



Osher Lifelong Learning Institute
at the University of Hawaii at Mānoa

COURSE CATALOG

SUMMER 2018

May 29-Aug 16



Photo by Rick Wagner, 2018

Educational courses & events for adults 50+

**Learn for the
love of it!**

"The greatest thing in life is to
keep your mind young."

— Henry Ford

<http://www.osher.socialsciences.hawaii.edu>

Welcome to Summer Term 2018

Enjoy learning in a relaxed environment without exams or grades. Join OLLI-UHM and meet like-minded peers interested in pursuing intellectual challenges. Established in 1996 by a group of retired UHM professors and community elders, this award-winning program is underwritten by a generous endowment from The Bernard Osher Foundation of San Francisco and supported by members' contributions and the UHM College of Social Sciences. Inside these pages you'll find classes, workshops, and special events. **This summer we are pleased to announce over 30 brand new courses and events and welcome 16 new instructors and presenters to the OLLI family!**

OLLI Membership Information

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

Registration Procedure

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

There are five ways to register:

- Online via UHF link: **[LINK OPENS MONDAY]**
- Phone 956-0654 or 956-2624
- Email ollihm@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 the membership enrollment form in this catalog with a check to Osher Lifelong Learning Institute, PMB #460, 2440 Campus Road, Honolulu, HI 96822.

How to Contact OLLI

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

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OLLI Course Descriptions

Across Australia

Instructor: Richard Gould, PhD, RPA, Prof. Emer., Anthropology, Brown University
Dates: Tuesdays, May 29, June 5, 12, 19, 26
Time: 10:00 am to 12:00 noon
Location: Krauss 111

After this class, you will never be able to look at the decor and menu at The Outback without a giggle. I plan to cut a broad swathe across Australia to look at the biogeography and evolutionary history of the continent, along with some of the effects of human settlement. No required reading, but you could read my book, *LIVING ARCHAEOLOGY* (Cambridge University Press, 1980, paperback -- in press) if you are interested. Specifically, we will look closely at *Australia's Desert Core, Wet & Dry, the Tropical North, and Facing the Southern Ocean, Australia's Temperate Tier*. Lectures are based on firsthand personal experience and photos.

Prof. Gould is an archaeologist with special interests in Australian prehistory, ethno-archaeology, maritime archaeology (with work on shipwrecks in Bermuda and the Dry Tortugas, FL), and forensic archaeology (with experience at the WTC after 9-11, the Station Nightclub fire in Rhode Island, and New Orleans and Gulfport after hurricane Katrina).

Alan Bennett: An Introduction to England's Favorite Writer

Instructor: Joe O'Mealy, PhD, ret. Prof. English,
Dates: Tuesdays, May 29, June 5, 12, 19, 26, July 3
Time: 2:00 pm – 4:00 pm
Location: Krauss 112

The career of Alan Bennett, one of the best known and best loved of living English writers, has ranged widely, from revue and sketch comedy to complex dramas interrogating the condition of England and the nature of Englishness. Though he is the author of nearly thirty television plays, more than a dozen stage plays, half a dozen novellas, and three best-selling volumes of memoirs, "Our Alan," as his English devotees often call him, has not acquired a similar fame in the United States. The reasons for this will be one of the questions we'll consider in our discussions.

We'll be reading from five of Bennett's texts: *The Complete Talking Heads*, *Plays 2*, *The Madness of George III*, *The History Boys*, and *An Uncommon Reader*. Students should purchase or borrow these books

as soon as you decide to take the course. For our first meeting, please have read the following 4 short plays from *The Complete Talking Heads: Bed Among the Lentils, A Lady of Letters, Miss Fozzard Finds Her Feet, and The Outside Dog*.

Joe O'Mealy taught for 35 years at UHM. His teaching and research interests and expertise lie in the fields of Victorian literature and contemporary drama. He is the author of the 2001 book, *Alan Bennett: A Critical Introduction*, (Routledge). Mr. Bennett's plays and stories will be the subject of this course.

Geography of Borders and Battles

Instructor: Gary Fuller, PhD, Geography
Dates: Wednesdays May 30, June 6, 13, 20, 27
Time: 2:00 pm – 3:30 pm
Location: Krauss 111

The US/Mexico and the US/Canada boundaries have, at different times, been the major issues of presidential campaigns, yet there is so much more to learn about them! Meanwhile, former colonial boundaries are probably the single greatest cause of the world's troubles.

Prof. Fuller has been a faculty member at Ohio State, and UH; scholar-in-residence and principal advisor to the U.S. intelligence community on demographic factors influencing political instability and terrorism. He has lectured on more than 60 cruises. Presently Professor Emeritus of Geography and Population Studies.

Hobbit & Lord of the Rings: Oscar winning Fantasy Films of Peter Jackson

Instructor: Jim Hesse, Musician, Actor
Dates: Thursdays May 31, June 7, 14, 21, 28, July 5
Time: 1:00 – 4:00 pm
Location: Krauss 111

Controversial books of J.R.R. Tolkien and of fantasy and mythological peoples of Middle Earth come to life in the Kiwi filmmaker, Peter Jackson. Prior knowledge of Tolkien's books are helpful, but an open-mind is useful!

The Hobbit

May 31 - *An Unexpected Journey, 2012*. Bilbo, the Hobbit, joins the wizard Gandalf & 13 Dwarves and is swept into an epic quest.

June 7 - *The Desolation of Smaug, 2013*. The 13 Dwarves arrive at the Lonely Mountain & face the Dragon Smaug.

June 14 - *The Battle of Five Armies, 2014*. Dwarves, Elves & Men must decide to unite or be destroyed as darkness sets in on the City of Erebor.

Lord of the Rings

June 21 - *Fellowship of the Ring*, 2001. Bilbo's nephew, Frodo, has his own quest—to destroy the One Ring of Power.

June 28 - *The Two Towers*, 2002. Frodo & Sam continue on their quest.

July 5 - *The Return of the King*, 2003. Mt. Doom is finally reached, and the great conflict with Sauron ensues concluding the author J.R.R Tolkien's legacy

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

Instructor: Joel Merchant, Principal Navigating the Journey

Dates: Thursdays, May 31, June 7, 14, 21, 28, July 5, 12

Time: 10:00 am to 12:00 noon

Location: Krauss 113B

Enrollment Limit: 10

Adults are increasingly interested in learning about the issues and choices surrounding end-of-life. Despite the universality of death, the inventions of new technologies and political circumstances have created more ambiguities regarding the definition of death, and how to deal with the dying. These conflicts have increased the need for more informed decision-making regarding end-of-life issues. Individuals who make an effort to learn about the options may be in a better position to influence events in their own lives and those of their loved ones. In this course, we will: 1) discuss and clarify options regarding aging, dying, and end-of-life issues, 2) provide information and discuss our experiences in the areas of elder care, hospice care, financial matters, long term care, advanced directives, POLSTs, and 3) review, discuss, and make decisions regarding advanced care planning options.

