Course Catalog
Fall 2022 Edition!
Sep 18-Dec 9

Non-credit courses & events for adults 50+  

Engage your Mind, Enrich your Life!  
Introductory Rate of $50 for NEW MEMBERS!  
Register at: https://olliuhm.augusoft.net/

Fall 2022 Open House  
Sunday, August 28, 2022  
1:00 – 3:00 pm  
RSVP wbarr@hawaii.edu
Welcome to Fall 2022 Online and In-Person!

We are excited to offer 70+ classes and special events (35+ new ones!) this Fall! We remain primarily online via Zoom but 28% of fall courses are in-person, whether outdoors, or in Krauss Hall on the Mānoa campus. **Participants in in-person classes must follow any UH COVID guidelines and procedures that may be announced.**

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

**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 non-priority courses on a space-available basis. Membership fees are ordinarily non-refundable.

**Fall 2022 Key Dates**

Aug 22-Sep 5: Priority Registration period for Priority classes; Help with registration available
Aug 28: Fall Zoom Open House
Sep 5: Priority Registration Closes
Sep 7: Sorting program runs; Notification of class enrollment and waitlist status.
Sep 12: Non-priority class registration begins
Sep 18: CLASSES START
Sep 26: New Member Orientation
Nov 8: Election Day. No classes
Nov 11: Veterans’ Day. No classes.
Nov 24-25: Thanksgiving Break. No classes

**How to Contact OLLI**

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Registration help: [https://forms.gle/tZ6eWp6veeiJoFtn7](https://forms.gle/tZ6eWp6veeiJoFtn7)

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**Lumens Registration System**

Our comprehensive online registration system, Lumens by Augusoft, streamlines OLLI enrollment and course management processes. There are two phases to registration. In Phase 1 (Aug 22-Sep 5) you request courses and rank them according to your priority. After the sorting program is run, Phase 2 of registration allows you to add additional classes in an add-to-cart fashion. Phase 2 begins Sep 12th and continues all fall. Register: [https://olliuhm.augusoft.net/](https://olliuhm.augusoft.net/)

**Priority Registration**

Registration for priority classes is not first-come, first served. All registrations submitted in Phase 1 (Aug 22-Sep 5) have an equal shot at getting their priority choices via the computer-based sorting process. You indicate your top 5 priority choices for the courses you request.

Prioritize strategically! Classes with limits of <15 should be ranked #1 to maximize your chances. Unlimited courses can be ranked #5. Priorities given to more than 5 courses will be deleted. The sorting runs on Sep 7th. You will be notified Sep 7-8th which classes you were enrolled in, and which you are on the waiting list for.

**Post- Priority registration/Add to Cart.**

Registration for non-priority classes starts Sep 12th. As waitlists are cleared, priority classes with open spaces also become available to be added to your cart.
193. Figure Drawing

**Instructor:** Kathryn Rone, MA, RSMT, RYT  
**Dates:** 11 Sundays Sep 25 – Dec 4  
**Time:** 12:00 – 1:30 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 30

Drawing enhances brain function and well-being. It also develops hand eye coordination and observation. We will learn to draw the human figure, following along with simple steps. Bring paper or a sketchbook and pencils or pens.

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](http://kathrynrone.com).

194. Chair Yoga

**Instructor:** Kathryn Rone, MA, RSMT, RYT  
**Dates:** 11 Sundays Sep 25 – Dec 4  
**Time:** 2:00 – 3:30 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 40  
*All participants must have completed a 2021 waiver prior to class.*

Reduce stress and increase your strength, flexibility, mobility, ease, and balance. We will strengthen the abdomen, become more aware of the body, feel our breath, and enjoy stretching. Gentle, easy movements come from following a natural flow. Modifications will be offered for all.

Kathryn is a Somatic Therapist who has taught and practiced Hatha yoga for many years. You can learn more about her at [www.creativehealingmovement.com](http://www.creativehealingmovement.com).

197. Handcrafting Bamboo Flutes **IN PERSON - NEW**

**Instructor:** Jesse Kalu  
**Dates:** 3 Sundays Sep 25 - Oct 9  
**Time:** 12:00 - 3:00pm  
**Location:** Krauss 112  
**Enrolment Limit:** 6

**Materials fee:** $30 to be paid directly to instructor at first class  
**Skills:** It would be advantageous if you are mechanically inclined, good with small handcrafting tools.

Handcraft your own personal, locally grown, bamboo flutes! You will start with a bamboo flute blank prepared by Jesse, to make it possible to complete your flute in three weekly sessions. Each flute will be tuned to a pentatonic minor scale. You will also learn how to play your flute, as well the basic care and handling of flutes.

Jesse Kalu has 30 years of experience handcrafting bamboo flutes and performance experience presenting concerts locally, domestically, and internationally. Additionally, Jesse performs at retreats, resorts, weddings, and ceremonies.

196. Smart Games **IN PERSON**

**Presenter:** Uyanga Batzogs, MBA, PhD  
**Dates:** 6 Sundays, Oct 16 – Nov 20  
**Time:** 1:00 – 2:30 pm  
**Location:** Krauss 111  
**Enrollment Limit:** 20

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 unique from typical board/card games common in America. They test speed, critical thinking, math, and other important factors in intellectual functions. More than that though, they’re fun and a great way to meet new people and make friends!

Uyanga is from Mongolia where she founded Quality Life, a non-profit in Ulaanbaatar that started Mongolia’s first senior center which uses board games as its main socializing and learning tool. She just 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.
198. Music Mythology: The Urban Legend of the 27 Club IN PERSON - NEW

Instructor: Teagan Staskawicz, BA UCSD  
Dates: 8 Sundays Oct 16 - Dec 4  
Time: 11:00 am – 12:30 pm  
Location: Krauss 111  
Enrollment limit: 24

For years, the public has been fascinated by how many actors, artists, and musicians of great talent have passed away at age 27 - whether by way of a drug overdose, an accident, or the act of taking their own life. Incredible artists like Jimi Hendrix, Janis Joplin, Jim Morrison, and more were taken from us far too soon, in what Rolling Stone called, “one of the most elusive and remarkably tragic coincidences in rock & roll history.” This 8-week course will explore the urban legend of the 27 Club through scholarly writings as well as the life, death and music of some of the most prominent ‘members’ of the 27 Club: Robert Johnson, Brian Jones, Jimi Hendrix, Janis Joplin, Jim Morrison, Kurt Cobain, and Amy Winehouse.

Teagan is a Masters of Music Candidate at UH-Mānoa, studying classical vocal performance. In 2020, she graduated from UC San Diego as a double major in Theatre and Music. Despite primarily singing classical and musical theatre repertoire, Teagan is an avid listener and scholar of all kinds of music including but not limited to the blues, jazz, rock and roll, pop rock, and popular music. She also serves as the OLLI-UHM program’s graduate assistant.

205. Impact of Electricity and Magnetism on Modern Life

Instructor: Pradip Kar  
Dates: 6 Mondays, Sep 19 – Nov 7  
Time: 9:00 – 10:30 am  
Location: Online via Zoom  
Enrollment Limit: 16

Starting some 200 years ago the science of electricity and magnetism has had a profound impact on the quality of our lives; the future promises even more! Electricity illuminates our lives, enables us to communicate over long distances, keeps us comfortable, powers many of our projects, stores energy for future use and does so with minimum adverse environmental effects. We will introduce the basic sciences and technologies, cover the history of development and examine impacts on modern life. Some topics to be covered are power generation and distribution; lighting (from oil lamps to LEDs!) DC and AC motors, electronics such as radio; cellphones and other topics as time permits. Math will be introduced but kept to a minimum.

Pradip Kar is a retired weapons system engineer who has taught courses in electrical and systems engineering at the college level. For OLLI he has taught several classes on the history of mathematics and the literature of India.

202. The History of Museums: Stealing, Sharing and Showing Off

Instructor: Catharine Bramkamp, M.A.  
Dates: 4 Mondays, Sep 19 - Oct 10  
Time: 10:30 am - 12:00 pm  
Location: Online via Zoom  
Enrollment Limit: none

In this history class, we will learn where, how and why museums emerged. A by-product of the curiosities and collections of the 17th century, the invention and establishment of public museums is much rockier and fraught than their placid exteriors would indicate. From glued-together mermaids to blockbuster shows, this overview takes you through the history of our most venerated institutions including the Met, the British Museum and the Louvre.
203. Re-reading Lewis Carroll's *Alice in Wonderland* NEW

**Instructor:** Les Ozawa, BA, MA English UH-Mānoa,  
**Dates:** 6 Mondays, Sep 19 - Oct 24  
**Time:** 12:00 - 1:30  
**Location:** Online via Zoom  
**Enrollment Limit:** 20  
**Requirements:** Ability to download the text onto your digital device (preferred way) or read it online

This discussion group is to bring together people who have enjoyed reading this children’s classic to talk about it from their “adult” point of view. It’s not as fashionable now, but writers, including physicists and philosophers, have used episodes, situations and dialog from this book to illustrate their arguments. The book is copyright-free on the Gutenberg Project and other websites, and is downloadable in various digital forms and platforms. Before the first class, I will suggest a common text (same page numbers) for all to use. No reading is required before the first class but you should have the text in hand for discussion on the first day, when we talk about the author and his life and times.

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.

199. Tropical Gardening

**Instructor:** Diana Duff  
**Dates:** 10 Mondays, 9/19-12/5 (no class 10/10, 11/21)  
**Time:** 2:00 – 3:30 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 75

Note that specific topics in Tropical Gardening vary by semester, some offered every term, some rotated.

9/19: *Gardening Basics:* building soil, adding nutrition and watering  
9/26: *Ornamentals ID:* Identifying 50+ ground covers, vines & shrubs  
10/3: *Ornamentals ID:* Identifying 50+ shrubs & trees

10/10: NO CLASS  
10/17: *Edible Flowers:* how to select, grow and use edible flowers  
10/24: *Composting:* backyard bins & vermicomposting with worms  
10/31: *Pruning 1:* basics of pruning  
11/7: *Pruning 2:* situations and demonstrations  
11/14: *Amendments & Fertilizers* for soil and plant health  
11/21: NO CLASS  
11/28: *Diagnosing Plant Problems:* steps to diagnose problems  
12/5: *Solving Plant Problems:* ways to solve problems

Diana Duff was an organic farmer on the Big Island for 25 years. She taught numerous gardening classes in Kona and has been teaching gardening classes at OLLI for the last two years. She continues to write a regular gardening column for *West Hawai‘i Today* and is a partner in the farm and garden consulting business FarmWorks Hawai‘i. ([farmworkshawaii.com](http://farmworkshawaii.com))

204. Daily Life Meditation Practice

**Instructor:** Michael Zucker, former Peace Corps member  
**Dates:** 6 Mondays, Oct 31 - Dec 5  
**Time:** 12:00 – 1:30 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 50

This a course for anyone - beginner or experienced - interested in Vipassana or Insight Meditation. While this practice comes from the SE Asia tradition of Theravada Buddhism, it is not a course in religion. A number of techniques useful in observing mind and body, as well as our positive and negative responses to our own experience, will be offered. I hope to offer everyone the possibility of accessing a sense of well-being, an ease of decision making, and an understanding of mind and body processes, free of judgment about whether we're right or wrong. Questions are welcome and encouraged. It's a time to take a breath and relax.

