



UNIVERSITY of HAWAII¹ at MĀNOA
College of Social Sciences

Course Catalog

Summer 2024 Edition!

Jun 3 - Aug 10

In-person & Online Learning for adults 50+



Photo of Kanehoalani Mountain at Kualoa by Athline Clark, 2022, story p. 21.

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

Mānoa | Windward | Outdoors | Online

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

Open Registration
Starts May 28th
Info: olliuhm@hawaii.edu

Welcome to OLLI-UHM Summer 2024!

We are excited to offer 55+ classes and special events (20+ new ones!) this Summer. We remain primarily online via Zoom with 30% of summer courses in-person, whether outdoors, or in our classroom spaces at UH Mānoa and Windward Community College!

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 Summer 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, May 29 at 12-1 pm **RSVP**

Summer 2024 Key Dates

May 2: Priority Request Registration begins
May 5: Hybrid Open House 1:00-3:00 pm. In person at Krauss Hall + portions via Zoom
May 20: Priority Request Registration Closes
May 23: Sorting program runs; notification of class enrollment and waitlist status.
May 27: MEMORIAL DAY. No classes.
May 28: Open Registration Begins
TBD: New Member Welcome. 1:00-2:30 pm. In-person Krauss Hall + portions via Zoom
Jun 3: CLASSES START
Jun 11: King Kamehameha Day. No classes
Jul 4: Independence Day. No classes

Registration

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

Priority-Request Registration (May 2 – 20) 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 most* of the 55+ offerings in the catalog. Decide which 5 classes you MOST want to attend and request those. *590, 592 not included.

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 May 23.

Open Registration

During Open Registration (starting May 28) 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 RSVP

May 24: Open Registration/Add to Cart Demo 12-1
May 29: Zoom refresher training 12-1;
May 29: Instructor Lumens & OLLI protocols 1-2
May 30: Class helper & hosting training 12-1
TBD: 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
London Goodman, olliuhm@hawaii.edu
Website: <https://olliuhm.augusoft.net>

OLLI Course Descriptions

SUNDAY CLASSES

542. Learning American Mahjong **IN PERSON Krauss Hall, Mānoa FULL**

Instructor: Mark Steiner

Dates: 8 Sundays, Jun 16 - Aug 4

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 game set, if you have one, as well as your own 2024 Laminated Rules Card (\$15 for the large size) available at nationalmahjongleague.org. New members 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! 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 may join from the fourth session onwards, offering you new partners to play with. The fourth session starts with a quick recap followed by playing.

Bring your own MJ set if you have one. 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.

543. Music (of India) and Spirituality - Nada Yoga Workshop **IN PERSON UH Mānoa NEW CLASS, NEW INSTRUCTOR**

Facilitator: Nilanjan Sarkar

Dates: 6 Sundays, June 30 - Aug 4

Time: 3:00 - 4:30 pm

Location: In person, Krauss Hall, Room 111

Enrollment Limit: 20

This course will introduce you to Indian Music and its connection to Spirituality (also called Nada Yoga).

Topics include:

1. Intro to Indian Classical Music: grammar and ragas, scales and notation, differences between Western and Indian music grammar.
2. Brief tour of the different genres of music from the Indian subcontinent.
3. Nada Yoga - Music as meditation, the importance of sound in Indian spirituality, focus on vocalizing.
4. Demonstration (plus participation) in singing simple Raga phrases and short sections of songs in different ragas.
5. Group singing mantras/kirtan interwoven with short mindfulness meditations. Wellness & Yoga related singing.
6. Kirtan with dancing and physical movement.

Nilanjan (Neel) Sarkar was born in India, lived his adult life in the USA, and studied Indian Classical Music, Yoga and Meditation from multiple teachers in India. He specializes in Indian and World music vocals, as well as promoting peace and wellness through Mindfulness Wellness Meditation workshops.

MONDAY CLASSES

544. Summer Vacation **NEW**

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

Dates: 10 Mondays, Jun 3 - Aug 5

Time: 9:00 am – 12:00 pm

Location: Online via Zoom

Enrollment Limit: None

For many academics, both faculty and fortunate students, summer break is the highlight of their year. It is the opportunity to travel - some for the first time - to other countries and cultures. These often provide the inspiration for future direction and pursuits.

The class will show a film - one for each country so visited which will inspire further exploration and discovery both culturally and visually and it won't require a Eurail pass or a hotel reservation. Bon voyage to Europe, India, China, Japan, and other existing venues along the way.

545. Zumba Gold Toning

Instructor: Robin Bush

Dates: 10 Mondays, Jun 3 - Aug 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.**

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! Questions? Email pcrobin@yahoo.com or call 808-949-2161.

546. Tropical Gardening

Instructor: Diana Duff

Dates: 8 Mondays, Jun 17 - Aug 5

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 discuss the life cycle of plants, ways to propagate them, identity and control of pests as well as learning about native Hawaiian plants. 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.

6/18 - Gardening in Hawaii the basics: soil, nutrition, water

6/24 - Botany – Sex in the Garden plant physiology & reproduction

7/1 - Plant Propagation: Sexual & Asexual – with seeds, cuttings, layers & grafts

7/8 - Pest ID identifying weeds, insects & diseases

7/15 - Pest Control organic methods for controlling weeds, insects & diseases

7/22 - Hawaiian Heritage Plants identification of plants native to Hawaii

7/29 - Diagnosing Plant Problems figuring out what is wrong with your plants

8/5 - Solving Plant Problems group discussion of plant problems & solutions

547. The World of Meditation **IN PERSON MĀNOA**

Instructor: Richard E. Bradshaw MA, PhD

Dates: 4 Mondays Jul 8 - 29

Time: 1:00 - 2:00 pm

Location: UH Mānoa, Krauss Hall, Room 111/112

Enrollment Limit: 16

This six-week *in person* course explores meditation's multifaceted role in life. Learn how meditation goes beyond fostering peace to enhance awareness in daily experiences. It offers insights into our responses to life, allowing us to navigate our journey with greater clarity. The course considers two intertwined aspects of meditation: the internal journey of connecting with our core being, and the external application of this inner clarity to our 'spiritual being having a human experience'.

Classes include brief introductions to different meditation practices, watching documentaries about their logic and methods, discussing these insights and personal experiences, and engaging in various meditation exercises.

593. Religion in Society **NEW**

Instructor: Daniel Ferguson, PhD

Dates: 5 Mondays Jul 8 - Aug 5

Time: 4:00 - 5:30 pm

Location: Online via Zoom

Enrollment Limit: 25

Religion exists as a social construct specific to time, place, and the values of the people who live within that cultural environment. In this course we seek an understanding of both the "social-ness" of religion itself and the mutually influencing interactions between religion and its social environment. We will look at religious beliefs, practices, and organizations from a sociological perspective and gain understanding of how religion impacts societal issues such as religious nationalism, globalization and religion, women and religion, and atheism and religion.

Jul 8: Religion across Histories and Cultures (World Religions, local religions, and their cultural impact)

Jul 15: Religion and Society (Are we religious?)

Jul 22: Religion and the Individual (Am I religious?)

Jul 29: Religious Conflict (Why don't you believe like I do?)

Aug 5: Religious Nationalism (My religion is better than your religion)

Dr. Ferguson has always been interested in the impact of religion on society. His background includes being trained in a Protestant seminary, serving both in pastoral ministry, and as a hospital chaplain, and many years working and living in a culture dissimilar from his own. His PhD studies involved how nationalism and other geopolitical trends impact relationships across borders.

TUESDAY CLASSES

548. First Steps to Hiking **IN PERSON** **FULL**

Instructor: Jennie Chadbourne

Dates: 4 Tuesdays, June 4 - 25

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. *Jul 2 & 9 are potential rain make-up days.

549. Fitness Sampler: BoneFit Osteo Exercise, Tabata, Functional Fitness

Instructor: Robin Bush

Dates: 9 Tue, Jun 4 - Aug 6 (no class Jun 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.**

Try our Fitness Sampler for all levels. No specialized equipment or prior experience required. Supportive shoes, light weights, and a bottle of water are recommended, as well a hand towel and a chair without wheels.