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

Film and Culture

Instructor: Todd Farley, PhD, Performer, Director, Professor, Theologian

Dates: Fridays June 1 and 8

Time: 1:00 pm – 3:00 pm

Location: Krauss 111

Film has come to be one of the ways we look at and examine the issues addressed by society and culture. In this short course participants will gain new tools to unpack the meanings (overt and hidden) in the popular movies of today. The class will include watching short movies or clips in class as well as viewing one movie currently showing in theatres, followed by in-class examination of them from the point of view of culture, philosophy and religion. We will specifically explore how film engages culture as a reflection (mimesis), confrontation (oracle), or agent of change (agogic moment).

Todd Farley has a dizzying array of academic and theatrical experience, studying with Marcel Marceau in Paris, earning an MAT in Biblical Studies, a PhD in Theology. After years as a pastor Todd has returned home to Hawai'i to explore Hawaiian and Asian Theatre and create a new chapter in his life's work.

Social Justice and Community Engagement

Instructor: Ulla Hassager, PhD

Dates: Fridays June 1, 8, 15, 22, 29

Time: 1:00 pm – 3:00 pm

Location: Dean Hall 5/6

Enrollment Limit: 10

This course is an interdisciplinary exploration of Hawai'i based in the scholarship of engagement and focused on social justice issues. We look at the challenges facing Hawai'i today in the context of the political economy of the Islands, the judicial system, interethnic relations, environmental sustainability, and other topics pertaining to ethnicity and community in Hawai'i. A central theme is the ethical and moral responsibility of informed citizens in a democratic society. The course is built around field activities and guest lectures. During our brief semester, you will have opportunities to practice community engagement – and to continue this engagement beyond actual class time in collaboration with students and community partners of all ages. The class welcomes lively, informed discussion and diverse ideas on any and all issues.

Dr. Hassager works with indigenous organizations and does research, community outreach, and consultant work focusing on critical issues facing indigenous groups and organizations in the Pacific; and teaches Ethnic Studies and Service-Learning courses at UH Mānoa, with the aim of creating a sense of place and civic responsibility among students.

What's So Funny About That?

Instructor: Sue Nance, Amer. Studies, BA, MA, ABD

Dates: Mondays, June 4, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13 (no class June 11)

Time: 9:30 am - 12:30 pm

Location: Krauss 112 and 111

Like all cultural expressions, cinematic comedy also has geographic (national) signifiers. For example, why do the French consider Jerry Lewis a comic genius, while we may groan at his antics? Laughter is a gift, and much of it is universal, regardless of the specific national subtleties that we might not immediately recognize. We will view films that are representative of the various countries in which they were made. The best aspect of our viewing is that all audiences, everywhere, can laugh together, even if we may need the occasional subtitle.

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

How to Take Better Photos

Instructor: Jennifer Crites, BA

Dates: Wednesdays June 6, 13, 20, 27

Time: 10:00 am to 12:00 noon

Location: Krauss 111

Enrollment limit: 20

Note: First preference will be given to people wait-listed for the Spring course.

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.

OLLI Adventure Hikes for the Fit Senior

Instructor: John B. Hall, Prof. Emer., Microbiology

Dates: Wednesdays, June 6, 13, 20, 27, July 11, 18, 25

Time: Fieldtrips meet at the trailhead at 10:00 am unless indicated otherwise.

Location: Varies, see below

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

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

Food For Thought Redux

Facilitator: Carole Mandryk, foodie, baker, chef

Dates: Meets alternate Thursdays starting May 31

Time: 10:00 am to 12:00 noon

Location: Krauss 112

Food is more than nutrition for the body, it is also sustenance for the soul. In this class we will use short readings, in-class writing exercises - and above all sharing our stories with each other - as prompts to evoke our own food based memories. 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 squares? Did you bring enough to share?

Carole Mandryk is an inveterate foodie. Inveterate: having a particular habit, activity, or interest that is long-established and unlikely to change. Synonyms: ingrained, deep-seated, rooted, entrenched, congenital, ineradicable, incurable, confirmed, hardened, incorrigible, addicted, habitual, compulsive, obsessive. She likes to talk about, read about, bake, cook, imagine, share and eat food.

Friday Morning Watercolor

Instructor: Kit Cameron, BA, MFA

Dates: Fridays June 8, 15, 22, 29

Time: 10:00 am to 12:00 noon

Location: Krauss 113B

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 other's results. Watercolor is described as difficult and unforgiving. Come see why that doesn't have to be the case. You will be surprised by what beauty you create!

Materials for the first class will be provided. If you already have watercolor paint or brushes bring them. At the first class we will discuss supplies you can purchase locally.

Kit Cameron (MFA, Painting, San Francisco Art Institute) has been drawing and painting the landscape for 30 years. As an educator on the mainland and in Hawaii she has learned that we all have something to teach one another.

Introductory Tai Chi

Instructor: Ken Koike

Dates: Wednesdays, June 13, 20, 27, Jul 11, 18, 25, Aug 1, 8, 15 (no class July 4)

Time: 10:00 am – 11:00 am

Location: Grass area, Correa Rd Circle outside Krauss

Enrollment limit: 24

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

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

Movement Therapy

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

Dates: Fridays, June 15, 22, 29, July 6, 13, 20

Time: 10:00 – 11:30 am

Location: Krauss 111

The body speaks through aches and tension. When we do not listen, it screams louder. When we breathe and listen, we receive memories, insight, emotions, and beliefs. This begins the healing process. Come learn to listen to your body, and experience body mind healing methods. Practice greater calm and mobility freedom through gentle stretching and meditation. Receive an energetic aliveness from the creative play of movement. Connect to stability and balance through a grounding press that can open up new possibilities. These practices are useful for getting out of a chair, but can also create spinal alignment and powerful balance for a stronger adult. Moving meditation helps the body to heal from stress, post-traumatic stress disorder, physical injuries, and medical problems. People feel their internal system becoming much more alive. Please reduce or avoid caffeine before coming to class.

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

Films of Alfred Hitchcock: Brownbag Cinema 2018

Instructor: Tom Sheeran, Renaissance man

Dates: Tuesdays, Jun 26, Jul 3, 10, 17, 24, 31, Aug 7, 14

Time: 11:00 am - 2:00 pm

Location: June 26, Krauss 112; then Krauss 111

This summer we will enjoy watching a selection of films by Alfred Hitchcock, one of the most influential directors in the history of cinema. With 53 films to his credit in a career spanning 6 decades, he became as well known as many of his stars.

Hitchcock is considered the master of the modern thriller genre and was a brilliant technician who deftly blended sex, suspense and humor. Several of his films such as Rear Window, Vertigo, North by Northwest, and Psycho are often ranked among the greatest of all time.

During each film, an intermission provides participants time for lunch (brought from home or purchased on campus), and informal conversation. All may share in the discussion at the conclusion, led by the instructor. A printed review for each film is provided for reference.

After growing up in Hawai'i, Tom Sheeran's multi-varied career included school teacher, working on research vessels, being an entrepreneur, and authoring a book on traditional Peruvian textiles - reflecting his wide-ranging interests, including history, cinema, cuisine, politics, and travel. He has offered cinema courses with OLLI for more than a decade.

