawaiian-language newspaper articles, mele (songs), and mo‘olelo (histories, stories) about the mō‘ī, Dr. Ing restores balance to our understanding that Kalākaua was viewed at the time—by his own people and the world—as an intelligent, eloquent, compassionate, and effective Hawaiian leader. Tiffany Lani Ing is an independent scholar from Mānoa, O‘ahu. She has a PhD in English from the University of Hawai‘i at Mānoa.

5SE. Know Your OLLI, Grow Your OLLI 2020 Version

**Facilitator:** Carole Mandryk  
**Dates:** Monday, Feb 3, 2020  
**Time:** 1:00 – 3:00 pm  
**Location:** Krauss 111

Expanding volunteer participation is our #1 goal in 2020. What does OLLI mean to you? Hear a recap of the Fall Town Hall points and outcomes, then share ideas and brainstorm with other members on ways to make OLLI-UHM more of what you want, the way you want! Together we can accomplish anything!
6SE. The Traditional Chinese Dress: A 20th Century Creation

Instructor: Dennis Keating
Dates: Monday, February 10, 2020
Time: 2:00pm - 3:30pm
Location: Krauss 111

Is it a Qipao or a Cheongsam? Is it short or long? Is it old or new? In Hawaii the dress is referred to by its Cantonese name, the Cheongsam. In most of China, it is called the Qipao. Whatever we call it, the dress is recognized both in China and internationally as the official dress of China.

Its history is mixed, with old Manchurian and modern western influences. We will delve into the origins of the dress and how it gained in popularity and discuss the three individuals who played key roles in making the dress popular.

The instructor lived in China for ten years and has personally designed and had made several Qipaos, some were full length and formal and worn to international balls; others were short and casual and worn for picnics and street wear.

7SE. NIFI What Should We Do About The Opioid Epidemic?

Presenter: Dolores Foley, Ph.D., NIFI Director
Date: Monday, Feb 24, 2020
Time: 2:00 – 4:00 pm
Location: Krauss 111

National Issues Forums (NIFI), a nonpartisan, nationwide network, brings citizens together to voice their views about challenging social and public policy issues. NIFI 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: What Should We Do About The Opioid Epidemic?

Drug abuse has taken a sharply more lethal turn with the rise of opioids—both legal pain-killers, such as oxycodone and fentanyl, and illegal ones like heroin. Drug overdoses are now the leading cause of death among Americans under 50.

This issue guide presents three options for deliberation. Each option offers advantages as well as drawbacks. If we increase enforcement, for example, this may result in putting many more people in prison. If we reduce the number of prescriptions written, we may increase suffering among people with painful illnesses. Come join us to consider the following three options for deliberation:

- Focus on Treatment for All
- Focus on Enforcement
- Focus on Individual Choice

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

8SE. Mozart’s Don Giovanni with Jim Becker

Presenter: Jim Becker, Ret. AP foreign correspondent, sportswriter, opera and drama critic
Date: Monday, March 2, 2020
Time: 1:00 – 4:00 pm
Location: Krauss 111

This opera in two acts based on the legends of Don Juan premiered in Prague in 1787. Regarded as one of Mozart’s supreme achievements and one of the greatest operas ever composed, it combines comedy, melodrama, and otherworldly elements. NPR called it “a brilliant combination of stark human tragedy and touching comedy, set to music of limitless genius.” Filmed on location at a 16th-century mansion in Vicenza, Italy, this 1979 movie version directed by Joseph Losey is highly regarded for the music, voices, acting, costumes, and directing.

Jim Becker will introduce the opera, pointing out things to look and listen for, and play a version of the work from one of the world’s leading opera houses.