Michael first encountered Buddhist meditation while serving in the Peace Corps in Thailand in 1966. Since then, he was on the first staff at the Insight Meditation Society in Barre, MA, and has studied meditation with teachers of various Buddhist tradition.
TUESDAY CLASSES

206. First Steps to Begin Hiking in Hawai‘i
IN PERSON

Instructor: Mike Fujita
Dates: 4 Tuesdays, Sep 20 - Oct 11
Time: 9:00-11:00 am first class; subsequent hikes are longer
Location: Varies
Enrollment Limit: 17
*All participants must complete a 2022 waiver prior to class. Must be able to walk at a 2 mile per hour pace on flat ground.

If you have any hesitancy about your ability to participate in an OLLI hiking class, this class is for you. This is not a hiking class. Hiking requires a sufficient level of fitness, some special skills, and proper preparation to stay safe. Safety is our primary concern. This class will prepare you to go from walking in the neighborhood to beginning your hiking career in Hawai‘i. 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. Even if you are an experienced hiker outside of Hawai‘i, hiking in the islands can be trickier. There can be more ways to put yourself in peril. It took me two years before I had a fall-free hike.

The first class is only informational. We do not walk or hike until the second class when you will be better prepared. The third and fourth classes are progressively more difficult hikes. The final class will be the longest at 4-5 hours.

Sep 20: Walking. [Ala Moana park]
Sep 27: Where to walk. Where to hike. [Kawainui trail]
Oct 4: What to wear. [Tantalus from Pu‘u Ualakaa State Park]
Oct 11: What to pack and what to do the morning of and the night before. [Aiea Loop Trail]

207. Beginning Ukulele IN PERSON - NEW

Instructor: Jason Tse
Dates: Tuesdays, Sep 20 - Oct 18
Time: 10:00 - 11:00 am
Location: Krauss 111
Enrollment 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, common chords, and how to read basic ukulele 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 pick out the perfect ukulele for them.

Jason Tse is currently working on his Masters of Music Composition at UH-Mānoa, Jason enjoys sharing the joy of strumming the ukulele through his work as an ukulele specialist and teacher at Ukulele Puapua, a store located at the Sheraton Waikiki, teaching students of various ages.

209. Two Jane Austen Novels: Sense and Sensibility and Mansfield Park NEW

Instructor: Joe O’Mealy, PhD, Victorian Lit, Stanford Emeritus Prof, English, UH-Mānoa.
Dates: 8 Tuesdays, Sep 20 – Nov 15 (no class Nov 8)
Time: 2:00 pm – 3:30 pm
Location: Online via Zoom
Enrollment Limit: none
Texts: Sense and Sensibility and Mansfield Park
Reading: Please read as far into Volume 1 of Sense and Sensibility as you can before our first class on Sep 20

A witty critic has described the exalted position that Jane Austen holds in English fiction thus: "Jane Austen is to fiction what Coca-Cola is to fizzy drinks." He should have added, "but does not promote obesity and gas." In her brief 42 years, Austen published four novels, Sense and Sensibility (1811), Pride and Prejudice (1813), Mansfield Park (1814), and Emma (1815). After her death two remaining novels were published, Northanger Abbey and Persuasion (1817).

In our eight weeks of meetings, we will read two of these perhaps less-familiar novels, Sense and Sensibility and Mansfield Park. I am particularly interested in looking at ways in which Austen matures as a writer over that brief time period, from an early effort to a more complex presentation. So that we can begin with a robust discussion during the first class, read as far into Volume 1 of Sense and Sensibility as you can.
Joe O’Mealy retired from UHM as an Emeritus Professor of English after 35 years of teaching classes in 19th century British literature, especially the novel, as well as contemporary and modern drama.

210. Ringing Handbells 101 and More IN PERSON - NEW

Instructor: Karen Carlisle  
Dates: Tuesdays, Oct 11 - Dec 6 (no class Nov 8)  
Time: 10:00 - 11:30 am  
Location: Krauss 113B  
Enrolment Limit: 8  
Prerequisites: No experience necessary  
Materials fee: $15 for sheet music; $6 for optional gloves to protect your hands

Are you interested in learning how to ring handbells? This is your opportunity. This is a hands-on class for beginners. We will be learning how to ring the bells and make music. No musical experience is necessary but it can be helpful, and experienced ringers are welcome! Handbells are the easiest instrument to learn and master in a short period of time to successfully learn to play a piece of music.

There are many different sounds that handbells can make and these techniques will all be taught in this class. This class will teach the basics of music hands-on to make it fun while learning. English handbells date back to the 1800’s and have evolved tremendously. You generally will find handbells in church settings but in the past couple of decades they have ventured more out into the community.

Karen Carlisle has rung handbells for 46 years and directed for 30. Pre-Covid she was directing five groups - an advanced and beginning community group, middle after school group, children’s group, and an adult church group. Not all of these have resumed yet. Her specialty is working with beginning ringers. She has a system that will get non-ringers ringing a song in no time at all. She is the Regional Coordinator for Handbell Musicians of America Area 12, California, Nevada and Hawai‘i, and also a workshop clinician.

211. The Cold War

Instructor: Carol Zink, BA, MBA  
Dates: 8 Tuesdays, Oct 11 - Dec 6 (no class Nov 8)  
Time: 11:00 am – 12:30 pm  
Location: Online via Zoom  
Enrolment Limit: None

In this 8-week course we will examine the roots and events of the Cold War. Why did solid WWII allies - the U.S. and the USSR- square off against one another? What were the driving forces of the two sides? How 'cold' was the Cold War (what about all those 'proxy wars')? To what extent did the conflict shape the world of the second half of the 20th C. and the world in which we live today? Is our 'common wisdom' about the Cold War accurate?

Carol Zink, a retired high school history teacher, and one of OLLI’s most highly rated instructors, taught several history courses for us in person before moving back to the mainland, and many online courses for the past three years. She returns to Hawaii this fall.

212. On Oahu’s Trails: An Overview of Hawai‘i’s Natural History IN PERSON

Instructor: Mike Fujita  
Dates: 6 Tuesdays, Oct 18 - Nov 29 (no class Nov 8)  
Time: Fieldtrips meet at the trailhead at 9:00 am unless indicated otherwise.  
Location: Varies, see below.  
Enrollment Limit: 17  
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 2022 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 here 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:
Oct 18: Geology at the Old Pali Road  
Oct 25: Native Species at Puu Ohia-Mānoa Cliffs Trail  
Nov 1: Marine native species; Polynesians at Hanauma Bay Rim  
Nov 15: Ethnobotany at Lyon Arboretum  
Nov 22: Western Contact at Kaena Point  
Nov 29: Conservation at Palikea

Mike has led over 6000 Nature Tours for guests from other climes since 2001. He is a Lifetime member of the Hawaiian Trail and Mountain Club and a member of Solemates and the Sierra Club.
213. Pacific Encounters 2  NEW

**Instructor:** John Fleckles, Ph.D.
**Dates:** Tuesdays, Oct 18 - Nov 22 (no class Nov 8)
**Time:** 4:00 – 5:30 pm
**Location:** Online via Zoom
**Enrollment Limit:** none

Examines living cultural traditions encountered through travel in five South Pacific islands: the arts of Iatmul of Papua New Guinea, the living traditions of Fiji and Tonga, the foods and markets of Tahiti and unraveling the "mysteries" of Rapa Nui (Easter Island). This is Part 2; Part 1 was taught Fall 2021. Five Powerpoint presentations of cultural encounters (with photos) and discussion.

**Oct 18:** The Arts of the Iatmul of Papua New Guinea
**Oct 25:** Encountering Living Traditions in Fiji
**Nov 1:** Encountering Living Traditions in Tonga
**Nov 8:** No class
**Nov 15:** The foods, markets and ancient temples (marae) of Tahiti
**Nov 22:** Unraveling the "Mysteries" of Rapa Nui

John Fleckles has lived and worked in Hawai‘i for over 50 years. After retiring from HPU in 2008 he has traveled through the Pacific islands and has served for many years as a travel guide/instructor in the South Pacific for Road Scholar/Elderhostel educational travel programs. He is happy to share his enthusiasm for these Pacific Island cultural encounters with you.

214. Basics of Astrological Analysis  NEW

**Instructor:** Richard E. Bradshaw PhD
**Dates:** 4 Tuesdays, Oct 25 - Nov 22 (no class Nov 8)
**Time:** 10:30 am – 12:00 pm
**Location:** Krauss 112
**Enrollment Limit:** 14

**Pre-Registration Notes:** This class will be held in-person on Mānoa campus in the Krauss seminar room 112, so please consider whether parking is an issue for you before registering.

**Course Resources:** All registrants will receive instructions on downloading your own natal chart, and access to the course PowerPoint that contains a hyperlinked Table of Contents to various topics within the PowerPoint

The best way to study astrology is to study your own Natal chart. As we go through the various steps in analyzing natal charts during class, you will be able to apply that information to the study of yourself, which makes it much more interesting. The goal of this course is to enable the individual to analyze their own Natal chart in an effective manner.

Students must bring their natal chart to every class. We will be working together in pairs or small groups sharing our natal chart insights of our own and each other’s natal charts. We will do this through small-group discussions and class-wide discussions guided by various issues which come up during our group studies. We will be progressing through a different section of this PowerPoint in each class. Thus, this is a discussion class, not a lecture class, and we will all be throwing our insights into the ring for everyone to ponder.

Richard spent twenty-six years teaching in Japan while traveling extensively and living for short periods in many Asian countries. He has practiced yoga and meditation daily for over fifty years. A longer bio is available at [http://1cosmicenergy.com/](http://1cosmicenergy.com/).

215. Connect, Learn, Share: Tips and Techniques for Our Digital Age

**Instructor:** Helen Carey
**Dates:** 6 Tuesdays, Oct 25 - Dec 6 (no class Nov 8)
**Time:** 1:00 – 2:30 pm
**Location:** Online via Zoom
**Enrollment Limit:** 40

Have you ever wondered “How did they do that with their computer?” or “Can I do that with my cell phone?” or “Wow, Alexa (or Google Assistant) does that for you?” One way to learn the answer to your question is to Google it. The results can be helpful and reliable or confusing, frustrating and/or misleading. Our goal is to connect and learn from each other. We will explore tips for finding information on the Internet, useful websites, taking and storing notes, using a home assistant, saving time on your device, and topics you suggest.

Class members are expected to have experience using their computer or cell phone and want to learn some useful and time-saving tips and share their tips and insights with their classmates.

