



**SPRING TERM 2008**  
Courses & Special Events

University of Hawai'i at Manoa  
Colleges of Arts & Sciences

**Osher Lifelong Learning Institute**  
Colleges of Arts & Sciences  
Office: Krauss Hall 113, UH Manoa  
Mailing: PMB #460  
2440 Campus Road  
Honolulu, Hawaii 96822

## Free shuttles at your service

Parking at UHM can be tricky, especially when driving in to attend morning classes at OLLI. Three options to avoid parking headaches:

- **Free Park & Ride Shuttles for the Public:**

--JCC Express shuttle service begins at 7:15 am weekdays. This free shuttle runs on a continuous 20-minute cycle stopping at the Varsity Building on University Avenue (next to Varsity Theatre parking lot); Japanese Cultural Center (JCC) adjacent to their indoor parking garage; Pucks Alley; Varsity Gate; Lower Campus; **Law School (this stop is just across from our OLLI classrooms in Krauss Hall)**; St. John Hall (corner of Maile Way and East-West Road); Varney Circle; and returning to the Varsity Building via University Avenue. The last JCC Express shuttle leaves Varney Circle at 4 pm weekdays.

--Faculty Housing shuttle route leaves from Varney Circle and goes into Manoa Valley every 20 minutes with a marked stop at the Institute for Astronomy and Faculty Housing on Woodlawn Drive.

- **Handicapped Parking Permits:** If you possess a valid City & County Disability Placard, you may purchase a visitor parking entry for \$3 at any campus entry gate and park in any legal, marked parking stall on campus. **Both the visitor parking ticket and the placard must be displayed on dashboard.**

- **Campus Express Shuttle:** Free shuttle service for the public offers a quick route across campus. Campus Express begins at the Law School on Dole Street and loops through campus on 15-minute intervals. It makes designated stops at Burns Hall; Jefferson Hall; St. John Hall; Varney Circle Fountain; Maile Way; Law School Parking Lot near Orvis Auditorium, then returns to the Law School. The last express leaves Varney Circle at 5 pm.

## OLLI: Creativity, growth and freedom

The courses, workshops and special events at the University of Hawai'i at Manoa Osher Lifelong Learning Institute (OLLI) redefine the meaning of retirement by opening new possibilities for self-discovery, creativity, growth, engagement and freedom. What began in 1997 as the dream of a few enthusiastic supporters of a university-based lifelong learning venture is today a thriving educational program with more than 1,000 participants and a generous endowment from The Bernard Osher Foundation of San Francisco, sponsor of lifelong learning programs in 48 states and the District of Columbia.

This term at OLLI will feature courses on Shakespeare, classical composers, the *Slow Foods* initiative, Peru, *Tzolk'in*, the *I Ching*, Bhutan, Dramatic Reading, Art, Poetry, Memoirs, Culinary Cinema and much more.

Classes start Thursday, January 31, 2008 and end Sunday, May 25. Space is limited in most classes and workshops so enroll soon to reserve a seat.

For more information about OLLI courses, see the center section of this brochure, or call the OLLI office at 956-8224. If you'd prefer to communicate via email, send messages to [rgoodman@hawaii.edu](mailto:rgoodman@hawaii.edu). Our website is: [www.all.hawaii.edu/](http://www.all.hawaii.edu/). *Join us for Spring Term '08!*

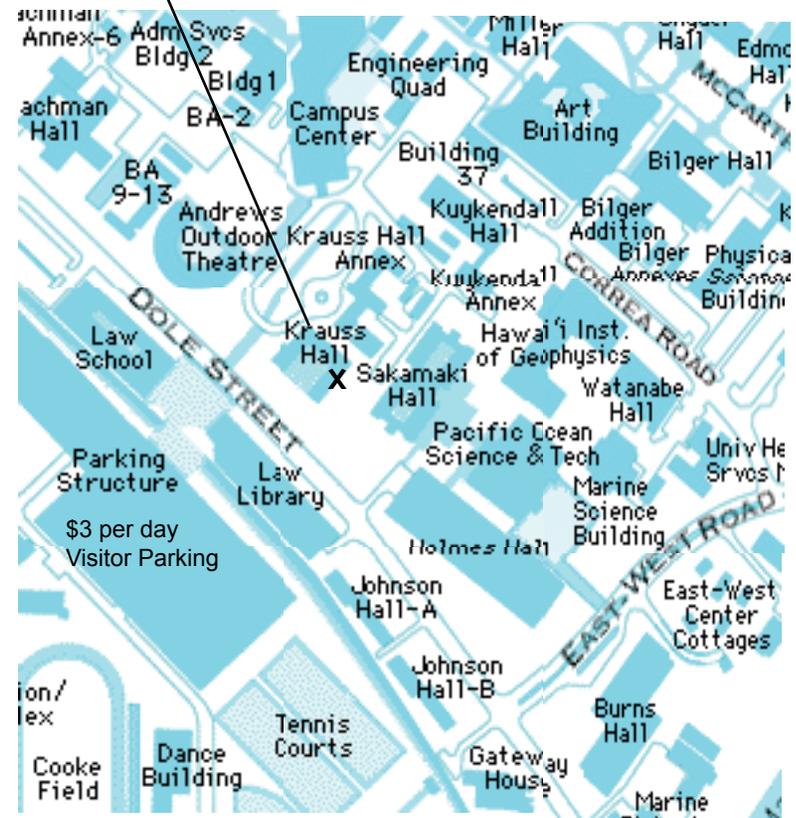
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SPRING 2008

