



UNIVERSITY of HAWAII at MĀNOA
College of Social Sciences

Course Catalog

Fall 2024 Edition!

Sep 23 - Dec 14

In-person & Online Learning for adults 50+



Gyotaku print of Nenuke fish by Chris Sako, 2024, story p. 23

Engage your Mind, Enrich your Life!
Introductory Rate of \$50 for New Members!

Kapiolani | Mānoa | Windward | Outdoors | Online

Register Online
<https://olliuhm.augusoft.net>
JOIN US!!

Priority Registration
Aug 28th - Sep 9
Info: olliuhm@hawaii.edu

Welcome to OLLI-UHM Fall 2024!

We are excited to offer 65+ classes and special events this Fall (29+ new ones!). We remain primarily online via Zoom with 35% of fall courses in-person, whether outdoors, or in our classroom spaces at UH Mānoa and Kapiolani and Windward Community Colleges!

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.

OLLI Membership Information

Anyone aged 50 or older is eligible to join OLLI and take courses. A Fall Membership (new members \$50, returning members \$75) lets you enroll in at least **THREE** courses based on your priority choices. After the sorting has run, all members may add additional courses on a space-available basis. Membership fees are ordinarily non-refundable.

Online classes via Zoom

A Zoom account isn't required to attend a class session, but you do need to download the app to your device, laptop or desktop, tablet, or smartphone. Need a Zoom refresher? Attend a **Zoom training session** on Wed, Sep 18 at 12-1 pm [**RSVP here**](#).

Fall 2024 Key Dates

Aug 28: Priority Request Registration begins
Sep 1: Zoom Open House 1:00-3:00 pm.
Sep 9: Priority Request Registration Closes
Sep 12: Sorting program runs; notification of class enrollment/waitlist status.
Sep 16: Open Registration Begins
Sep 23: CLASSES START
Nov 5: Election Day. No classes.
Nov 11: Veterans Day. No classes.
Nov 28-29: Thanksgiving Break. No classes.
Dec 14: Last day of Fall classes.

Registration

There are two phases to our registration process. **Priority-Request Registration (PRR)** and **Open Registration**.

Priority-Request Registration (Aug 28 - Sep 9) is a pre-registration process that allows you to request and prioritize the classes you **most** want to attend. At the end of PRR, our registration system officially enrolls members in classes, filling each seat based on the priority of the request. This is most helpful for classes with limited capacities like those that are in person or purposely keep the class size small. It is important to **give small capacity classes a higher priority if they are important to you**. If a class fills, a waiting list is started and ordered by the next priority assigned.

Note: You can prioritize *up to five* of the 65+ offerings in the catalog. Decide which 5 classes you **MOST** want to attend and request those.

Prioritize strategically! Classes with limits of <15 should be ranked #1 to maximize your chances. Classes with no limits on enrollment can be safely ranked #5. Priorities given to more than 5 courses will be deleted and you cannot rank more than one class #1. You must choose. The sorting runs on Sep 12.

Open Registration

During Open Registration (starting Sep 16) you can continue to add (and drop) classes first come, first served on a space-available basis throughout the term using the Add to Cart procedure. Sound confusing? [**Registration Help**](#)

Orientations & Trainings

Aug 29: Priority Registration Overview
Sep 13: Demo of Open Registration/Add to Cart
Sep 18: Zoom Training/Refresher 12-1
Sep 18: OLLI protocols for instructors 1-2
Sep 19: Class helper & hosting training 12-1
Oct 6: New Member Welcome 1:00-2:30 pm. In person Krauss Hall + portions via Zoom

How to Contact OLLI

Carole Mandryk, mandryk@hawaii.edu, 808-956-8224
Ninia Barr, wbarr@hawaii.edu, 808-956-2624
OLLI Office, olliuhm@hawaii.edu
Website: <https://olliuhm.augusoft.net>

OLLI Course Descriptions

SUNDAY CLASSES

606. Simple Botany for Hawaiian Trails **IN PERSON NEW**

Presenters: Mike Fujita, Roger Sorrell, and David Frost

Dates: 5 Sundays, Sept 29 - Oct 27

Time: 9:00 - 10:30 for classroom lectures; 9:00 - 1:00 for field trips.

Location: Lectures are in Krauss Hall. Field trips include Koko Crater Botanical Garden, The Manoa Cliffs Exposure, and The Ka Iwi Coast and will be scheduled as determined by weather.

Enrollment Limit: 16

Requirements: In addition to completion of a 2024 waiver prior to class, all participants must have either taken the First Steps to Hiking in Hawai'i or have the recommendation of an OLLI hiking instructor. For our safety we will all hike together as one group

This class will teach students simple botanical concepts and help them identify specific plants on Hawai'ian trails. An emphasis will be placed on native plants. Students will learn both in class and on educational hikes. The in-classroom lectures are essential because we will apply the concepts learned in the classroom on the trail. The two lectures and three hikes will begin at 9 am.

Sept 29: Lecture, Krauss Hall 111

Oct 6: Field trip, TBD

Oct 13: Lecture, Krauss Hall 112

Oct 20: Field trip, TBD

Oct 27: Field trip, TBD

Mike came from California in 1997 and was fortunate to hike with the HTMC, Solemates, Sierra Club, and other organizations. Through these forays into our wilderness he was lucky to have had some incredible botanical mentors including Kenji Suzuki, John Hall, Will Kawano, and Roger and David.

605. Learning American Mahjong **IN PERSON Krauss Hall, UH Mānoa**

Instructor: Mark Steiner

Dates: 8 Sundays, Oct 6 - Nov 24

Time: 10:00 am – 12:30 pm

Location: Krauss Hall, Room 111

Enrollment Limit: 16

Requirements: This is a mixed level class, open to complete beginners as well as those who would benefit from a review.

Supplies: Please bring your own 2024 Laminated Rules Card (\$15 for the large size) available at nationalmahjongleague.org. New players should order this in advance. This card will be used at least until April 2025. (Paper copies will be available in case you do not receive yours in time.)

Join our American Mahjong class for beginners & novices, with or without prior experience. If you're fairly new to the game, this course is perfect for a refresher. You'll learn everything from the equipment and rules to the setup, terminology, and basics of the game, as well as some strategic tips. The first two sessions cover the essentials; by the third, you'll be playing the game, teaming up with others or going solo. If you don't need the refresher, skip the first 3 sessions and then join from the fourth session onwards. The fourth session starts with a quick recap followed by playing.

Bring your own Mahjong set if you have one and we'll check if you can use it for this version. Also get ready to explore an online version to play against computers, friends, or new opponents. If you're a returning beginner, feel free to join us again at any session to refresh your memory and refine your skills.

Mark learned to play Mahjong at OLLI five years ago and has been playing regularly with several groups of players since then. He first taught online during Covid and has been teaching this at OLLI for 3 years. He also hosts a semi-monthly Mahjong Meetup group, plays Mahjong weekly with friends, as well as hosting a monthly Game Night Meetup of assorted board and card games. Mark also previously co-taught the OLLI Fun Games class.

607. Smart Games

Presenter: Uyanga Batzogs, MBA, PhD

Dates: 4 Sundays, Nov 3 - 24

Time: 1:00 – 2:30 pm

Location: Krauss Hall, Room 111

Enrollment Limit: 16

Do you want to have fun and become smarter by playing unique games while you learn fun facts about different countries and cultures? Come to our smart games class! We use board games and cards from Korea and Europe, which make these games different 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. She completed her PhD from the UH Thompson School of Social Work and Public Health, focusing on older adults. She loves playing & teaching board games, and playing trivia games with older adults in Mongolia and Hawai'i.

MONDAY CLASSES

608. A Student, A Baker, And A Rabbi Walk Into A Bar: Film Comedies **NEW**

Instructor: Sue Nance, Amer Studies, BA, MA, ABD
Dates: 11 Mondays, Sep 23 - Dec 9 (no class Nov 11)
Time: 9:00 am – 12:00 pm
Location: Online via Zoom
Enrollment Limit: None

In spite of the title, there will not be too many clichés in our film program, regardless of the challenge of choosing movies which will have all of us laughing together! (Can it be done on Zoom? We will soon find out.)

Of course, there will be some “International” films, which may be a bit of a challenge—laughter-wise—but, I think that we are all such “sophisticates” (didn't we all just enjoy the Olympics?!) that we will guffaw with a French accent.

There are some really excellent choices on the current list, and I will trust in your thus far excellent responses to enjoy this start to your mornings.

609. Zumba Gold Toning

Instructor: Robin Bush
Dates: 11 Mondays, Sept 23 - Dec 9 (no class Nov 11)
Time: 12:00 – 1:00 pm
Location: Online via Zoom
Enrollment Limit: None
***All participants must have completed a 2024 waiver prior to class.**

Zumba Gold Toning is similar to Zumba but we use 1lb Zumba Toning Sticks that also act as maracas. Don't have any? No problem! You can use 1, 2 or 3 pound dumbbells or not use weights at all. You'll find that the choreography is a little easier to follow than

that of Zumba Gold classes and we sneak some toning motions into our dances. But don't worry, you'll still have fun!

610. Tropical Gardening

Instructor: Diana Duff
Dates: 10 Mondays, Sep 30 - Dec 9 (no class Nov 11)
Time: 2:00 – 3:30 pm
Location: Online via Zoom
Enrollment Limit: 75

This class is designed to help people become better gardeners. The term will begin by covering gardening basics including soil, nutrition and watering. In the weeks following we will go through the identification of over 100 ornamental plants and edible flowers; we will also cover several ways of creating compost and will dedicate two classes to pruning techniques. The final two classes will cover gardening problem diagnosis and solutions. Note that specific topics in Tropical Gardening vary by term - basics and problem solving are offered every term, others rotate by term.