BoneFit Osteo-exercise NEW 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.

Functional Fitness is aimed at strengthening core muscles to enhance posture and reduce back pain, using everyday items like water bottles or cans for weights, with exercises adaptable to sitting or standing.

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.

Questions? Reach out to Robin at pcrobin@yahoo.com or 808-949-2161.

551. Decluttering 101

Presenter: Jamie Novak

Dates: Tuesdays, Jun 18 - Jul 23

Time: 9:30 - 10:30 am

Location: Online via Zoom

Enrollment Limit: 50

Log on and learn how to declutter easily, even if you are attached to stuff. Then join the live guided mini sessions to tidy up during the class. The author of *Keep This, Toss That*, expert organizer Jamie Novak has spent the last twenty years taking the overwhelm out of organizing.

550. Pointed Pen Calligraphy

Instructor: Sylvia Schiada, BFA, Graphic Design

Dates: 8 Tuesdays, Jun 18 - Aug 6

Time: 9:30 – 11:30 am

Location: Online via Zoom

Enrollment Limit: 36

Skill ability: No limitations or requirements. The two-hour sessions will include warm-up drills for all, guided practice of the lowercase (minuscule) for new students learning basics, and the presentation of the uppercase (majuscule) letterforms for returning students - both hours will benefit everyone.

Required Materials: Order these supplies from [John Neal Books](#) for the first class meeting: [Nikko G nib](#), [Dual-use oblique pen holder](#), [Walnut ink*](#), and [Copperplate paper](#).

Additional paper needs: [HP Premium 32 \(for Guide sheets printing ONLY\)](#) *pre-mixed walnut ink alternatives: [Daniel Smith](#) or [Tom Norton](#)

Learn *Copperplate Calligraphy* and secrets to the art of beautiful writing. As you practice to achieve precision strokes, your brain will spark joy and open doors to elegant handwriting possibilities and projects. Sylvia has curated fundamental structures into bite-size pieces and designed bespoke guide sheets to get you to a level of sophistication. Once she is given the class roster, you will receive links to the Syllabus and PDFs to be printed **by the first day of class**.

552. How to Find an Agent & Get Published

Presenter: Jamie Novak
Dates: Tuesdays, Jun 18 - Jul 23
Time: 11:00 am - 12:00 pm
Location: Online via Zoom
Enrollment Limit: 25

Looking to get your book or children's picture book published? Log on and learn how to find a literary agent. Then see how to prepare a proposal for submission. The author of multiple bestselling books Novak has insider knowledge of the publishing world. When not hard at work on her next book Novak is clipping out recipes she will never prepare.

553. Queen Victoria and her Daughters **NEW**

Instructor: Alexis Alexander
Dates: 5 Tuesdays, June 18 - Jul 16
Time: 4:00 – 5:30 pm
Location: Online via Zoom
Enrollment Limit: None

Queen Victoria was sometimes called "The Grandmother of Europe". Her daughters and granddaughters were key players in many significant political events during the 20th century including the fall of the Russian czar, World War 1, and the consequences of introducing hemophilia into the royal gene pool.

Let's take a look at the foibles and innovations, the good and the terrible, the psychological and historical aspects of these significant women in history.

554. Old Hollywood: Genre Pioneers **NEW**

Instructor: Lloyd Lim
Dates: 6 Tuesdays, Jun 18 - Jul 23
Time: 6:00-8:00 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.

Writer and film buff Lloyd Lim leads students in viewing 6 films that were early pioneers in their genre, and broke important new ground for Hollywood.

Jun 18: *Brief Encounter* (1945) The iconic Noel Coward/David Lean film defining the "illicit-affair" genre, starring Trevor Howard and Celia Johnson.
Jun 25: In *The Deadly Trap* (1971), a woman isn't sure whether she has a mental illness or if those closest to her are actually conspiring against her.
Jul 2: *The Big Clock* (1948) Ray Milland and Charles Laughton star in this twisty tale of a man investigating a crime he's falsely accused of, later inspiring the film *No Way Out*.
Jul 9: *Pinky* (1949) An Elia Kazan film featuring Jeanne Crain and Ethel Barrymore, exploring the challenges of a mixed-race woman facing racism in the South.
Jul 16: *Illegal* (1955) Edward G. Robinson and Nina Foch lead this drama about a prosecutor's fall from grace and quest for redemption.
Jul 23: *The Last Man on Earth* (1964) Vincent Price survives in a vampire-ridden dystopia, based on Richard Matheson's *I am Legend*, later remade twice with Charlton Heston and Will Smith.

555. Managing Your Digital Footprint: Current Issues in Online Data Collection and Protection **NEW**

Instructors: Cynthia Perry and Debbie White
Dates: 6 Tuesdays Jun 25 - July 30
Time: 9:00 – 10:30 am
Location: Online via Zoom
Enrollment Limit: None

Personal information has never been in higher demand, both for legitimate marketing purposes and for scams. In exchange for our personal data, we get "free" services such as Google search, maps, cloud storage, email, and social media access. While most of the data we share, knowingly or unknowingly, is simply used

for marketing purposes, there are also “bad actors” that pose very real personal and financial threats. Your life-savings could even be at risk. In this class you will learn about your digital footprint, and be empowered to take control of your personal data.

Cynthia Perry, an expert in marketing analytics, will explain how your data is collected, aggregated, sold, and used for marketing. Debbie White, an IT expert well-versed in cyber-security, will explain the risks associated with your online activities, and simple, commonsense ways to reduce those risks.

It’s been said, “If you aren’t paying for a product, you ARE the product.” Knowledge is power, so come learn more about protecting yourself online in this 6-week course. Each week we will cover topics in consumer data and online security.

Cynthia Perry has a BS in Applied Math, and an MBA. She has numerous certificates in specialized marketing research and analytic techniques. She has facilitated courses for OLLI at the University of Denver for 6 years, exploring topics such as political polling, “big data,” the US healthcare system, and Quaker history.

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. She enjoys helping adults stay safe online; she loves teaching technology classes for the Osher program.

567. Chi Kung (Qigong) Meditation IN PERSON NEW CLASS, NEW INSTRUCTOR

Instructor: Mac Lewman

Dates: 5 Tue & 5 Th Jul 9 - Aug 8

Time: 8:00 am – 9:30 am

Location: In person, Kapiolani Park across from Kaimana Beach.

NOTE: Class meets **BOTH** Tuesdays **and** Thursdays each week for 5 weeks.

Enrollment Limit: 10

Requirements: You will need to bring a towel, mat or cushion for the seated parts of the class.

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

This is an outdoor class that includes several meditative practices as well as strengthening exercises that will help unlock your life force energy. It offers you a chance to enjoy being in a lovely place in the early morning to get a great start on your day. It

includes 15-20 minutes of tai-chi style meditation exercises, 15-20 minutes of yoga strengthening exercises and postures, and 30 minutes of Chi-kung sitting-style sacred movements. You will learn advanced lotus sitting postures while experiencing Chi (or Mana) as a way to access your own healing power all in search of the God or Goddess within.

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. Mac practices outside daily, traveling with his dog Ekai to various favorite Oahu locations.

WEDNESDAY CLASSES

568. Easy Hikes for Novice Hikers

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

Dates: 6 Wednesdays, Jun 5 - Jul 10

Time: Hikers meet at the trailhead at 7:00 a.m. unless indicated otherwise.

Location: Varies, see below.

Enrollment Limit: 16

***In addition to completion of a 2024 waiver prior to class, all participants should be able to walk at least 2 miles without difficulty and climb 2 flights of stairs with ease.**

The course is designed to introduce novice hikers to hiking in Hawai'i. Participants should be able to walk at least 2 miles without difficulty and climb 2 flights of stairs with ease. They should be comfortable on rough surfaces and be prepared to carry a light day pack. Our wild areas offer spectacular scenery, and interesting plant life, native and introduced. We will enjoy a great chance to exercise and share companionship amidst the solitude, peace, and tranquility of the mountains.