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## Campus Map, University of Hawaii -Manoa Osher Lifelong Learning Institute Krauss Hall 112-113



Visitor parking is available for \$3 Monday - Saturday in the Parking Structure on Dole Street across from OLLI's classrooms in Krauss Hall. **Enter the Parking Structure on Lower Campus Road (first right off Dole Street past the University Avenue and Dole Street intersection).** Three other visitor parking lots are located: 1. behind Kennedy Theatre on East-West Road; 2. behind Sinclair Library off University Avenue; and 3. adjacent to the Kamakakuokalani Building off Dole Street past the Hawaiian Studies Center. After 4 pm, visitors may park in any legal parking stall on campus (with exception of reserved and disabled stalls). Free campus shuttle service also serves the Dole Street area.

*UHM Campus map by Julsun D. Pacheco, Cartography Lab, UHM Geography Dept.*

The **vitality** of the Osher Lifelong Learning Institute depends on **you** -- your patronage, support and generosity. Now that you've joined OLLI, please help the program grow with an additional tax-deductible contribution. Your donation is greatly appreciated.

**Here's my contribution to continued OLLI program excellence:** \$25\_\_ \$50\_\_ \$100\_\_ \$250\_\_ Other: \$\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

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ZIP: \_\_\_\_\_

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\_\_\_\_ Check here if you do NOT want your name to appear in donor listings that the Colleges of Arts and Sciences may publish in appreciation of your support.

\_\_\_\_ I would like to discuss a gift or bequest with a development representative for OLLI.

**Make check payable to UH Foundation, #123-079-04**  
Contributions are tax deductible to the extent provided by law.

**Mail to:** Osher Lifelong Learning Institute-UHM  
PMB #460  
2440 Campus Road  
Honolulu, HI 96822



*Thanks for your support!*



## OLLI Course Descriptions

### ◆ Shakespeare: Five More Plays

**Instructor:** David Johnson; BA, Yale and JD, Harvard

**Dates:** Tues., April 8, 15, 22, 29, May 6, 13, 20

**Time:** 2 pm - 4 pm

**Location:** Krauss Hall 112

**Description:** In these seven sessions, we'll enjoy Shakespeare, the world's finest playwright. Classes this term will offer an overview of Shakespeare's world and explore the following five plays: *Measure for Measure*; *Henry VI, Pt. 1*; *Timon of Athens*; *Twelfth Night*; and *Romeo and Juliet*. Conclusions and our customary celebration will cap the term on the final day of class in May.

### ◆ Slow Food in Hawaii

**Facilitator:** Gail Pike Hercher, artist, teacher, owner of *Nalo Papers*--a sustainable hand paper-making facility in Honolulu--is a former market gardener and past board member of a community supported agriculture group in Massachusetts.

**Dates:** Mondays, Feb. 25, March 3, 10

**Time:** 9:30 am - Noon **Enrollment limit:** 12 only

**Location:** Krauss Hall 112 and off-campus tour sites

**Description:** The international slow food movement thrives here in Hawaii thanks to the Native Hawaiian tradition of sustainability and an excellent climate yielding abundant produce. Other supportive influences include restaurant chefs and local biodiversity, as well as excellent farmers' markets. In this 3-part course, we'll explore the three central principles of slow food and tour a community garden, plant nursery and organic farm. **REQUIRED TEXT:** *SLOW FOOD NATION* by Carlo Petrini (published 2005).