9/30 - Gardening Basics Building soil, adding nutrition and watering

10/7 - Ornamentals ID Identifying 50+ ground covers, vines & shrubs

10/14 - Ornamentals ID 50+ shrubs & trees

10/21 - Edible Flowers How to select, grow and use

10/28 - Composting Backyard bins & vermicomposting with worms

11/4 - Amendments & Fertilizers For soil and plant health

11/18 - Pruning 1 Basics of pruning

11/25 - Pruning 2 Situations and demonstrations

12/2 - Diagnosing Plant Problems Steps to take

12/9 - Solving Plant Problems

TUESDAY CLASSES

611. On Oahu's Trails: An Overview of Hawai'i's Natural History

Presenter: Mike Fujita
Dates: 6 Tuesdays, Sep 24 - Oct 29
Time: Field trips meet at the trailhead at 9:00 am unless indicated otherwise.
Location: Varies, see below.
Enrollment Limit: 16
Prerequisites: Must have either taken the First Steps to Hiking in Hawai'i or have the recommendation of an

OLLI hiking instructor.

Requirements: In addition to completion of a 2024 waiver prior to class, all participants must have the ability to hike 5 miles and be able to walk for 4 hours. For our safety we will all hike together as one group.

We have the best outdoor classroom in Hawai'i. Let's get out there and learn more about our natural environment. Class format: We hike, we discuss our topic, then we hike back. We do intermediate hikes. Though the hikes will not be difficult, you will have to be able to hike to where we will have our discussion in our outdoor classroom. Topics and hikes include:

Sep 24: Geology at the Old Pali Road

Oct 1: Terrestrial Native Species at Puu Ohia-Mānoa Cliffs Trail

Oct 8: Marine Native Species; Polynesians at Hanauma Bay Rim

Oct 15: Ethnobotany at Lyon Arboretum

Oct 22: Western Contact at Kaena Point

Oct 29: Conservation at Palikea

614. Fitness Sampler: BoneFit Osteo Exercise, Tabata, Pilates Flow

Instructor: Robin Bush

Dates: 11 Tue, Sep 24 - Dec 10 (no class Nov 5)

Time: 12:00 – 1:00 pm

Location: Online via Zoom

Enrollment Limit: None

***All participants must have completed a 2024 waiver prior to class.**

This class offers samples of three different fitness modalities. No experience or equipment is needed. We'll work with what you already have at home.

BoneFit Osteo-exercise targets bone health, emphasizing strength training to support your bones, weight-bearing exercises to build bone mass, and exercises to improve posture, balance, and stability.

Tabata for Active Older Adults offers low-impact, high-efficiency interval workouts that blend cardio and strength exercises, improving fitness with sessions that continue to burn calories post-class.

Pilates Flow with Music is a beginner's Pilates class done standing, sitting, in a chair, or on the floor with a fluid pace and peaceful background music. The focus is on strengthening the core in order to make your back feel happy and supported. Got a Pilates ball? Bring it. No ball, no problem. Questions? Reach out to Robin at pcrobin@yahoo.com or 808-949-2161.

639. Smartphone Photography Session 1 NEW

Instructor: Hawkins Biggins

Dates: 6 Tuesdays, Sep 24 - Oct 29

Time: 8:00-11:00 am for photo walks and 9-11am for photo critique sessions at KCC Room Manele 101

Location: This unique course is in a blended format. Course meets in person and at KCC Room Manele 101 in alternate weeks. Outdoor locations TBD.

Enrollment Limit: 12

Requirements: Photo walks, ability to walk 2-3 hours, up to 4 miles stopping frequently. **All participants must complete a 2024 waiver prior to class.**

Instructor expectations: Class attendance is the only expectation, as each photo walk builds on the last and the classroom sessions intend to provide feedback to help improve your image making process.

Equipment: Any smartphone with a camera

Technical Knowledge: A basic understanding of your phone and its functions. While we will not use a specific app for this class, participants will instead utilize the photo editing tools available on their phones.

Using the camera on your smartphone, this class will focus on the art of seeing. Our photo walks will explore how to incorporate elements of photography (composition, light, lines, color, etc) to create stronger images. Our classroom sessions will include photo editing tips along with the opportunity to share our work during photo critiques. This is not a technical class, however, a basic understanding of your phone and its functions will be helpful. While we will not use a specific app for this class, participants will instead utilize the photo editing tools available on their phones. Note: students may **not** be enrolled in both Session 1 and 2 of the smartphone photography course.

615. The Great Office Clean Out NEW

Presenter: Jamie Novak

Dates: 5 Tuesdays, Oct 1 - 29

Time: 9:00 - 10:00 am

Location: Online via Zoom

Enrollment Limit: 50

Sort out paperwork and more live during class with expert organizer Jamie Novak. Learn which papers to keep and where to file them. The author of *Keep This, Toss That*, expert organizer Jamie Novak has spent the last twenty years taking the overwhelm out of organizing.

616. Modern Calligraphy Art Therapy **NEW**

Instructor: Sylvia Schiada, BFA, Graphic Design
Dates: 8 Tuesdays, Oct 15 - Dec 10 (no class Nov 5)
Time: 9:00 – 11:00 am
Location: Online via Zoom
Enrollment Limit: 30
Prerequisite skills: PreReq of Brush & Pointed Pen helpful; beginners who can write cursive

If you took Brush & Pointed Pen Calligraphy, this course is therapeutic, helping to calm you while elevating your skills. Do you want to break some Copperplate rules? Join us in the creative sandbox where the recipe is calligraphy & watercolor with a pinch of Zentangle. The focus of this therapy is combining all three into giftable art. It helps if you know brush & pointed pen calligraphy. Beginners are welcome to learn ideas but not calligraphic basics (to be taught Spring '25). You **MUST** contact Sylvia for a supply list of “monoline” materials at: alohacalligraphy@gmail.com.

612. In the Wake of the Plague: The Development of Early Modern Europe

Instructor: Carol Zink, History BA, MBA
Dates: 5 Tuesdays, Oct 22 - Nov 26 (no class Nov 5)
Time: 11:00 am – 12:30 pm
Location: Online via Zoom
Enrollment Limit: None

Following the devastation of the "Black Death", Western Europe experienced an astonishing period of development and change, from the Renaissance to the Reformation to exploration and colonization. We will examine the roots, connections, and consequences of these momentous events. The course will be a lecture/power point format, with short breaks for questions and discussion. There is no required reading, but a reading list will be provided for those who wish to delve into the topics further.

Carol Zink, a retired high school history teacher of Modern World and AP European History, teaches history courses for OLLIs in New Hampshire and Hawaii. She supplements her knowledge with Stanford Continuing Education courses on a wide variety of geopolitical and historical topics, and books. She is also a retired Navy Captain, grandmother of five, community volunteer, online tutor, and an avid hiker, kayaker, swimmer, and chef. She usually divides her time between New Hampshire and California, with occasional stints with the grandkids in Hawaii.

640. Smartphone Photography Session 2 **NEW**

Instructor: Hawkins Biggins
Dates: 6 Tuesdays, Nov 5 - Dec 10
Time: 8:00-11:00 am for photo walks and 9-11am for photo critique sessions at KCC Room Manele 101
Location: This unique course is in a blended format. Course meets in person and at KCC Room Manele 101 in alternate weeks. Outdoor locations TBD.
Enrollment Limit: 12
Requirements: Photo walks, ability to walk 2-3 hours, up to 4 miles stopping frequently. **All participants must complete a 2024 waiver prior to class.**
Instructor expectations: Class attendance is the only expectation, as each photo walk builds on the last and the classroom sessions intend to provide feedback to help improve your image making process.
Equipment: Any smartphone with a camera
Technical Knowledge: A basic understanding of your phone and its functions. While we will not use a specific app for this class, participants will instead utilize the photo editing tools available on their phones.

Using the camera on your smartphone, this class will focus on the art of seeing. Our photo walks will explore how to incorporate elements of photography (composition, light, lines, color, etc) to create stronger images. Our classroom sessions will include photo editing tips along with the opportunity to share our work during photo critiques. This is not a technical class, however, a basic understanding of your phone and its functions will be helpful. Note: students may **not** be enrolled in both Session 1 and 2 of the smartphone photography course.

619. British Women's Literature: Regency to Present Day **NEW**

Instructor: Alexis Alexander
Dates: 6 Tuesdays, Nov 5 - Dec 10
Time: 4:00 – 5:30 pm
Location: Online via Zoom
Enrollment Limit: None

This course will be wide ranging, covering the first published women writers, fiction and nonfiction, the suffragettes and feminists, travel and adventure writers, and a fond overview of the British "middlebrow" writers. We will also look at the women who chronicled both world wars. Expect to see women who are remembered and women whose names sadly have gotten lost. Hopefully this class will give you ideas for future reading for years to come.

641. The River, the Raft, and Race: Mark Twain's Huckleberry Finn and Percival Everett's James ZOOM or IN PERSON KCC NEW

Instructor: Joe O'Mealy, Retired English Prof, UH-Mānoa, PhD in English, Stanford University

Dates: 5 Tuesdays, Nov 12 – Dec 10

Time: 2:00 pm – 3:30 pm

Location: HYBRID Online via Zoom and in person Kapiolani Community College, Olapa 205

Enrollment Limit: none on Zoom/20 at KCC

Text: Huckleberry Finn (1885), Mark Twain. I recommend using the Norton Critical version, 4th edition because it contains many external sources analyzing and contextualizing the novel. You may of course use any other edition that is convenient for you, e-books too.

James (2024), Percival Everett. Still in hardcover I believe.

Reading: For our first meeting, please have read Chapters 1 through 17 in *Huckleberry Finn*

Mark Twain's *Huckleberry Finn* has in the last half century or more become a controversial novel largely due to its presentation of race and racism. Most readers of my generation (Boomers) read it as an uplifting example of how one person, the narrator Huck, overcomes the racism he has been born and raised in to help a runaway slave, Jim, escape from bondage in the 1840s. Many recent critics and scholars have taken a skeptical view of that interpretation. Now Percival Everett, a much admired African-American novelist, has written a revision of Huckleberry Finn. Perhaps the simplest and most obvious example of his project is that Jim is no longer named Jim, but James. We will spend five weeks reading both books closely and discussing not only the question of race and racism, but also the literary achievements of both books.

WEDNESDAY CLASSES

642. Social Isolation and Loneliness in the Older Adult Population: Significance of Friendships in Later Life NEW

Presenter: Michael Cheang, DrPH

Dates: Wednesday, Sep 11

Time: 10:00-11:45 am

Location: Online via Zoom

Enrollment Limit: None

NOTE: This talk is scheduled prior to the start of our term and is open to everyone.