Prior to the start of class, the group will receive background information on proper equipment and safety considerations, instructions for reaching a trailhead for each hike, and a description of what to expect on the hike. We will do easy hikes to give members a sample of the kinds of adventures available in our mountains. Most hikes will usually take 3 to 4 hours. Be advised that many of you will be able and anxious to hike further and faster than the Leader can; patience is mandatory!

556. Introductory Tai Chi

Instructor: Ken Koike

Dates: 8 Wed, Jun 5 - Aug 7 (no class Jun 19, 26)

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!

557. Oriental Face and Body Reading and Rejuvenation

Presenter: Melissa Yee

Dates: 8 Wednesdays, Jun 5 - Jul 31 (no class Jun 19)

Time: 3:00 – 4:30 pm

Location: Online via Zoom

Enrollment Limit: 40

Explore the ancient Chinese art of Mian Xiang, or face reading, together with us. Face reading assists in analyzing the health, vitality and inner nature of a person by observing the color, shape, placement, symmetry and irregularities of the features of the eyes, ears, nose, mouth, hands, nails and more. Events in one's life are recorded in moles, scars, wrinkles on our face and body and the palmar lines and may change depending on destiny, will and fortune. We will take a look at well-known people and each other and even analyze handwriting as an extension of our Spirit, Jing or constitution, and Qi or vital energy. Some surprising revelations may await you in this educational and entertaining 8-week class!

Dr. Melissa Yee has a background in Chinese and bio-energetic medicine, acupuncture, acupressure, and massage. She has previously taught classes at Kapiolani Women's Center, Kaiser Permanente, and Kaimuki evening school.

558. Culinary Conversations

Presenter: Tom Sheeran

Date: 5 Wed, Jun 5, 19, Jul 3, 17, 31

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 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.

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

Instructor: Larry Lee

Dates: 6 Wednesdays, June 12 - Jul 17)

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.

561. 19th Century English Poems **NEW**

Instructor: Dave Johnson, BA Yale, JD Harvard Law

Dates: 6 Wed, June 19 to July 31 (no class July 10)

Time: 2:00 – 4:00 pm

Location: Zoom

Enrollment Limit: none

Before the first class, members will receive an e-mail handout of approximately 30 pages including all the poems we will discuss in this course. Many of the poems may be familiar. The 19th century is stretched a little – our poems run from 1789 to 1930. This period was probably the greatest period of English language poetry. Our poets are 1 Irish, 3 Americans and 7 English. These poets' works will be discussed as follows:

June 19: William Blake, Edgar Allan Poe, George Gordon Lord Byron

June 26: William Wordsworth, Samuel Taylor Coleridge

July 3: Percy Bysshe Shelley, John Keats

July 10: BREAK – NO CLASS

July 17: Walt Whitman, Emily Dickinson

July 24: Alfred Lord Tennyson, Rudyard Kipling

July 31: William Butler Yeats

No familiarity with poetry is needed. Our focus will be on the poems, the ideas and feelings they convey and the techniques used to make them effective. Some background information concerning the poets and the times will be provided. Many of our poets wrote poems of more than 100 pages, but we will do only a few of their short poems; most less than a page and the longest under 4 pages. Volunteer to read one of the poems aloud, and take part in lively and in-depth discussions.

562. Digitizing Your Memories **FULL**

Instructor: Debbie White

Dates: 1 Wednesday June 26, 2024

Time: 9:00 am - 12:00 pm

Location: Online via Zoom

Enrollment Limit: 15

Do you want to know what can be done with all your print photos, negatives, slides, and videos? This one-time, 3-hour class will teach you all you need to know about how to preserve, archive and even restore your non-digital media. We will go over how easy it is to share your memories with family and friends, including putting images on Facebook and your digital

devices (computer, phone & tablet). Learn about available alternatives and the answers to frequently-asked questions regarding how to "do-it-yourself" or what to look for in a vendor so you get the most for your money while protecting your irreplaceable memories.

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. She enjoys helping adults stay safe online; she loves teaching technology classes for the Osher program.

563. Watercolor 101 for Beginners **NEW CLASS & INSTRUCTOR FULL**

Instructor: Cade Gibson

Dates: 6 Wed, Jun 26 - Aug 7 (no class Jul 10)

Time: 9:00 am – 10:30 am

Location: Online via Zoom

Enrollment Limit: 16

Course Objectives: Students will learn to use different media techniques and processes to communicate ideas, experiences, and stories. Students will learn to enjoy art as a hobby that will enrich their lives.

Please NOTE change in course schedule.

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.

Although Cade always had a desire to paint, and took an art course here and there, she did not become serious about art until she retired in 2009 from teaching computer science at Delaware Technical & Community College. Soon she was not only selling her paintings but also winning awards. A member of the National League of Pen Women, a professional organization for women in the arts, Cade believes that art is about continual learning, and describes her artistic style as being whatever strikes her fancy at the moment, though she tends to favor the Impressionists.

564. How Science and Technology are Changing Our World **FULL**

Instructor: Les Ozawa, BA, MA English UH-Mānoa,
Dates: 5 Wednesdays, Jul 3 - 31
Time: 1:00 - 2:30
Location: Online via Zoom
Enrollment Limit: 20

AI (artificial intelligence) and other digital technologies, contemporary natural and social science research, and globalization are radically changing our lives and societies. Prior to each zoom meeting, class members will watch a 40-60 minute YouTube video on a selected topic, then view together selected segments of the video during the zoom session and discuss their reactions to the segment, and how it affects or may affect 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, but is starting to read more creative works, having learned fiction and non-fiction are not far apart.

594. Contemporary Economic Policy Issues

Facilitator: Jon Haveman, Ph.D, Econ, UMich
Dates: 4 Wednesdays, Jul 10 - 31
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.

THURSDAY CLASSES

595. The Director's Eye: The Films of Akira Kurosawa, Ang Lee, and Niki Caro

Instructor: Sue Nance, Amer Studies, BA, MA, ABD
Dates: 9 Thu, Jun 6 - Aug 8 (no class Jul 4)
Time: 9:00 am - 12:00 pm
Location: Online via Zoom
Enrollment Limit: None

This class will focus on the films of three directors who have introduced us to new and exciting themes, insights, and visual imagery by their work. The great Japanese Director Akira Kurosawa presents magnificent landscapes and domestic duties previously without highlights, while Ang Lee captures the cultural connections between western and Chinese world views without mockery or facile humour. The Maori filmmaker Niki Caro presents girls and women empowering themselves by the actions they take and the humor they intend rather than the words they find less necessary.

565. Food for Thought

Facilitator: Carole Mandryk, foodie, baker, chef
Dates: 6 Thursdays, Jun 20 - Aug 1 (no class Jul 4)
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

Summer 2024 Class Volunteers Needed!!

Come help your lifelong learning community! Training & mentoring provided. You can help in either Zoom or in-person classes by admitting students, monitoring the chat box, and noticing members who wish to ask a question to helping with room set-up or sign-in sheets and more!

Come join us!

566. Introduction to Coastal Ecosystems

Instructor: Athline Clark

Dates: 4 Thursdays Jun 6 – 27 for Zoom lectures

Time: 9:00 – 10:30 am

Location: Online via Zoom

Enrollment Limit: 35

NOTE: Admission to the course does not guarantee a spot on the fieldtrips. See related Coastal Ecosystems fieldtrip descriptions pp. 19-21.

Hawaii's beaches, coral reefs, and rocky shorelines are culturally significant, biologically rich, and economically important. In this course you will learn an overview about the plants and animals that make up these ecosystems, their biodiversity, cultural significance and geological parameters. The course will focus on beach sand dunes, sandy beaches, rocky intertidal shorelines and coral reefs. The four sessions will be taught via zoom with follow up opportunities to participate in field trips to do hands-on learning about the sites visited and discussed on-line. While the field trips are not mandatory, taking the four on-line learning sessions is a pre-requisite to participation in the field trips.