◆ **Fundamentals of Divination: *The I Ching***

**Instructor:** William Rogers II, M.D., M.P.H.

**Dates:** Thurs., Jan. 31, Feb. 7, 14, 21, 28

**Time:** 1 pm - 3 pm

**Location:** Krauss 113-B      **Enrollment limit:** 12

**NOTE:** Registration priority given to new participants.

**Description:** Once the mainstay of religious and civil order, divination is now often dismissed as a vestige of pre-rational antiquity--or worse--in spite of its persistence in the modern world in enormously varied and vital forms. Is there more to be gleaned from these archaic and baffling practices than the illusion of certainty? In this workshop we will explore the possibility that, much like dreams, divination affords a symbolic perspective upon the *present* which can illuminate future possibilities. We will also develop practical familiarity with the I Ching, one of the most complete and venerated divinatory systems still in use. Participants will be encouraged to consider divinatory practices within the larger scope of inner work. By exploring the psychological, spiritual and ethical dimensions of divination, it is anticipated that participants will develop wider appreciation for divination's enduring utility--as well as its limitations and inherent biases. By the conclusion of this workshop, participants will be able to consult the I Ching using the three-coin method.

All participants are required to obtain a copy of *The Complete I Ching* by Alfred Huang (Rochester, Vermont: Inner Traditions, 1998); both paperback and hardbound editions are available. Participants will need to consult and annotate their personal copies of this text during workshop sessions. Additional reading material will be provided as handouts during the workshop.

**Overview of workshop:** **Session 1:** Introductions to the nature of divination and to the I Ching; **Session 2:** Structure of the I Ching, Part I: trigrams and hexagrams. The art of interpretation. **Session 3:** Structure of the I Ching, Part II: mutual *gua* and sequence of the *gua*. **Session 4:** Alternative techniques for consulting the I Ching. The art of interpretation, revisited. **Session 5:** Divination slam.

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**TravelLearn Tour: A Peru Adventure**

**Day 5** will highlight the Sacred Valley and Ollantaytambo, the Inca fortress. After touring the valley, we'll have an opportunity to bargain with vendors at a typical market in Pisac. **Day 6** will provide opportunities to wander around the village of Chinchero and its colorful Indian market. Continuing on through the Urubamba Valley, we'll visit Moray where Incas used greenhouse terraces to study and improve their farming techniques. At Maras we'll see a salt production center in use since Colonial times. **Days 7 and 8** will be spent at Machu Picchu after a train ride from Ollanta Station, then a motorcoach ascent to "The Lost City of the Incas" with a guided tour of the Citadel and a stroll through the site. An overnight at Machu Picchu Sanctuary Lodge will provide an opportunity for further exploration of the ruins. **Day 9** tour highlights include Cuzco's Santo Domingo Convent Monastery--the legendary Koricancha "Site of Gold" temple whose walls were plated with sheets of gold; the Plaza de Armas and Cathedral, then more exploration of remarkable Inca ruins in surrounding countryside. **Day 10** Upon arrival in Lima, we'll visit the Amano Museum featuring collections from the Chancay culture and see the art gallery of Las Pallas. **Days 11 and 12** On to Ayacucho with its 33 colonial churches and workshops featuring fine handloomed textiles and retablos. We'll visit Barrio Santa Ana and meet artisan/weaver Alejandro Gallardo at his workshop/gallery and see the creations of Alphonso Sulca and his nephew Edwin Sulca, members of the most famous family of Peruvian weavers. Still in Ayacucho, we'll visit the archaeological site of Wari, capital of a great pre-Inca empire which flourished from about 500 to 800 AD. A stopover in La Quinua will provide shopping opportunities for ceramics directly from the artisans. **Day 13** Fly from Ayacucho to Lima, settle into hotel and prepare for departure on **Day 14**. (*Note: early tour reservations are essential. A deposit of \$500 per person is required at registration. For more information about the tour, see: [www.travelearn.com/manoa](http://www.travelearn.com/manoa).*)

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## **Peru: Land of the Incas**

Information about travel and tourism to see firsthand the impressive monuments of Inca culture also will be provided. This course is an opportunity for those planning to join the OLLI *Peru Adventure* (see tour information, page 17) in September 2008 to learn more about Peru before they travel, but is not limited to those planning to join the tour. Anyone with an interest in Peru and the Incas is welcome to participate.

**Session 1--** Introduction and background including geography, climate, natural resources, cultural background, creation stories, Inca history and conquests;

**Session 2--** Inca social structure, economy of the Inca Empire, Cuzco (“Navel of the World”), the conquest by the Spanish and the destruction of the empire.

**Session 3--** Urban planning, agricultural terracing, irrigation, “Sacred Valley”--Pisac, Ollantaytambo, Chinchero, Moray, etc.; stoneworking and construction techniques.

**Session 4--** Machu Picchu (the magnificent “Lost City of the Incas”), other interesting Inca sites, tour and travel information.