9SE. I Want to Write My Memoirs

Instructor: Dennis Keating
Dates: Monday, March 9, 2020
Time: 2:00pm - 4:00pm
Location: Krauss 111

Everyone has a story inside them. You don’t need to be a born writer to tell your story. Your life and experiences deserve to be told and no one can do it better than you. This presentation offers advice to get you started on your memoirs. It provides you guidelines on developing the steps for writing your biography. We will cover practical advice on getting published and getting your book to the market, including costs you may incur and challenges you may face. It also takes the mystery out of the book publishing jargon and tries to answer any questions you have that are related writing memoirs and books in general, such as ISBNs and vanity presses. The instructor has written and published more than a half dozen books.
10SE. UHM Campus Arboretum Tour 3 – Mccarthy Mall

Presenters: Noweo Kai, Curator, Campus Arboretum
Date: Monday, March 23, 2020
Time: 9:30-11:00 am
Enrollment Limit: 20
Location: Meet at Krauss 113. We then walk to McCarthy Mall. See p. 21 for description.

11SE. Mai Kinohi Mai: Surfing in Hawai‘i

Presenters: Desoto Browne, Bishop Museum
Dates: Monday, March 30, 2020
Time: 2:00 – 3:30 pm
Location: Krauss 111

Bishop Museum historian and exhibit curator Desoto Brown will share the research and history behind the new exhibit Mai Kinohi Mai: Surfing in Hawai‘i. In 1778, when westerners first encountered Hawaiians, surfing had already reached a pinnacle of development in Hawai‘i. It was a science, a sport, and a part of the culture. This is as true today as it was then. Through the unique research and collections of Bishop Museum in partnership with the local surfing community, displaying the oldest surfboards known to exist, including some owned by Hawaiian royalty. The exhibit also explores surfing’s connection with the past and its ongoing technical and cultural developments, which make the sport an international phenomenon today.

The exhibit runs until May 3, 2020. Note special OLLI-UHM Tour of exhibit scheduled for Apr 9th (22SE, p. 22).

12SE. Antarctica Yesterday and Today with Maria Lowder

Presenters: Maria Lowder
Dates: Monday, April 6, 2020
Time: 2:00 – 4:00 pm
Location: Krauss 111

This travelogue explores Antarctica in the past and present via Maria Lowder’s travels. Maria was in the second group of tourists to ever go to Antarctica in 1966, when she travelled on an Argentine Navy ship with Lars Linblad, a pioneer in adventure travel. That trip was reported in the September 8, 1967 issue of Life Magazine. In January 2020, she makes a return visit to the Palmer Peninsula directly south of Cape Horn. In this presentation Maria will interweave 8mm film shot in 1966 with current photos. The trips had similar itineraries, but the current tour features much less access. Antarctica is stunningly beautiful and provides many opportunities to see penguins and other wildlife.

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

13SE. Women in Retirement Workshop

Facilitators: Change AGEnts Hawai’i Advisory Group
Dates: Monday, April 13, 2010
Time: 2:00 – 4:00 pm
Location: Krauss 111

Change AGEnts Hawaii offers this workshop as the second in an active aging seminar series held at OLLI-UHM to enhance personal wellbeing, community engagement, self-determination, and wisdom as we age. The workshop will focus on the challenges and opportunities of women, guiding you through a series of questions and exercises that support you in realizing your hopes, and confronting your fears for your retirement years. Change AGEnts Hawai‘i Advisory Board members Dolores Foley, Shirley Kidani, and Carleen MacKay are the leads on the Women in Retirement Event.

Tuesday Events

14SE. Writer’s Circle

Facilitator: Yi-chuan Ching
Dates: Alternate Tues, Jan 21, Feb 4, 18, Mar 3, 24, Apr 7
Time: 1:00 – 3:00 pm
Location: Krauss 113-B
Enrollment Limit: 6-8 only. Previous participants will be given first preference.

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

After Yi-chuan Ching retired he took courses at UH Mānoa’s English Department. An instructor suggested he volunteer to facilitate a group of senior writers at a new program for seniors that eventually became OLLI. More than twenty years later he is still at it!
15SE. Herbal Medicine in Old Hawai‘i: A Cautious Examination

Instructor: John B. Hall, Prof. Emer., Microbiology
Date: Tuesdays, Jan 21 and 28, 2019
Time: 10:00 - 11:30 am
Location: Krauss 111

If you were ill in the time of Captain Cook and had a choice between being treated by the best European or American doctors or being treated by a good kāhuna, you would have been wise to choose the kāhuna every time. He may not have been able to cure you, but he was certainly much less likely to kill you with the ghastly medical treatments of that era. In these presentations, we’ll explore the state of Hawaiian medical practices before the arrival of Captain Cook and look at some of the individual plants that the kāhuna lā’au lapa’au (practitioners of healing) brought to bear on the treatment of a patient.