Are you lonely or have you been lonely? What was it like? In what ways has loneliness affected you? Do you have friends that you see or spend time with regularly? Or do you have people that you socialize with every once in a while? In May of 2023, the US Surgeon General declared social isolation and loneliness among older adults a public health crisis—the impact of loneliness is as serious as smoking 15 cigarettes a day. This workshop explores the prevalence of social isolation and loneliness, and summarizes the research findings on how loneliness affects health, wellbeing, and mortality. Included in this workshop: A discussion on the risk factors of loneliness among older adults, and how friendships in later years can have a positive impact on your health and wellbeing.

626. Watercolor 101

Instructor: Cade Gibson

Dates: 6 Wed, Sep 25 - Oct 30

Time: 9:00 am – 10:30 am

Location: Online via Zoom

Enrollment Limit: 16

Supplies: A list of art supplies needed will be provided prior to class.

This beginning level class will cover the basic techniques needed to succeed as a watercolor artist. We will cover: necessary supplies - paper, paints, and brushes; techniques - dry brush, wet-on-wet, and wet-on-dry; how to paint if you can't draw; and color theory basics. The first week of class will be lecture. During the second through 5th weeks students will paint. There will be a question & answer period during class. Prior to the beginning of the course, students will be emailed a course outline and syllabus.

After retiring from teaching at Delaware Technical and Community College, Cade began her dream adventure of studying art. Within a few years, she was winning awards, selling her art work, and sharing her passion by teaching others.

643. Reminiscence, Life Stories and Life Reviews NEW

Presenter: Michael Cheang, DrPH

Dates: 6 Wednesdays, Sep 25 - Oct 30

Time: 10:00-11:45 am

Location: Online via Zoom

Enrollment Limit: None

Reminiscing refers to the recalling of times gone by; to being nostalgic about happy experiences in our lifetime. Sometimes used interchangeably, reminiscence is not quite the same as life stories or life review. The first of the six meetings in this series explores the similarities, differences, and goals of reminiscence, life stories and life review among older adults—used in sessions among life-long learners, by gerontological nurses, counselors, and clinical social workers. For the other five meetings, participants in this workshop series choose a topic or theme each week to reflect on and write about prior to coming to the meetings, and these reflections will be the basis of discussions that follow.

622. Culinary Conversations

Presenter: Tom Sheeran

Date: 6 Wed, Sep 25, Oct 9, 23, Nov 6, 20, Dec 4

Time: 7:00 – 8:00 pm

Location: Online Zoom class

Enrollment Limit: 36

We gather on Zoom on ALTERNATE weeks to explore food topics, share conversation, and stay connected. This evening series is for those who share an interest in or curiosity about food and all things culinary. There is no set plan other than what the group wishes to talk about that week - restaurants, recipes, cooking and baking, local food events - whatever. NOTE - we are continuing the every-other-week schedule this term, with possible options to dine together on some of the 'off' weeks. All are welcome to participate in the conversation or just listen in. Tom is a self-described food junkie avoiding recovery.

621. Introductory Tai Chi

Instructor: Ken Koike

Dates: 10 Wed, Oct 2 - Dec 4

Time: 9:30 am – 10:30 am

Location: Online via Zoom

Enrollment Limit: none

***All participants must have completed a 2024 waiver prior to class.**

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); reduce stress, anxiety, and depression; and increase energy, endurance, and agility. Practitioners of Tai Chi experience an improvement in mind, memory, and concentration, as well as overall feelings of wellbeing. Students will learn basic Tai Chi and Qigong principles. The Yang style of Tai Chi will be

taught. The course starts at a beginner level. No prior experience necessary. Join us!

624. G. B. Shaw: 4 Fine Lively Plays **NEW**

Instructor: Dave Johnson, BA Yale, JD Harvard Law

Dates: 4 Wed, Oct 2 - 30 (no class Oct 16)

Time: 2:00 – 4:00 pm

Location: Zoom

Enrollment Limit: none

Readings: The plays are easily available at libraries and at Amazon. Kindle digital versions are available, currently 3 of the plays for \$0 each, and St. Joan for \$1.04. We will be discussing Pygmalion in our first class. The plays are fascinating and fun.

We will discuss 4 fine plays of George Bernard Shaw, Pygmalion, Caesar and Cleopatra, Major Barbara, and St. Joan. Shaw's plays are loaded with bright ideas, wit, interesting characters and their relationships, and sharp observations on human nature, society, and history. "Pygmalion" was adapted to make "My Fair Lady", "Caesar and Cleopatra" provided some of the basis for Elizabeth Taylor's film of "Cleopatra". We will have 4 2-hour class sessions on Zoom, each focusing on a different play, and including a short video clip, lecture, volunteer readings of dialog, and much discussion.

638. Learning American Mahjong **IN PERSON WCC**

Instructor: Mark Steiner

Dates: 8 Wednesdays, Oct 9 - Nov 27

Time: 10:00 am – 12:30 pm

Location: Windward Community College, Hale Kuhina, Room 114

Enrollment Limit: 12

Requirements: This is a mixed level class, open to complete beginners as well as those who would benefit from a review.

Supplies: Please bring your own 2024 Laminated Rules Card (\$15 for the large size) available at nationalmahjongleague.org. New players should order this in advance. This card will be used at least until April 2025. (Paper copies will be available in case you do not receive yours in time.)

Join our American Mahjong class for beginners & novices! With or without prior experience. If you're fairly new to the game, this course is perfect for a refresher. You'll learn everything from the equipment and rules to the setup, terminology, and basics of the game, as well as some strategic tips. The first two

sessions cover the essentials; by the third, you'll be playing the game, teaming up with others or going solo. Additional novices skip the first 3 sessions and then join from the fourth session onwards, offering additional partners to play with. The fourth session starts with a quick recap followed by playing.

Bring your own MJ set if you have one and we'll check if you can use it for this version. Also get ready to explore an online version to play against computers, friends, or new opponents. Newcomers are encouraged to attend the first three classes for a full grounding in the game. If you're a returning beginner, feel free to join us again at any session to refresh your memory and refine your skills.

644. Hollywood and the Brooks "Brothers" NEW

Instructor: Lloyd Lim and Sidney Goldstein

Dates: 6 Wednesdays, Oct 9 - Nov 13

Time: 6:00-8:30 pm

Location: Online Zoom class

Enrollment Limit: 30

Instructor expectations: There is no homework. Class attendance is the only expectation. There will be emailed items, but these will have a decidedly optional feel.

Writers and film buffs Sidney Goldstein & Lloyd Lim will lead students in a Zoom viewing of 5 films by three comedy writer/directors who are not actually brothers, but seem to be artistically: Mel Brooks, Joseph L. Brooks & Albert Brooks.

Oct 9: *Broadcast News* (1987) with William Hurt, Holly Hunter & Albert Brooks tells the story of three journalists whose lives are changed when they work together at a Washington D.C. television news station;

Oct 16: *Lost in America* (1985) with Albert Brooks & Julie Hagerty, tells the story of an executive and his wife who leave their high-paying jobs to go off the grid on a cross-country road trip;

Oct 23: *As Good as It Gets* (1997) with Jack Nicholson, Helen Hunt & Gregg Kinnear, tells the story about an over the hill writer who meets a younger woman and has a last chance at love (if he can get himself to do it);

Oct 30: This class is reserved for a mix of lecture and class discussion on the films and what they say about American culture, the different types of comedy, and tidbits from the history of the Brooks "brothers."

Nov 6: *Young Frankenstein* (1974) with Gene Wilder, Peter Boyle, Marty Feldman, Teri Garr, Madeline Kahn & Cloris Leachman is a comedic retelling of the

Frankenstein story (or should we say "Frankenstein!");

Nov 13: *Blazing Saddles* (1974) with Gene Wilder, Cleavon Little, Harvey Korman & Madeline Kahn is a send-up of the American Western.

623. Intermediate Hikes for the Experienced and Fit: Wednesday w/ Larry Lee IN PERSON

Instructor: Larry Lee

Dates: 6 Wednesdays, Oct 16 - Nov 20

Time: Hikes start at 9:00 a.m. Please meet at the trailhead before 9:00 a.m. unless indicated otherwise.

Location: Varies, see below.

Enrollment Limit: 15

***All participants must have completed a 2024 waiver prior to class, and MUST be physically fit enough to hike 5 hours and 3 to 4 miles over unimproved trails.**

There are many well-known trails on O'ahu, some maintained by the state and others under private jurisdiction. In addition, experienced hikers know of many obscure, less traveled trails that often pass through more pristine wilderness. Because hikes are sometimes in sensitive areas, posting hikes on social media and the use of AllTrails and public sharing of Gaia will not be allowed. Depending on the ability of the group, hikes will average between 3-4 miles. Hikes start at 9:00 am and usually end around 2:00 pm. Participants should be in fit condition and experienced with uneven terrain, narrow and unimproved trails, extended ups and downs, and ridges with drop-offs. Hikes may also involve slippery trails, use of ropes, and stream crossings on slippery rocks. We hike as a group and hikers are expected to complete hikes without turning back early, which may not be possible or allowed. The goal is to provide fun, interesting and challenging hikes that will leave experienced and fit hikers with a good workout and a feeling of accomplishment.

613. First Steps to Hiking IN PERSON

Instructor: Jennie Chadbourne

Dates: 4 Wednesdays, Oct 30 - Nov 20

Time: 9:00 am -12:00 pm

Location: varies each week

Enrollment Limit: 16

***All participants must complete a 2024 waiver prior to class. Must be able to walk 2 to 3 hours.**

If you are new to the OLLI program then it is recommended that you take this course prior to taking

other OLLI hiking classes. Hiking in Hawaii can be challenging even for experienced hikers who are not used to the terrain, climate, and weather conditions in our islands. This course will prepare you to go from walking in the neighborhood to hiking safely on Hawaii trails. You will learn what footwear and clothing is appropriate, how to assess the difficulty of a hike, and what supplies to bring in addition to food and water. Most importantly, you will learn how to assess your abilities against the difficulty of the hike.