Athline Clark, born and raised in Hawaii, recently retired as the National Oceanic and Atmospheric Administration's (NOAA) Superintendent for the Papahānaumokuākea Marine National Monument. Prior to joining NOAA in 2015, Athline worked with the U.S. Army Corps of Engineers as a Project Manager overseeing national priority projects in ecosystem restoration, watershed planning and flood reduction. She is also an Adjunct Faculty at Chaminade University and serves in an advisory capacity on several sustainable development boards.

569. The Art of Dame Judi Dench **NEW**

Instructor: Jim Hesse, Musician, Actor

Dates: 4 Thursdays, Jun 6 - 27

Time: 1:00 – 3:00 pm

Location: Online via Zoom

Enrollment Limit: None

Jun 6: *Ladies In Lavender* with Dame Maggie Smith. Two ladies discover a young man washed ashore on their coastal home in pre-war England. Life changing for both their characters. (104 min)

Jun 13: *A Midsummer Night's Dream* with Judi as Titania in her first Shakespearean film role. Also Ian Holm as Puck, Helen Mirren & Diana Rigg as the two rivals Helena and Hermia. (124 min)

Jun 20: *Shakespeare In Love* with Gwyneth Paltrow & Joseph Fiennes. Judi's first Oscar winning performance as Queen Elizabeth I in a new interpretation of Romeo and Juliet in a historical setting. (122 min).

Jun 27: *All Is True* with Kenneth Branagh & Ian McKellen. Judi plays Anne Hathaway in the final years of the Bard's life hoping to solve their son Hamnet's death. (101 min)

570. Discover Basic Book Binding **FULL IN PERSON WCC**

Instructor: Jane Raissle

Dates: 4 Thursdays, Jun 6 - 27

Time: 1:00 pm - 4:00 pm

Location: Windward Community College, Hale Palanakila 212

Enrollment Limit: 8

Student Supplied Materials: *Required:* plain paper (copy paper, writing paper, or sketch-weight paper), colored card stock, pencil/eraser, scissors, metal ruler, glue stick, a small awl or needle in a cork to punch holes, sewing needle, and embroidery thread. Details about materials for covers and content will be shared in advance of each project.

Optional Supplies: An Exacto or Olfa knife, cutting mat, bone folder, binder clips (small), thread wax, and double-sided tape (¼" wide).

This in-person, hands-on class introduces four book structures, one in each class, for either immediate use or to serve as models for future book projects. Two designs incorporate simple sewing techniques: Japanese Stab Binding and pamphlet stitch bindings. The other two utilize paper folding techniques: an "explosion" book and a "flag" book. In addition to the opportunities for learning and practicing these basic book-binding techniques, class discussions will provide time to share ideas for modifications, surface design treatments, and embellishments/modifications.

560. Mind Body Psychology **NEW**

Instructor: Kathryn Rone

Dates: 8 Thursdays, Jun 13 - Aug 8 (no class July 4)

Time: 4:00 – 5:30 pm

Location: Online via Zoom

Enrollment Limit: 35

Texts: Chopra, D. (2003) *Magical Mind Magical Body*. Simon & Schuster (available on CD) Hay, L. (2004) *Heal Your Body*. Carlsbad: Hay House. (available on YouTube).

Summer 2024 Course Schedule by Day of the Week

#	Day/Course Title	Instructor	Starts	Ends	Time	wks	Limit	p
SUNDAY COURSES								
542	Learning American Mahjong	Steiner	6/16/24	8/4/24	10:00 AM - 12:30 PM	8	16	3
543	Music (of India) and Spirituality - Nada Yoga NEW	Sarkar	6/30/24	8/4/24	3:00 - 4:30 pm	6	20	3
MONDAY COURSES								
544	Summer Vacation NEW	Nance	6/3/24	8/5/24	9:00 AM - 12:00 PM	10	na	3
545	Zumba Gold Toning*	Bush	6/3/24	8/5/24	12:00 PM - 1:00 PM	10	na	4
546	Tropical Gardening	Duff	6/17/24	8/5/24	2:00 PM - 3:30 PM	8	75	4
547	The World of Meditation	Bradshaw	7/8/24	7/29/14	1 - 2 PM	4	16	4
593	Religion in Society NEW	Ferguson	7/8/24	8/5/24	4:00 - 5:30	5	25	4
TUESDAY COURSES								
548	1st Steps to Begin Hiking in HI* FULL	Chadbourne	6/4/24	6/25/24	9:00 AM - 12:00 PM	4	16	5
549	Fitness Sampler: BoneFit Osteo Exercise, Tabata, Functional Fitness*	Bush	6/4/24	8/6/24	12:00 PM - 1:00 PM	9	na	5
551	Decluttering 101	Novak	6/18/24	7/23/24	9:30 - 10:30 am	6	50	5
550	Pointed Pen Calligraphy	Schiada	6/18/24	8/6/24	9:00 AM - 11:00 AM	8	36	5
552	How to Find an Agent & Get Published	Novak	6/18/24	7/23/24	11:00 am - 12:00 pm	6	25	6
553	Queen Victoria and her Daughters NEW	Alexander	6/18/24	7/16/24	4:00 PM - 5:30 PM	5	na	6
554	Old Hollywood: Genre Pioneers NEW	Lim	6/18/24	7/23/24	6:00 PM - 8:00 PM	6	30	6
555	Managing Your Digital Footprint NEW	Perry	6/25/24	7/30/24	9:00 - 10:30 am	6	na	6
567	Chi Kung (Qigong) Meditation NEW*	Lewman	7/9/24	8/8/24	Tue/Thur 8-9:30 am	10	10	7
WEDNESDAY COURSES								
568	Easy Hikes for Novice Hikers*	Hall	6/5/24	7/10/24	7:30 AM - 11:00 AM	6	16	7
556	Introductory Tai Chi*	Koike	6/5/24	8/7/24	9:30 AM - 10:30 AM	8	na	8
557	Face and Body Reading & Rejuvenation	Yee	6/5/24	7/31/24	3:00 PM - 4:30 PM	8	40	8
558	Culinary Conversations	Sheeran	6/5/24	7/31/24	7:00 - 8:00 pm	5	36	8
559	Intermediate Hikes for the Experienced and Fit: Wednesdays IN PERSON*	Lee	6/12/24	7/17/24	9:00 AM - 2:00 PM	6	15	8
561	19th Century English Poems NEW	Johnson	6/19/24	7/31/24	2:00 PM - 4:00 PM	6	na	9
562	Digitizing Your Memories NEW FULL	White	6/26/24	6/26/24	9:00 AM - 12:00 PM	1	15	9
563	Watercolor 101 for Beginners FULL	Gibson	6/26/24	8/7/24	9:00 - 10:30 am	6	16	9
564	How Science and Technology are Changing Our World NEW FULL	Ozawa	7/3/24	7/31/24	1:00 PM - 2:30 PM	4	20	10
594	Contemporary Economic Policy Issues	Haveman	7/10/24	8/7/24	9:00 - 10:30	6	na	10
THURSDAY COURSES								
595	The Directors Eye: Films of Kurosawa, Lee, and Caro NEW	Nance	6/6/24	8/8/24	9:00 AM - 12:00 PM	9	na	10
565	Food For Thought	Mandryk	6/6/24	7/18/24	9:00 AM - 10:30 AM	6	24	10
566	Introduction to Coastal Ecosystems	Clark	6/6/24	6/27/24	9:00 AM - 10:30 AM	4	35	11
569	The Art of Dame Judi Dench	Hesse	6/6/24	6/27/24	1:00 PM - 3:00 PM	4	na	11
570	Discover Basic Book Binding IN PERSON WCC FULL	Raissle	6/6/24	6/27/24	1:00 PM - 4:00 PM	4	8	11
560	Mind Body Psychology NEW	Rone	6/13/24	8/8/24	4:00 PM - 5:30 PM	8	35	11
571	Introduction to the Joy of Hiking FULL	Foster	6/20/24	8/1/24	9:00 AM - 1:00 PM	6	16	14
572	Summer at Shakespeare's Globe	Hesse	7/11/24	8/8/24	1:00 PM - 3:00 PM	5	na	14
573	Intermediate Book Binding IN PERSON WCC NEW	Raissle	7/11/24	8/1/24	1:00 PM - 4:00 PM	4	8	14
574	How I Learned to Stop Worrying and Love 12-Tone Music NEW	Williams	7/25/24	8/8/24	2-4	3	na	14

NOTE: Some titles abbreviated; full titles listed in catalog and online. In person classes are noted by IP, ***Waiver** = class requiring 2024 waiver on file w OLLI office. **N** = new class. *If IP not indicated, classes are via Zoom.* Days of the week are sorted by calendar date, then time of day.