16SE. UHM Campus Arboretum Tour 1 – Hawai‘i Hall

Presenter: Noweo Kai, Curator, Campus Arboretum
Date: Tuesday, Jan 21, 2020
Time: 9:30-11:00 am
Enrollment Limit: 20
Location: Meet at Krauss 113; then walk to Hawai‘i Hall.

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.

17SE. Inundation: Art and Climate Change in the Pacific

Presenter: Jaimey Hamilton Faris, Assoc. Prof Art & Art History, UH Mānoa
Date: Tuesday, Feb 25, 2020
Time: 2:00 – 4:00 pm
Location: Art Gallery, Art Building, 2535 McCarthy Mall

Join exhibit curator Jaimey Hamilton Faris in viewing this exhibit featuring work by Mary Babcock, Kaili Chun, DAKOgamay, James Jack, Kathy Jetñil-Kijiner, Joy Lehuanani Enomoto, Charles Lim, and Angela Tiatia. Based in the Pacific, these artists experience the climate emergency as an extension of long-term colonial, extractive and developmental forces that have made their communities especially vulnerable. After experiencing the exhibit, join Jaimey in further discussion on climate change, climate justice and the emotions the disasters of climate change can evoke.

Prof. Hamilton Faris is an associate professor, art writer and critical theorist specializing in contemporary art at the intersection of globalization and climate change, especially in the Asia Pacific Region. She is also a specialist on sixties expanded arts: Pop, Assemblage, Neo-Dada, Fluxus, New Realism, etc. -- art at the advent of the global economy and the age of plastics.

18SE. Walking Through Tsavo: An African Safari

Presenter: John B. Hall, World Traveler
Date: Tuesday, March 10, 2020
Time: 10:00 - 11:30 am
Location: Krauss 111

This colorful travelogue is an account of John Hall’s 11-day, 100-mile walking safari through remote stretches of West Tsavo and East Tsavo National Parks in Kenya, two of Africa’s great game parks. Along his off-the-beaten-track journey with a small group of hikers and guides, John enjoyed close encounters with elephants, giraffes, cape buffalo, hippos, leopards, dik-dik, lions, and more. If you’ve ever wanted to experience an African safari (no hunting, just cameras and binoculars), join us for this travel lecture.

Wednesday Events

19SE. Reconsideration of an Ancient Creation Parable

Instructor: Saleem Ahmed, Ph.D.
Dates: Wednesday, Feb 28, 2020
Time: 6:00 - 7:30 pm
Location: Krauss 111
Enrollment Limit: 35

A long time ago, a holy man shared a parable with his followers, explaining how the earth evolved after its creation:
God created clay on Saturday, mountains on Sunday, trees on Monday, things entailing labor on Tuesday, light on Wednesday. He caused animals to spread on Thursday, and created Adam on Friday.

Not understood for the past several centuries, this description of the evolution of our world has been considered scientifically incorrect and relegated to the backburner, especially since it suggests that light (on Wednesday), was created after plants and animals (on Tuesday). How did the trees get their photosynthesis without light?

However, Saleem, with his M.S. in geology, finds the parable to be a valid summary of the earth’s evolution. In this presentation he will explain his reasoning, as well as suggest that many other ancient thoughts, similarly considered inaccurate, take on a significantly different meaning when considered metaphorically.

Free and open to the public with advance registration. Call 956-0654 to register guests.

Thursday Events

20SE. Food for Thought

**Facilitator:** Carole Mandryk, foodie, baker, chef  
**Dates:** Thursdays, Jan 23, 30, Feb 6, 13, 20, 27  
**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 ginger rosemary shortbread? Did you bring enough to share? In recent semesters we have used class time for a field trip to a restaurant. Have you been to Sweet E’s? The 220 Grille at KCC? We have© Where should we go next?