The first class is informational and will cover basic information to help prepare you to hike. You'll build on your knowledge and skills each week. The beginner level hikes will become progressively more difficult each week due to the terrain and distance. The instructor will email students the location and details of the hike a few days prior to class. *Nov 27 is an optional rain make-up day.

617. Pacific Encounters Part 1: Living Traditions of Oceania

Instructor: John Fleckles, Ph.D.
Dates: 6 Wednesdays Oct 30 - Dec 4
Time: 2:00 - 3:30 pm
Location: Online via Zoom
Enrollment Limit: None

This course covers my travels with camera to Oceanic islands, with emphasis on encounters with islanders in villages and their "living traditions" which are key values, arts and practices that bind islanders together in distinct communities. Islands included in Part 1 are in the Solomons, Vanuatu, Samoa, Fiji, Papua New Guinea and the Marquesas. Included are ceremonies of communal life, social hierarchy traditions and the arts, including their traditional spiritual roots. Lecture with photos and interactive. Six weeks with one session per week. Part 2 to be offered in Spring 2025.

10/30: The Huli People of the Tari Highlands of Papua New Guinea
11/6: A Journey through Lapita Cultures from the Solomon Islands to New Caledonia
11/13: Voyaging to Remote Outlier Islands at the Edge of Polynesia
11/20: Encountering Living Traditions on Vanua Levu island, Fiji
11/27: Living Traditions of Fa'a Samoa on Manono Island, Samoa
12/4: A Journey through the Marquesas Islands in French Polynesia on the M.S. Aranui

625. Auto-Fiction: Memoir and its Uses **NEW**

Instructor: Catharine Bramkamp, M.A.
Dates: 4 Wednesdays Nov 6 - 27
Time: 11:00 am - 12:00 pm
Location: Online via Zoom
Enrollment Limit: 20

If you want to write your memoir, this class is for you. If you are considering a novel based on your life, this class will help. If you are curious about what separates a good memoir from a bad holiday newsletter, this class is for you. If you've always wanted to exploit your family for fun and profit, sign up for this class!

Catharine is a world traveler, poet, writing coach, and author of 26 books including fiction, non-fiction and poetry. Her current publications include *UnConscious Words* which repurposes the words from famous books to create an astonishing collection of poems that express and illuminate the original novels in a new way. She lives in Nevada City, CA and to the great relief of her children she is not currently writing a memoir.

629. Contemporary Economic Policy Issues

Facilitator: Jon Haveman, Ph.D, Econ, UMich
Dates: 4 Wednesdays, Nov 6 - 27
Time: 9:00 – 10:30 am
Location: Online via Zoom
Enrollment Limit: none

Economics plays a central role in the functioning of every aspect of society. This course will address a set of prominent policy issues where economics is at their core. We will explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. The first session will be a lecture on the U.S. economy. Subsequent lectures will be standalone, taught by a subject matter expert – all of whom have a Ph.D. in Economics. The topics to be presented will be determined by what is most topical at the time of the course.

Jon Haveman, the Executive Director of the National Economic Education Delegation (NEED), provides audiences with accessible economic information that is useful both in their work and private lives. Previously a Senior Economist with the President's Council of Economic Advisers, Jon was also on the faculty of the Business School at Purdue University.

627. Watercolor 102 **NEW**

Instructor: Cade Gibson

Dates: 6 Wed, Nov 6 - Dec 11

Time: 9:00 am – 10:30 am

Location: Online via Zoom

Enrollment Limit: 16

Prerequisite: Watercolor 101 or previous experience in watercolor.

Supplies: A list of art supplies needed will be provided prior to class.

During this class we will study perspective, masking techniques, painting water, trees, and skies, and other intermediate painting techniques. This is a hands-on class. Students will be painting from photographs taken by them.

After retiring from teaching at Delaware Technical and Community College, Cade began her dream adventure of studying art. Within a few years, she was winning awards, selling her art work, and sharing her passion by teaching others.

THURSDAY CLASSES

630. My Wor(L)D Is My Bond **NEW**

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

Dates: 11 Thu, Sep 26 - Dec 12 (no class Nov 28)

Time: 9:00 am - 12:00 pm

Location: Online via Zoom

Enrollment Limit: None

So many wonderful movies about spies and intrigue! We will certainly look at some British films, but I hope to have some discussions grounded in cultural differences between their crafted work and some American productions which often rely on humor (or, interestingly, on heavy science) to tell the story. (Special visual effects have only improved this latter category.) More contrasts will be considered as I expect to have several other foreign films at our “disposal.” Concerns by other nations regarding the actual danger inherent in espionage and secrets have a greater impact, certainly, than those posed (or solved) by an 007!

In any event, our list of great films will provide a special energy for a Fall morning. So, get your cup of coffee or tea and enjoy the moment!

632. Backgammon: Learn

Instructor: Mike Fujita

Dates: 1 Thursday, Sep 26

Time: 9:00 – 11:00 am

Location: Online via Zoom

Enrollment Limit: none

Prerequisites: No prior knowledge required

Learn how to play backgammon in a day! After you take this one-day course you will be able to play the game of backgammon. You will play well enough to laugh and find joy.

Mike learned this game over 40 years ago and is still attempting to understand it more deeply.

634. 80th anniversary of Rodgers & Hammerstein shows **NEW**

Instructor: Jim Hesse, Musician, Actor

Dates: 5 Thursdays, Sep 26 - Oct 24

Time: 1:00 – 3:00 pm

Location: Online via Zoom

Enrollment Limit: None

Sep 26: *Oklahoma!* From its debut on Broadway in 1943, the film waited till 1955 to gain the new CinemaScope system starring Shirley Jones as Laurie and Gordon MacRae as Curly.

Oct 3: *South Pacific* The natural beauty of Hawaii's Kauai coast line was the choice for Mitzi Gaynor's Nellie and Rossano Brazzi's French planter.

Oct 10: *The King and I* Based on the true story of Anna Leonowens (Deborah Kerr), the English schoolteacher comes to Bangkok and the King of Siam (Yul Brynner) and his many children.

Oct 17: *Flower Drum Song* The young Chinese girl comes to America as part of an arranged marriage, and discovers the seedy side of San Francisco and a new & modern world. And R&H discovers Rock & Roll.

Oct 24: *The Sound of Music* Julie Andrews stars in an Oscar winning role and true story of Maria Von Trapp as the nun, governess and wife of an Austrian widower (Christopher Plummer) and his seven children.

REGISTRATION HELP

Remember that if you are a returning OLLI member your username is your email address.

Need staff help with registration? Fill out this [form](#) or call the OLLI office at 808-956-2624

Fall 2024 Course Schedule by Day of the Week Sun - Thu

#	Day/Course Title	Instructor	Starts	Ends	Time	wks	Limit	p#
SUNDAY COURSES								
606	Simple Botany Hawaiian Trails IP N *	Fujita/Sorrell	9/29/24	10/27/24	9-10:30; 9am - 1pm	5	16	3
605	Learning American Mahjong IPK	Steiner	10/6/24	11/24/24	10:00 AM - 12:30 PM	8	16	3
607	Smart Games	Batzogs	11/3/24	11/24/24	1:00 PM - 2:30 PM	4	16	3
MONDAY COURSES								
608	A Student, A Baker, And A Rabbi Walk Into A Bar: Film Comedies NEW	Nance	9/23/24	12/9/24	9:00 AM - 12:00 PM	11	None	4
609	Zumba Gold Toning *	Bush	9/23/24	12/9/24	12:00 - 1:00 PM	11	None	4
610	Tropical Gardening	Duff	9/30/24	12/9/24	2:00 - 3:30 PM	10	75	4
TUESDAY COURSES								
611	On Oahu's Trails: An Overview of Hawai'i's Natural History * IP	Fujita	9/24/24	10/29/24	9:00 AM - 1:00 PM	6	16	4
614	Fitness Sampler: BoneFit Osteo Exercise, Tabata, Pilates Flow *	Bush	9/24/24	12/10/24	12:00 - 1:00 PM	11	None	5
639	SmartPhone Photograph S2 IPKCC *	Biggins	9/24/24	10/29/24	8:00 - 11:00 AM	6	12	5
615	The Great Office Clean Out NEW	Novak	10/1/24	10/29/24	9:00 - 10:00 AM	5	50	5
616	Modern Calligraphy Art Therapy NEW	Schiada	10/15/24	12/10/24	9:00 - 11:00 AM	8	30	6
612	In the Wake of the Plague	Zink	10/22/24	11/26/24	11:00 AM - 12:30 PM	5	None	6
640	SmartPhone Photograph S2 IP KCC *	Biggins	11/5/24	12/10/24	8:00 - 11:00 AM	6	12	6
619	British Women's Literature: Regency to Present Day NEW	Alexander	11/5/24	12/10/24	4:00 - 5:30 PM	6	None	6
641	The River, the Raft, and Race IP/Z N	O'Mealy	11/12/24	12/10/24	2:00 PM - 3:30 PM	5	N/20	7
WEDNESDAY COURSES								
642	Social Isolation and Loneliness...	Cheang	9/11/24	9/11/24	10 - 11:45 AM	1	None	7
626	Watercolor 101	Gibson	9/25/24	10/30/24	9:00 - 10:30 AM	6	16	7
643	Reminiscence, Life Stories & Life Reviews NEW	Cheang	9/25/23	10/30/24	10:00 - 11:45 AM	6	None	7
622	Culinary Conversations	Sheeran	9/25/24	12/4/24	7:00 - 8:00 PM	6	36	8
621	Introductory Tai Chi *	Koike	10/2/24	12/4/24	9:30 - 10:30 AM	10	None	8
624	G. B. Shaw - 4 Fine Lively Plays	Johnson	10/2/24	10/30/24	2:00 - 4:00 PM	4	None	8
638	Learning American Mahjong IP WCC	Steiner	10/9/24	11/27/24	10:00 - 12:30 PM	8	12	8
644	Hollywood & the Brooks "Brothers" N	Lim	10/9/24	11/13/24	6:00 PM - 8:30 PM	6	30	9
623	Intermediate Hikes for the Experienced: Wednesdays IP *	Lee	10/16/24	11/20/24	9:00 AM - 2:00 PM	6	16	9
613	First Steps to Begin Hiking IP *	Chadbourne	10/30/24	11/20/24	9:00 AM - 12:00 PM	4	16	9
617	Pacific Encounters Part 1: Living Traditions of Oceania	Fleckles	10/30/24	12/11/24	2:00 - 3:30 PM	6	None	10
625	Auto-Fiction: Memoir and its Uses N	Bramkamp	11/6/24	11/27/24	11:00 am - 12:00 PM	4	20	10
629	Contemporary Economic Policy	Haveman	11/6/24	11/27/24	9:00 - 10:30 AM	4	None	10
627	Watercolor 102 NEW	Gibson	11/6/24	12/11/24	9:00 - 10:30 AM	6	16	11
THURSDAY COURSES								
630	My Wor(l)d Is My Bond NEW	Nance	9/26/24	12/12/24	9:00 AM - 12:00 PM	11	None	11
632	Backgammon: Learn	Fujita	9/26/24	9/26/24	9:00 - 11:00 AM	1	None	11
634	80th anniversary of Rodgers & Hammerstein shows NEW	Hesse	9/26/24	10/24/24	1:00 - 3:00 PM	5	None	11
645	Introduction to the Joy of Hiking *	Foster	10/10/24	11/14/24	9:00 AM - 1:00 PM	6	16	14
618	Get Published! NEW	Novak	10/3/24	10/31/24	9:00 - 10:00 AM	5	25	14
633	Backgammon: Continue Learning	Fujita	10/3/24	12/12/24	9:00 - 11:00 AM	10	None	14