Writing Our Lives, Telling Our Stories

Instructor: Rain Wright, BA, MA, ABD

Dates: Thursdays, July 5, 12, 19, 26, Aug 2, 9

Time: 2:00 – 4:00 pm

Location: Krauss 112

Enrollment limit: 12

“The truth about stories is, that’s all we are.” Thomas King’s quote carries intricate meaning and weight on who we are as humans and how we convey lived experiences. Most of us follow the “beginning, middle, and end” model when telling stories, but to what degree can life writers incorporate techniques traditionally associated with fiction into their production of memoir? We will discuss a range of creative writing techniques that over the last thirty years have enhanced our perception of the narrative approaches that are possible when writing our lives, telling our stories.

Each class begins with a short writing exercise and discussion to stimulate story ideas, use muscle memory, and engage with creative writing techniques. Each week, four students will have the opportunity to share their work. Short readings (creative and theoretical) and journaling activities will be assigned to carry your passion for writing and reading over to the next week.

Rain Wright, a PhD Candidate in the Department of English at UH Mānoa, teaches writing courses at UH and Kāhala Nui. The recipient of several creative writing, teaching, and academic awards, Rain believes healing comes in the form of sacred family spaces, lomilomi (the prayer work of hands), and storytelling.

Travel Sketching Workshop

Instructor: Tamara Moan, Artist, Author

Dates: Fridays July 6, 13

Time: 9:00 am to 12:00 noon

Location: Krauss 113B

In this two-week workshop you will learn basic drawing techniques to create a memorable record of your travels. We'll focus on sketching subjects you'll find on the road--landscape, architecture, figures, and objects--and give you practice drawing outside a classroom setting. You'll learn how to creatively conquer challenges like limited space, lack of time, poor light and inclement weather.

Required Supplies: The following supplies are needed for the course: Drawing pencils (3B or softer) Fine tip drawing pen (Micron or fine Sharpie) Sketchbook (9x12 or smaller). Optional: water soluble pencil/pen, water barrel brush (like Sakura brand), watercolor paints.

Tamara Moan is an artist and writer based in Kailua, Oahu. She has been an instructor at the Honolulu Museum of Art School since 2001, teaching K-adult. Her classes often combine art making and her love of travel. You can learn more about her at www.tamaramoan.com.

Conversational Hawaiian

Instructor: Kolomona Nakatsuka

Dates: Mondays July 9, 16, 23, 30

Time: 2:00 – 4:00 pm

Location: Krauss 112

This class will introduce students to basic phrases and sentence constructions in Hawaiian language with the goal of holding basic conversation. The course will also include some discussion of issues in the history of Hawaiian language and modern revitalization projects. The class will be taught in a "flipped learning classroom" style, in which students will learn phrases and sentence patterns on their own time using materials assigned by the instructor (books, videos, and handouts).

Class time will be spent reinforcing concepts and practicing conversation. In addition to the once-weekly class meeting time, students will also be invited and encouraged to attend conversation sessions outside of the class with classmates and members of the Hawaiian language community.

Kolomona Nakatsuka, a kama'āina of Nu'uānu, O'ahu, began learning Hawaiian language in first grade.

Currently a graduate student at UH Mānoa working on master's degrees in Hawaiian Language & Public Health, Kolomona is passionate about restoring a living Hawaiian language to these islands, and has worked in Hawaiian language education consulting, newspaper translation, and immersion science education.

Geography of Life and Death

Instructor: Gary Fuller, PhD, Geography
Dates: Wednesdays July 11, 18, 25, Aug 1, 8
Time: 2:00 pm – 3:30 pm
Location: Krauss 111

Perhaps the most important thing that ever happened occurred between 1650 and 1700 in England...we put death at arm's length! While historians have largely ignored this change, it influenced the French and Russian revolutions, settlement of the U.S., the current recolonization of Europe, and threats to the Social Security system. Fortunately, geographers did not ignore these still-unfolding events.

Prof. Fuller has been a faculty member at Ohio State, U. of Hawaii; scholar-in-residence and principal advisor to the U.S. intelligence community on demographic factors influencing political instability and terrorism. Lectured on more than 60 cruises; presently Professor Emeritus of Geography and Population Studies.

Head Scarves, Veils, and Identity: Religion in the Public Square

Instructor: Cynthia Scheopner, JD, MA, PhD, Philosophy
Dates: Wednesdays July 11, 18, 25, Aug 1
Time: 4:00 pm – 6:00 pm
Location: Krauss 111

This will be an interactive exploration of the role of religion in contemporary life, with a primary focus on the United States. Materials will include legal cases and media articles. No readings will be required in advance, but resources will be provided following each class for further reading. No background knowledge is required.

Cynthia Scheopner's professional background is in journalism and law, with a JD from Baylor University, and a PhD from the University of Hawaii in philosophy of religion and law. She is currently pursuing an MA in Spanish at UH to translate works by Spanish philosopher *José Ortega y Gasset*.

Secrets of Great British Castles

Instructor: Jim Hesse, Musician, Actor
Dates: Thursdays July 12, 19, 26, Aug 2, 9, 16
Time: 1:00 pm – 4:00 pm
Location: Krauss 111

This British documentary series hosted by historian Dan Jones explores the history behind Great Britain's most famous castles. Each episode focuses on a singular British castle, its architecture, history, and the lives of the men and women who inhabited them, and also includes a dose of "medieval gossip".

Jul 12 - Dover and Tower of London
Jul 19 - Warwick and Caernarfon
Jul 26 - Stirling and Carrickfergus
Aug 2 - Edinburgh and Cardiff
Aug 9 - York and Lancaster
Aug 16 - Leeds and Arundel

2018 Will Weinstein Ethics Conversation Series

Instructor: Will Weinstein
Dates: Tues/Thurs July 5, 10, 17, 19, 31, Aug 2, 7
Time: 6:00 – 7:30 pm
Location: William S. Richardson School of Law, Classroom 2; Shidler College of Business, BusAd A102 (for politics event).
Enrollment limit: TBD

What causes and enables high profile members of the financial, business, and legal communities to lie, cheat and steal? Join us as professionals from the business, legal, education, medical, political, environmental and athletic communities examine business and legal ethics from the recent past to today's ongoing and headline-making ethical conundrums. The course runs July 3-Aug 9, only the special guest speaker events are listed below. More information will soon be available online.

July 5 - Ethics In Capitalism - Jay Shidler, Roger Berkowitz, Peter Shandlin
July 10 - Ethics In Sports - George Rush, Nick Rolovich, Darren Hernandez
July 17 - Ethics In The Boardroom - Mary Bitterman
July 19 - Fraud - Michael Purpura, Michael Seabright
July 31 - Legal Ethics - Judge Richard Clifton, Ken Lawson, Donovan Odo
Aug. 2 - Medical Ethics - Rick Fried, Jerris Hedges, Claude Chemtob, Josh Green
Aug. 7 - Ethics In Politics - Barbara Boxer, TBD

Will Weinstein, former partner in two investment banking firms, leads a post graduate summer course at the William S. Richardson School of Law and the Shidler College of Business. This is his 15th summer teaching the course, introducing special guest speakers to the university and making this learning opportunity available to the public.