Helen Carey was an Information Technology specialist at the University of Hawai‘i providing technical support for faculty, staff and students and taught computer classes for 25 years. Afterwards, she worked as an actuarial analyst and independent consultant.
208. Intermediate Ukulele IN PERSON - NEW

Instructor: Jason Tse  
Dates: Tuesdays, Nov 1 - Dec 6 (no class Nov 8) 
Time: 10:00 - 11:00 am  
Location: Krauss 111  
Enrollment Limit: 15  
Prerequisites: Beginning Ukulele or knowledge of basic chords and techniques.  
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 intermediate level course will include more challenging chords, intermediate strumming techniques such as chucking and arpeggios, and an introduction to playing basic solo pieces. Students will leave the course being able to play several songs, information on the history and culture of ukulele playing, as well as how to pick out the perfect ukulele for them.

216. Pearl Harbor to Midway: Six Months That Saved the World? NEW

Instructor: Robert Warwick, MBA, JD  
Dates: 3 Tuesdays, Nov 22 - Dec 6  
Time: 10:00 am – 12:00 pm  
Location: Online via Zoom  
Enrollment Limit: none  
Reading: Prior to the first class, students will receive a detailed course summary.

Bob Warwick, an instructor with the OLLI at the University of Richmond, has updated his Pearl Harbor to Midway course to commemorate the 80th anniversary of the Pearl Harbor attack, incorporating new material that has been published since the course was originally offered. The focus will be the first six months of US participation, beginning with the state of the world on December 6, 1941, and the attack on Pearl Harbor and concluding with the ‘Miracle’ at Midway. In addition to the how, what and why of the events themselves, we will consider their significance, not only to the outcome of the Pacific war but also in allowing the allies to carry out the “Germany first” strategy.

Bob Warwick practiced law for 40+ years, including 17 years as in-house Tax Counsel for Reynolds Metals Company and 20 years as counsel to a Richmond law firm. He has led a number of Osher courses over the past few years. In the 1960s, Bob spent three years on active duty as an officer in the U.S. Navy. We appreciate Bob’s generosity in sharing his updated version of this course he originally taught in Richmond in 2018.

217. Introductory Tai Chi

Instructor: Ken Koike  
Dates: 12 Wednesdays, Sep 21 - Dec 7  
Time: 9:30 am – 10:30 am  
Location: Online via Zoom  
Enrollment Limit: 75

*All participants must have completed a 2022 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); reducing stress, anxiety, and depression; and increasing energy, endurance, and agility. Practitioners of Tai Chi experience an improvement in mind, memory, and concentration, as well as overall feelings of well-being. Students will learn basic Tai Chi and Qigong principles. The Yang style Tai Chi will be taught. The course starts at a beginner level. No prior experience necessary. Join us! Ken Koike, a martial arts (judo, karate, aikido) enthusiast for most of his personal life, is very experienced in Chinese internal martial arts including Tai Chi, Bagua, and Qigong, and is a certified Tai Chi for Health instructor for Tai Chi for arthritis and fall prevention and rehabilitation.

218. Introduction to Storytelling: So You Want To Write A Story

Instructor: Sidney Goldstein, M.A., English  
Dates: 8 Wednesdays, Sep 28 - Nov 23 (no class Oct 5)  
Time: 12:00 – 1:30 pm  
Location: Online via Zoom  
Enrollment Limit: 15  
Text: The World’s Greatest Short Stories, Dover Edition ($5.99 on Amazon; $1.99 on Kindle)  
Readings: Handouts and assignments will be sent via email throughout the course.

In this storytelling course you must answer three basic questions: 1) What is the story that I want to tell? 2) How much of the story must I know before I begin? 3) How can I make sure that my reader wants to know what happens next? We will talk about the two bargains that writers make with their readers.
The emotional bargain: Read this and you’ll be entertained or you’ll be scared or saddened. You’ll be made nostalgic or uplifted. No matter what, you will be absorbed.  
The intellectual bargain: Read this and you’ll see the world from a different perspective than your own.

Here is how the course will be laid out: First an Introduction to storytelling as a human art form, and then we move on to Building a Story. 1) Reading selected short stories to understand how they are constructed; 2) Working on segments of a story and writing them; 3) Composing a story through writing various parts. Hopefully, you finish the class with a short story that you want to tell.

PLEASE NOTE: This class entails reading, writing and sharing what you’ve written with your instructor and with your classmates. If you do not want to participate in these activities, you might want to consider another OLLI selection.

Sid Goldstein has done technical writing for NASA, Whirlpool and Blue Cross Blue Shield, taught writing courses at UNLV, the Univ of Colorado, and other schools. In 2020, he published a book of short fiction entitled American Pastimes, and has also published poetry and short stories in prominent literary journals.

219. From Short Story to Hollywood Film

Instructor: Lloyd Lim  
Dates: 4 Wednesdays, Oct 5 - 26  
Time: 9:00 – 11:00 am  
Location: Online Zoom class  
Enrollment Limit: 30  
Text: Selected Stories of Philip K Dick with Introduction by Jonathan Lethem. (Houghton Mifflin Harcourt 2002). Price of new hardcover: $21 to $30; $12 Kindle on Amazon; one copy in state library system; one copy in UH Hamilton library for library use only.

Writer of short stories and prior OLLI teacher of screenwriting will lead students in an examination of two short stories by sci-fi writer Philip K. Dick that were turned into successful Hollywood films: The Adjustment Bureau (2011) with Emily Blunt & Matt Damon and Minority Report (2002) with Tom Cruise & Max Von Sydow. We will read the stories and watch the films and then explore story structure for film and key issues that arise in the adaptation of fiction to film. The two short stories must be read before the first class and are found in the text listed above.

Oct 5: Discussion of 2 short stories: The Adjustment Team & The Minority Report  
Oct 12: Watch The Adjustment Bureau and discuss  
Oct 19: Watch Minority Report and discuss (extra-long class—film is 145 minutes)  
Oct 26: Lecture/discussion/workshop on film storytelling and fiction adaptation for film.

Lloyd majored in English Literature at Columbia; wrote a book on Screenwriting; and has recently published 10 short stories. It is recommended that you obtain the Philip K. Dick short story collection, but if that is not possible, Lloyd may be able to provide PDF of the 2 stories. One PDF is on the longer side.

#220. Acrylic Painting

Instructor: Jack Geng, BFA, UH-Mānoa  
Dates: 10 Wednesdays, Oct 5 – Dec 7  
Time: 10:00 am – 12:00 pm  
Location: Online via Zoom  
Enrollment Limit: 16  
Materials: You will be sent a materials list after your registration in the class is accepted.

Instructor Jack Geng offers a fun, unintimidating painting course to develop your painting skills. The main requirement is your passion for art and art supplies. We start a new painting each week. You will gain understanding of color theory, value structure and composition as we explore the many possibilities of the acrylic medium. Jack has taught at Damien High School and the Ala Wai Recreational Facility.

221. Topics and Conversations on Aging and Dying with Dignity

Instructor: Michael Cheang, DrPH  
Dates: 6 Wednesdays, Oct 12 – Nov 16  
Time: 10:00 am – 12:00 pm  
Location: Online via Zoom  
Enrollment Limit: 24

The longevity revolution, in part, has been set in motion by advances in agriculture, food distribution, public health, medicine, exercise science and kinesiology. It is no longer a surprise for older adults to live 30 years after they retire. Unfortunately, longevity is not always accompanied by relatively good health and independence. On the contrary, longevity may also be punctuated with loss of autonomy, elder abuse, and difficult end of life situations.
The 6 (2-hour) meetings in this series will explore the: 1) myths and realities of aging; 2) significance of making informed choices about health and care in our later years especially in times of frailty and declining independence; and 3) meanings and issues of death and dying.

Participants will have opportunities to 1) discuss and clarify options in elder care, and 2) share information and discuss our experiences regarding dying and end of life matters (advanced directives, care planning options, hospice care) in a safe space. This series is offered in partnership with Navian Hawai‘i (formerly Hospice Hawai‘i) and the University of Hawai‘i Elder Law Program.

Michael Cheang has over 25 years of university teaching experience. He teaches Family Resource Management and Family Public Policy in the Human Development and Family Studies Program at the UHM. In the past decades, he has partnered with the county offices on aging and non-profit agencies in the State of Hawai‘i to provide training for individuals who care for or work with older adults. His doctorate is in Public Health with a focus in Gerontology.

222. Hiking for Novices Hawai‘i IN PERSON

Instructor: John B. Hall, Prof. Emeritus, Microbiology
Dates: 6 Wednesdays, Oct 19 - Nov 23
Time: Fieldtrips meet at the trailhead at 7:30 am unless indicated otherwise.
Location: Varies, see below.
Enrollment Limit: 16

*In addition to completion of a 2022 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 among 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.

John Hall has hiked Hawai‘i’s trails for 60 years, and plans to continue as long as he is able. Along the way he founded a local hiking group called “Solemates,” authored A Hiker’s Guide to Trailside Plants in Hawai‘i, and has served as a long-time leader of hikes for OLLI-UHM. He notes that he is now the longest living member of the Hawaiian Trail and Mountain Club, having been a member for more than half of its 112-year history!

225. Legendary Poetry NEW

Instructor: Carrie Martin
Dates: 8 Wednesdays, Oct 19 - Dec 7
Time: 1:00 - 3:00 pm
Location: Online Zoom class
Enrollment Limit: 12

Class participants will create and share poems drawing inspiration from the art of musical and poetic storytelling to include the troubadour poets of the past and the modern ballad. Join the romantic and sometimes melancholy journey from the old country to the heartland of America. The online zoom time will consist of discussion and sharing our original works for group feedback. Both emerging and seasoned poets are welcome.

Carrie Martin is a published poet, teacher, and intrepid international traveler. Her poems have appeared in literary magazines and most recently she was published in the Bamboo Ridge Press. Carrie’s poems honoring Queen Lili‘uokalani have been acknowledged by prominent members of the Hawaiian community including the Queen Lili‘uokalani Trust.

Fall 2022
Class Volunteers Needed!!

Opportunities to assist during your Zoom classes include taking attendance, monitoring the chat box, and noticing members who wish to ask a question. Remember, you don’t just take classes at OLLI, you become a member of a lifelong learning community! Get involved! Training & mentoring provided
RSVP here: https://forms.gle/tuDr3UcdovJjope1A
226. Falun Gong Meditation for Mind & Body **IN PERSON**

**Instructor:** Hong Jiang, PhD  
**Dates:** 6 Wednesdays, Oct 26  
**Time:** 3:00 – 4:30 pm  
**Location:** Krauss 111  
**Enrollment Limit:** 24  
*All participants must complete a 2022 waiver prior to class, if they do not already have one on file.*

This course will introduce Falun Gong (also called Falun Dafa), an ancient mind-body meditation practice originating in China. The Falun Gong practice has two components: five sets of movement exercises and sitting meditation, and moral teachings based on the principles of Truthfulness, Compassion and Tolerance. In our classes, we will learn about the teachings of Falun Gong, and learn to perform the exercises. This course offers a foundational understanding and experience of mind-body practices, which will help learners improve their well-being. For information about Falun Gong, go to: [www.falundafa.org](http://www.falundafa.org)

Hong Jiang, an Associate Professor in Geography and Environment at UH-Mānoa, and expert on the cultural geography and tea and culture in ancient China, has been practicing the mind-body discipline of Falun Gong since 2004. She finds the practice incredibly helpful for maintaining health, relieving stress, and improving awareness, and has been offering instruction on the Falun Gong practice since 2006.