Fall 2024 Course Schedule by Day of the Week continued

#	Day/Course Title	Instructor	Starts	Ends	Time	wks	Limit	p#
THURSDAY COURSES continued								
636	Beginning Ukulele Thursdays IPK	Tse	10/3/24	12/12/24	10:00 - 11:00 AM	10	15	14
637	Ukulele Kanikapila Thursdays IPK	Tse	10/3/24	12/12/24	11:30 AM - 12:30 PM	10	15	15
635	Discover Book Binding IP WCC NEW	Raissle	10/3/24	11/21/24	1:00 - 4:00 PM	8	8	15
631	Food For Thought	Mandryk	10/10/24	11/14/24	9:00 - 10:30 AM	6	24	15
628	Civil Society and Globalization NEW	Ozawa	11/20/24	12/11/24	1:00 - 2:30 PM	4	20	15
620	Personalize your iPhone & iPad NEW	White	11/6/24	11/21/24	11 AM - 12:30 PM	3	15	15
FRIDAY COURSES								
646	Meditative Meditation Exer S1 IP * N	Lewman	9/27/24	10/25/24	8:00 - 9:30 AM	5	12	16
648	Best American Short Stories of the 20th Century NEW	Weibezahl	9/27/24	11/1/24	11:00 AM - 12:30 PM	6	35	16
649	Zumba Gold *	Bush	9/27/24	12/13/24	12:00 -1:00 PM	11	None	16
650	Beginning Ukulele Fridays IP KCC	Tse	10/4/24	12/13/24	10:00 -11:00 am	10	15	17
652	Key Presidential Elections 1788-2020	Sheeran	10/4/24	11/1/24	11:00 AM - 1:00 PM	4	None	17
651	Ukulele Kanikapila Fridays IP KCC	Tse	10/4/24	12/13/24	11:30 AM - 12:30 PM	10	15	17
653	Politics of the United Kingdom NEW	Weiner	10/4/24	12/13/24	1:30 - 3:00 PM	10	40	17
654	Life Writing Workshop	Rayson	10/11/24	11/15/24	1:30 - 3:00 PM	6	12	18
655	Topics in Astronomy	Russo	10/30/24	11/4/24	10:00 - 11:30 AM	6	24	18
647	Meditative Meditation Exer S2 IP *	Lewman	11/1/24	12/6/24	8:00 - 9:30 AM	5	12	18
656	Listen for America: Musical Portrayals of the United States NEW	Williams	11/1/24	12/13/24	2:00 - 4:00 PM	8	50	18
657	Advanced Adventure Hikes: Friday *	Lee	11/8/24	12/13/24	9:00 AM - 3:00 PM	6	16	19
SATURDAY COURSES								
658	Sat Matinee: Perfect Films We Loved	Piper	9/28/24	12/14/24	9:30 AM - 1:30 PM	12	None	19

Fall 2024 Single Events, Field Trips, Shared Interest Groups Schedule

EVENTS, Field Trips, Shared Interest Groups (SIGs). Day of week indicated in Time column.								
659	Design your own wrapping paper IPK	Vitarelli	11/17/24	11/17/24	S 10:00 PM 1:00 PM	1	15	20
660	How to Make the Best Damn Apple Pie You'll Ever Eat! IP WCC	zink	12/15/24	12/15/24	S 12:00 - 3:00 PM	1	12	20
662	Rainbow Kupuna LGBTQ+ SIG	Kyte	9/30/24	12/2/24	M 4:00 - 5:30 PM	7	12	20
661	Music Theory for Non-Musicians New	Lim	10/7/24	10/7/24	M 1:00 - 2:30 PM	1	None	20
663	OLLI Writers Circle	Ching	9/24/24	12/3/24	T 1:30 - 3:30 PM	6	8	21
664	Impromptu Writing SIG	Geil	9/24/24	12/10/24	T 7:00 - 8:15 PM	11	8	21
665	Hands on Pruning Walkabout *	Duff	12/3/24	12/3/24	T 10 AM - 2 PM	1	15	21
667	Acrylic Painting Member Forum SIG*	Facilitator	9/25/24	12/11/24	W 11 AM - 12:30 PM	12	16	21
666	Gems of Japan, South Korea & China	Lowder	9/25/24	9/25/24	W 2:00 - 4:00 PM	1	None	21
668	Watercolor Artist Forum SIG	Facilitator	9/26/24	12/12/24	Th 10:30 AM-12:30 PM	11	12	21
669	Ornamental Nurseries Walkabout *	Duff	10/24/24	10/24/24	Th 10 AM - 2 PM	1	15	22
670	Book Binding Sampler 1 IPW NEW	Raissle	12/5/24	12/5/24	Th 1:00 - 4:00 PM	1	8	22
671	Book Binding Sampler 2 IPW NEW	Raissle	12/12/24	12/12/24	Th 1:00 - 4:00 PM	1	8	22
672	OLLI Book Club	Facilitator	9/27/24	12/13/24	F 3:00 - 4:30 PM	4	None	22
673	The 2024 Election: What Happened...	Sheeran	12/13/24	12/13/24	F 11:00 AM - 1:00 PM	1	None	22

NOTE: Some titles abbreviated; full titles listed in catalog and online. In person classes are noted by IP, IPK, IPW but check full course description! **N** = new class. *If IP not indicated, classes are via Zoom.* Days of the week are sorted by calendar date, then time of day.

Participants in classes 606, 609, 611, 613, 614, 621, 623, 639, 640, 645, 645, 647, 649, 657, 665, 669, (marked by an asterisk above) must have completed a 2024 waiver prior to the beginning of class. Check with Ninia Barr at 808-956-2624, wbarr@hawaii.edu with any questions.

645. Introduction to the Joy of Hiking

Instructor: Bobbie Foster

Dates: 6 Thursdays, Oct 10 - Nov 14

Time: 9:00 am - 1:00 pm

Location: Varies. Meet at the trailheads at 9:00 am

Enrollment Limit: 16

Requirements: All participants must have completed the 2024 waiver prior to class. Ideally, participants have taken the *First Steps to Hiking* or *Easy Hikes for Novice Hikers* classes. You do need a basic level of physical fitness and to be able to hike 3-4 hours going up and down hills. These will be advanced beginner hikes for the physically fit.

Join this hiking class for an opportunity to unplug, slow down and connect with nature. In this class, we will explore a variety of trails on Oahu, from ridges to valleys. We will go at a slow to moderate pace so we can enjoy the flowers, plants, trees, and views along the trail. Most hikes will usually take 3 to 4 hours. We will be hiking on trails that may be muddy, narrow, steep, and slippery, so proper hiking gear is recommended. A gear list will be provided prior to the class.

618. Get Published! **NEW**

Presenter: Jamie Novak

Dates: 5 Thursdays, Oct 3 - 31

Time: 9:00 - 10:00 am

Location: Online via Zoom

Enrollment Limit: 25

Learn how to find an agent to query and write your query letter during class with six-time bestselling author Jamie Novak.

633. Backgammon: Continue Learning

Instructor: Mike Fujita

Dates: 10 Thu, Oct 3 - Dec 12 (no class Nov 28)

Time: 9:00 – 10:30 am

Location: Online via Zoom

Enrollment Limit: none

Whether you are brand-new to the game, or have been playing for years, this course is for you. There are three ½ hour long project-based learning lessons each week. The first ½ hour is for defining the rules, game plans, and goals for beginners. The second ½ hour is for intermediates. The third ½ hour is for an advanced level lesson. There are 10-minute breaks after the first and second ½ hour lessons. Come to one, two, or all

three segments. Our goal is to go as deep as possible into each topic.

In preparation for this class, hundreds of games from students on the site DailyGammon.com were downloaded and analyzed. The errors provide the content for each quiz and lesson. One week before each class you will receive a quiz - not for the sake of grading, but for learning. Your answers and comments will provide the discussion for each segment of the upcoming class. At our course website: <https://sites.google.com/view/backgammon-continuelearning> you can see the course outline, an example of a lesson, and other supplementary materials. Currently, this new website is viewable to everyone, but once our semester begins it will only be accessible to students enrolled in this course. Class videos will be posted here.

636. Beginning Ukulele Thursdays **IN PERSON KCC**

Instructor: Jason Tse

Dates: 10 Thu, October 3 - Dec 12 (no class Nov 28)

Time: 10:00 - 11:00 am

Location: Kapiolani Community College, Olapa 205

Enrolment Limit: 15

Prerequisites: No experience necessary

Instrument: Options for obtaining ukuleles will be discussed prior to the beginning of class. It is preferable to use soprano ukuleles (the small ones), though any size will do.