Summer 2024 Course Schedule by Day of the Week

#	Day/Course Title	Instructor	Starts	Ends	Time	wks	Limit	p
FRIDAY COURSES								
575	International Crime Fiction: Japan NEW	Weibezahl	6/7/24	7/12/24	11:00 AM - 12:30 PM	6	35	15
576	Struggle to Rule: European Queens, 12 th to 16 th Centuries	Sheeran	6/7/24	6/28/24	11:00 AM - 12:30 PM	4	na	15
577	Zumba Gold*	Bush	6/7/24	8/9/24	12:00 - 1:00 PM	10	na	15
582	What is local? Exploring stories by Hawaii writers Part 2 NEW	Ozawa	7/5/24	7/26/24	1:00 - 2:30 PM	4	20	16
578	The Legacy of Henry Kissinger NEW	Weiner	6/7/24	8/9/24	1:30 - 3:00 PM	10	40	16
579	Is it just the singing? What distinguishes operas from musicals? NEW	Williams	6/7/24	7/26/24	2:00 - 4:00 PM	8	50	16
580	Advanced Adventure Hikes: Friday w/ Larry Lee*	Lee	7/5/24	8/9/24	9:00 AM - 3:00 PM	6	15	17
581	Ukulele Kanikapila IN PERSON FULL	Tse	7/5/24	7/26/24	11:30 AM - 12:30 PM	4	15	17
SATURDAY COURSES								
583	Sat Matinee Films: Films We Loved	Piper	6/8/24	8/10/24	10:00 AM - 1:30 PM	10	na	17
584	Botanical Drawing	Rone	6/15/24	8/10/24	12:00 - 1:30 PM	8	35	17
585	Continuum Meditation*	Rone	6/15/24	8/3/24	2:00 - 3:30 PM	8	35	18

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

SUNDAY TALKS, EVENTS & SIGS								
586	Carrying Culture: Celebrate Micronesian Voices NEW	Hattori	6/9/24	6/9/24	12:00 - 1:00 PM	1	40	18
MONDAY TALKS, EVENTS & SIGS								
596	Rainbow Kupuna LGBTQ+	Kyte/Welch	6/3/24	8/5/24	4:00 - 5:30 PM	6	12	18
TUESDAY TALKS, EVENTS & SIGS								
598	OLLI Writers Circle FULL	Ching	6/4/24	7/30/24	1:30 - 3:30 PM	5	8	19
600	Expedition to Moku o Lo'e NEW* FULL	Clark	7/9/24	7/9/24	8:00 am - 1:00 pm	1	30	19
WEDNESDAY EVENTS & SIGS								
587	Acrylic Painting Member Forum SIG	Facilitator	6/5/24	8/7/24	11:00 AM - 12:30 PM	9	16	19
588	Gardening Walkabout: Native Hawaiian Plant nurseries IN PERSON* FULL	Duff	7/31/24	7/31/24	10:00 AM - 2:00 PM	1	15	19
THURSDAY TALKS, EVENTS & SIGS								
589	Watercolor Artist Forum SIG	Facilitator	6/6/24	8/8/24	10:30 AM - 12:30 PM	9	12	19
597	Impromptu Writing SIG NEW	Geil	6/20/24	8/8/24	7:00 - 8:15 PM	7	6	20
590	Coastal Ecosystems FT 2: Exploration of coral reef flats*	Clark	7/11/24	7/11/24	8:30 - 11:30 AM	1	12	20
FRIDAY TALKS, FIELDTRIPS & SIGS								
599	OLLI Book Club	Facilitator	6/7/24	8/9/24	3:00 - 4:30 PM	4	na	20
591	DH Beach Landscape History* FULL	Mandryk	6/21/24	6/21/24	8:30-10:00 am	1	12	20
592	Coastal Ecosystems FT #1 - Rocky Intertidal/Beach Dunes*	Clark	7/5/24	7/5/24	8:00 AM -12:00 PM	1	12	21

NOTE: Some titles abbreviated; full titles listed in catalog and online. In person classes are noted by IP, ***Waiver** = class requiring 2024 waiver on file w OLLI office. **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 545, 548, 552, 556, 559, 567, 568, 577, 580, 585, 588, 590, 591, 592, 600 (marked by an asterisk above) must have completed a 2024 waiver prior to the beginning of class. Check with Ninia Barr at wbarr@hawaii.edu with any questions.

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

THURSDAY CLASSES cont...

Explore psychology theories with suggested reading, discussions, and guided writing exercises. Apply these theories to develop mind body awareness and to increase internal communication. Class will discuss concepts of kindness and self-transformation. This class does not provide group counseling.

Kathryn holds an MA in Psychology from Sofia University where she trained in Psychosynthesis with the book authors. You can learn more about Kathryn at www.creativehealingmovement.com.

571. Introduction to the Joy of Hiking

FULL

Instructor: Bobbie Foster

Dates: 6 Thursdays, Jun 20 - Aug 1 (no class Jul 4)

Time: 9:00 am - 1:00 pm

Location: Varies. Hikes 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 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.

572. Summer at Shakespeare's Globe

Instructor: Jim Hesse, Musician, Actor

Dates: 5 Thursdays, Jul 11 - Aug 9

Time: 1:00 – 3:00 pm

Location: Online via Zoom

Enrollment Limit: None

Jul 11: *The Comedy of Errors*. This wild and zany early show of the Bard's has TWO pairs of twins from Syracuse & Ephesus. 131 min

Jul 18: *The Tragedy of Macbeth*. The set on the Globe Stage is boarded up in 2013 for this Joseph Millson

version of the Scottish play directed by Eve Best. 141 min

Jul 25: *Twelfth Night, Or Whatever*. Twins return for an all-male production starring Mark Rylance's return to the Globe added with Stephen Fry's witty Malvolio in the fun. 175 min

Aug 1: *Henry VIII*. The Bard's last play in which the King is entangled with Anne Boleyn and Queen Katherine and the Pope's laws imposed on Cardinal Wolsey from 2010's season. 160 min

Aug 8: *All's Well That Ends Well*. The Bard's late comedy is one of the "Bedtrick" comedies from the Globe's 2011 season with Janie Dee as The Countess trying to control her son from the influence of Parolles and helping Helena win him. 138 min

573. Intermediate Book Binding **IN PERSON WCC NEW**

Instructor: Jane Raissle

Dates: 4 Thursdays, Jul 11 - Aug 1

Time: 1:00 pm - 4:00 pm

Location: Windward Community College, Hale Palanakila 212

Enrollment Limit: 8

Prerequisite: Discover Basic Book Binding (Spring 2024)

Student Supplied Materials: *Required:* plain paper (copy paper, writing paper, or sketch-weight paper), colored card stock, pencil, scissors, metal ruler, glue stick, a small awl, sewing needle, embroidery thread, an Exacto or Olfa knife, self-healing cutting mat, bone folder, binder clips (small), thread wax, and double-sided tape (1/4" wide). Details about materials for covers and content will be shared in advance of each project.