Lauhala Weaving Workshop with Rena LaBatte

Instructor: Rena Labatte

Dates: Wednesdays, July 18, 25, August 1

Time: 9:00 am – 12:00 noon

Location: Krauss 113B

Join traditional *lauhala* weaver Rena LaBatte for this three-week course and learn the art of hands-on *lauhala* weaving in the oral tradition. There are several types of *Hala* trees on the UH Mānoa campus.

July 18 – We will be looking for *lauhala* on campus, learning to identify and pick leaves. Each person will collect at least 10 leaves, then learn to clean and prep the *lau* for weaving and put into a *kuka'a* for storage.

July 25 - Students will learn how to weave their own *lauhala* bracelet.

August 1 – Students will finish their bracelets, or if they completed their bracelet they can make some roses or stars or even another style bracelet.

Supplies: Please bring your own garden gloves for picking Lau. Additional tools and supplies will be provided.

Rena LaBatte has 30 years of experience in weaving *lauhala*. Her goal is to keep *ulana lauhala* alive. She feels truly blessed to share the gift of weaving with others, so they can pass it on too. “Weaving has become part of my way of living and I am excited to pass on what my kumu have taught me.”

lauhala: leaves (*lau*) of the *Hala* (Pandanus) tree.

kuka'a: Roll, bolt of cloth; rolled pack, as of pandanus leaves ready for plaiting

ulana: to plait, weave, knit, braid; plaiting, weaving

Furniture Workshop: Chairs

Instructor: Carole Mandryk, wood & textile worker

Dates: Fridays, July 20, 27, Aug 3

Time: 1:00 – 4:00 pm

Location: Krauss 111

Enrollment limit: 6

Hawaii is a treasure trove of discarded quality items that that beg to be repaired & rejuvenated. Whether at a garage sale, a thrift store, or your own dining room – you probably have a chair waiting to be re-invented with paint and fabric and your own creativity and muscle power. We will NOT be stripping or staining. Participants can bring their own piece (wooden chair or small table) only after approval from instructor.

July 20 – How to choose furniture to refurbish; Preparation (clean, repair, sand, prime). Choosing paint colors & fabric if recovering seat. What supplies to buy.

July 27 – Applying paint, sanding between coats.

Aug 3 – Waxing finish. Recovering seat.

We will provide drop cloths, Kilz2 Latex primer, wood filler, basic tools, sample sanding sponges and paintbrushes. You will bring newspapers (to help protect the floor under drop cloths), clothes that you are okay getting paint on (because you WILL splash paint on them), and supplemental supplies (sanding sponges, scraper, brushes, stir sticks, rags, your paint).

This three-week workshop follows procedures Carole Mandryk has developed over 20 years of using paint & sweat equity to transform furniture.

Modern Calligraphy for Beginners: Therapy for Your Hand and Brain

Instructor: Sylvia Schiada, BFA, Graphic Design

Dates: Sundays July 22 and 29

Time: 10:00 am – 2:00 pm

Location: Krauss 112

Enrollment limit: 12

Social media is changing the way we process and convey information. Typing emails and texting on smartphones has changed the way we use certain hand muscles. Research shows we learn more holistically and commit information to memory more completely by seeing, listening, speaking and writing. Discover how to reinvigorate the muscle memory in your hands, grow new brain cells and fire up those neurons! It's easier to forget a text than it is to remember a beautifully handwritten note. Be the person who writes and sends that note!

Develop confidence by writing inspiring quotes and practice writing a letter to someone significant to you. You will complete two to four lovely projects in this fun, relaxing and informative class. Some supplies will be provided but if you wish to keep the penholder, nib and ink, the materials cost will be \$15.

Sylvia Schiada is a calligrapher with a BFA in Graphic Design from the ArtCenter College of Design in Pasadena, California. She has a passion for teaching art techniques and has held professional design positions for over 25 years. Her mission is to help you learn calligraphy one letter at a time.



SUMMER 2018 KEY DATES & EVENTS

- **Apr 30 – May 4:** Catalogs emailed/mailed to OLLI members
- **May 4 – 11:** Public Catalog Distribution
- **May 7: ONLINE REGISTRATION BEGINS**
- **May 7–11:** Help with online registration available in OLLI office
- **May 14 – 18:** Processing of online and mailed registration
- **May 21:** Confirmation of class enrollment
- **May 28:** Memorial Day. No classes
- **May 29: CLASSES START**
- **June 11:** King Kamehameha Day. No classes
- **July 4:** Independence Day. No classes
- **Aug 16:** Last Day of Summer Classes
- **Aug 17:** Statehood Day. No classes



Summer 2018 Special Events

Garden Meditation

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

Date: Friday, June 1, 2018

Time: 10:00 – 11:30 am

Location: East-West Center Japanese garden. (We may meet at Krauss Hall and walk over to the garden together. Instructions will be given after you sign-up).

Enrollment limit: 15

Japanese gardens -- characterized by stones, water, bridges, lanterns, and plants are traditionally designed to promote inner peace and serenity. What better setting for a

garden meditation? We will practice receiving the colors, movements, and sounds around us. This sensory awareness practice can offer a feeling of peace and calm. We will walk, stand, and sit outside to receive the energy and oxygen of the trees. This is a guided gentle stretch, breathing, and meditation, useful for all. If you have never visited the East-West Center Japanese Garden, this will be a perfect introduction. Please reduce or avoid caffeine before coming to class.

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

The Illusion of Perception

Presenter: Maegen Walker, BA, MA

Date: Monday, June 4, 2018

Time: 2:00 pm – 3:30 pm

Location: Krauss 111

We have long known that age-related changes in cognitive function occur with aging. But what exactly are these changes and how do they function? Attention is a limited cognitive resource that allows us to regulate the flow of incoming information, improving our ability to perform complex tasks. For example, driving a car requires that we focus our attention on the road while ignoring task-irrelevant information such as incoming text messages or distracting billboards. How we allocate our attention has a direct impact on what we ultimately perceive. We may often miss a great deal of important information simply because we weren't paying attention to it!

Interestingly, our perceptual system mostly compensates for shortcomings in our attention by giving us the sense that we perceive more than we actually do. Our ability to direct our attention also changes as we age. This talk will explore the complex relationship between how we direct our attention and what we ultimately perceive, and how the interaction between these two things may change over the course of our lifespan.

Maegen Walker is a PhD Candidate in the Cognitive Psychology Concentration at UH Mānoa. She investigates how our ability to allocate our attention changes over the course of our lifetime and how those changes influence our perceptions of the world around us.

Diamond Head Beach Landscape History

Instructor: Carole Mandryk, beach explorer

Dates: Thursday June 14, 2018

Time: 9:00 – 10:30 am

Location: Diamond Head Beach Park. We will meet at the top of the paved walkway to the beach (just past the lighthouse and parking pullout if coming from Waikiki).

Enrollment limit: 12

This is a field trip to the most interesting beach on the island. Not good for swimming but wonderful for walking. Luckily the tourists pass it by once they see you have to walk down to the beach so it's usually left to the surfers, dog walkers and beachcombers.