The beginner level interactive course provides the basics of how to play the ukulele including basic strumming patterns and common chords before moving into techniques that can color your playing such as chucking, arpeggios, and how to read basic tablature. Students will leave the course being able to play several songs, and with information on the history and culture of ukulele playing, as well as how to choose the perfect ukulele.

637. Ukulele Kanikapila Thursdays **IN PERSON KCC**

Instructor: Jason Tse

Dates: 10 Thu, October 3 - Dec 12 (no class Nov 28)

Time: 11:30 am - 12:30 pm

Location: Kapiolani Community College, Olapa 205

Enrolment Limit: 15

Prerequisites: Students are expected to already know how to read chord diagrams and play basic chords.

Instrument: For the Kanikapila course, people are expected to have their own ukulele already.

In this course, students will play a collection of popular and Hawaiian songs (in English) as a group. Each song will be able to be played with varying levels of strumming complexity, so students of different skill levels are able to play together. Students will be able to play songs with different strumming patterns depending on what they are comfortable with. This course is designed for people who were in the OLLI beginner and intermediate ukulele courses to continue their ukulele journey.

635. Discover Book Binding IN PERSON WCC NEW

Instructor: Jane Raissle

Dates: 8 Thursdays, Oct 3 - Nov 21

Time: 1:00 pm - 4:00 pm

Location: Windward Community College, Hale Kuhina, Room 112

Enrollment Limit: 8

Student Supplied Materials: Plain paper (copy paper, writing paper, or sketch-weight paper), colored card stock, pencil/eraser, scissors and Exacto or Olfa knife, self-healing cutting mat, metal ruler, bone folder (can substitute an expired credit card or hotel key card), and small binder clips. Adhesives: glue stick, white glue, double-sided tape (1/4" wide). Sewing supplies: needle and thread (linen or embroidery); a small awl (can substitute a push pin), Small (1/2") brush for glue. Details about materials for covers and content will be shared in advance of each project.

This in-person, hands-on class presents eight book structures, one in each class. This course is designed to introduce, then review, and expand the skills needed to create a variety of books. Some books utilize sewing techniques while others focus on paper folding. In addition to the opportunities for learning and practicing these book-binding techniques, class discussions provide time to share ideas for modifications, adding content, surface design treatments, and other embellishments.

631. Food for Thought

Facilitator: Carole Mandryk, foodie, baker, chef

Dates: 6 Thursdays, Oct 10 - Nov 14

Time: 9:00 – 10:30 am

Location: Online via Zoom

Enrollment Limit: 24

Food memories are part of the emotional narrative of our lives. Or perhaps we just like to talk about what we like to eat, where we ate it, with whom we ate. 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? Come share your food experiences with us. We meet on Zoom but plan one in-person get together for participants on Oahu

628. Civil Society and Globalization NEW

Instructor: Les Ozawa, BA, MA English UH-Mānoa,
Dates: 4 Thursdays, Nov 14 - Dec 12 (no class Nov 28)

Time: 1:00 - 2:30

Location: Online via Zoom

Enrollment Limit: 20

AI (artificial intelligence), social media networks, media platforms, globalization, and the internet are radically changing our societies and communities. Class members will watch, read (or listen) to some recent videos and articles about how to understand a world characterized mostly by divisions and polarization, a world often defined as liberal and conservative, left and right, indigenous, national and international. Commentators talk about DEI (diversity, equality and inclusion), critical race theory, wokeness, fundamentalism, etc. During the zoom sessions, we will review and discuss short passages of the assigned materials, and how what's being described is impacting our lives, now and in the next 10-20 years.

Les Ozawa, retired from the U.S. civil service, worked for the Army and Navy in public affairs in Honolulu, Alaska, Oregon, California and North Carolina. Not a scholar, he likes to read widely, mostly about culture and history.

620. Personalize you iPhone & iPad NEW

Instructor: Debbie White

Dates: 3 Thursdays Nov 7 - 21

Time: 11:00 am – 12:30 pm

Location: Online via Zoom

Enrollment Limit: 15

Personalize your iPhone & iPad by making friends with your settings! With every new update and upgrade, there are changes to our devices. So, whether you have had your iPhone/iPad for years or taken any past iPhone/iPad class, this new 3-week, hands-on, class will go into depth on (nearly) all the settings. Get

the most out of your expensive devices as we focus on having them do what we want them to do!

Debbie White has over 40 years of teaching experience (30 years in public education). Following her retirement, Debbie spent four years as an Apple Product Professional repairing computers and teaching classes. As an owner of her own business, Art-Tech Vision, she enjoys helping adults get the most out of their Apple electronic devices.

FRIDAY CLASSES

646. Meditative Meditation Exercises: Boost Your Brain Power! Strengthen Your Body / Heart / Mind Connections Session 1 **IN PERSON NEW**

Instructor: Mac Lewman

Dates: 5 Fridays Sept 27 - Oct 25

Time: 8:00 am – 9:30 am

Location: In person, Kapiolani Park, 100 feet into the park from the Kaimana Beach crosswalk.

Enrollment Limit: 12

Requirements: You must bring a towel to sit and lie on.

***All participants must have completed a 2024 waiver prior to class.**

This outdoor class combines the teachings of Taoism, Buddhism, Hinduism (Yogananda) and Gurdjieff (the 4th way), and includes standing, sitting, and lying down breathing movements that physically stretch, strengthen, and tone muscles, tendons, and joints, helping to prevent back strain and pain, while creating mental calmness, and physical flexibility. Don't worry, if you can't sit in a lotus posture, Mac will teach you a gradual step by step way to eventually get there. You will learn a simple and fun way to follow your energy pathways using your breath, body and mind. Meditative meditation exercises also helps with oxygen absorption in the lungs; reduces stress, lowers anxiety, helps with depression, improves thinking, and increases self-confidence. Very empowering!

Mac has practiced tai chi for 45 years, chi kung for 35 years, and yoga for 25 years. He studied tai chi with the late world champion Gregory Fong in Oregon, chi kung with the late Dr. Lily Siou of Tai-Hsuan Temple in Hawaii, and yoga at Ananda Village, a Yogananda retreat center in California, and with Barate Das of Hawaii. He participated in the Gurdjieff teachings (“work”) from 1980 - 1989.

648. Best American Short Stories of the 20th Century **NEW**

Instructor: Robert Weibezahl

Dates: 6 Fridays, Sep 27 - Nov 1

Time: 11:00 am – 12:30 pm

Location: Online via Zoom.

Enrollment Limit: 35

Course Texts: Best American Short Stories of the Century, edited by John Updike. 978-0395843673. Currently \$12.50 on Amazon (list price is \$22.00). Lots of used copies available from online sellers as well.

Join the exploration of the short story as we delve into the anthology, "The Best American Short Stories of the Century," selected by John Updike. This session, we will concentrate on stories from the beginning decades of the last century by both well-known and less-remembered writers. Participants should purchase or borrow the book and read the stories in advance (instructor will email syllabus), then we will discuss them within the context of their time, investigating American themes such as immigration, race, social progress, and individuality. There is no prerequisite.

Robert Weibezahl, MA, is a writer, editor, critic, and publishing industry veteran who has worked with Nobel laureates, Pulitzer Prize winners, and countless bestselling authors. A columnist for BookPage for two decades, he is also a published novelist and award-winning, internationally-produced playwright. He teaches at Osher programs across the country.

649. Zumba Gold

Instructor: Robin Bush

Dates: 11 Fridays Sep 27 - Dec 13 (no class Nov 29)

Time: 12:00 – 1:00 pm

Location: Online via Zoom

Enrollment Limit: None

***All participants must have completed a 2024 waiver prior to class.**

Zumba Gold is a low-impact version of Zumba dance fitness that keeps all of the fun. Plan to dance, sweat, and have a ton of fun. Zumba Gold is geared to active older adults but everyone is welcome. No dance experience is needed. You can expect a variety of music including Latin, Pop and K-Pop. Why try it? I do dance walk-throughs and even post videos of some dances so that everyone can do them. This is your hour to forget about all of the problems in the world and just dance together!

Robin is a Computer Science Professor and Fitness instructor certified to teach many fitness modalities but Zumba is her first love. "I've been teaching in the real world for ten years and on Zoom for three years. I've taught 2500 classes on Zoom since March of 2020. Fitness saved my life. It will do wonderful things for you too." Questions? Email pcrobin@yahoo.com.

650. Beginning Ukulele Fridays IN PERSON KCC

Instructor: Jason Tse
Dates: 10 Fri, October 4 - Dec 13 (no class Nov 29)
Time: 10:00 - 11:00 am
Location: Kapiolani Community College, Olona 201
Enrolment Limit: 15
Prerequisites: No experience necessary
Instrument: Options for obtaining ukuleles will be discussed prior to the beginning of class. It is preferable to use soprano ukuleles (the small ones), though any size will do.

The beginner level interactive course provides the basics of how to play the ukulele including basic strumming patterns and common chords before moving into techniques that can color your playing such as chucking, arpeggios, and how to read basic tablature. Students will leave the course being able to play several songs, and with information on the history and culture of ukulele playing, as well as how to choose the perfect ukulele.

652. Key Presidential Elections: A Historical Review 1788-2020

Instructor: Tom Sheeran
Dates: 5 Fridays, Oct 4 - Nov 1
Time: 11:00 am - 1:00 pm
Location: Online via Zoom
Enrollment Limit: None

Political controversy and fascinating personalities have surrounded the elections of US presidents since the earliest days of the republic. Negative campaigns with bitter personal attacks are nothing new: John Adams was denounced as a monarchist, Thomas Jefferson labeled a dangerous, anti-religious radical. Andrew Jackson was called a murderer, his mother a prostitute, and his wife an adulteress.

We'll explore many of the most interesting, important, and most hotly disputed presidential elections. We will briefly examine the Electoral College and the role it has played. In addition to examining candidates,

parties, campaigns, polling, and election results, we will also look at recurring themes in US political history, such as big vs. small government, federal vs. state power, and the proper role of government in the economy.

Slide lectures on Zoom with time for Q&A. A list of suggested resources will be provided and weekly handouts showing slide bullet points.

Note: Course is not intended for current election discussions. See listing for final election review December 13.