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## **Tzolk’in: The Mayan Sacred Calendar**

In Session 2, we’ll explore the nine-dimensional spiral, the dimensions of human consciousness and how to experience them.

This seminar is intended as a discussion (not a lecture) for serious students who are willing to consider self-development. Please be prepared to bring an open mind and heart to think and feel deeply and make an effort to understand these teachings.

This two-part seminar will run from 1 pm to 4 pm in Krauss 113-B on April 16 and 23. Please wear comfortable clothing and bring water and a snack.

## ◆ **Peru: Land of the Incas**

**Instructor:** Tom Sheeran, World Traveler

**Dates:** Tuesdays, February 5, 12, 19, 26

**Time:** 2 pm - 3:30 pm

**Location:** Krauss Hall 111     **Enrollment limit:** 30

**Description:** The Incas are one of the most interesting of the indigenous New World civilizations encountered by Europeans after Columbus. This series will provide an overview of the land and environment where the Incas emerged and ruled, as well as their legends and history. Participants will learn about Inca society and their short-lived empire, as well as the cultural background of Andean civilization.

Special attention will be given to the most prominent and important sites associated with the Inca. Their stonework has impressed and amazed observers for centuries. Inca artistic mastery of building with stones is unmatched. The distinctive Cuzco style used in large temples, palaces, massive fortresses, and other sites across their vast Andean empire remains the most lasting testimony to the cultural heights reached by this fascinating people.

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## ◆ **Tzolk’in: The Mayan Sacred Calendar**

**Instructor:** Harriet Hatsune Natsuyama, PhD, mathematical physicist and student of mysticism who integrates science and spirituality.

**Dates:** Wednesdays, April 16 and 23

**Time:** 1 pm to 4 pm

**Location:** Krauss Hall 113-B     **Enrollment limit:** 12

**Description:** What is Tzolk’in and what does it have to do with you? What is predicted to happen in 2012? Do we live in a multidimensional universe? Is time accelerating, and, if so, why? This seminar will address these and other vast questions in an exploration of life purpose and cosmic consciousness. In Session 1, we’ll explore pyramids, pagodas and the Tzolk’in and study the dimensions of human consciousness and the acceleration of time.

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### ◆ *Ways of Knowing*

**Instructor:** Alice Dash Scheuer, PhD, Clin. Psych.

**Date:** Weds. Feb. 6, 13, 20, 27, March 5

**Time:** 1 pm - 3 pm   **Enrollment limit:** 12 only

**Location:** Krauss 113-B (Krauss 111 for last 2 classes)

**Description:** We are rapidly entering a new age in the history of Western thought, which the paradigm of the scientific method has dominated since approximately 1750. There is increasing questioning of this method as the best or even the only path to truth, and growing interest in other approaches from intuition to art. There also seems to be growing dissatisfaction with excessive applications of scientific technology in daily life, so that the quality of life--and perhaps life on earth itself--is endangered. In this course we shall review the scientific method, its history, applications, contributions and problems; we shall also examine other ways of knowing, their validity and value in our lives, and their compatibility with science and technology.

### ◆ *Classical Composers' Corner*

**Instructor:** Jim Hesse, Musician and Actor

**Date:** Thursdays, Feb. 21, 28, Mar. 6, 13, 20, 27,

**Time:** 2 pm - 4 pm   **Enrollment limit:** 20

**Location:** Krauss 112

**Description:** This term's music course will concentrate on the lives, times and compositions of several extraordinary and famous musicians from specific eras including Hildegard Von Bingen, a Benedictine nun from the Renaissance; Johann Sebastian Bach representing the Baroque era; Amadeus Mozart, Early Classical era; Ludwig van Beethoven, Classical era; and some other selected composers representing the music of the Romantic and Modern eras.

This is a class for the music lover who wants to listen more knowledgeably to some of the finest music ever composed.

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### **Good Vibrations: How To Improve Your Life**

In addition to exploring vibrations, participants will learn about (and may choose to receive) "Divine Light" which Mahikari followers believe revitalizes the spirit, mind and body. Many individuals who "receive light" report that they notice improvement of their physical condition and mental well-being.