Building on the skills and knowledge gained in the Basic Book Binding Course, this in-person, hands-on class introduces four additional book structures (one in each class). Once again, two books utilize sewing techniques and two rely on folded structures. Each project will extend the book-binding skills learned in the basic course. In addition to the opportunities for learning and practicing more advanced book-binding techniques, class discussions will provide time to share ideas for modifications, content, surface design treatments, and other embellishments.

574. How I Learned to Stop Worrying and Love 12-Tone Music **NEW**

Instructor: Gordon Williams

Dates: 3 Thursdays, Jul 25 - Aug 8

Time: 2:00 – 4:00 pm

Location: Online via Zoom

Enrollment Limit: None

Skills needed: Not required but students may like to have a prior knowledge of some classical music repertoire.

Why the Strangelovian title? Is '12-tone music' as scary as nuclear war? Some listeners might say yes; the intensely-rich Romantic music of 19th-century composers Wagner and Mahler is as far as they want to go. But this lecture series will help you gain a new appreciation of this distinctive 20th century musical style, also known as Serialism or 'Dodecaphony'.

We'll look at the historical developments (both artistic and social) that led to the creation of this style, consider the personal histories of its key proponents (Schoenberg fled Hitler to the US) and, in the second-half participation section of each session, look in detail at three key pieces – Schoenberg's "A Survivor from Warsaw", Alban Berg's Violin Concerto and Webern's Six Pieces for Large Orchestra. By the course's end you'll have a new appreciation, maybe love, of 12-tone music and who knows, might even be able to whistle its tunes as Webern once predicted people would.

Gordon is a writer and lecturer on music, with work performed at Sydney Opera House. He has written opera librettos and reviews for OperaWire. Classes he has previously taught at OLLI@UHM include A Closer Look at Down Under; Soundtrack: A New American Genre; American Opera, and The Operas of Mozart. Via Zoom he has also taught at OLLI campuses in California and Colorado.

FRIDAY CLASSES

575. International Crime Fiction: Japan **NEW**

Instructor: Robert Weibezahl

Dates: 6 Fridays, Jun 7 - July 12

Time: 11:00 am – 12:30 pm

Location: Online via Zoom.

Enrollment Limit: 35

Course Texts: Both texts are available in local libraries, as well as on the Libby library app, or can be purchased used or new.

"Travel" to Japan this summer as we explore two masterful Japanese crime novels. Seicho Matsumoto's *Inspector Imanishi Investigates*, published in 1961, is a Tokyo-set police procedural by Japan's foremost master of mystery that offers an

indelible portrait of a mid-century Japanese culture and society. *The Devotion of Suspect X*, by Keigo Higashino—one of contemporary Japan's most popular authors—was published in 2005 and provides a twenty-first century vision of Tokyo and its police force. As we immerse ourselves in these entertaining mysteries, we will consider how life in Japan has transformed over the half century between the two books. We will also explore ways that each borrows and builds upon Western crime fiction tropes, as well as how cultural specifics shape the narratives and set them apart from their American and British counterparts.

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.

576. Struggle to Rule: European Queens, 12th to 16th Centuries

Instructor: Tom Sheeran

Dates: 4 Fridays, June 7 - 28

Time: 11:00 am - 12:30 pm

Location: Online via Zoom

Enrollment Limit: None

In this series we will learn about a number of royal women in medieval Europe who each fought to gain or hold their rightful place on the throne. Despite challenges to the very idea of a woman ruler, each found a way to exercise power in spite of immense obstacles. We will become acquainted with interesting women remembered, or sometimes forgotten, for their important accomplishments from the 12th to the 16th centuries. A handout of reference materials will be provided for those interested in reading more deeply about these remarkable women. *Full descriptions of each day's topics available in Lumens (link).*

Jun 7: Empress Maude and Eleanor of Aquitaine

Jun 14: 5 Queens: Four Sisters of Provence, and Joanna of Naples

Jun 21: The Spanish Connection: Isabella, Joanna the Mad, Catherine of Aragon

Jun 28: The Tudor Queens: Bloody Mary, Elizabeth the First, Mary Queen of Scots

577. Zumba Gold

Instructor: Robin Bush

Dates: 10 Fridays Jun 7 - Aug 9

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 or call 808-949-2161.

582. What is local? Exploring stories by Hawaii writers Part 2 NEW

Instructor: Les Ozawa, BA, MA English UH-Mānoa,

Dates: 4 Fridays, Jul 5 - 26

Time: 1:00 - 2:30 pm

Location: Online via Zoom

Enrollment Limit: 20

Requirements: Requirements: The instructor is reviewing and will select before classes start, stories published between the last half of the 20th century through to the current decade. You can email him suggestions directly (lesozawa@gmail.com) or through the OLLI email system, once it goes live for students and instructors. Stories should be easily accessible, by borrowing from the state library or other sources.

We will read stories (about three weekly) by writers who have lived here all or a good part of their lives. Readers will share comments about what these stories meant to them. My thinking is that to whatever a writer has committed to print, readers bring their own experiences and world views, as they re-create or re-imagine that particular set of words.

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, but is starting to read more creative works, having learned fiction and non-fiction are not far apart.

578. The Legacy of Henry Kissinger NEW

Instructor: Robert Weiner

Dates: 10 Fridays, Jun 7 - Aug 9

Time: 1:30 – 3:00 pm

Location: Online via Zoom

Enrollment Limit: 40

This course deals with the legacy of Henry Kissinger, refugee from Nazi Germany, brilliant Harvard professor, National Security advisor to President Richard Nixon, and Secretary of State in the Nixon and Ford administrations. Kissinger's legacy is very controversial, as he was awarded the Nobel Peace prize for negotiating an end to the Vietnam war, but accused by some of his detractors of being a war criminal. We will analyze Kissinger's foreign policy, ranging from the Vietnam war to the secret bombing of Cambodia, detente with the Soviet Union, the opening to China, shuttle diplomacy in the Middle East, the destabilization of Chile, and the Pakistani invasion of Bangladesh. Kissinger was a realist and pragmatist who believed that a stable world order was brought about by states pursuing their national interests rather than engaging in idealistic moral crusades in an imperfect world.

Robert Weiner taught courses on global affairs at the University of Massachusetts for a number of years and is interested in Kissinger's realist foreign policy as a strategy for building a stable world order.

579. Is it just the singing? What distinguishes operas from musicals? NEW

Instructor: Gordon Williams

Dates: 8 Fridays Jun 7 - Jul 26

Time: 2:00 – 4:00 pm

Location: Online via Zoom

Enrollment Limit: 50

Skills needed: Basic general musical knowledge

Questions about the differences between operas and musicals arose during my previous courses: "American Musical Theater" and "American Opera". After all, what is the exact difference between the genres if a Sondheim show can be presented by an opera company or a theater troupe? Perhaps it comes down to style of singing, seriousness of theme or amount of dialogue, or maybe none of these?

This course looks at works as different as Scott Joplin's "Treemonisha", Rodgers & Hammerstein's "Carousel", Bernstein's "West Side Story" and Stravinsky's "Rake's Progress". But we don't have to concentrate just on work written in America. Operas like Beethoven's "Fidelio" and Bizet's "Carmen" had spoken dialogue too. So, in this survey – which you can contribute to – we'll try to answer this question, determine where various plot ideas might fit on the opera-musical spectrum and in the process get to know some familiar and some not so familiar works in greater detail than before.

580. Advanced Adventure Hikes for the Experienced and Fit: Friday w/ Larry Lee IN PERSON

Instructor: Larry Lee

Dates: 6 Fridays, July 5 - 26, Aug 2, 9

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 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 do 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.

581. Ukulele Kanikapila Krauss Hall, UH Mānoa IN PERSON FULL

Instructor: Jason Tse

Dates: 4 Fridays, Jul 5 - 26

Time: 11:30 am - 12:30 pm

Location: Krauss Hall UHM, Room 111, Olona 209

Enrolment Limit: 15

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

Instrument: Students are expected to have their own ukulele.

This course is primarily designed for people who were in the OLLI beginner and intermediate ukulele courses to continue their ukulele journey. 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.