227. Culinary Conversations

**Presenter:** Tom Sheeran  
**Date:** 7 Wed, Oct 26 - Dec 7  
**Time:** 7:00 – 8:00 pm  
**Location:** Online Zoom class  
**Enrollment Limit:** 36

We gather on Zoom on a weekly basis to explore food, share conversation, and to stay connected. We enjoy sharing our culinary adventures. For those who share a mutual 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. All are welcome to participate in the conversation or just listen in. Tom is a self-described food junkie avoiding recovery.

228. Reading Japanese Short Stories in English Translation

**Instructor:** William Ridgeway, PhD, UH

**Dates:** 6 Wednesdays, Nov 2 - Dec 7  
**Time:** 1:00-2:00 pm  
**Location:** Online Zoom class  
**Enrollment Limit:** 15-20  
**Course text:** *Penguin Book of Japanese Short Stories* (English).  
**Reading:** Please read the *Introduction, From Seppuku to Meltdown* by Haruki Murakami and *Sanshiro*, the first story before the first class.

We will read stories from 1898 to 2014, many of them contemporary and translated for the first time by Jay Rubin. The stories cover a broad range of topics: Japan and the West, Seppuku, Men and Women, Nature and Memory, Dread, Atomic Bombings, Post-War Japan, and Natural Disasters. The course is taught in a lecture and discussion format – hoping for fellow lifelong learners to volunteer to take the lead on stories not included in our reading list by sharing a brief synopsis.

The text can be found in many Hawai‘i State Library locations, as well as many online stores, and is available on Kindle.

229. The Great Classic Greek Trilogies

**Instructor:** Dave Johnson, BA Yale, JD Harvard Law  
**Dates:** 5 Wed, Nov 2 - Dec 7 (no class Nov 23)  
**Time:** 2:00 – 4:00 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 45+

**Texts:** The Robert Fagles translations (Penguin & Kindle) of The Oresteia and The Three Theban Plays will be cited.

The Oresteia, by Aeschylus (525-455 BCE), and the Theban Plays by Sophocles (496-406 BCE) each focus on one family, and contain three tragic plays. These two trilogies were developed very differently. Aeschylus wrote his 3 plays at approximately the same time for performance together on one day – at the Dionysian Festival of Athens in 458 BCE.

Sophocles’ Theban tragedies were written many years apart, for separate performances. While together they tell the story of Oedipus, his parents and children, they were not written to present one consistent story. The most famous of these plays – *Agamemnon*, by Aeschylus, and *Oedipus the King* and *Antigone*, by Sophocles, rank among the greatest tragedies ever written.
The classes will be as follows: 11/2 Agamemnon; 11/9 The Libation Bearers, The Eumenides; 11/16 Oedipus the King; 11/30 Oedipus at Colonus; and 12/7 Antigone.

Dave’s literary interests started in high school with Shakespeare. Over the years, this hobby spread to teaching Elizabethan, Classic Greek, and drama of all periods. He has taught the great epics – Iliad, Odyssey, Aeneid, Divine Comedy, and Paradise Lost. A retired Honolulu attorney, Dave has taught at OLLI (previously ALL) since 1997 and remains one of our most popular instructors.

230. Clear Clutter by Telling the Story of Your Stuff NEW

Presenter: Jamie Novak
Dates: 6 Wednesdays, Nov 2 - Dec 7
Time: 3:30-4:30 pm
Location: Online via Zoom
Enrollment Limit: 30

Join bestselling author and expert organizer Jamie Novak for this virtual program all about capturing your story while you declutter. You’ll learn how to write your story while sorting through your treasures, collections, and sentimental items. Log on and get the answers to your clutter clearing questions. If you have clutter, are a saver, or sentimentalist this program is for you.

231. Wednesday Morning Watercolors

Instructor: Kit Cameron, BA, MFA
Dates: 4 Wednesdays, Nov 16 – Dec 7
Time: 10:00 – 12:00 am
Location: Online via Zoom
Enrollment Limit: 16
Materials: You will be sent a materials list after your registration in the class is accepted

Have you wanted to try painting in watercolor? With this versatile medium you can express yourself in so many different ways. This class is especially (but not exclusively) for beginners. Each week we will explore a different theme: Color, Value, Shape and Space, with plenty of time to paint and ask questions. Exercises and demos help you build your skills, even if you have never painted before! A detailed materials list will be provided with time to buy supplies before the first class.

Kit Cameron has been drawing and painting the landscape for 30 years. As an educator on the mainland and in Hawai‘i she has learned that we all have something to teach one another. (www.kitcameron.com)

THURSDAY CLASSES

201. Anxiety and Desire in American Science Fiction

Instructor: Sue Nance, Amer Studies, BA, MA, ABD
Dates: 11 Thursdays Sep 22 – Dec 8 (no class Nov 24)
Time: 9:00 am - 12:00 pm
Location: Online via Zoom
Enrollment Limit: None

Since the beginnings of human thought, we have had the need to speculate on our origins. We have, essentially, used Creation mythologies to grasp the most fundamental questions which all people regard with wonder. Whether we believe that we are on a tortoise’s back, have been given a garden of miraculous gifts, or hide from a Big Bang, we require an explanation. “Science fiction” is the most workable framework by which we can try to contain our guesses (although one of our greatest storytellers, Ray Bradbury, has always called his own efforts "speculative fiction.")

We will look at films which provide the historical context for much of this speculation during our lifetime—for example, the fear of Communism produced stories of "alien" invasions, and our fear of the nuclear devastation which we released at Hiroshima, and in dozens of tests, engendered tales of giant ants, homicidal rabbits and (my personal favorite) killer tomatoes.

I hope that those of you who are not usually sci-fi fans will join us anyway, in examining how we tell those stories by which we attempt to answer some of our more profound questions.

232. Beginner Backgammon for Fun and a Better Mind

Instructor: Mike Fujita
Dates: 3 Thursdays Sep 22 – Oct 16
Time: 9:00 – 10:30 am
Location: Online via Zoom
Enrollment Limit: None
Prerequisites: None.
### Fall 2022 Course Schedule by Day of the Week

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<th>Day/Course Title</th>
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<td>Figure Drawing</td>
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<td>Chair Yoga Waiver</td>
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<td>Handcrafting Bamboo Flutes N</td>
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<td>Smart Games</td>
<td>Batzogs</td>
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<td>Music Mythology: The Urban Legend of the 27 Club N</td>
<td>Staskawicz</td>
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<td><strong>MONDAY COURSES</strong></td>
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<td>Hyphenated Americans: Ethnicity in American Film N</td>
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<td>Impact of Electricity and Magnetism on Modern Life N</td>
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<td>The History of Museums: Stealing, Sharing &amp; … N</td>
<td>Bramkamp</td>
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<td>Re-reading Lewis Carroll's Alice in Wonderland N</td>
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<td>Tropical Gardening</td>
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<td>Daily Life Meditation Practice</td>
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<td>*First Steps to Begin Hiking in Hawaii Waiver</td>
<td>Fujita</td>
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<td>Beginning Ukelele N</td>
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<td>Two Jane Austen Novels: S &amp; S &amp; Mansfield Park N</td>
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<td>Ringing Handbells 101 and More N</td>
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<td>*On Oahu’s Trails: Hawai'i's Natural Waiver</td>
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<td>Pacific Encounters 2 N</td>
<td>Fleckles</td>
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<td>Basics of Astrological Analysis N</td>
<td>Bradshaw</td>
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<td>Connect, Learn, Share: Tips &amp;Techniques for OurAge</td>
<td>Carey</td>
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<td>Intermediate Ukelele N</td>
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<td>Pearl Harbor to Midway N</td>
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<td>*Introductory Tai Chi Waiver</td>
<td>Koike</td>
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<td>Introduction to Storytelling: You Want to Write A Story</td>
<td>Goldstein</td>
<td>9/28/22</td>
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<td>From Short Story to Hollywood Film N</td>
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<td>Acrylic Painting</td>
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<td>*Hiking for Novices in Hawai'i Waiver</td>
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<td>Legendary Poetry N</td>
<td>Martin</td>
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<td>*Falun Gong Meditation for Mind &amp; Body Waiver</td>
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<td>Culinary Conversations</td>
<td>Sheeran</td>
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<td>Reading Japanese Short Stories in Eng Translation</td>
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<td>The Great Classic Greek Trilogies N</td>
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<td>Clear Clutter by Telling the Story of Your Stuff N</td>
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<td>Wednesday Morning Watercolor</td>
<td>Cameron</td>
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<td><strong>THURSDAY COURSES</strong></td>
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<td>Food For Thought</td>
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<td>Watercolor Artist Forum</td>
<td>Lindenbach</td>
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<td>Tribute to the Screen Goddess: Rita Hayworth N</td>
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## Thursday Courses

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<td>P</td>
<td>IP</td>
<td>223</td>
<td>*Introduction to Hiking Waiver</td>
<td>Biggins</td>
<td>10/6/22</td>
<td>9:00-12:00</td>
<td>6</td>
<td>16</td>
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<tr>
<td>P</td>
<td></td>
<td>233</td>
<td>Intermediate Backgammon for Fun &amp; A Better Mind</td>
<td>Fujita</td>
<td>10/13/22</td>
<td>9:00-10:30</td>
<td>4</td>
<td>17</td>
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<td>P</td>
<td>IP</td>
<td>239</td>
<td>Topics in Astronomy: All you wanted to know about …</td>
<td>Russo</td>
<td>10/27/22</td>
<td>11:12:30</td>
<td>6</td>
<td>17</td>
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<td>240</td>
<td>Colonialism: An Historical Study N</td>
<td>Goldstein</td>
<td>10/27/22</td>
<td>12:00-1:15</td>
<td>6</td>
<td>17</td>
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<td>P</td>
<td></td>
<td>241</td>
<td>3 Steps to Sort Your Photos N</td>
<td>Novak</td>
<td>10/27/22</td>
<td>1:00-2:00</td>
<td>6</td>
<td>18</td>
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<td>P</td>
<td></td>
<td>242</td>
<td>Soundtrack: A New (American) Genre N</td>
<td>Williams</td>
<td>10/27/22</td>
<td>2:00-4:00</td>
<td>6</td>
<td>18</td>
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<td>P</td>
<td></td>
<td>238</td>
<td>Tribute to the Screen Goddess: Elizabeth Taylor N</td>
<td>Hesse</td>
<td>11/3/22</td>
<td>1:00-3:00</td>
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<td>P</td>
<td></td>
<td>234</td>
<td>Advanced Backgammon for Fun and a Better Mind</td>
<td>Fujita</td>
<td>11/10/22</td>
<td>9:00-10:30</td>
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## Friday Courses, Talks & Events