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### **TravelLearn Tour: A Peru Adventure**

Following arrival in **Lima, Peru**, "The City of Kings," and an overnight in our hotel, **Day 2** will begin in the archaeological center of *Huaca Pucllana*, that operated between the 5th and 8th Centures. We'll see the Plaza Mayor, Government Palace, City Hall, Cathedral and Archbishop's Palace as well as Casa Aliaga, the best preserved colonial mansion in the Americas (and occupied by the same family since 1535). After a visit to the San Francisco Monastery, we'll ride through the ocean-front districts of Miraflores and San Isidro, then lunch in one of Lima's best restaurants and spend the afternoon learning about Pre-Columbian history while visiting the Museum of Anthropology and Archaeology. On **Day 3** of the tour, we'll venture south on the Pan American Highway to Ica, Peru's wine capital, then take a 45-minute flight over the Nazca Lines. Made centuries ago, the reasons for the Lines' (also known as the Nazca Markings) creation remains a mystery. The regional museum offers a good collection of ceramics, mummies and textiles gathered from the Paracas, Nazca, Wari, Ica-Chincha and Inca civilizations. We'll board a yacht on **Day 4** of the tour to see the Ballestas Islands' populations of boobies, pelicans, sea lions and Humboldt penguins.

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◆ **Oahu Piano Quartet Recital**

**Date:** Sunday, May 11 (Mother's Day concert)

**Time:** 4 pm - 5 pm

**Location:** Mae Orvis Auditorium, UHM Music

**Description:** This "World of Music" concert by the Oahu Piano Quartet (OPQ) will feature works by Dvorak, Grieg, Debussy, Rachmaninoff and will include the Sinfonia in E-Flat for two pianos, eight hands -- an original composition by John Diercks. The Sinfonia, commissioned by the Hawaii Music Teachers Association, is in three movements titled: A Cakewalk Fantasy, Night Music, and Toccata.

The members of the OPQ are:

- **Jeannette Chun**, B.A. in Music from UHM and a past president of the Hawaii Teachers Association;
- **Thelma Diercks**, M.M. from the Eastman School of Music and performed on the East Coast before returning to Hawaii in 1989 to become Head of Acquisitions at UH Libraries;
- **Lillian Ito**, B.Ed. in Music from UH and a pianist and organist retired from teaching. Lillian accompanies the Gleemen-Plus and enjoys playing the ukulele; and
- **Eleanor Lum**, B.M. from Boston University and a pianist, cellist, and violinist performing in orchestras, chamber groups, and choral ensembles.

◆ **Short Films From Down Under**

**Date:** Thursday, March 13

**Time:** 7 pm

**Location:** Yukiyoshi Room, Krauss 012

**Description:** Filmmaker and Academy for Creative Media faculty member Merata Mita hosts an evening of screening award-winning shorts by emerging Maori and Aboriginal filmmakers.

◆ **Good Vibrations: How to Improve Your Life**

**Instructor:** Hiraoki Higaki, Director, Sukyo Mahikari Hawaii Center; and Dorothy Hazama, Prof. Emerita, UHM College of Education

**Dates:** Tuesdays, Feb. 5, 12, 19, 26

**Time:** 1 pm to 3 pm

**Location:** Krauss 113-B **Enrollment limit:** 12

**Description:** Happiness is the common wish of all humankind. In the U.S., however, there are many people who have problems and report that they are deeply unhappy. A recent Pew Research Center survey indicates that concerns about money, health and relationships are the most troubling issues facing many Americans. Why is there so much unhappiness in one of the most affluent nations in the world? Maybe Americans are forgetting something important. This course explores the tenets of Mahikari and examines four simple steps to help individuals improve their lives and change their vibrations.

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◆ **Dramatic Reading**

**Facilitator:** Jack Sullivan

**Dates:** Wednesdays, Feb. 27, Mar. 5, 12, 19

**Time:** 1 to 4 pm *Each class is scheduled for 3 hours to allow time to read and discuss lengthy plays and review video excerpts.*

**Location:** Krauss 113-B **Enrollment limit:** 14

**Description:** Participation in a dramatic reading group can heighten enjoyment of plays and enhance appreciation of the works themselves. It can improve voice projection and control and can help strengthen communication skills. This class will read three well-known plays by noted playwrights. Class participants will choose two of these plays. Plays will be read aloud by the entire class, with all participants having an opportunity to read moderately lengthy roles from each play. In addition to plays, class participants will read aloud poetry, famous speeches, and dramatic soliloquies from Shakespeare to O'Neill.

◆ **Origins**

**Facilitators:** Eloise Van Niel and Masae Gotanda

**Dates:** Alt. Fri., Feb. 1, 15, 29, Mar. 14, 28, April 11

**Time:** 9:30 am - 11:30 am    **Enrollment limit:** 6

**Location:** Krauss 113-B

**Description:** Tell a story from your past and share your memoir with others. Write something from your family history or personal experience and bring 2-4 pages (typed double-space) for discussion at each meeting.