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

21SE. UHM Campus Arboretum Tour 2 – Sinclair Library

**Presenter:** Noweo Kai, Curator, Campus Arboretum  
**Date:** Thursday, Feb 20, 2020  
**Time:** 9:30-11:00 am  
**Enrollment Limit:** 20  
**Location:** Meet at Krauss 113 and we will then walk to Sinclair Library. See p. 21 for description.

22SE. Mai Kinohi Mai: Surfing in Hawai'i EXHIBIT TOUR at Bishop Museum

**Presenter:** Bishop Museum Staff  
**Date:** Thursday, Apr 9, 2020  
**Time:** 10:00-11:00 am  
**Location:** Bishop Museum, 1525 Bernice St.  
**Enrollment Limit:** 15  
**Kama’aina Senior Group Rate:** $9.95

*Mai Kinohi Mai: Surfing in Hawai'i* is an original exhibit featuring unique treasures from the Museum’s collection of surfing materials and archival surfing photographs. *Mai Kinohi Mai* (“from the beginning”) offers the greatest assemblage of storied surfboards ever, both from our collection and on loan, spanning surfing’s early history to the present day.

**NOTES:**
1. The museum entrance fee must be paid by April 1st to OLLI, as we must provide the museum with a single form of payment prior to checking in on the day of the visit.
2. The exhibit is in the Castle Memorial Building. Once enrollment is confirmed, participants will be notified where to meet at the museum.

Friday Events

23SE. Garden Meditation

**Instructor:** Kathryn Rone, MA, RSMT, RSME, CYT  
**Date:** Friday, Jan 24, 2020  
**Time:** 10:00 – 11:30 am  
**Location:** Krauss 112

A guided sensory awareness of the colors in the garden will help to create a calm wellbeing. Drinking caffeine before class will make it difficult to receive this restful practice. Instructor has taught yoga since 2003.
24SE. OLLI Book Club & Discussion Group

Dates: Fridays, Jan 24, Feb 21, Mar 13, Apr 17
Time: 1:30 – 3:00 pm
Location: Krauss 113-B

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 resumes Friday, Jan 24. Come prepared to discuss The Hungry Tide by Amitav Ghosh. Books for the rest of the spring will be chosen by the group at each meeting. Bring suggested titles to discuss. We strive to select books available in libraries on Oahu.

25SE. Figure Drawing

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Friday, Jan 24, 2020
Time: 1:00-2:30 pm
Location: Krauss 112

We will draw a human figure together, using simple steps. Please bring sketchbook or paper and pencils or pens. Kathryn attended Laguna College of Art and Design and taught at the Palo Alto Art Center. Katurhynrone.com

26SE. Lower Back

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Friday, Feb 21, 2020
Time: 10:00 – 11:30 am Location: Krauss 112

Guided gentle stretching and abdomen strengthening to support body weight and reduce lower back strain. Bring paper and a pen to take notes to practice these steps at home. Kathryn Rone is a Registered Movement Therapist. creativehealingmovement.com

27SE. Botanical Drawing

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Friday, Feb 21, 2020
Time: 1:00-2:30 Location: Krauss 112

We will draw a flower or leaf together, reviewing the elements of art. Please bring sketchbook or paper and pencils or pens.

28SE. Knees & Core

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Friday, Mar 27, 2020
Time: 10:00 – 11:30 am
Location: Krauss 112

Modify movement to care for knees and develop abdomen strength to support body weight. Bring paper and a pen to take notes to practice these steps at home. Kathryn Rone is a Registered Movement Therapist. creativehealingmovement.com

29SE. Creative Expression

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Friday, Mar 27, 2020
Time: 1:00-2:30 pm
Location: Krauss 112

Follow simple movement, sketching, words, and play to expand creatively. Beginners are supported. Instructor has a Masters of Counseling Psychology, Specialization in Creative Expression. Creativehealingmovement.com

30SE. UHM Campus Arboretum Tour 4 – Holmes Hall

Presenter: Noweo Kai, Curator, Campus Arboretum
Date: Friday, April 17, 2020
Time: 9:30-11:00 am
Enrollment Limit: 20
Location: Meet at Krauss 113 to walk to Holmes. See p. 21 for description.