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<tr>
<td>P</td>
<td>243</td>
<td>*Zumba Gold Waiver</td>
<td>Bush</td>
<td>9/23/22</td>
<td>12:00-1:00</td>
<td>10</td>
<td>19</td>
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<tr>
<td>P</td>
<td>246</td>
<td>A Good &amp; Pleasant Thing: Short Fiction about Aging N</td>
<td>Weibezahl</td>
<td>9/30/22</td>
<td>11:12:30</td>
<td>6</td>
<td>20</td>
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<tr>
<td>P</td>
<td>IP</td>
<td>*OLLI Adventure Hikes Fit Senior: Friday Waiver</td>
<td>Lee</td>
<td>10/7/22</td>
<td>9:00-3:00</td>
<td>6</td>
<td>19</td>
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<tr>
<td>P</td>
<td>244</td>
<td>Global Issues in the Biden Era N</td>
<td>Weiner</td>
<td>10/7/22</td>
<td>1:30-3:00</td>
<td>6</td>
<td>19</td>
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<tr>
<td>P</td>
<td>245</td>
<td>The US Vice Presidency: from afterthought to…..</td>
<td>Sheeran</td>
<td>10/28/22</td>
<td>11:00-1:00</td>
<td>2</td>
<td>19</td>
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<tr>
<td>P</td>
<td>247</td>
<td>Life Writing Workshop</td>
<td>Rayson</td>
<td>11/4/22</td>
<td>1:30-3:00</td>
<td>4</td>
<td>20</td>
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## Saturday Courses

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<tr>
<td></td>
<td>248</td>
<td>Anthro is Fun! (4) Sharing Food, Sharing Power N</td>
<td>Leo</td>
<td>9/24/22</td>
<td>10:11:00</td>
<td>3</td>
<td>20</td>
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<tr>
<td></td>
<td>249</td>
<td>Saturday Matinee: Mystery Films We Loved N</td>
<td>Piper</td>
<td>9/24/22</td>
<td>10:13:00</td>
<td>12</td>
<td>21</td>
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## Fall 2022 Single Talks, Events, Field Trips & Shared Interest Groups Schedule

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<tbody>
<tr>
<td>IP</td>
<td>258</td>
<td>Foundations of Public Policy: A Guide for Effective Civic</td>
<td>Lim</td>
<td>10/16/22</td>
<td>1:00-3:00</td>
<td>1</td>
<td>21</td>
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<tr>
<td>P</td>
<td>262</td>
<td>The Best Apple Pie You’ll Ever Eat! 1</td>
<td>Zink</td>
<td>10/30/22</td>
<td>1:00-3:00</td>
<td>1</td>
<td>21</td>
<td></td>
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<tr>
<td>IP</td>
<td>259</td>
<td>Holiday Food and Wine Pairings N</td>
<td>Jones</td>
<td>11/13/22</td>
<td>1:00-3:00</td>
<td>1</td>
<td>22</td>
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<tr>
<td>P</td>
<td>263</td>
<td>The Best Apple Pie You’ll Ever Eat! 2</td>
<td>Zink</td>
<td>11/6/22</td>
<td>1:00-3:00</td>
<td>1</td>
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## Monday Talks, Events & SIGs

<table>
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<tr>
<th>Pri</th>
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<tr>
<td></td>
<td>265</td>
<td>Rainbow Kupuna LGBTQ+ SIG</td>
<td>Welch/Kyte</td>
<td>9/19/22</td>
<td>4:00-5:30</td>
<td>10</td>
<td>25</td>
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<tr>
<td>IP</td>
<td>260</td>
<td>A Practical Guide to Making Learning Easier, Faster…</td>
<td>Levy</td>
<td>10/3/22</td>
<td>12:00:1:30</td>
<td>1</td>
<td>22</td>
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<tr>
<td>IP</td>
<td>264</td>
<td>Barbershop 101 N</td>
<td>Bricton</td>
<td>10/24/22</td>
<td>3:00-4:30</td>
<td>1</td>
<td>22</td>
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<tr>
<td>IP</td>
<td>252</td>
<td>Route of the Vikings N</td>
<td>Lowder</td>
<td>11/21/22</td>
<td>2:00-4:00</td>
<td>1</td>
<td>23</td>
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<tr>
<td>IP</td>
<td>251</td>
<td>Brain Health: A Use It Or Lose It Strategy</td>
<td>Levy</td>
<td>11/28/22</td>
<td>12:00:1:30</td>
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## Tuesday Talks, Field Trips & SIGs

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<tr>
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<tr>
<td>IP</td>
<td>266</td>
<td>OLLI Writers Circle SIG</td>
<td>Ching</td>
<td>9/20/22</td>
<td>1:30-3:30</td>
<td>6</td>
<td>25</td>
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<tr>
<td>P</td>
<td>IP</td>
<td>*Gardening Walkabout: Ornamental Nurseries Waiver N</td>
<td>Duff</td>
<td>10/11/22</td>
<td>10:00-2:00</td>
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<td>P</td>
<td>253</td>
<td>Women Leaders in Hawai‘i: Suzanne Vares-Lum N</td>
<td>Foley</td>
<td>10/11/22</td>
<td>2:00-3:30</td>
<td>1</td>
<td>23</td>
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<tr>
<td>P</td>
<td>IP</td>
<td>*Gardening Walkabout: Hands on Pruning Waiver N</td>
<td>Duff</td>
<td>11/15/22</td>
<td>10:00-2:00</td>
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<tr>
<td>P</td>
<td>254</td>
<td>Field Guide to Wildlife: Writing Nature Poems in HI N</td>
<td>Stanton</td>
<td>12/6/22</td>
<td>2:00-3:30</td>
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## Wednesday Talks & Events

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<tr>
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<tr>
<td></td>
<td>255</td>
<td>The Good Skates: Viewing &amp; Discussion w Director N</td>
<td>Coffman</td>
<td>9/28/22</td>
<td>6-7:30 pm</td>
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<td></td>
<td>256</td>
<td>History of the Hawaiian Language N</td>
<td>Aquino</td>
<td>10/12/22</td>
<td>2-3:30</td>
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<td>24</td>
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## Friday Courses, Talks & Events

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<tr>
<td></td>
<td>267</td>
<td>OLLI Book Club</td>
<td>Instructor</td>
<td>9/23/22</td>
<td>3:00-4:30</td>
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**NOTE:** Some titles abbreviated; full titles listed in catalog and online. Page (p.) refers to page in catalog. PPart of priority registration August 22 - Sep 5. Non-priority registration begins Sep 12. N = new class.
Backgammon is easy to learn and difficult to master. Learn the basics and get hooked on this perfect mix of luck and skill. Anybody can have fun at any level. Why learn this ancient board game? Because backgammon challenges us mentally and will help us to keep our minds sharp. Whether you want to learn this game just to have fun or you want to become one of the best in the world, it is important to start with a solid foundation. This is the place to start.

The goal for this introductory course:
- To have Fun!
- To learn the rules.
- To learn some of the concepts.
- To have the confidence to be able to sit across a board and play a game with another person.

Mike has studied with the best in the world, played against the best in the world, and has had many students from novice to world class. He was the highest finishing American at the 1995 World Championships in Monte Carlo.

235. Food for Thought

Facilitator: Carole Mandryk, foodie, baker, chef
Dates: 6 Thursdays, Sep 22 – Oct 27
Time: 9:00 – 10:30 am
Location: Online via Zoom
Enrollment Limit: None

“Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious.” ~ Ruth Reichl

Food is more than nutrition for the body; it is also sustenance for the soul. Food memories are part of the emotional narrative of our lives. Comfort foods remind us of who we are, and where we came from. Or perhaps, we just like to talk about what we like to eat, where we ate it, 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? Did you just bake your mother’s sour cream coffee cake? Come share your food experiences with us. We meet on Zoom but plan one in-person get together for participants on Oahu.

236. Watercolor Artist Forum

Facilitator: Laurel Lindenbach
Dates: 11 Thursdays, Sep 22 – Dec 8
Time: 10:45 am – 12:45 pm
Location: Online via Zoom
Enrollment Limit: 16

Required Prerequisite: Prior experience with watercolor painting; desire and ability to paint independently.

The watercolor forum offers members a designated time (Thursday mornings) and place (the comfort of your own home via Zoom) to paint alongside other watercolor artists eager to share and learn from one another. Each week we spend our first 30 minutes sharing paintings we’ve worked on during the week, exchange ideas, and offer constructive critique for those wishing it. We encourage but do not require members to share their own personal technique with a demonstration tutorial with the forum, offering us all exposure to a variety of different styles and techniques.

Our remaining time is spent painting, allowing the final 15 minutes to again share our work with one another. While everyone is encouraged to choose their own subject matter, Laurel sends a weekly photo inspiration for those who may want the prompt. At least twice each semester, we gather in person for a morning of plein air painting at Ho’omaluhia Botanical Garden.

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

237. Tribute to the Screen Goddess: Rita Hayworth NEW

Instructor: Jim Hesse, Musician, Actor
Dates: 6 Thursdays, Sep 22 - Oct 27
Time: 1:00 – 3:00 pm
Location: Online via Zoom
Enrollment Limit: None

Sep. 22: Cover Girl Rita with Gene Kelly & music of Jerome Kern. 107 min.
Sep. 29: Lady From Shanghai Now a blonde & married to Orson Welles. 87 min
Oct. 6: The Loves of Carmen Not opera, but dramatic story w/ Glenn Ford. 99 min
Oct. 13: Salome w/Stewart Granger, Chas. Laughton & Judith Anderson. 103 min
Oct. 20: Miss Sadie Thompson Steamy! with Jose Ferrer & Aldo Ray. 91 min.
Oct. 27: Pal Joey w/Frank Sinatra, Kim Novak–music of Rodgers & Hart. 109 min

223. Introduction to Hiking IN PERSON - NEW

Instructor: Hawkins Biggins
Dates: 6 Thursdays, Oct 6 - Nov 10
Time: 9:00 am - 12:00 pm  
Location: Varies  
Enrollment Limit: 12  

REQUIREMENTS: All participants must complete a 2022 waiver prior to class. Fieldtrips meet at the trailhead at 9:00 am unless indicated otherwise.

Join this novice/beginning 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 in order to enjoy the flowers, plants, trees and views along the trail. No prior hiking experience is needed for this class, although a basic level of physical fitness will help it be more enjoyable.  
We will be hiking on trails that may be muddy, narrow, steep and slippery, so proper hiking gear is recommended and a gear list will be provided prior to the class.

Before each hike, you will receive an email which will include the parking and meeting place and a short description of the trail. Please practice good hiking etiquette by parking legally and be respectful. We will follow a leave no trace policy and pack out everything that we bring in.

Hawkins grew up hiking the trails on Oahu, after being away for 20 years she was happy to return home to raise her son and pursue a career as a professional photographer. She has been an active member of the Hawaiian Trail and Mountain Club for over ten years.