◆ **Poetry Circle**

**Facilitator:** Suzanne Delaney, RN.C.

**Dates:** Alt. Fridays, Feb. 8, 22, Mar. 7, 21, (class will meet on Good Friday holiday), Apr. 4, 18, May 2

**Time:** 1 pm to 3 pm

**Location:** Krauss 113-B    **Enrollment limit:** 10

**Description:** Join discussions with like-minded poetry lovers about poetry-writing techniques. Participate in poetry-writing exercises, share, critique and review each other's poems. Explore your creativity and imagination to bring your life experiences to the page. Bring your love of words, poetic instincts, and a pen.

◆ **Writers' Circle**

**Facilitator:** Yi-Chuan Ching, M.D.

**Dates:** Writers' group meets alternate Weds.

**Time:** 1 pm to 3 pm    First class: January 30

**Location:** Krauss 111    **Enrollment limit:** 6

**Description:** Those with a yen to write are invited to participate in this circle of serious writers. We will take turns informally reading our own work for reaction and comment. Participants will have a chance to submit work on a regular basis. Enrollment in Writer's Circle is limited. Previous participants will be given preference. Please write to [yching@pol.net](mailto:yching@pol.net) for more information about joining this seminar.

◆ **TravelLearn Tour: A Peru Adventure 2008**

**Dates:** September 9 - 21, 2008

**Tour Escort:** Tom Sheeran, World Traveler

**Tour limit:** 20 persons    **Cost:** (does not include international airfare, land only): \$3,395 per person double occupancy, \$895 single-room supplement.

**Description:** This 14-day educational travel arranged through OLLI-UHM in conjunction with TravelLearn will explore the natural and cultural treasures of Peru. Tour highlights will include exploration of wildlife ecosystems, picturesque Andean villages and marketplaces, a flight over the enigmatic Nazca Lines, and a visit to the magnificent archaeological masterpiece of Machu Picchu.

Tour itinerary: September 9 - 22, 2008: For a complete itinerary, see tour handouts at OLLI or go to: <http://www.travelearn.com/manoa/>

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◆ **Humanists Hawaii Lectures and Discussions**

**Dates:** Sundays, Feb. 24, Mar. 30, Apr. 27, May 25

**Time:** 10:30 am- 12:30 pm

**Location:** Krauss 112

**Description:** These monthly discussions explore the foundations of Humanism and examine questions about ethics and morals as they apply to Humanism. Defined as a "progressive philosophy of life," Humanism aspires to the greater good of humanity. According to the American Humanist Association, Humanism affirms that "knowledge of the world is derived by observation, experimentation, and rational analysis." Humanists also affirm that "life's fulfillment emerges from individual participation in the service of humane ideals" and that "working to benefit society maximizes individual happiness." Monthly meetings are open to all thoughtful people.

◆ **Celebrate Reading: *Book Clubs & Literature Festival***  
**Organizers:** Lorna and Shel Hershinow and colleagues  
**Date:** Saturday, April 12  
**Time:** 8:30 am - 2 pm  
**Location:** UH Manoa Campus Center Ballroom  
**Description:** The goal of *Celebrate Reading* is to bring younger and older readers together with the authors of books selected for the Literature Festival. For a complete list of books and authors featured at this year's festival, see: [www.hawaii.edu/hwp](http://www.hawaii.edu/hwp). Pre-registration is requested by April 4. Call 239-9726 or email: [hershinow@gmail.com](mailto:hershinow@gmail.com) for more details.

◆ **Shakespeare in Asian Theatre Performance**  
**Date:** Thursday, January 31  
**Time:** 3:30 pm - 4:30 pm  
**Location:** Hamilton Library 301, UHM  
**Description:** This talk considers Larry Reed's *Tempest* and Takahashi Yasunari and Nomura Mansai's *Kyogen of Errors*, discussing how the local and the global interface in the current cultural order, and also explores the economics of globalization, cross-cultural aesthetics, intercultural artists and related issues. *(Co-sponsored by the UHM Department of Theatre and Dance, Center for Southeast Asian Studies, Hamilton Library, and the International Cultural Studies Program. Funding provided by the Office of the Vice-Chancellor for Graduate Research and Education Fund for Major Initiatives in Liberal Arts.)*

◆ **Volunteerism and Foreign Adventures**  
**Presenter:** Rosemary Casey, Coord. Global Mobility, Office of International Relations, UHM  
**Date:** Friday, March 7  
**Time:** 10 am - Noon  
**Location:** Krauss Hall 113-B  
**Description:** This year the Peace Corps launched a 50+ initiative to increase the number of older volunteers participating overseas. This overview session will explore the history of the Peace Corps and offer information on volunteer opportunities for elders.