651. Ukulele Kanikapila Fridays IN PERSON KCC

Instructor: Jason Tse
Dates: 10 Fri October 4 - Dec 13 (no class Nov 29)
Time: 11:30 am - 12:30 pm
Location: Kapiolani Community College, Olona 201
Enrolment Limit: 15
Prerequisites: Students are expected to already know how to read chord diagrams and play basic chords.
Instrument: For the Kanikapila course, people are expected to have their own ukulele already.

In this course, students will play a collection of popular and Hawaiian songs (in English) as a group. Each song will be able to be played with varying levels of strumming complexity, so students of different skill levels are able to play together. Students will be able to play songs with different strumming patterns depending on what they are comfortable with. This course is designed for people who were in the OLLI beginner and intermediate ukulele courses to continue their ukulele journey.

653. Politics of the United Kingdom NEW

Instructor: Robert Weiner
Dates: 10 Fridays Oct 4 - Dec 13 (no class Nov 29)
Time: 1:30 – 3:00 pm
Location: Online via Zoom
Enrollment Limit: 40

Should the US adopt the British political system? This course will discuss the differences and similarities between the political systems of the US and the United Kingdom. It will also question the role of the monarchy, and whether it should be replaced by a republic. Also, will the United Kingdom break up in the post-Brexit future with an independent Scotland, Wales and Northern Ireland? The course will conclude with a discussion of British foreign policy toward the

US, Europe, and the Commonwealth. Each class will begin with a lecture, but there will be plenty of time for comments and questions. I will provide updates for the course via e-mail.

I have taught a course on British Politics and Government at the University of Massachusetts/Boston for a number of years. It is very interesting to compare the British and American political systems.

654. Life Writing Workshop

Instructor: Ann Rayson, Ph.D., Ret. Prof. English.

Dates: 6 Fridays, Oct 11 - Nov 15

Time: 1:30 – 3:00 pm

Location: Online via Zoom

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.

655. Topics in Astronomy: all you wanted to know about the Universe but didn't know where to begin to ask **IN PERSON**

Instructor: Anthony Russo, PhD

Dates: 6 Fridays, Nov 1 - Dec 13 (no class Nov 29)

Time: 10:00 – 11:30 am

Location: Krauss 111

Enrollment Limit: 24

Steven Hawking was asked, after his lecture on cosmology, "What was God doing before he created the Universe?" Hawking's answer: "Creating hell for those who ask such difficult questions". We discuss star evolution, and the birth, life, and death of stars like

our Sun. We examine the structure of the Universe, including the origins of our planet and solar system, and marvel at the fact that we know so much about the cosmos with only light energy as input. Where will it all end? Why is there a Universe rather than just nothing? Who knows? Using the laws of science that we have, it's always fun to make educated guesses.

Anthony Russo has a PhD in Oceanography from Florida Institute of Technology. He was a professor of Marine Sciences at Leeward Community College from 1970 to 2002, also teaching Astronomy at LCC for 10 years.

647. Meditative Meditation Exercises: Boost Your Brain Power! Strengthen Your Body / Heart / Mind Connections Session 2 **IN PERSON NEW**

Instructor: Mac Lewman

Dates: 5 Fridays Nov 1 - Dec 6

Time: 8:00 am – 9:30 am

Location: In person, Kapiolani Park, 100 feet into the park from the Kaimana Beach crosswalk.

Enrollment Limit: 12

Requirements: You must bring a towel to sit and lie on.

***All participants must have completed a 2024 waiver prior to class.**

This outdoor class combines the teachings of Taoism, Buddhism, Hinduism (Yogananda) and Gurdjieff (the 4th way), and includes standing, sitting, and lying down breathing movements that physically stretch, strengthen, and tone muscles, tendons, and joints, helping to prevent back strain and pain, while creating mental calmness, and physical flexibility. Don't worry, if you can't sit in a lotus posture, Mac will teach you a gradual step by step way to eventually get there. You will learn a simple and fun way to follow your energy pathways using your breath, body and mind. Meditative meditation exercises also helps with oxygen absorption in the lungs; reduces stress, lowers anxiety, helps with depression, improves thinking, and increases self-confidence. Very empowering!

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656. Listen for America: Musical Portrayals of the United States **NEW**

Instructor: Gordon Williams

Dates: 8 Fridays Nov 1 - Dec 13 (no class Nov 29)

Time: 2:00 – 4:00 pm

Location: Online via Zoom

Enrollment Limit: 50

Gershwin once described his *Rhapsody in Blue* as “a sort of musical kaleidoscope of America – of our vast melting pot, of our unduplicated national pep, of our blues, our metropolitan madness”. But how well does music present the US, and which America does any one example present?

This course looks at classical works ranging from Dvořák’s *New World Symphony* to John Adams’ *City Noir* (a portrait of LA). We’ll discuss what they say about the country and what they sometimes reveal about the point of view of outsiders. At the same time, how do classical music impressions compare with Rock, Pop and Jazz? Do we agree with these expressions of national identity? Come join me on a musical journey “from sea to shining sea”.

657. Advanced Adventure Hikes for the Experienced and Fit: Fridays w/ Larry Lee **IN PERSON**

Instructor: Larry Lee

Dates: 6 Fridays, Nov 8 - Dec 13

Time: Hikes start at 9:00 a.m. Please meet at the trailhead before 9:00 a.m. unless indicated otherwise.

Location: Varies, see below.

Enrollment Limit: 16

***All participants must have completed a 2024 waiver prior to class, and MUST be physically fit enough to hike at least 6 hours and 5 to 7 miles over unimproved trails.**

There are many well-known trails on O’ahu, some maintained by the state and others under private jurisdiction. In addition, experienced hikers know of many obscure, less traveled trails that often pass through more pristine wilderness. Because hikes are sometimes in sensitive areas, posting hikes on social media and the use of AllTrails and public sharing of Gaia will not be allowed. Depending on the ability of the group, hikes will average between 5-7 miles. Hikes start at 9:00 am and usually end around 3:00 pm. Participants should be experienced and fit hikers used to uneven terrain, narrow and unimproved trails, and capable of handling challenging ups and downs and ridges with drop-offs.

Hikes may involve slippery trails, hauling oneself up and down by ropes, and multiple stream crossings on slippery rocks. Merely hiking trails such as (or similar to) Aiea Loop, Kaena Point, and Kuliouou State Trail does not necessarily mean you qualify for this course. The average speed is medium to fast. We hike as a group and hikers are expected to complete hikes without turning back early, which may not be possible or allowed. The goal is to provide fun, interesting and challenging hikes that will leave experienced and fit hikers with a good workout and a feeling of accomplishment.

SATURDAY CLASSES

658. Saturday Matinee Films: PERFECT Films We Loved **NEW**

Facilitator: Paul Piper

Dates: 12 Saturdays Sep 28 - Dec 14

Time: 9:30 am – 1:30 pm

Location: Online via Zoom

Enrollment Limit: none

A Reddit forum discussing perfect movies stated, "There are some films that are just weirdly brilliant. Maybe they aren't "perfect" technically etc., but you know that they could never be remade any better." This struck me as so true. This fall we will be watching movies selected from "perfect films" lists, including some long ones like *The Godfather* and *Lawrence of Arabia*. Each week I briefly introduce the film and then we watch it. After it ends, we'll discuss the film for perhaps 20-35 minutes. Get your coffee ready and perhaps a snack, and enjoy these incomparable films. We'll talk about what makes places them on the "Perfect List". The class is scheduled for 4 hours so that we can accommodate a few longer films though most of the films will only be 2+ hours long. Most weeks we will end the class well before 1:30.

Single Talks, Events, Field Trips & Shared Interest Groups (*SIGs) Descriptions

What is a Shared Interest Group?

Shared Interest Groups (SIGs) are a great way for OLLI members to continue lifelong learning beyond the classroom and form friendships with other members around shared interests. They are independent and self-directed, with members deciding

where and when to meet and how the group will function. SIGs are open only to those who hold a current membership.

Sunday Talks & Events

659. Design your own wrapping paper: “Paste Papers” **IN PERSON KRAUSS**

Instructor: Margo Vitarelli

Date: 1 Sunday, Nov 17

Time: 10:00 am - 1:00 pm

Enrollment Limit: 15

Location: In person, Krauss Hall 112

Supplies & Materials: Instructor will bring all art supplies. Supplies fee: \$15 per student to be paid directly to instructor at the class. **Students will bring:** old newspapers, a kitchen sponge, a yogurt container and paper towels.

Enjoy a morning of discovery, experimentation, freedom and fun while making something useful. Create your own custom designs on sheets of paper to be used for wrapping gifts, origami, book making or scrap booking. Participants will learn a special technique called “Paste-Papers” to apply abstract patterns on painted paper using simple tools. The results are surprising, beautiful and unique. No prior experience necessary.

Margo Vitarelli is an art educator who has had a career as a museum curator, illustrator, art instructor, exhibition designer and Pacific art historian and has worked throughout the Pacific island region. Margo holds an MA in Pacific Islands Studies from the University of Hawaii. Before retiring she was Education Director at the Manoa Heritage Center, a Hawaiian cultural site and botanical garden in Honolulu.

660. How to Make the Best Damn Apple Pie You'll Ever Eat! **IN PERSON WCC**

Instructor: Carol Zink, BA, MBA, Pastry Maker

Date: Sunday Dec 15, 2024

Time: 12:00 - 3:00 pm

Location: Windward Community College, Hale Kuhina, Room 112

Enrollment Limit: 12

Fees: \$25 materials fee to be paid by cash or check at the start of the class. A list of materials you will need to bring to class will be provided (peeler, paring knife, bowls, measuring cups, etc.).

Come learn how to bake an apple pie from scratch, including the crust. Yes, you too can create a pie that will have your friends and family requesting you as the baker from now on! The instructor will supply the food materials and a pie plate, and participants will be sent a list of kitchen implements to bring to class (peeler, parer, rolling pin, etc.). Even if you've never peeled an apple or rolled a pie crust, you will leave with a tasty pie ready to freeze for later use or bake now. You will be standing, cooking and working for most of the class. Please wear comfortable shoes, have long hair tied back, and bring an apron unless you don't mind flour on your shirt.