Diamond Head Beach has luckily suffered minimal impact from human intervention allowing a window into the past - if nature cooperates and sand movement doesn't cover too many of the things we want to see. Observations of current landforms tell us about changes in sea level, reef and beach formation, and how the particular landscape history and shore processes at Diamond Head influence the nature of the treasures that can be found at low tide. Note: the walk down is easy; the walk back up can be tiring. Wear sunscreen. Bring water.

Carole has walked this beach hundreds of times with the eyes of an archaeologist, mind of a geologist, and heart of a Zen treasure hunter. It's different every day, but always worth the walk down. For her, the answer to the question, "should I go to the beach?" is always yes.

Hawaiian Newspapers and the Hurricane of 1871

Presenter: Pauline W.U. Chinn

Date: Monday, June 18, 2018

Time: 2:00 pm - 3:30 pm

Location: Krauss 111

Research by a team of scientists, Hawaiian language experts and educators into a hurricane that hit Hawai'i in 1871 is expanding understanding of hurricane risk in the islands and illustrating the value of information contained in Hawaiian language newspapers. When a major hurricane struck the Islands of Hawai'i and Maui on August 9, 1871, eyewitness accounts were published in Hawaiian language newspapers. A team of UH graduate students translated more than 4,000 Hawaiian language newspaper articles related to meteorology and geology and compiled a digital database. It was possible to extract scientific data from the reports that allowed reconstruction of wind speed and force and suggest a

category 3 designation for the 1871 hurricane. The database can be searched not just for extreme weather events like the 1871 hurricane but also earthquakes, volcanic eruptions, tsunamis, and even cycles of droughts and heavy rains that correspond to ENSO cycles. It is exciting that the observations from these early "citizen scientists" can extend our understanding of geoscience in the past and its relevance to today.

Pauline W. U. Chinn, co-author of the Hurricane paper, is a professor in Curriculum Studies, College of Education, UHMānoa. Her teaching and research center on science education relevant to Hawai'i's unique ecosystems and cultural diversity. The USDOE grant, *Malama I Ka `Aina: Sustainability* will allow her to expand this work.

Carmen with Jim Becker

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

Date: Monday June 25, 2018

Time: 1:00 pm – 4:00 pm

Location: Krauss 111

Before we watch George Bizet's *Carmen*, we will be treated to an introduction by Jim Becker. As he did in the past for Hawaii Opera Theater, Jim will set the stage for us, sharing key details on the plot and special things we should notice while watching to enhance our enjoyment. Considered shocking and scandalous when it was first performed in Paris in 1875, *Carmen* is now one of the most popular and frequently performed operas.

Carmen was composed by Bizet in 1874, based on a novel by Prosper Merimee (Libretto by Ludovic Halevy and Henry Meilhac). We will be watching the 2003 performance filmed live at the *Arena di Verona*, a Roman amphitheater in Verona, Italy. Directed by Franco Zeffirelli, conducted by Alain Lombard.



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Hawaiian Plants Extinction Crisis

Presenter: Susan Ching, BS, MS, Oahu District Botanist

Date: Monday, July 2, 2018

Time: 2:00 pm - 3:30 pm

Location: Krauss 111

Did you know Hawaii has been called the extinction capital of the world? There is a plant extinction crisis going on in Hawaii. Nearly a third of all federally endangered species reside in our islands. The Plant Extinction Prevention Program (PEPP), a project of the Pacific Cooperative Studies Unit at UH, funded by the Hawaii State Department of Land and Natural Resources (DLNR), Division of Forestry and Wildlife, and the U.S. Fish & Wildlife Service, is working tirelessly along with horticultural partners around the state to prevent extinction. They focus on extremely rare species, those on the brink of extinction, with less than 50 individuals located in the wild. The dedicated team locates rare plants, collecting seeds and cuttings. A lab at the Lyon Arboretum maintains samples in test tubes until they are ready to be used in restoration programs. This labor-intensive race is now in danger of cuts in federal funding that will hinder their efforts to ensure these plants that are part of what makes Hawaii Hawaii, are not lost forever.

Susan Ching Harbin, a conservation botanist since 2003, and former O'ahu Coordinator for PEPP, continues to fight extinction in her new position as Oahu District Botanist with DLNR, Division of Forestry and Wildlife. She is passionate about her work fighting to prevent extinctions of rare Hawaiian plants.

India-40 And The Circle Of Demons

Presenter: Peter Adler

Date: Tuesday, July 10, 2018

Time: 2:00 pm – 3:30 pm

Location: Krauss 111

India 40 And The Circle Of Demons is a combination memoir and creative non-fiction that tells the story of Peter Adler's time as a Peace Corps volunteer in a village called Khed halfway between Mumbai and Goa and not far from the Arabian Sea. He and his roommate built schools, killed rats, and helped start poultry businesses. It was a life-changing, coming-of-age journey. A kid leaves home, encounters strange new forces, finds mentors and teachers, gets severely tested, survives, and turns into something different. But death, sickness, corruption, love, friendship, political fanatics, drugs, thugs, psychosis, and personal palavers with a foul-tempered god, who only he could hear, were part of the story. Set upon the backdrop

of the tumultuous late 1960's and the Vietnam/American War, it is an insightful, funny, and unique take.

Peter Adler's specialty is multi-party negotiation and problem solving. He is a planner, conflict resolution expert, mediator, trainer, teacher, and the author of numerous articles and three previous books: *Beyond Paradise* (1993), *Oxtail Soup for the Island Soul* (2001) and *Eye of the Storm Leadership* (2008). Adler lives in Honolulu.

Introduction to Growing Native Hawaiian Plants

Presenter: Heidi Leianuenue Bornhorst, BS, MS

Date: Wednesday, July 11, 2018

Time: 10:00 am -11:30 am

Location: Krauss 111/patio

Would you like to learn about growing and selecting native Hawaiian plants? Do you want a xeriscape (drought tolerant garden)? Lei garden? Medicinal plants? Easy to grow and maintain? Lovely to come home to after a long day at work? Moonlit Night Garden? Heidi will help you find the best plants for your garden, or your future dreamscape. Heidi will share practical advice gleaned from years of experience gardening, propagating native Hawaiian plants, and as a landscape maintenance professional and Certified Arborist. Be inspired by her photos and get help with practical scientific real-world advice from an experienced Horticulturist and landscape designer.

Heidi's book [Growing Native Hawaiian Plants](#), first Published in 1996, and now in its 5th printing, will be available for an Osher special price of \$15.00 and Heidi will autograph it for you. (If you have a copy already, bring that to class and she will sign that for you).

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



Coffee Cupping Tour

Guide: Thomas Keisling

Date: Thursday July 12, 2018

Time: 10:00 am to 11:00 am

Location: Honolulu Coffee Experience Center, 1800 Kalakaua Avenue, across from the Convention Center. Free parking.

Enrollment limit: 12

Extra Fee: Special Osher Tour Rate of \$10.