SATURDAY CLASSES

583. Saturday Matinee Films: Films We Loved NEW

Facilitator: Paul Piper

Dates: 10 Saturdays June 8 - Aug 10

Time: 10:00 am – 1:30 pm

Location: Online via Zoom

Enrollment Limit: none

Summer 2024 Saturday Matinee Films will be a mix of great films from the 1950's to the present day that we loved watching. 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. The class is scheduled for 3 and 1/2 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. A list of film titles with dates and length of the film will be emailed to you before the first class. Come join us to enjoyed the selected films, as well the interesting discussions after each film.

584. Botanical Drawing

Instructor: Kathryn Rone, MA, RSMT, RYT

Dates: 8 Saturdays Jun 15 – Aug 10 (no class Jul 17)

Time: 12:00 - 1:30 pm

Location: Online via Zoom

Enrollment Limit: 36

Practice drawing flowers and leaves using colored pencils or pens. We will review color theory and develop the meditative practice of observational drawing. We will discuss the elements of art and basic blending techniques for making drawings look realistic. Have a sketchbook or paper and colored pencils or pens available.

Kathryn attended Laguna College of Art and Design and taught at the Palo Alto Art Center. You can learn more about her at kathrynrone.com.

585. Continuum Meditation

Instructor: Kathryn Rone, MA, RSMT, RYT

Dates: 8 Saturdays Jun 15 – Aug 3

Time: 2:00 – 3:30 pm

Location: Online via Zoom

Enrollment Limit: 35

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

Practice gentle, easy stretches and meditations to reduce stress and to heal the mind and body. Follow guided moving meditations to calm, improve sleep, and bring peace to yourself. This practice helps to heal the internal system and the body becomes more alive. Please reduce or avoid caffeine before coming to class.

Kathryn is a Movement Therapist who offers classes to explore physical, emotional, and cellular healing. You can learn more about her at www.creativehealingmovement.com.

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

586. Carrying Culture: Celebrate Micronesian Voices **NEW IN PERSON**

Presenters: Dr. Mary Therese Hattori, Pacific Islands Development Program, and university students from Micronesia

Date: Sunday June 9, 2024

Time: 12:00 - 1:00 pm

Location: Doris Duke Theater, 900 S Beretania St

Enrollment Limit: 50-75. Open to the public with RSVP.

This session will help participants understand and support people from the region of Micronesia, focusing on an overview of the region and culturally sustaining practices based on understanding key Micronesian cultural norms. The session will also feature insights into the cultural programming for the Celebrate Micronesia Festival held on the following Saturday, June 15, at Bishop Museum, from 9 am to 3 pm.

This program is funded by a grant from the Hawai'i Council for the Humanities, through support from the national Endowment for the Humanities, and developed with support from the U.S. Department of Education Title VI National Resources Centers (NRCs) program which supports higher education areas and international studies.

Monday Talks, Events & SIGs

596. Rainbow Kupuna LGBTQ+ SIG

Facilitators: Winston Welch & Rosemary Kyte

Day: First and third Mondays, starting June 3; with possibility of in-person meetings on the Fifth Monday of the month (e.g., Jul 29).

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.

Tuesday Events & SIGs

598. OLLI Writers Circle **FULL**

Days: 5 Tuesdays, Jun 4, 18, Jul 2, 16, 30

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 “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.

600. Tour of the University of Hawaii Institute of Marine Biology: Expedition to Moku o Lo’e **NEW IN PERSON FULL**

Instructors: Athline Clark and Laura Sabine with HIMB Education team staff

Date: Tuesday Jul 9

Time: 8:00 am – 1:00 pm

Location: Heeia Kea Boat Harbor, Kaneohe Bay

Enrollment Limit: 30

Cost: ~\$15 donation

***All participants must have completed a 2024 waiver prior to class.** This tour will take approximately 3.5 hours and include climbing on and off a vessel and walking about 2 miles around the island on an uneven and slightly hilly gravel pathway.

Join us for a boat ride across Kaneohe Bay to the University of Hawaii Institute of Marine Biology to tour and learn about this fascinating island of Moku o Loe. Learn the history of the site and gain an understanding of the important coral reef ecological research being undertaken by University of Hawaii researchers. We will also be participating in an algal lab to engage in some hands-on experience. Lab fees for the boat and staffing will be required.

Wednesday Events & SIGS

587. Acrylic Painting Member Forum SIG*

Facilitator: Group led

Dates: 9 Wednesdays, Jun 5 - Aug 7 (no class Jun 19)

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. 18.

588. Gardening Walkabout: Native Hawaiian Plant Nurseries **FULL**

Instructor: Diana Duff

Dates: Wednesday, Jul 31

Time: 10:00 am – 2:00 pm

Location: TBD

Enrollment Limit: 15

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

We will be touring nurseries to learn about plants native to Hawaii. Be prepared to be part of a carpool. Bring a brown bag lunch. Instructions on where to meet will be provided once enrollment is set.

Thursday Events & SIGs

589. Watercolor Artist Forum SIG

Facilitators: Group led

Dates: 9 Thursdays Jun 6 - Aug 8 (no class Jul 4)

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.

597. Impromptu Writing SIG **NEW**

Facilitator: Esther Geil, BA, MS, MEd

Dates: 7 Thursdays, Jun 20 - Aug 8 (no class July 4)

Time: 7:00 pm - 8:15 pm

Location: Online via Zoom

Enrollment Limit: 6

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.

Esther, an avid lifelong learner with degrees in math, counseling, and technical management, has gained much from her ongoing participation in various writing groups. A relative newcomer to Hawaii who expects to live here the rest of her life, she has not gone out into the community since Covid began and is extremely grateful for the existence of Zoom to be with others in mutually enjoyable ways.

590. Coastal Ecosystems Fieldtrip 2: Exploration of Coral Reefs **IN PERSON**

Instructor: Athline Clark

Date: Thursday Jul 11

Time: 8:30 – 11:30 am

Location: Kaneohe Bay

Enrollment Limit: 12

Prerequisites: **MUST be enrolled in and attend Introduction to Coastal Ecosystems Zoom lectures.**

***All participants must have completed a 2024 waiver prior to class.** Participants should plan on getting wet and being able to put their face in the water with a mask on.

In this field trip we will wade across a coral reef flat to the reef edge stopping along the way to identify various plants and animals that comprise the coral reef. We will start at a site that allows clear views of the various types of reefs found in Kaneohe Bay to provide an overview of the site. Participants should plan on getting wet and being able to put their face in the water

with a mask on. We do not plan to be in water that is more than chest deep. The field trip will last approximately 3 hours. Participants will be provided more details on what to bring, where to meet and what will be accomplished during the field trip upon confirmation of registration for the fieldtrip.

Friday Events & SIGs

599. OLLI Book Club & Discussion Group

Days: Jun 7, 28, Jul 19, Aug 9

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 June 7 is *Remarkably Bright Creatures* by Shelby Van Pelt. 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.

591. Diamond Head Beach Landscape History **FULL**

Instructor: Carole Mandryk, beach explorer

Dates: Friday Jun 21

Time: 8:30 – 10:00 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

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

Note: The walk down is easy; the walk back up can be tiring. Wear sunscreen. Bring water. Saturday Jul 24 potential rain make-up day (walks are scheduled on lowest early morning low tide of the month).

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.

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.

592. Coastal Ecosystems Fieldtrip 1: Introduction to Rocky Intertidal Ecosystems, Sandy Beaches and Sand Dunes **IN PERSON**

Instructor: Athline Clark, MA

Date: Friday July 5

Time: 8:00 am – 12:00 pm

Location: TBA

Enrollment Limit: 12

Prerequisites: **MUST be enrolled in and attend Introduction to Coastal Ecosystems Zoom lectures.**

***All participants must have completed a 2024 waiver prior to class.** This field trip will require the ability to walk over uneven terrain along the shoreline for up to 2 miles.