31SE. Rest & Deep Sleep

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Friday, Apr 17, 2020
Time: 10:00 – 11:30 am
Location: Krauss 112

These are gentle, easy ways to bring the body to a state of ease. You may bring paper and a pen to take notes. Drinking caffeine before class will make it difficult to receive this restful practice. Instructor has taught yoga since 2003.

32SE. Creative Stories

Instructor: Kathryn Rone, MA, RSMT, RSME, CYT
Date: Friday, Apr 17, 2020
Time: 10:00 – 11:30 am
Location: Krauss 112

This class will use words and creative play to develop storytelling skills. Beginners are supported. Instructor has a Masters of Counseling Psychology, Specialization in Creative Expression. creativehealingmovement.com
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Getting to OLLI-UHM

Alternatives to Driving
Parking at UHM is increasingly difficult, tricky, & costly. Consider taking TheBus, the free UHM Rainbow Shuttle, car-pooling, or a ride share.

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 UH Mānoa campus.

Free UHM Rainbow Shuttles
The Rainbow Shuttle is one of the sustainable options that UHM makes available at no charge. Shuttle routes travel into Mānoa Valley, Moiliili, Kaimuki and Makiki.

All shuttles are air-conditioned, ADA-compliant and equipped with bike racks. To ride the Rainbow Shuttle, you are required to show a valid UH ID or sign up to get a free shuttle card. OLLI-UHM members are now entitled to get UH IDs (Cost is $10 at the 2nd floor of Campus Center after first week of classes each semester). Check with OLLI office for procedure.

Shuttle arrivals may be tracked in real time via the UHM Shuttle app or at uhmshtutle.com. See schedule & study the route maps to see if they offer you an alternative to driving http://manoa.hawaii.edu/commuter/dayshuttle.php.

Most useful UHM Rainbow Shuttle Routes:

F1 – Mānoa/Faculty Express Route Begins at Mānoa Faculty Housing near Mānoa Marketplace neighborhood. Runs 7:00am – 5:45pm
M1 – Makiki/Moiliili Express Route Travels down Metcalf and Wilder, ranges as far away as King and Keeaumoku (see route map). Runs 6:30am – 5:45pm
N1 Night Shuttle Could be ridden from Andrews Amphitheatre down University to e.g. Long’s Drugs on Beretania. Runs 5:00pm – 11:15pm
W1 - Wai’alae Avenue Express Route Begins at Koko Head Avenue, travels down Wai’alae Ave (see route map). Runs 6:30am – 5:45pm
*P1 - Parking Express (see route map). Route starts at Hawaiian Studies, 20 minute route, circles main campus counter clockwise via East-West Road, Maile Way, University Ave and then Dole. You could take this shuttle from Varney Circle to “close the loop” from e.g., F1 or M1 shuttles, getting off at shuttle stop in front of law library across from Krauss Hall. Or park at Hawaiian Studies/Dole Street Parking structure, take the Parking Express shuttle and get dropped off at the new shuttle stop adjacent to Andrews Amphitheatre. Runs 7:00am – 6:00pm

Tips: The closest Route F1 stop to Krauss Hall is Varney Circle. The closest Route M1 stops are Varney Circle and Sinclair Circle on Univ. The closest Route W1 stops are either Varney Circle or Burns Hall. The closest Route N1 & Route P1 stop is Andrews Amphitheater.
*RIDE SHARE TIPS*

Many UH buildings lack the accurate street addresses needed by Lyft, Uber, and Handi-Van Drivers to book rides. The closest buildings to Krauss with actual addresses are the John Young Art Museum (2500 Dole St), and the Art Building (2535 McCarthy Mall).

PARKING

Off Campus Parking

Off Campus Parking Locations, such as Church of the Crossroads (1212 University Ave), and Mānoa Valley Church (2728 Haupala Street), have reasonable rates and are located on shuttle routes. See: https://manoa.hawaii.edu/commuter/offcampusparking.html

ON CAMPUS PARKING

Lower Campus

Visitor parking is theoretically available from 5 am to 4 pm for a flat fee of $5. However, without a UHM parking permit (which only full-time UHM students and employees are eligible for), it is hard to access parking on campus between 9:00 am and 1:30 pm, Monday through Friday. Our members report “Lot Full” signs as early as 8:30 am and until 1:30pm. Commuter Services asks us to “please understand that about 26,000 affiliates access our campus daily, causing lots to fill by 10 a.m.” Come early to get a parking spot. Enter the main Parking Structure on Lower Campus Road (first right off Dole Street past the University Avenue and Dole Street intersection). After 4 pm, on Saturdays, and for special events, the flat fee is $7.