Coffee cupping (tasting) is the method professionals use for tasting and evaluating coffee. Did you know there are endless flavors and aromas of coffee, as well as different types of body and acidity? Just like with wine tasting, coffee flavor notes may be bitter, sour, salty, sweet, or fruity. Acidity can be sharp or even, body full, rich, or thin. Some flavor variations relate to where a coffee bean was grown, some to how long the beans were roasted. Do you know which you prefer? Learn what factors impact how we perceive coffee flavors, and how to smell, taste and evaluate different flavor profiles in this cupping tour. In addition to cupping, this location of the Honolulu Coffee Company also allows you to view the roasting process and visit a farm to cup exhibit on the premises – as well as drink coffee and eat pastries☺

Genealogy Workshop: Write Your Own History

Instructor: Lenore Hansen-Stafford

Dates: Friday July 13, 2018

Time: 1:00 to 3:00 pm

Location: Krauss 113B

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

NOTE: This is a rescheduled event. Prior enrollees have first priority. Spaces extremely limited.

Jackie, Marilyn, and the Dalai Lama

Presenter: Jim Becker

Date: Tuesday, July 17, 2018

Time: 2:00 pm – 3:30 pm

Location: Krauss 111

In this talk Jim Becker shares some of his favorite stories from his memoir, *Saints, Sinners, and Shortstops*, written on his manual Smith-Corona typewriter, and containing a treasure-trove of stories from his long and varied career. Recent OLLI members know Jim as our beloved opera expert, but that is just one of his many talents. Did you know he was not only a sportswriter, covering the first major league game of Jackie Robinson, but a foreign correspondent in Korea, Vietnam, Moscow, Beirut, and Manila? Come listen to the life stories of this born storyteller.

After traveling the globe, Jim Becker continued his multi-faceted career in Hawaii, serving as AP bureau chief in Honolulu, writing a Honolulu Star-Bulletin column for a decade, lecturing on classical music and opera, serving as president of the Hawaii Historical Society and Chairman of the Board of Hawaii Public Television.

Forest Bathing Walk

Guide: Phyllis Look

Date: Saturday, July 21, 2018

Time: 9:00 am to 11:30 am

Location: Lyon Arboretum. Parking is free; carpooling recommended. Meet at the Visitor Center.

Additional expense: The Lyon Arboretum asks for a voluntary donation of \$5 per visitor. Please help support their important work.

Enrollment limit: 15

Forest therapy (or forest bathing, a translation from the Japanese "shinrin yoku") is an established public health practice in Japan and Korea. Backed by 20 years of scientific research on the physical and psychological benefits of immersing yourself in nature, it is a growing wellness movement around the world. On this slow walk on the grounds of the Lyon Arboretum, you'll leave behind the stresses of the modern world and get in touch with the healing powers of the forest.

Mats, tea, and snacks provided. Light-weight, long-sleeved shirt and long pants, close-toed shoes with good traction, hat, and sunglasses recommended. Bring water, sunscreen, insect repellent, walking sticks if needed, and a small daypack to carry your gear.

Participants should be able to stand or sit on the ground for 15-20 minutes, and walk easily over ground that has gentle elevation changes, sometimes uneven with roots or stones.

Phyllis Look, the first and only forest therapy guide in Hawaii, received her training from the Association of Nature & Forest Therapy. Phyllis brings to her practice an extensive background in professional theatre and marketing/communications, as well as a lifelong love of the outdoors and her island home.

Kvetch: One Bitch of a Life: A Memoir of Music & Survival

Presenter: Greta Beigel
Date: Tuesday, July 24, 2018
Time: 2:00 pm – 3:30 pm
Location: Krauss 111

In this book talk, Greta Beigel shares memories of growing up an Orthodox Jew under apartheid in South Africa, as a young piano prodigy, practicing up to ten hours a day, to a career in music and later as staff writer for the LA Times. Then moves to Boston, New Zealand, Hawaii, Oregon and back to Hawaii. With a heartbreaking and poignant undercurrent, her story illustrates how the human spirit can endure in spite of all odds.

Greta Beigel spent more than a decade as a staff writer and arts editor at the Los Angeles Times, writing mainly about classical music. She has contributed to the New York Times, Oregon Jewish Life, Cat Fancy magazine, The Honolulu Star-Advertiser, Flux Hawaii magazine and civilbeat.com. She also published the satirical *Mewsings: My Life as a Jewish Cat* and *A Jew from Riga*.

Amazing Stories about Hawaii: People, Places, and Organizations

Presenter: Bob Sigall
Date: Tuesday, July 31, 2018
Time: 2:00 pm – 3:30 pm
Location: Krauss 111

Though frequently praised for his business consulting, teaching and prolific writing, the most interesting descriptor used to describe Bob may be “business historian.” Business itself may or may not be interesting to everyone, but history is; especially history of local businesses, memories, and stories. If you’ve never heard Bob Sigall talk, you’re in for a treat. Come listen to the author of *The Companies We Keep*, Volumes 1-5.

Bob Sigall is a life-long entrepreneur who started his first business in intermediate school, over 30 years ago, filing tax returns for his friends so they would get refunds. His book series evolved out of an assignment he gave his HPU marketing students to interview the president of any well-known Hawaii business.

SPECIAL INTEREST GROUPS

Writer’s Circle

Facilitator: Yi-chuan Ching
Dates: Meets alternate Tuesdays starting May 29
Time: 1:00 pm – 3:00 pm
Location: Krauss 113-B
Enrollment limit: 6-8 only. Previous participants will be given first preference.

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

After Yi-chuan Ching retired he took courses at UH Mānoa’s English Department. An instructor there 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!

OLLI Book Club & Reading Discussion Group

Dates: Fridays, June 1, July 6, and August 10
Time: 1:30 pm – 3:00 pm
Location: Krauss 113-B

Did you know that reading a novel improves brain function? Looking for some thought-provoking conversations about books? Join the OLLI Book Club! In these monthly sessions, everyone has an opportunity to contribute and voice opinions. The Book Club for Summer Term will resume Fri. June 1st. Please come prepared to discuss the fascinating mystery *Murder at the House of Rooster Happiness*, by David Casarett at the first session. Books for the rest of the summer will be chosen by the group at each meeting. We strive to select books available in libraries on Oahu.