233. Intermediate Backgammon for Fun and a Better Mind

Instructor: Mike Fujita  
Dates: 4 Thursdays, Oct 13 – Nov 3  
Time: 9:00 – 10:30 am  
Location: Online via Zoom  
Enrollment Limit: None  
Prerequisites: Must either have taken Beginning Backgammon or watched the Beginning Backgammon videos on our OLLI Backgammon website.

Backgammon is easy to learn and difficult to master. Come practice this perfect mix of luck and skill. Anybody can have fun at any level. Whether you just want to have fun or you want to become one of the best in the world it is important to start with a solid foundation.

The goal for the Intermediate course is to continue to develop your understanding of the game, rules, and terminology. As we delve deeper into this fascinating game and you gain experience playing, we will introduce the concepts you will need to play at an intermediate level.

239. 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 Thursdays, Oct 27 - Dec 8 (no class Nov 24)  
Time: 11:00 – 12:30 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.

240. Colonialism: An Historical Study NEW

Instructor: Sidney Goldstein, M.A., English  
Dates: 6 Thursdays, Oct 27 - Dec 8 (no class Nov 24)  
Time: 12:00 – 1:15 pm  
Location: Online via Zoom  
Enrollment Limit: 15  
Readings: Handouts and assignments may be sent via email throughout the course.

Though the word “colonialism” is bandied about by people who think they know what happened in history, based on both lore and on political rhetoric, in fact, very few people actually understand what Colonialism really was. We will examine the historical realities of colonialism by addressing questions about the European colonizers including:

- Why did they seek to colonize the rest of the world?
• How did different European cultures govern their colonies? *(This is a very important question.)*
• What part did technology play?
• What types of resistance did colonizers face?
• How did a renegade colony (the US) ultimately become a colonizer?
• What were the immediate and lasting effects of colonialism on the preexisting cultures?

The emphasis for this course will be on factual history. Students will be free to express opinions on these matters. But the purpose of this class is not simply to express opinion, but to understand what happened, why it happened and what are the effects of the vast sets of colonies that circled the world on life as we know it in the twenty-first century.

241. 3 Steps to Sort Your Photos NEW

**Presenter:** Jamie Novak  
**Dates:** Thursdays, Oct 27 - Dec 8 (no class Nov 24)  
**Time:** 1:00-2:00 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 30

If you have too many photographs to sort this virtual program is for you! During this online program author and organizer Jamie Novak reveals the three steps you can take today to have your photos sorted before the New Year. She’ll guide you through a LIVE mini de-cluttering sessions each class - so bring photos to screen to sort, then by the end of the program you’ll have successfully tackled your photo sorting project!

242. Soundtrack: A New (American) Genre NEW

**Instructor:** Gordon Williams  
**Dates:** 8 Thursdays, Oct 27 - Dec 8 (no class Nov 24)  
**Time:** 2:00 – 4:00 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 50

Music has long accompanied plays, and you could say that in opera, the play is *all* music. But might film soundtracks form a more varied and sophisticated element in the dramatic presentation? This course ranges from early silent-film piano accompaniments to the elaborate orchestral scores of a Korngold or John Williams. We’ll examine film composer processes for bringing music to a scene, and canvas musical styles – from the Indonesian gamelan underlying the titles to *The Year of Living Dangerously* to Simon & Garfunkel’s songs for *The Graduate*, and beyond.

Delving into a soundtrack’s various functions - underscoring emotion and dialogue, complementing sound effects and Foley, and using pre-existing music to put the audience squarely in a time and place - we’ll consider whether soundtracks help film fulfill the 19th century’s prophecy of the Total Work of Art.

238. Tribute to the Screen Goddess: Dame Elizabeth Taylor NEW

**Instructor:** Jim Hesse, Musician, Actor  
**Dates:** 5 Thursdays, Nov 3 - Dec 8 (no class Nov 24)  
**Time:** 1:00 – 3:00 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** None

Nov. 3: *Giant* 1956 Liz with Rock Hudson & Jimmy Dean 201 min  
Nov. 10: *Cat on a Hot Tin Roof* 1958 w/Paul Newman & Burl Ives 143 min  
Nov. 17: *Cleopatra (Part one)* 1963 Liz with Rex Harrison 116 min.  
Nov. 24: Happy Thanksgiving! (no class)  
Dec 8: *Taming of the Shrew* 1967 Liz & Richard & Shakespeare 120 min.

234. Advanced Backgammon for Fun and a Better Mind

**Instructor:** Mike Fujita  
**Dates:** 4 Thursdays, Nov 10, 17, Dec 1, 8  
**Time:** 9:00 – 10:30 am  
**Location:** Online via Zoom  
**Enrollment Limit:** None

**Prerequisites:** Must either have taken Intermediate Backgammon or watched the Intermediate Backgammon videos on our OLLI Backgammon website.

In the advanced course we build upon our foundation of backgammon. We dig deeper into game plans, defenses, and doubling. We start to collect the hard data that will help us to make decisions with incomplete information as we balance risk versus reward. The goals for the Advanced course are to:

1. Introduce you to the skills and concepts of the top players in the world. We will have a Q&A session with one of the top players in the world.  
2. Provide you an opportunity to play with fellow advanced players in a supportive environment with excellent mentorship and guidance.
FRIDAY CLASSES

243. Zumba Gold with Robin Bush

Instructor: Robin Bush
Dates: 10 Fridays, Sep 23 – Dec 9 (no class Nov 11, 25)
Time: 12:00 – 1:00 pm
Location: Online via Zoom
Enrollment Limit: None
*All participants must have completed a 2022 waiver prior to class.

Zumba® Gold is a low impact version of Zumba dance fitness focusing on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. The music is happy. The environment is supportive and uplifting. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. If you’re thinking you’d like to try it but you can't dance, please try it anyway. You'll leave happy and you'll have more energy than you had when you started. No dance experience is needed. No fitness experience is needed. No special equipment is needed. I can't wait to meet you! :) Robin is licensed to teach numerous Zumba® levels.

224. OLLI Adventure Hikes for the Fit Senior: Friday w/ Larry Lee IN PERSON

Instructor: Larry Lee
Dates: 6 Fridays, Oct 7 – Nov 18 (no hike Nov 11)
Time: Fieldtrips start at 9:00 am. Please meet at the trailhead before 9:00 am unless indicated otherwise.
Location: Varies, see below.
Enrollment Limit: 16
*All participants must have completed a 2022 waiver prior to class, and MUST be fit enough to hike between 4-6 hours and 5-6 miles over unimproved trails

There are many well-known trails on O‘ahu, some maintained by the state and others under private jurisdictions. In addition, experienced hikers know of many obscure, less traveled trails that often pass through more pristine wilderness. Because hikes are sometimes in sensitive areas, posting hikes on social media and the use of AllTrails will not be allowed.

Depending on the ability of the group, hikes will average between 4-6 miles. Hikes start at 9:00 a.m. and usually end about 3:00 p.m. Participants should be experienced and fit hikers who are used to uneven terrain, unimproved trails and capable of handling challenging ups and downs. The goal is to provide fun, interesting and challenging hikes that will leave hikers with a good workout and a feeling of accomplishment.

Larry Lee has been a member of the Hawaiian Trail and Mountain Club for over 20 years and has led club hikes for over 18 years.

244. Global issues in the Biden Era NEW

Instructor: Robert Weiner
Dates: 8 Fridays, Oct 7 – Dec 9 (no class Nov 11, 25)
Time: 1:30 – 3:00 pm
Location: Online via Zoom
Enrollment Limit: 40

The course will focus on the global issues which the Biden administration faces. The topics covered will be Russia and Ukraine, China and Taiwan, NATO and the European Union, Nuclear Proliferation, North Korea and Iran; the Covid-19 Pandemic, Climate Change; Latin America, Immigration; Africa, Economic Development and Regional Conflict; and Trade Policy. The format will consist of lectures and discussion, and interaction via e-mail.

Robert Weiner is the editor of 7 books dealing with World Politics/Global issues. He taught an online course on Contemporary Issues of Global Affairs, University of Mass/Boston, 2013-2020.

245. The US Vice Presidency: from afterthought to irrelevance to power

Presenter: Tom Sheeran
Date: 2 Fridays, Oct 28 - Nov 4th
Time: 11:00 am – 1:00 pm
Location: Online Zoom class
Enrollment Limit: None

This two-part online slide-lecture series examines the 48 men and one woman who have been ‘a heart-beat away’ from the Presidency. In the first session we will learn about how the office was created as an ‘afterthought’ of the Founders, about the forgotten men of the nineteenth century, and those who fate suddenly brought to power.
In the second session, we will examine the growing importance of the office in recent administrations, starting with Walter Mondale, as the Vice Presidency has assumed greater prominence and influence. A resource/reading list will be provided for those interested in learning more.

246. A Good and Pleasant Thing: Short Fiction about Aging NEW

Instructor: Robert Weibezahl
Dates: 6 Fridays, Sep 30 - Nov 4
Time: 11:00 am – 12:30 pm
Location: Online via Zoom.
Enrollment Limit: 35
Texts: In advance of each class, the instructor will provide short readings (electronically) that we will explore and discuss in that session.

Confucius calls age “a good and pleasant thing” while for playwright Tom Stoppard, “Age is a very high price to pay for maturity.” Great writers have long explored the double-edged sword of aging with all its attendant joys and sorrows—as wisdom battles regret, loss brings reassessment, and youthful aspirations give way to acceptance. In this seminar we will read and discuss short stories by an array of international writers—from Alice Munro to I.B. Singer, Anita Desai to Ray Bradbury, and many more—exploring how they tackle many aspects of aging, both personal and societal, with insight, pathos, and even humor. Students will be sent stories to read in advance of class sessions, then engage in lively discussions about their themes and interconnections.

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.

247. Life Writing Workshop

Instructor: Ann Rayson, MA, Ph.D., Ret. Prof. English.
Dates: 4 Fri, Nov 4, 18, Dec 2, 9 (no class Nov 11, 25)
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.

Ann Rayson, co-owner of Bess Press and retired English professor, UH-Mānoa, has taught Life Writing for OLLI-UHM for years.

SATURDAY CLASSES

248. Anthro is Fun (4): Sharing Food, Sharing Power NEW

Instructors: Victoria Leo & Rick Baird
Dates: 3 Saturdays, Sept 24, Oct 1, and Oct 15 for Zoom meetings
Time: 10:00 - 11:00 am
Enrollment Limit: none
Mode of Delivery: Mostly self-paced online class with three optional Zoom meetings for Q&A & discussion.

Part of the Anthro is Fun series, this class explores how people all across the globe and across millennia of time share food and share power. Genus Homo is the only primate that regularly shares food with others who are not either mates or offspring, and some scientists believe that this sharing tendency helped our lineage survive. Thus, anthropologists study how our ancestors developed and evolved foraging, horticulture, agriculture, piracy, and raiding, and mixed strategies as well as sharing sustenance through taxation. Anthropologists have also studied power-sharing in detail, exploring nuances of political structures, each one unique to its culture and time. No background knowledge of anthropology is required. This class does NOT study modern American culture or political structures. Please remember, this is NOT a Zoom-class. All the content is available online 24/7.
Victoria Leo has taught anthropology, astronomy, creativity and science fiction classes at various OLLIs for a decade, since retiring from college teaching. Rick Baird co-teaches with his wife, with degrees from Caltech and MIT. They are experienced and very enthused about their online classes via a platform that learners can access 24/7, on any device with internet access.