Upper Campus

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

Handicapped Parking Permits

With a current valid City & County Disability Placard and UHM ID you may purchase a campus visitor parking entry for $5 at campus entry gates and park in any legal, marked parking stall on campus. You may also be asked to show your blue card that you received with your hangtag, along with your UH ID. If your visitor parking receipt for that day is not visible face-up on the dashboard, and your ADA parking placard is not clearly hanging on your rearview mirror, you WILL get a ticket. NOTE: You may be told this perk is no longer available, but it has been extended through June 2020.

Electric Vehicles

Cars with an Electric Vehicle (EV) license plate can park for free for up to 3 hours in valid Upper Campus visitor parking stalls between 6:30 am and 4:00 pm Monday to Friday, and all day on weekends; and in the Lower Campus Parking Structure on a space available basis, i.e., you may not be allowed in the parking structure while the “Lot Full” is displayed.

*Parking Violation Fines* have been increased and range from $40 to $260. Please pay attention to signs and instructions to avoid getting expensive citations! Do not park in loading zones, reserved parking, etc.

This is a simplified map of campus. Not all buildings are shown, and distances and building sizes are not to scale, but key points of interest to OLLI members are indicated. Note location of Campus Center (where IDs are obtained), Lower Campus parking structure, Varney Circle, Andrews Outdoor Theatre, Law School, Dole Street Crosswalk, and bus stop locations. For a detailed map, go to http://manoa.hawaii.edu/campusmap/

What’s New at OLLI-UHM?

OPEN House Jan 12th
New Member Lunch Jan 31st
Old & New Instructor Orientations Jan 16, 21, Feb 7

New Volunteer Opportunities:

- Class assistant/facilitator
- Project team member for Marketing
- Help with New Member Lunch!
Spring 2020 Registration Form

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

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<td>Make $60 membership check payable to: UH Foundation #123-0790-4 (OLLI).</td>
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<tr>
<td>Name: ________________________________</td>
<td>A $60 Term Membership entitles you to enroll in up to three courses, as well as up to three special events or SIGs.</td>
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<tr>
<td>Address: ________________________________</td>
<td>Once registration is complete, you may be admitted to additional course or events on a space-available basis.</td>
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<td>City: __________________ Zip Code: __________</td>
<td>Questions? Call 956-0654 or 956-8224, email <a href="mailto:oliuhm@hawaii.edu">oliuhm@hawaii.edu</a> or see: <a href="http://www.osher.socialsciences.hawaii.edu/membership-enrollment.html">http://www.osher.socialsciences.hawaii.edu/membership-enrollment.html</a></td>
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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

CHOOSE CLASSES: Neatly write the shortened title of each course or special event you wish to enroll in as listed on the Schedules on pp. 14-15 of the catalog. Enter your priority ranking. For COURSES indicate at least five choices using numbers to indicate your priority e.g., 1 for first choice, 2 for second, 3 for third, etc. For SPECIAL EVENTS use letters to indicate your priorities, e.g., “A” for first choice, “B” for second, etc. The first line is an example.

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

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<th>Choice A, B, C</th>
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</thead>
<tbody>
<tr>
<td>8</td>
<td>Smart Games [example]</td>
<td>2</td>
<td>15SE</td>
<td>Walking Through Tsavo [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:
Lifelong Learning for adults 50+
Spring Term begins Jan 21, 2019
New classes start every month!
Indulge your curiosity! JOIN US!

OLLI-UHM Spring 2020
Open House

Sunday, January 12
1:00 – 3:00 pm

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

Contact: http://www.usher.socialsciences.hawaii.edu/ 956-0654, olliuhm@hawaii.edu.