Monday Talks, Events & SIGs

662. Rainbow Kupuna LGBTQ+ SIG

Facilitators: Winston Welch & Rosemary Kyte

Day: First and third Mondays; with possibility of in-person meetings on the Fifth Monday of the month (e.g., Sep 30).

Time: 4:00 – 5:30 pm

Location: Online via Zoom

Enrollment limit: 12

Current Availability: Preference given to continuing members. If you are interested in the group, add it to your requests (it will show “waitlisted”), and you will be contacted by one of the facilitators.

Rainbow Kupuna LGBTQ+ is for members of the Lesbian, Gay, Bisexual, Transgender, Queer, Gender Non-Conforming, Two-Spirit and “the countless affirmative ways in which people choose to self-identify” as Sexual Orientation & Gender Identity (SOGI) minorities. This space allows us to share and understand our individual and collective journey with mutual support and respect for each of our unique experiences.

661. Music Theory for Non-Musicians **NEW**

Instructor: Lloyd Lim

Dates: 1 Monday, Oct 7

Time: 1:00-2:30 pm

Location: Online Zoom class

Enrollment Limit: None

Amateur pianist Lloyd Lim leads students in a Zoom tour of the fundamentals of music theory. By “theory,” we don't mean e.g. testing science theory; we mean the system most often used in Western music. The course goal is to enhance appreciation for classical music by teaching some of the 101 basics of theory that most musicians know.

Tuesday Events & SIGs

663. OLLI Writers Circle

Days: 6 Tuesdays, Sep 24, Oct 8, 22, Nov 5, 19, Dec 3

Time: 1:30 – 3:30 pm

Facilitator: Yi-chuan Ching

Location: Online via Zoom

Enrollment limit: 8

Current Availability: Previous participants given first preference. If you are interested in the group, add it to your cart (it will show as “waitlisted”), and you will be contacted by the facilitator.

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, 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.

664. Impromptu Writing SIG

Facilitator: Esther Geil, BA, MS, MEd

Dates: 11 Tuesdays, Sep 24 - Dec 10 (no class Nov 5)

Time: 7:00 pm - 8:15 pm

Location: Online via Zoom

Enrollment Limit: 8

Join our writing group tailored for those who find writing beneficial but never seem to find the time for it. In our sessions, we’ll focus exclusively on writing, followed by the option to read your work aloud for feedback. Prompts will be provided for each 10-minute writing session, but feel free to write whatever sparks your creativity. After writing, you can choose to share your piece and request specific feedback — from general impressions to detailed critiques or even no feedback at all. Each person will have the chance to respond in turn. We’ll cycle through writing, sharing, and feedback as much as possible within the hour, with no homework involved. Come write and grow with us — no outside reading or writing required.

665. Gardening Walkabout: Hands on Pruning **IN PERSON**

Instructor: Diana Duff

Dates: Tuesday, Dec 3

Time: 10:00 am – 2:00 pm

Location: TBA

Enrollment Limit: 15

***All participants must have completed a 2024 waiver prior to class.**

Nursery tour focusing on hands on pruning.

Wednesday Events & SIGS

667. Acrylic Painting Member Forum SIG*

Facilitator: Group led

Dates: 12 Wednesdays, Sep 25 - Dec 11

Time: 11:00 am – 12:30 pm

Location: Online via Zoom

Enrollment limit: 16

The Acrylic Painting Member Forum is a self-guided group. The weekly Zoom will provide a space for any acrylic painters, whether those who were students in our acrylic painting courses, or with their own experience, to come paint together and share ideas. Individuals work on their own projects and develop their own ideas and styles with thoughtful advice and feedback from other members in a friendly, supportive setting.

*See SIG/Shared Interest Group definition on p. 19.

666. Gems of Japan, South Korea and China

Presenter: Maria Lowder

Date: Wednesday, Sep 25

Time: 2:00 – 4:00 pm

Location: Online via Zoom

Enrollment Limit: None

The Japan Archipelago stretches for 1900 miles and consists of over 14,000 islands. Join me as we take a photographic journey from its southern reach near Taiwan and travel up the island chain to the more well-known main Japan islands. We will visit the Atom bomb memorials in Hiroshima and Nagasaki. From there we will stop in the South Korean cities of Busan and Jeju. Heading south again we will hug the Chinese coastline and stop in Shanghai before continuing to Hong Kong to start our journey home. Maria, a retired tax accountant, has visited over 80 countries, every continent, all the oceans, both polar regions and many of the major rivers.

Thursday Events & SIGs

668. Watercolor Artist Forum SIG

Facilitators: Group led

Dates: 11 Thurs Sep 26 - Dec 12 (no class Nov 28)
Time: 10:30 am – 12:30 pm
Location: Online via Zoom
Enrollment limit: 12

The Watercolor forum SIG is a self-guided learning group that meets weekly with discussions at the beginning and end of each session. Individuals work on their own projects and develop their own ideas and styles with thoughtful advice and feedback from other members in a friendly, supportive setting.

669. Gardening Walkabout: Ornamental Nurseries IN PERSON

Instructor: Diana Duff
Dates: Thursday, Oct 24
Time: 10:00 am – 2:00 pm
Location: TBA

Enrollment Limit: 15

***All participants must have completed a 2024 waiver prior to class**

We will be touring nurseries to learn about ornamental plants. Be prepared to be part of a carpool.

670. Book Binding Sampler 1 NEW IN PERSON WCC

Instructor: Jane Raissle
Dates: 1 Thursday, Dec 5
Time: 1:00 pm - 4:00 pm
Location: WCC, Hale Kuhina, Room 112
Enrollment Limit: 8
Student Supplied Materials: 3 sheets of colored card stock (8.5" x 11" each) - these can be the same or different colors, Exacto knife (with a new blade) , Cutting mat, Ruler with metal edge, Pencil, Glue stick, Bone folder (or substitute an expired credit card or hotel key card), Mark-making tools (colored pencils, markers, crayons)

This one-day, in-person, hands-on class introduces the art of bookbinding with two folded book structures. This is an opportunity to have fun learning basic book-making skills, tools, and techniques. No prior experience is required.

671. Book Binding Sampler 2 NEW IN PERSON WCC

Instructor: Jane Raissle
Dates: 1 Thursday, Dec 12
Time: 1:00 pm - 4:00 pm

Location: WCC, Hale Kuhina, Room 112
Enrollment Limit: 8
Student Supplied Materials: 15 sheets of 8.5" x 11" white printer paper, 2 sheets of 8.5" x 11" card stock (any color). Exacto knife (with a new blade), Cutting mat, Ruler with metal edge, Pencil, Bone folder (or substitute an expired credit card or hotel key card), Needle, Waxed Linen thread - can substitute embroidery floss, pearl cotton, or dental floss. Small pair of scissors.

This one-day, in-person, hands-on class introduces the art of bookbinding with three sewn book structures. This is an opportunity to have fun learning basic book-making skills, tools, and techniques. No prior experience is required.

Friday Events & SIGs

672. OLLI Book Club & Discussion Group

Days: Sep 27, Oct 25, Nov 22, Dec 13
Time: 3:00-4:30 pm
Facilitators: Group led
Location: Online via Zoom
Enrollment Limit: None

Looking for some thought-provoking conversations about books? In the OLLI Book Club, everyone has an opportunity to contribute. The first book to be discussed September 27 is *The Dutch House* by Ann Patchett. Books for the rest of the term are chosen at each meeting. Bring suggested titles to discuss. We strive to select books available in libraries on Oahu.

673. The 2024 Election: What Happened, How, & Why? NEW

Instructor: Tom Sheeran
Dates: Fridays, Dec 13, 2024
Time: 11:00 am - 1:00 pm
Location: Online via Zoom
Enrollment Limit: None

In this stand-alone class, we will review and analyze the 2024 election, featuring one of the most unusual contests in the long history of how we choose our leaders.

"You should have seen the one that got away!" Front Cover Story by Chris Sako

Fisherfolk have been telling tales of their fishing woes forever, including stories of the fish they caught and the ones they lost. In the early 1800s, Japanese fishermen began to obtain "proof" of their catches by developing a technique called gyotaku. "Gyo" means "fish," and "taku" means "rubbing." The fishermen would apply ink to the fish and then press rice paper over it, rubbing the paper to transfer the image of the fish onto the paper. This method allowed them to accurately preserve the details and size of the species they caught.

Today, gyotaku has evolved into an art form. People create the images and paint them in various ways to bring out their vision of the beauty of the fish.

The fish shown on the front cover and this one to the right are Nenuke that I caught fishing the cliffs overlooking the ocean on the southeast side of Hawaii Island. My husband taught me to fish, then I learned the art of gyotaku, and finally I taught myself how to cook this very strong-smelling sea creature. I love learning new things and hope to "tackle" more big fish in the days to come



REGISTRATION TIPS:

Remember that if you are a returning OLLI member your username is your email address.

Need staff help with registration? Fill out this [form](#).

Call the OLLI office at 808-956-2624

CORRECTIONS AND CLARIFICATIONS IN COURSE INFORMATION

Les Ozawa's class #628, originally scheduled for Wednesdays, has been moved to Thursdays.

Gordon Williams class, Listen for America: Musical Portrayals of the United States is #656, not 556.



UNIVERSITY of HAWAII* at MĀNOA
College of Social Sciences

Osher Lifelong Learning Institute
University of Hawai'i at Mānoa
PMB #460, 2440 Campus Road
Honolulu, HI 96822
808-956-0654
ollium@hawaii.edu

Join us at OLLI, where education is ageless! Enjoy our affordable, non-credit program designed for adults aged 50+
Fall Term begins Sept 23rd, 2024
Introductory rate of \$50 for NEW members!



Indulge your curiosity with over 65 Classes, Workshops & Special Events
Film & Music | Literature & History | Painting & Writing | Science & Technology |
Wellness & Fitness | Gardening & More!

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

ollium@hawaii.edu 808-956-2624

Notice anything missing?

The catalog will be updated frequently through the first week of September. Feel free to let us know if you see anything that needs to be corrected.

Open to pp. 12-13 for full schedule of classes and events.

**Catalog current as of 9/2/2024. Updates and corrections will be posted online at <https://ollium.augusoft.net/>*