249. Saturday Matinee Films: Mystery Films We Loved NEW

Facilitator: Paul Piper  
Dates: 12 Saturdays, Sep 24 - Dec 10  
Time: 10:00 am - 1:30 pm  
Location: Online via Zoom  
Enrollment Limit: none

Fall Saturday Matinee Films will be a series of mystery films we loved from the 1950's thru to the present day. Each class, I briefly introduce that week’s film, and then show the film. After the film 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 are 2 to 2 1/2 hours long. Most weeks we will end the class well before 1:00 pm. I will email a list of film titles with dates, year release, and length of the film before the first class. We have had about 20-40+ class sign-ups the last few semesters, and I think everyone enjoyed the selected films, as well as some of the interesting discussions after each film. Using Zoom and conducting the class on-line, we can comfortably accommodate 50 to 75 people, so please sign up even if you think you might miss a few Saturdays. Zoom is Great: No transportation or parking issues! We might even be permitted to add a few extra sessions, since there are so many wonderful mysteries available.

A few of the films under consideration include: The Bone Collector, Clue the Movie, Fargo, Michael Clayton, Suspect, Misery, Calvary, Denial, The Silence of the Lambs, and Strangers on a Train.

Paul Piper is a retired businessperson who worked in the computer software industry for decades and founded his own consulting firm specializing in the implementation of business systems for large organizations. Today, he enjoys his multiracial family of six adopted children and six grandkids, his wife of 57 years, and taking and leading courses at OLLI-UHM.

Single Lectures, Events & Field Trip Descriptions

Sunday Events

258. Foundations of Public Policy: Issues and Risks IN PERSON

Instructor: Lloyd Lim  
Dates: 1 Sunday October 16  
Time: 12:00-3:00 pm  
Location: Krauss 112  
Enrollment Limit: 10  
Required Reading: Instructor will send 2 magazine articles to be read before the class.  
Optional Reading: PDF file of materials that will help form a background for policy analysis. The PDF will be sent after the in-person class so it doesn’t become a burden.

Former government lawyer/administrator and frequent writer of political commentary Lloyd Lim will teach the policy foundation and special approach needed for participation in public policy debates. Even if you end up avoiding the fray of public discourse, you will come away with a sense of the nuances and complexity we face in solving society’s problems.

Lloyd Lim is a lawyer/businessperson with a background in government (business regulation), real estate, finance and insurance. He also writes books and articles. He has a BA from Columbia, a JD from UCLA and an MBA from the UH Shidler College of Business.

262. The Best Apple Pie You’ll Ever Eat 1 IN PERSON

Instructor: Carol Zink, BA, MBA, Pastry Maker  
Date: Sunday, October 30, 2022  
Time: 1:00 - 3:30 pm  
Location: Krauss 112  
Enrollment Limit: 12  
Fees: $15 materials fee to be paid prior to class. A list of materials to bring to class will be provided (peeler, paring knife, etc.)

Join us for this hands-on class and master the essential pie-making skills all bakers should know. Our instructor will walk you through the steps for mixing, rolling and baking perfectly flaky crusts every time.
You’ll enjoy working alongside classmates as you make an apple pie. At the end of class, you will have a pie ready to bake or to freeze and bake at a later date. The instructor has taught children, teenagers, and adults. Her pies are known as “the best apple pie you’ll ever eat!”

- You will be standing, cooking and working for most of the class
- Please wear comfortable shoes and have long hair tied back
- Please bring an apron unless you don’t mind flour on your shirt

259. Holiday Wine and Food Pairings in Person - New

Instructor: Samaya Jones  
Dates: Sunday Nov 13, 2022  
Time: 1:00-3:30 pm  
Location: Krauss Hall, Room 112  
Enrollment Limit: 12  
Materials Fee: ~$40. To be paid to instructor prior to or upon arrival to Krauss.

Beyond basic wine and food pairing, many people are interested in appropriate pairing for holiday meals. Learn from the instructor and each other and gain ideas for choosing the best wine - or wines for your holiday meals. This class takes the form of a planned participation dinner, with the instructor and each student bringing a specific holiday menu item. We will have a zoom call prior to the class to plan the menu. Main course wines will be chosen depending on the menu the class decides on.

In prior classes, small pours were provided because there were so many flavor profiles to identify. For this class with a limited menu, a full glass of main course wines will be provided (probably a red and a white), in addition to the appetizer, dessert and sparkling selections. Based on requests from class evaluations, wines at this class will be higher end, and will therefore cost more. Students will be invited to bring their favorite wines, such as oaky Chardonnay, or quality Cabernet, if they wish.

Samaya has an A.S. Degree in Viticulture & Winemaking from Napa Valley College, a certificate in Permaculture, and extensive experience in many aspects of California vineyards and wineries. A wine educator, speaker and consultant, she has written wine and food columns for several newspapers, advised restaurants, and served as a personal chef.

263. The Best Apple Pie You’ll Ever Eat 2 IN PERSON

Instructor: Carol Zink, BA, MBA, Pastry Maker  
Date: Sunday, November 6, 2022  
Time: 1:00 - 3:30 pm  
Location: Krauss 112  
Enrollment Limit: 12  
Fees: $15 materials fee to be paid prior to class. Same description as October 30, p. 21.

Monday Events

264. Barbershop 101 IN PERSON - NEW

Instructor: Stephanie Brictson  
Dates: Monday Oct 24, 2022  
Time: 3:00-4:30 pm  
Location: Krauss 111  
Enrollment Limit: 24  
Requirements: Open to all people interested in singing a cappella harmony in the barbershop style.

This is a participatory and interactive introduction to basic barbershop harmony and vocal skills. Students will learn about the history and origin of the American art form. Students will identify and learn four major components of vocal production: breathing, phonation, articulation, and resonance. They will also learn about the four voice parts that comprise the barbershop sound and will have the opportunity to sing with members of Honolulu Blend Show Chorus.

Stephanie Brictson, an award-winning Master Director with 30 plus years of experience in Sweet Adelines International, believes Barbershop is an a cappella American art form that can touch people’s lives in a positive way. Stephanie is the current director of the Honolulu Blend Show Chorus, former director of Jersey Sound Chorus, and a barbershop ensemble and vocal skills coach.


Instructor: Hope Levy, MA, MA  
Dates: Monday Oct 3, 2022  
Time: 12:00-1:30 pm  
Location: Online via Zoom  
Enrollment Limit: 24
In this interactive class we’ll look at what we know about how adults learn. Discover how you can apply that information to making the most of your own unique learning style. We’ll discuss the advantages of being an older learner and identify solutions to common learning challenges such as how to make learning stick, how to avert the illusion of incompetence and how to combat procrastination. We’ll also uncover common myths about learning. If you’re a lifelong learner (and I know you are) this class is for you!

Hope Levy has 20+ years of experience in education, gerontology and health education. The common thread throughout her career is a passion for lifelong learning both personally and professionally. She has provided learning programs in California and Hawai’i in educational environments as well as for organizations through her consulting practice, There’s Always Hope. Hope has MAs in gerontology and Special Education from San Francisco State University.

252. Route of the Vikings NEW

Presenter: Maria Lowder
Date: Monday, Nov 21, 2022
Time: 2:00 – 4:00 pm
Location: Online via Zoom
Enrollment Limit: none

The Vikings were most active in the 8th to 11th centuries. They raided, pirated, traded and settled Europe, UK and America but also reached the Mediterranean. They reached North America in the late 10th century beating Columbus by many years. Using travel photos, we will explore the fiords of Norway and examine Iceland, Greenland and Newfoundland looking for evidence of their existence and illustrating the challenges of exploration.

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

251. Brain Health: Use It or Lose It Strategy

Instructor: Hope Levy, MA, MA
Dates: Monday Nov 28, 2022
Time: 12:00-1:30 pm
Location: Online via Zoom

Enrollment Limit: 24

If you are looking to maintain and even enhance your cognitive function, join Hope Levy, gerontologist, and educator, to discover the ingredient of cognitive health. Learn how to integrate the ingredients into your life in creative ways to design your own healthy brain recipe. And be ready for some fun brain teasers along the way.

Tuesday Events

260. Gardening Walkabout: Ornamental Nurseries IN PERSON - NEW

Instructor: Diana Duff
Dates: Tuesday Oct 11, 2022
Time: 10:00 am – 2:00 pm
Location: TBA
Enrollment Limit: 15
*All participants must have completed a 2022 waiver prior to class.

Nursery tour focusing on ornamental plants.

253. Women Leaders in Hawai’i Sharing Their Journey, One Story at a Time: Suzanne Vares-Lum NEW

Facilitators: Change AGEnts Hawai’i Advisory Group
Date: Tuesday Oct 11, 2022
Time: 2:00 – 3:30 pm
Location: Online via Zoom
Enrollment Limit: none

Change AGEnts Hawai’i offers an interview format seminar series of remarkable women leaders from diverse backgrounds and experiences (community organizers, public servants, business leaders, etc.) sharing their life stories, lessons learned, their hopes/legacy. In this fifth of the series, we speak with Suzanne Puanani Vares-Lum. A former US Army Major General who played a major role at the US Indo-Pacific Command, Vares-Lum now brings her formidable skills and local pedigree to her latest role as the newest president of the East-West Center. She is the first woman, Native Hawaiian, and Hawai’i resident to serve in this role. A UH alumna born and raised in Wahiawa, Vares-Lum promises to be a fascinating example of the powerful women leaders of Hawai’i.

Change AGEnts Hawai’i Advisory Board members Dolores Foley, and Shirley Kidani are the leads on the Women Leaders in Hawai’i events.
261. Gardening Walkabout: Hands on Pruning **IN PERSON - NEW**

**Instructor:** Diana Duff  
**Dates:** Tuesday, Nov 15, 2022  
**Time:** 10:00 am – 2:00 pm  
**Location:** TBA  
**Enrollment Limit:** 15  
*All participants must have completed a 2022 waiver prior to class.*

Nursery tour focusing on hands on pruning.

254. A Field Guide to the Wildlife: Writing Nature Poems in Hawai‘i **NEW**

**Instructor:** Joseph Stanton  
**Dates:** Tuesday Dec 6, 2022  
**Time:** 2:00-3:30 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** Unlimited

Joseph Stanton, widely published Hawai‘i poet, will talk about strategies that poets might want to consider as they endeavor to write poems inspired by Hawai‘i flora and fauna. This talk will be a preview of sorts to a multi-week poetry workshop Stanton plans to offer in the spring. He will be drawing upon his experiences in the writing of two of his previous books: *A Field Guide to the Wildlife of Suburban O‘ahu* (2006) and *Prevailing Winds* (2022). The talk will encourage discussion so that participants can share their personal nature-poetry experiences and interests with the group.