Participants will analyze the types of plants and animals found in tide pools, discover the many types of organisms that make up a sandy beach and visit a protected sand dune system to study the plants and animals that are a part of this ecosystem. The field trip will be approximately four hours long and will include hands on activities to better understand the incredible diversity that compromises these ecosystems.

Participants will be provided more details on what to bring, where to meet and what will be accomplished during the field trip upon confirmation of your registration in the fieldtrip.

Summer 2024 Key Dates

May 2: Priority Request Registration begins

May 5: Hybrid Open House 1:00-3:00 pm.

May 20: Priority Request Registration Closes

May 23: Sorting program runs

May 27: MEMORIAL DAY. No classes.

May 28: Open Registration Begins

Jun 3: CLASSES START

Jun 11: King Kamehameha Day. No classes

Jul 4: Independence Day. No classes

Athline Clark Front Cover Story

Pu'u Kanehoalani (Kane's heavenly companion) is the highest peak along the ridge within the Kualoa ahupua'a. Hawaiian mo'olelo (stories, legends) say that when the peak was shrouded in clouds, the god Kane was in residence. The entire ahupua'a was a sacred place to the former Hawaiian Ali'i (chiefs). It is also a special place for me, as I was lucky enough to work at Kualoa Regional Park during college learning how to sail and steer canoes, teaching Hawaiiana and taking people on canoe rides for my job. This photo captures the mana (spiritualness) of the place and speaks to how special places like this still are in Hawaii. In my course this summer, you will learn of other special ecosystems and why it is important to care for this 'aina, this place we all call home.

Herb Kobayashi Back Cover Story

This is one of many drawings Herb Kobayashi produced while he was taking Botanical Drawing from Kathryn Rone in Fall 2018. More can be seen here.

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

olliuhm@hawaii.edu 808-956-2624

REGISTRATION HELP

Orientations & Trainings RSVP

May 6: Registration Q&A 12-1

May 24: Open Registration/Add Cart Demo 12-1

May 29: Zoom refresher training 12-1; Instructor Lumens & OLLI protocols overview 1-2

May 30: Class helper & hosting training 12-1

Jun 2: New Member Welcome. 1:00-2:30 pm. In person Krauss Hall + portions via Zoom

INDEX BY TOPIC

Art & Art History		
#	Class Title	P.
550	Pointed Pen Calligraphy	5
563	Watercolor 101 for Beginners	9
570	Discover Basic Book Binding	11
573	Intermediate Book Binding	14
584	Botanical Drawing	17
587	Acrylic Painting Member Forum SIG*	19
589	Watercolor Artist Forum SIG	19

Film, Music, & Theater		
543	Music (of India) and Spirituality - Nada Yoga Workshop	3
544	Summer Vacation NEW	3
554	Old Hollywood: Genre Pioneers NEW	6
569	The Art of Dame Judi Dench NEW	11
572	Summer at Shakespeare's Globe:	14
574	How I Learned to Stop Worrying and Love 12-Tone Music NEW	14
579	Is it just the singing? What distinguishes operas from musicals? NEW	16
581	Ukulele Kanikapila	17
583	Saturday Matinee Films: Films We Loved NEW	17
595	The Directors Eye: The Films of Akira Kurosawa, Ang Lee, and Niki Caro	10

History & Culture		
576	Struggle to Rule: European Queens, 12th to 16th Centuries	15
586	Carrying Culture: Celebrate Micronesia Voices	18
553	Queen Victoria and her <u>Daughters</u>	6
578	The Legacy of Henry Kissinger NEW	16

Literature, Poetry & Drama		
561	19th Century English Poems NEW	9
575	International Crime Fiction: Japan NEW	15
582	What is local? Exploring stories by Hawaii writers Part 2	16
599	OLLI Book Club	20

Philosophy, Religion & Psychology		
560	Mind Body Psychology NEW	11
593	Religion in Society††	4

Writing, Storytelling		
552	How to Find an Agent & Get Published	6
597	Impromptu Writing SIG	20
598	OLLI Writers Circle	19

Wellness, Health, Fitness & Exercise		
545	Zumba Gold Toning	4
547	The World of Meditation	4
548	First Steps to Begin Hiking	5
549	Fitness Sampler: BoneFit Osteo Exercise, Tabata, Functional Fitness	5
556	Introductory Tai Chi	8
559	Intermediate Hikes for the Experienced and Fit: Wednesdays w/ Larry Lee	8
567	Chi Kung (Qigong) Meditation	7
568	Easy Hikes for Novice Hikers	7
571	Introduction to the Joy of Hiking	14
577	Zumba Gold	15
580	Advanced Adventure Hikes for the Experienced and Fit: Friday w/ Larry Lee	17
585	Continuum Meditation	18
591	Diamond Head Beach Landscape History IN PERSON	20
557	Oriental Face and Body Reading and Rejuvenation	8

Social Sciences		
594	Contemporary Economic Policy Issues	10

Science, Technology & Math		
555	Managing Your Digital Footprint: Current Issues in Online Data Collection and Protection NEW	6
566	Introduction to Coastal Ecosystems	11
590	Coastal Ecosystems Fieldtrip 2: Exploration of Coral Reefs	20
592	Coastal Ecosystems Fieldtrip 1: Introduction to Rocky Intertidal Ecosystems, Sandy Beaches and Sand Dunes	21
600	Expedition to Moku o Loʻe	19
546	Tropical Gardening	4
588	Gardening Walkabout: Native Hawaiian Plant nurseries	19
562	Digitizing Your Memories	9
564	How Science and Technology are Changing Our World NEW	10

Practical Arts, Games & Hobbies		
558	Culinary Conversations	8
565	Food For Thought	10
542	Learning American Mahjong	3
551	Decluttering 101	5

CORRECTIONS AND CLARIFICATIONS IN COURSE INFORMATION

593. Religion in Society, Mondays Jul 8 - Aug 5, does not have a choice between two times. The correct time is 4:00 - 5:30 pm, p. 4

582. What is local? Exploring stories by Hawaii writers Part 2 Correct dates are 4 Fridays, Jul 5 - 26 as was indicated in the course description (the schedule table said otherwise), p. 16

584. Botanical Drawing The description for this class was initially wrong in the catalog. See the correct one on p. 17.

560. Mind Body Psychology, 8 Thursdays, Jun 13 - Aug 8 (no class July 4), ends on Aug 8, not Aug 1st, as originally indicated, p. 11

554. Old Hollywood: Genre Pioneers, 6 Tuesdays, Jun 18 - Jul 23. The movie to be shown Jun 15 has been changed from *Ghost-Breakers* to *The Deadly Trap* for technical reasons, p. 6.

584. Botanical Drawing, 8 Saturdays Jun 15 – Aug 10 (no class Jul 17). The change is that the class now ends on Aug 10, with no class July 17.

563. Watercolor 101 for Beginners, is changed to Wednesdays Jun 26 - Aug 7, (no class Jul 10)

564. How Science and Technology are Changing Our World meets for 5 Wednesdays, Jul 3 - 31 NOT 4. Time: 1:00 - 2:30

570. Discover Book Binding and **573. Intermediate Book Binding** meet at Windward Community College, Hale Palanakila 212 (catalog had "room TBA").

PLANNING TIPS FOR OPEN REGISTRATION

After you find out which courses you got into, and which are full, make a list of classes you want to add or drop starting May 28. During Open Registration (starting May 28) 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?

Remember, you can always request Registration help at this link: [REGISTRATION HELP](#)



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
olliuhm@hawaii.edu

Join us at OLLI, where education is ageless! Enjoy our affordable, non-credit program designed for adults aged 50+
Summer Term begins Jun 3rd, 2024
Introductory rate of \$50 for NEW members!



Mallards & Pond, Herb Kobayashi 2018, story p. 21

Indulge your curiosity with over 50 Classes, Workshops & Special Events
Film & Music | Literature & History | Painting & Writing | Science & Technology |
Wellness & Fitness | Gardening & More!

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

*Catalog current as of 6/6/2024. Updates and corrections will be posted online at
<https://olliuhm.augusoft.net/>