◆ **Spiritual Development & Healing**  
**Instructor:** Kristin Pelzer, BA Swarthmore College, PhD, Cornell University  
**Dates:** Tuesdays, March 4, 11, 18, 25  
**Time:** 1:00 pm - 3:30 pm  
**Location:** Krauss 112 **Maximum enrollment:** 20  
**Description:** According to a range of ancient teachings, the elder years are a time for spiritual development. This course will begin with an exploration of the concept of "sageing." We will look at South Asian theories concerning a second human spiritual growth cycle from 49 to 98 years of age, as well as the Taoist theory of longevity.

The shamanistic traditions of indigenous societies focus on healing disturbances between dis-eased suffering individuals and their extended family and community, as well as their ancestors, the spirits of the dead, and the world of nature.

We will explore Eastern and Western practices for spiritual purification, as well as the spiritual healing practices of a range of Christian and Buddhist religious traditions.

◆ **Energy Work and Alternative Therapies**  
**Instructor:** Kristin Pelzer, BA Swarthmore College, PhD, Cornell University  
**Dates:** Thursdays, April 3, 10, 17, 24  
**Time:** 1 pm - 3 pm  
**Location:** Krauss 112 **Enrollment limit:** 20  
**Description:** Applied kinesiology, qi gong, removing "blockages" to the flow of energy through the meridians-- the expanding world of alternative therapies offers a proliferation of sophisticated energy work to support high-level wellness and healthy, happy, productive longevity. In this class, we will explore a range of healing and self-healing modalities.

### ◆ Culinary Cinema

**Facilitator:** Thomas Sheeran, World Traveler, Geography Instructor.

**Dates:** Weds. Feb. 13, Mar. 12, April 30, May 14

**Time:** 3:30 pm - 7:30 pm

**Location:** View films in Krauss 112. Map/directions to post-film restaurant sites will be provided at each film showing.

**Description:** In this Culinary Cinema series, we will continue to explore films followed by dinners that are in keeping with the theme and sensibility of each film. Scheduled films and restaurants include:

- *Raise the Red Lantern* (Maple Garden Restaurant)
- *Frida* (Los Chaparros Restaurant)
- *Salaam Bombay* (Bombay Restaurant)
- *Il Postino* (Mediterraneo Restaurant)

In the restaurant visits following the films, participants will pay on-site for their own restaurant meals (approximately \$15 each not including drinks). *Bon appetit!*

### ◆ Practical Computing: One-on-One Tutoring

**Instructor:** Robert G. "Papa" Ahlstrom, Writer

**Dates:** Variable, depending on individual needs

**Time:** Call 220-8744 to schedule an appointment.

**Location:** Krauss 113; computer labs

**Description:** If you'd like to learn how to maneuver through email; conduct research on the internet; learn WORD or EXCEL, these **individual tutoring** sessions may be helpful. To arrange tutoring times (see above notes), please call 220-8744. NOTE: Modest hourly fees may be requested for any off-campus tutoring sessions.

### ◆ Bhutan: Images and Impressions

**Presenter:** Harriet H. Natsuyama, student of Buddhism, amateur photographer, OLLI presenter

**Two slide showings:** Thurs., Feb. 7, 10 am - Noon and again on Wednesday, April 2 from 1 pm - 3 pm

**Location:** Krauss Hall 112 **Enrollment limit:** 20

**Description:** In Fall 2007, Dr. Harriet Natsuyama visited Bhutan to experience for herself what the Buddhist kingdom of Gross National Happiness might be like. She was deeply impressed by the extraordinary landscape, gracious people, and their living traditions. Dr. Natsuyama wants to share the sights and memories of her pilgrimage with OLLI members particularly now that the Honolulu Academy of Arts is scheduled to open its long-awaited exhibit of Bhutan arts in February 2008. (The treasures from Bhutan have been consecrated and are scheduled to arrive soon in Honolulu.) Note: Dr. Natsuyama is offering her slide presentation twice this term. Please select one date when enrolling.

### ◆ 9 X 7: Exhibit at the Academy Art Center

**Docent:** Myra Kent, Honolulu Academy of Arts

**Date:** Friday, April 4

**Time:** 10:30 am - 11:30 am

**Location:** Meet under the portico entrance to the Academy Art Center at Linekona diagonally (Diamond Head-makai) across the street from the Academy of Arts, 900 So. Beretania. Metered parking is available for museum visitors in fee lot.

**Tour limit:** 15

**Description:** The 9X7: Issues & Dialogues biennial group exhibit in the Center's Art Gallery features nine works by seven contemporary artists: Reiko Brandon, Bobbie Crockett, Denise DeVone, Linda Gue, Jinja Kim, Laura Smith, and Liz Train. Works feature a variety of media from textile to digital.