Stanton has published seven collections of poems and has more than 700 poems published in various journals and anthologies. His work has appeared in Hawai‘i literary magazines—including *Bamboo Ridge, Chaminade Literary Review,* and *Hawai‘i Pacific Review*—as well as in such mainland journals as *Poetry, New York Quarterly, Harvard Review, Antioch Review,* and *New Letters.* Stanton, Professor Emeritus of Art History and American Studies at UH-Mānoa, has lived in Hawai‘i since 1972.

**Wednesday Events**

255. *The Good Skates:* Viewing & Discussion with the Director **NEW**

**Instructor:** Christopher Coffman  
**Date:** Wednesday, September 28, 2022  
**Time:** 6:00 - 7:30 pm

You’re not gonna save the world, but you might help a few kids along the way.

Come view this feature-length movie (51 min) by a local Hawai‘i grown filmmaker. The story deals with the reality of helping people and gives a realistic perspective on what you sacrifice to make a difference. A young intern is in the final phases of becoming a social worker when she is pushed by her boss to have a meeting with one of the hardworking members of her field. The young intern is shown the amount of self-sacrifice you must do to truly make a difference.

Born in Captain Cook and raised in Honolulu, and a 2010 graduate of Kalani HS, Chris made his directorial debut in 2017 with *#Luckwelivehawaii,* a short film that won 1st place in the Hawai‘i Filmmakers Collective 48-hour film challenge. After years of working in the film industry he made his first feature length film, *The Good Skates* which went on to appear in at least a dozen film festivals around the world, winning awards from California to New York, Miami, London and back to Hawai‘i where Chris won Best First Time Filmmaker at the 2022 Aloha Stream Film Festival Spirit of Cinema Awards.

256. History of the Hawaiian Language **NEW**

**Instructor:** Kamakana Aquino  
**Date:** Wednesday, Oct 12 2022  
**Time:** 2:00-3:30 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** Unlimited

This session provides a background of ‘Ōlelo Hawai‘i (Hawaiian language), one of the State of Hawai‘i’s official languages along with English. Attendees will learn the history of the Hawaiian language from a traditionally oral language to a written language. This session will also highlight the political suppression of the language and its revitalization efforts from key community people and institutions. The session will end with contemporary issues and efforts of language advancement.

Kamakanaokealoha M. Aquino is from Waimānalo, O‘ahu. Kamakana is a graduate of Kamehameha Schools Kapālama, UH Mānoa (earning a BA in Hawaiian Studies; and MEd in Educational Administration).
Previously employed as a research analyst at the Office of Hawaiian Affairs, Kamakana is currently the Native Hawaiian Coordinator for Hui ‘Āina Pilipili: Native Hawaiian Initiative in the College of Social Sciences at UH Mānoa.

Friday Events


Instructor: Tom Sheeran
Date: Friday, Dec 9, 2022
Time: 11:00 am – 1:00 pm
Location: Online Zoom class
Enrollment Limit: None

This stand-alone Zoom session will provide follow-up and analysis of the Federal, State, and Local 2022 midterm elections. We will look at the issues, the campaigns, and the results. With the control of Congress as well as many statehouses, legislatures, and local offices at stake, the outcomes of the November voting will determine policies and politics for the next two years and influence the campaigns for 2024.

A political junkie resisting recovery (as a 12-year-old I shook Richard Nixon’s hand during his 1960 visit to Honolulu), I follow politics closely and have volunteered with campaigns for candidates for numerous Federal, State, and local elections. I taught US History and Government in public and private schools in Hawai‘i and on the mainland, and have often advocated and testified for legislation at the legislature and city council.

Shared Interest Groups

OLLI Shared Interest Groups (SIG) are made up of members who share common interests and like to meet outside the normal OLLI class environment to discuss and enjoy this mutual interest. Each group is different depending on its focus, and all provide interesting lifelong learning opportunities as well as fun social experiences. Most SIGs meet once a month although they may meet more or less often if members wish.

265. Rainbow Kupuna LGBTQ+

Facilitators: Winston Welch & Rosemary Kyte
Day: Mondays, starting Sep 19
Time: 4:00 – 5:30 pm
Location: Online via Zoom

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 as with mutual support and respect for each of our unique experiences.

266. OLLI Writers Circle

Days: Alternate Tuesdays, starting Sep 20th
Time: 1:30 – 3:30 pm
Facilitator: Yi-chuan Ching
Location: Online via Zoom
Enrollment limit: 10
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.

267. OLLI Book Club & Discussion Group

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 Sep 23 is Flight Behavior by Barbara Kingsolver. Books for the rest of term are chosen at each meeting. Bring suggested titles to discuss. We strive to select books available in libraries on Oahu.
ADDITIONAL INFORMATION

Legend for Schedule pp. 14-15

P = Part of priority registration August 22 - Sep 5. (Non-priority class registration begins Sep 12).
Waiver = Class requiring 2022 Waiver on file with OLLI-UHM office. N = new class.

IN PERSON or IP means it meets in person, whether in Krauss Hall on UH campus or outside.

Classes & events meeting in Krauss: 196, 197, 198, 207, 208, 210, 214, 226, 258, 259, 262, 264, 339
Those meeting outside include: 206, 212, 222, 223, 224, 260, 261

The online version of the catalog indicates outside classes with a green IN PERSON; Krauss classes with a red IN PERSON.

### Orientation, Lumens & Zoom Training, FAQ, & other Events

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<td>Registration Q &amp; A</td>
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<td>Fall 2022 Open House</td>
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<td>Instructor Lumens Demo &amp; OLLI protocols overview</td>
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<tr>
<td>Zoom basics review, FAQ</td>
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<tr>
<td>Know Your OLLI, Grow Your OLLI</td>
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<td>OLLI Sustainability Conversos</td>
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<td>Instructor Mentoring</td>
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### Consent Waiver Release, Required Materials

Participants in classes 194, 206, 212, 217, 222, 223, 226, 224, 243, 260, 261 (marked by an asterisk above) must have completed a 2022 waiver prior to the beginning of class. Check with Ninia Barr at wbarr@hawaii.edu with any questions.

Classes that may require advance reading or acquiring materials before or during class (including texts): 193, 197, 203, 207, 208, 210, 214, 220, 229, 231, 247, 259, 262, 263

Want training any of the above training? RSVP: [https://forms.gle/KuMUEGH3KM2LXnoSA](https://forms.gle/KuMUEGH3KM2LXnoSA)

REGISTRATION TIPS:

Register: [https://olliuhm.augusoft.net/](https://olliuhm.augusoft.net/)

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

Need help with registration? Fill out this form: [https://forms.gle/tZ6eWp6veeiJoFtn7](https://forms.gle/tZ6eWp6veeiJoFtn7)

Check for frequent updates and new information at [https://olliuhm.augusoft.net/](https://olliuhm.augusoft.net/)

Front Cover Story:

Karen Buzzard’s painting, *Palm Frond* was inspired by her planned retirement move from New Jersey to Hawai‘i. It originated in an art class she was taking online at the Art School at the Old Church in Demarest, N.J, (during the year of Covid). She had just retired from a position as Director and Professor of School of the Art and Media Studies at Fairleigh Dickinson University, where she oversaw the administration of the Art Department and would occasionally contribute to a faculty show.

Karen had been interested in painting for a number of years, and around 2002 had begun taking classes at various universities wherever she taught. Knowing she and her husband were moving to Hawai‘i in a year, Karen began to consider more Hawaiian themes in her painting. The cover painting was one of the paintings from that year, 2020. Karen’s husband grew up in Hawai‘i so, in 2021, they moved into his family home in Aina Haina. Since moving here, Karen has taken Acrylic Painting from Jack Geng (p. 10), a class that has given her a wonderful opportunity to expand on Hawaiian and other themes.
Getting to Krauss Hall at UH Mānoa

Alternatives to Parking
Parking at UHM can be tricky and costly. Consider taking TheBus or car-pooling. The only Rainbow Shuttle route for Fall 2022, looping between student housing and Varney Circle is not useful for getting to campus, only around it.

TheBus
How to get to UH on TheBus (excellent brochure): http://www.thebus.org/Fare/U-Pass_UHM_Flyer.pdf
The official Honolulu bus tracking app available on iTunes shows bus riders where the bus is and when it will pick them up on UHM campus.

Ride Share TIPS
Many UH buildings lack the accurate street addresses needed by Lyft, Uber, and Handi-Van Drivers to book rides. The closest buildings to Krauss with actual addresses are the John Young Art Museum (2500 Dole St), and the Art Building (2535 McCarthy Mall). Google maps does accurate locate Krauss if you search on “Krauss Hall.”

Where are we? Easiest answer: Across Dole Street from the UH Law School

Simplified map of campus. Not all buildings shown. Distances and buildings are not to scale. For a detailed campus map, go to https://map.hawaii.edu/manoa/

PARKING
There is NO parking (accessible or otherwise) adjacent to Krauss Hall except on Sundays. OLLI members are not eligible to be permit holders, and can only park as visitors. https://manoa.hawaii.edu/commuter/visitors/

Lower Campus Visitor Parking
The Zone 20 Lower Campus Parking structure on Lower Campus Road (first right off Dole Street past the University Avenue and Dole Street intersection) is the closest parking to Krauss Hall. Note: The Pay Stations will no longer sell parking for the structure for daily parkers for Zone 20. Once again, drivers headed to the Zone 20 parking structure may pay the daily fee of $5 (cash or credit) at the entry kiosks to lower campus. The kiosks will be staffed Monday – Friday from 5am – 8pm. However, be aware it fills early and may turn you away. After parking, take the elevator to the 5th floor of the structure, cross Dole Street at the crosswalk, and you will see Krauss Hall on your right. Enter the center courtyard, walk around the duck pond and look for Krauss 113.

Upper Campus Visitor Parking
Visitor parking is on upper campus is limited and expensive: from 6:30 am to 4 pm, the parking fee is $3 per half-hour with a 3-hour maximum. The green striped visitor stalls in the parking lots at Orvis Auditorium, Sinclair Library, behind Kennedy Theatre, next to Kuykendall Hall, and at Varney Circle have Pay-to-Park ticket machines; place receipts face-up on dashboard. If your receipt is not visible you will get a ticket.

Pay Station Instructions https://uh-commuter-services.helpscoutdocs.com/article/21-pay-station-instructions

Parking Policies
https://manoa.hawaii.edu/commuter/parking-policies/

Parking Violation Fines range from $40 to $260!
Park with Aloha.

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

For more information on getting to and around the UHM: www.manoa.hawaii.edu/commuter
Help OLLI GROW!
What are you passionate about?
Come share it with us!

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

~ Tell us what you need! ~

We continue to add courses to meet the needs of our members. What learning opportunities would enrich your life?

ollium@hawaii.edu 808-956-2624
Website: https://olliumh.augusoft.net/

Our Organization Code is 77147
Thank you for your support!

Open to pp.14-15 for full schedule of classes and events
*Catalog current as of August 23, 2022. Updates and corrections will be posted online at
https://olliumh.augusoft.net/