Summer 2018 Courses at a Glance by TOPIC AREA

Art & Art History

How to Take Better Photos
Friday Morning Watercolor
Travel Sketching Workshop
Lauhala Weaving Workshop
Modern Calligraphy Workshop

Literature, Poetry & Drama

Alan Bennett: England's Favorite Writer
OLLI Book Club
India-40 & Circle of Demons
Jackie, Marilyn, & Dalai Lama
Kvetch: One Bitch of a Life
Amazing Stories of Hawaii

Gardening

Hawaiian Native Plants

Multidisciplinary/Other

Aging & Dying w Dignity
Food for Thought Redux
Hurricane of 1871
Head Scarves, Veils, and Identity
Coffee Cupping Tour
Ethics Conversation Series
Genealogy Workshop

Writing

Writer's Circle
Writing Our Lives, Telling Our Stories

Film, Music, & Theater

Hobbit & Lord of the Rings
Film and Culture
What's so Funny About That?
Carmen w/ Jim Becker
Films of Alfred Hitchcock
Secrets of Great British Castles

Health, Fitness & Exercise

Garden Meditation
Adventure Hikes for the Fit Senior
Introductory Tai Chi
Movement Therapy
Forest Bathing Walk

Languages

Conversational Hawaiian

Practical Arts, Games & Hobbies

Furniture Workshop: Chair

Science & Technology

The Illusion of Perception
Diamond Head Beach Landscape History
Hawaiian Plant Extinctions Crisis

Social Sciences

Across Australia
Geography of Borders and Battles
Social Justice and Community Engagement
Geography of Life and Death

Note: The underlined terms are the words used to identify classes on the color calendar



Learning Hawaiian style *Hanafuda*, Summer 2017

Summer Term 2018

Classes at a Glance by Day of the Week

✓ Counts toward 3-class limit

MONDAY Classes & Events						
	Instructor	Time	Starts	#wks	Location	
What's so <u>Funny</u> About That?	✓ Nance	9:30-12:30	4-Jun	8	111/112	
The Illusion of <u>Perception</u>	Walker	2:00-3:30	4-Jun	1	111	
Hurricane of 1871	Chinn	2:00-3:30	18-Jun	1	111	
<u>Carmen</u> w/ Jim Becker	Becker	1:00-4:00	25-Jun	1	111	
Hawaiian Plant <u>Extinction</u> Crisis	Ching	2:00-3:30	2-Jul	1	111	
Conversational <u>Hawaiian</u>	✓ Nakatsuka	2:00-4:00	9-Jul	4	112	
TUESDAY Classes & Events						
	Instructor	Time	Starts	#wks	Location	
Across <u>Australia</u>	✓ Gould	10:00-12:00	29-May	5	111	
Alan <u>Bennett</u> English Writer	✓ O'Mealy	2:00-4:00	29-May	6	112	
Films of Alfred <u>Hitchcock</u>	✓ Sheeran	11:00-2:00	26-Jun	8	111	
<u>India-40</u> & <u>Circle of Demons</u>	Adler	2:00-3:30	10-Jul	1	111	
<u>Jackie</u> , Marilyn, & Dalai Lama	Becker	2:00-3:30	17-Jul	1	111	
<u>Kvetch: One Bitch of a Life</u>	Beigel	2:00-3:30	24-Jul	1	111	
<u>Amazing</u> Stories of Hawaii	Sigall	2:00-3:30	31-Jul	1	111	
<u>Writer's</u> Circle	Ching	1:00-3:00	29-May	6	113B	
WED Classes & Events						
	Instructor	Time	Starts	#wks	Location	
Geog of <u>Borders</u> and Battles	✓ Fuller	2:00-3:30	30-May	5	111	
How to Take Better <u>Photos</u>	✓ Crites	10:00-12:00	6-Jun	4	111	
OLLI Adventure <u>Hikes</u>	✓ Hall	TBA	6-Jun	7	offsite	
Introductory <u>Tai Chi</u>	✓ Koike	10:00-11:00	13-Jun	9	Tree Quad	
Hawaiian Native Plants	Bornhorst	10:00-11:30	11-Jul	1	111	
Geography of <u>Life</u> and Death	✓ Fuller	2:00-3:30	11-Jul	5	111	
Head <u>Scarves</u> , Veils, & Identity	✓ Scheopner	4:00-6:00	11-Jul	4	111	
<u>Lauhala</u> Weaving Workshop	✓ LaBatte	9:00-12:00	18-Jul	3	113B	
THUR Classes & Events						
	Instructor	Time	Starts	#wks	Location	
<u>Aging</u> and <u>Dying</u> with Dignity	✓ Merchant	10:00-12:00	31-May	7	113B	
<u>Hobbit</u> & Lord of the Rings	✓ Hesse	1:00-4:00	31-May	6	111	
<u>Food</u> For Thought Redux	Mandryk	10:00-12:00	7-Jun	7	112	
DH <u>Beach</u> Landscape History	Mandryk	9:00-10:30	14-Jun	1	DH Beach	
<u>Writing</u> Our Lives	✓ Wright	2:00-4:00	5-Jul	6	112	
<u>Ethics</u> Conversation Series	Weinstein	6:00-7:30	5-Jul	6	LawSchool 2	
<u>Coffee</u> Cupping Tour	Keisling	10:00-11:00	12-Jul	1	Waikiki	
Great British <u>Castles</u>	✓ Hesse	1:00-4:00	12-Jul	6	111	
FRIDAY Classes & Events						
	Instructor	Time	Starts	#wks	Location	
<u>Garden</u> Meditation	Rone	10:00-11:30	1-Jun	1	UH Campus	
<u>Film</u> and Culture	Farley	1:00-3:00	1-Jun	2	111	
Social <u>Justice</u> and Community	Hassager	1:00-3:00	1-Jun	5	Dean 5/6	
OLLI <u>Book</u> Club	SIG	1:30-3:00	1-Jun	3	113B	
Friday Morning <u>Watercolor</u>	✓ Cameron	10:00-12:00	8-Jun	4	113B	
<u>Movement</u> Therapy	✓ Rone	10:00-11:30	15-Jun	6	111	
Travel <u>Sketching</u> Workshop	✓ Moan	9:00-12:00	6-Jul	2	113B	
<u>Genealogy</u> Workshop	Hansen-Staffo	1:00-3:00	13-Jul	1	113B	
Furniture Workshop: <u>Chairs</u>	Mandryk	1:00-4:00	20-Jul	3	111/patio	
WEEKEND Classes & Events						
	Instructor	Time	Starts	#wks	Location	
<u>Forest</u> Bathing Walk	Look	9:00-11:30	21-Jul	1	Arboretum	
Modern <u>Calligraphy</u> Workshop	✓ Schiada	10:00-2:00	22-Jul	2	113B	

Note: The underlined terms are the words used to identify classes on the color calendar.

Membership and Course Enrollment Registration Form Summer 2018

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

<p>CONTACT INFORMATION</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____ Zip Code: _____</p> <p>Phone: _____</p> <p>Email: _____</p> <p>Emergency Contact:</p> <p>Name: _____</p> <p>Phone: _____</p> <p>If you have questions about membership, call our office at 956-0654.</p>	<p>PAYMENT INFORMATION</p> <p>A \$60 Term Membership entitles you to enroll in <u>up to three courses</u>, as well as up to three special events or SIGs. Once registration is complete, you may be admitted to additional course or events on a <u>space-available basis</u>. SIGs do not count towards course total but one must be a member to join a SIG.</p> <p>Please make \$60 membership check payable to: UH Foundation #123-0790-4 (OLLI).</p> <p>Membership fees are <u>non-refundable</u>.</p>
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Indicate your choices below (no check marks or X's please!). For **COURSES** indicate at least **five** choices using numbers to indicate your priority e.g., 1 for first choice, 2 for second, 3 for third, etc. For **SPECIAL EVENTS** and **SIGs** use letters to indicate your priorities, e.g., "A" for first choice, "B" for second, etc.