# SPRING 2008

## OLLI MEMBERSHIP FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ City: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

email address: \_\_\_\_\_

Emergency contact: \_\_\_\_\_

Phone: \_\_\_\_\_

### 1. Complete information above and select your membership category below:

I wish to be enrolled as a Session member: \$60 for Spring Term 2008

I wish to be enrolled as an Annual member: \$150 for three terms (Spring, Summer, Fall 2008)

I am a current Annual Member of OLLI. \_\_\_\_\_

### 2. Please make membership check payable to UH Foundation #123-079-04 (OLLI)

3. On pages 12 & 13, select up to three courses and any special events of interest. (Note: special events are open to OLLI members on a space-available basis.) Remove completed center section (pages 11 to 14 ).

4. Send membership check and course selections (pages 11 to 14) to:

Osher Lifelong Learning Institute  
PMB #460  
2440 Campus Road  
Honolulu, HI 96822

## OLLI MEMBERSHIP INFORMATION

Members may join courses, workshops, participate in special events, receive program news announcements, and join research and community projects. There are no membership requirements of prior educational experience to join the Osher Lifelong Learning Institute at UH Manoa. All courses at OLLI-UHM are non-graded and there are no exams.

• **SESSION MEMBERSHIP, \$60.** Entitles an individual to join and attend up to three courses and/or workshops during Spring Term 2008 and attend Spring Term's special events on a space-available basis. Spring Term 2008 runs from January 31 to May 25, 2008.

• **ANNUAL MEMBERSHIP, \$150.** Entitles an individual to join and attend up to three courses and/or workshops during Spring, Summer and Fall Terms 2008 and attend each term's special events on a space-available basis.

**Please note: Membership fees are non-refundable.** If you have questions about membership, please call our office at 956-8224. Make your course and special event selections on pages 12 and 13, complete the membership application on page 14 and mail with your membership check to:

Osher Lifelong Learning Institute  
PMB #460  
2440 Campus Road  
Honolulu, HI 96822

*Please make checks payable to: UH Foundation #123-079-04*

## SPRING 2008 COURSE SELECTION FORM

Mark below the **courses** and **special events** that you wish to join. Membership in OLLI entitles you to select three courses. **If seats are available**, you may join additional courses. Please indicate your priorities if you make more than three course selections. Special events (listed at right) include films, recitals, art exhibits and lecture presentations. **Special events are offered to OLLI members in addition to course selections on a space-available basis**. Some events have additional fees or tour costs denoted by \*\*.

### COURSES

- Shakespeare: Five More Plays**
- Slow Foods in Hawaii**
- Fundamentals of Divination: *I Ching***
- Peru: Land of the Incas**
- Tzolk'in: *The Mayan Sacred Calendar***
- Ways of Knowing***
- Classical Composers' Corner**
- Good Vibrations: *How to Improve your Life***
- Dramatic Reading**
- Origins**
- Poetry Circle**
- Writers' Circle**
- Spiritual Development & Health**
- Energy Work & Alternative Therapies**
- Culinary Cinema**
- Computer Tutoring: One-on-One**

## SPECIAL EVENTS FOR OLLI MEMBERS

### **Bhutan: *Images and Impressions***

**Two schedule options; please choose one of the following:**

- Thursday, February 7; 10 am - Noon; Krauss 112; ***OR***
- Wednesday, April 2; 1 pm - 3 pm; Krauss 112
  
- 9 X 7: Exhibit at the Art Center**  
Friday, April 4; 10:30 am; Honolulu Academy of Arts Center
  
- Celebrate Reading: *Literature Festival at UHM***  
Saturday, April 12; 8:30 am - 2 pm; UHM Campus Ctr. Ballroom
  
- Shakespeare in Asian Theatre***  
Thursday, January 31; 3:30 pm; Hamilton Library 301

### **Volunteerism & Foreign Adventures**

Friday, March 7; 10 am; Krauss 112

### ***TravelLearn Tour: A Peru Adventure 2008***

\*\* Tour details, see page 17

### **Humanists Hawaii lectures and discussions**

Sun., Feb. 24, Mar. 23, Apr. 27, May 25; 10:30 am, Krauss 112

### **Oahu Piano Quartet recital**

Sunday, May 11 2008, Orvis Auditorium, 4 pm

### ***Short Films from Down Under***

Thursday, March 13; 7 pm; Yuki-yoshi Room, Krauss 012

**SPRING 2008 / OLLI office use only:**