COURSES & WORKSHOPS (Use 1, 2, 3, 4...)	SPECIAL EVENTS & SIGs (Use A, B, C, D...)
<p>_____ Across Australia</p> <p>_____ Alan Bennett: England's Favorite Writer</p> <p>_____ Geography of Borders and Battles</p> <p>_____ Hobbit & Lord of the Rings</p> <p>_____ Film and Culture</p> <p>_____ Social Justice and Community Engagement</p> <p>_____ What's so Funny About That?</p> <p>_____ Aging & Dying with Dignity</p> <p>_____ How to Take Better Photos</p> <p>_____ OLLI Adventure Hikes for the Fit Senior</p> <p>_____ Food For Thought Redux</p> <p>_____ Friday Morning Watercolor</p> <p>_____ Introductory Tai Chi</p> <p>_____ Movement Therapy</p> <p>_____ Shakespeare's Works</p> <p>_____ Films of Alfred Hitchcock</p> <p>_____ Writing Our Lives, Telling Our Stories</p> <p>_____ Travel Sketching Workshop</p> <p>_____ Conversational Hawaiian</p> <p>_____ Geography of Life and Death</p> <p>_____ Head Scarves, Veils, and Identity: Religion..</p> <p>_____ Secrets of Great British Castles</p> <p>_____ Will Weinstein Ethics Conversation Series</p> <p>_____ Lauhala Weaving Workshop</p> <p>_____ Furniture Workshop: Chairs</p> <p>_____ Modern Calligraphy for Beginners</p>	<p>_____ Garden Meditation</p> <p>_____ The Illusion of Perception</p> <p>_____ Diamond Head Beach Landscape History</p> <p>_____ Hawaiian Newspapers and the Hurricane of 1871</p> <p>_____ <i>Carmen</i> w/ Jim Becker</p> <p>_____ Hawaiian Plants Extinction Crisis</p> <p>_____ <i>India-40 And The Circle Of Demons</i></p> <p>_____ Introduction to Growing Hawaiian Native Plants</p> <p>_____ Coffee Cupping Tour</p> <p>_____ Genealogy Workshop: Write Your Own History</p> <p>_____ Jackie, Marilyn, and the Dalai Lama</p> <p>_____ Forest Bathing Walk</p> <p>_____ <i>Kvetch: One Bitch of a Life: A Memoir of Music &</i></p> <p>_____ Amazing stories about Hawaii People, Places &</p> <p>_____ Writer's Circle SIG</p> <p>_____ OLLI Book Club SIG</p> <p>Where did you get this course catalog?</p> <p><input type="checkbox"/> I am on the mailing list <input type="checkbox"/> From a friend</p> <p><input type="checkbox"/> Web site <input type="checkbox"/> Picked up at _____</p>

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

Membership and Course Enrollment Registration Form Summer 2018

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

<p>CONTACT INFORMATION</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____ Zip Code: _____</p> <p>Phone: _____</p> <p>Email: _____</p> <p>Emergency Contact:</p> <p>Name: _____</p> <p>Phone: _____</p> <p>If you have questions about membership, call our office at 956-0654.</p>	<p>PAYMENT INFORMATION</p> <p>A \$60 Term Membership entitles you to enroll in <u>up to three courses</u>, as well as up to three special events or SIGs. Once registration is complete, you may be admitted to additional course or events on a <u>space-available basis</u>. SIGs do not count towards course total but one must be a member to join a SIG.</p> <p>Please make \$60 membership check payable to: UH Foundation #123-0790-4 (OLLI).</p> <p>Membership fees are <u>non-refundable</u>.</p>
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Getting to OLLI-UHM

Alternatives to Driving

Parking at UHM can be tricky and costly. Consider taking TheBus. **How to get to UH on TheBus** (excellent brochure): http://www.thebus.org/Fare/U-Pass_UHM_Flyer.pdf

Parking

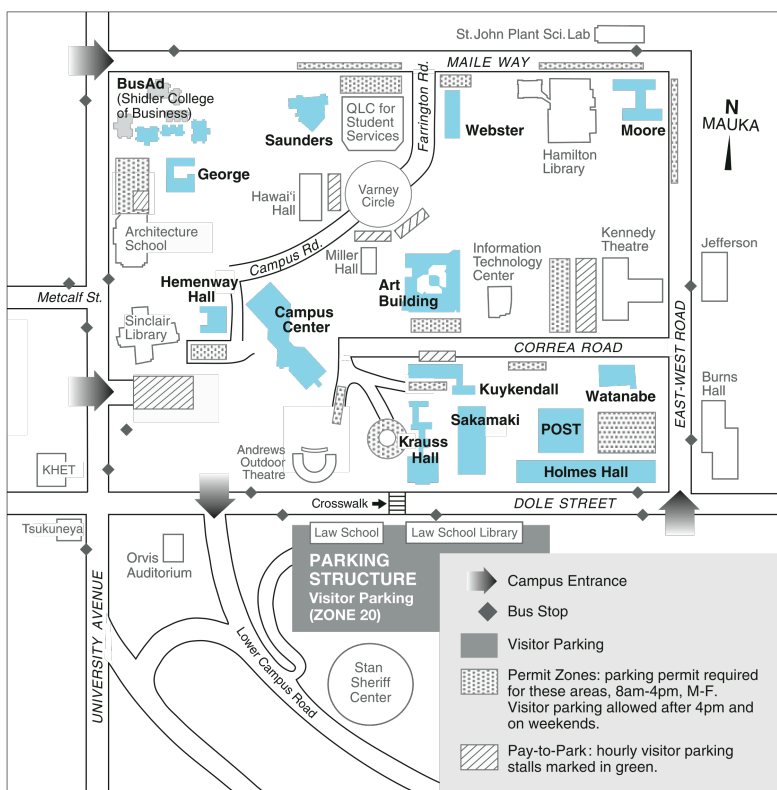
Lower Campus Visitor parking is theoretically available from 5 am to 4 pm for a flat fee of \$5. However, without a UHM parking permit (which only full-time UHM students and employees are eligible for), it is hard to access parking on campus between 9:30 am and 1:30 pm. Our members report “Lot Full” signs as early as 9:45 and until 1:30pm. Come early to get a parking spot. Enter the main Parking Structure on Lower Campus Road (first right off Dole Street past the University Avenue and Dole Street intersection). After 4 pm, Saturdays and special events, the flat fee is \$6. OLLI-UHM is in Krauss Hall across Dole Street from the Law School

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

Handicapped Parking Permits

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

Note: THERE ARE NO Rainbow Shuttles during the Summer



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

Osher Lifelong Learning Institute

University of Hawaii at Mānoa
PMB #460, 2440 Campus Road
Honolulu, HI 96822
808-956-0654
olliuhm@hawaii.edu



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Exercise your brain!
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Help OLLI GROW!**

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

**Are you interested in instructing or
facilitating an OLLI course? Do you
know any qualified individual(s) who
might be? If so, contact us!**

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

Mailing address: PMB #460, 2440 Campus Road, Honolulu, HI 96822

Physical Location: Krauss Hall 113, across Dole Street from the Law School