



SPRING TERM 2013
Courses & Special Events

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

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

Free shuttles at your service

Parking at UHM can be tricky and costly, especially when driving in to attend morning classes at OLLI. Here are three options to avoid parking headaches:

- **Free Campus Shuttle Bus Routes near OLLI:**

--Route C1 shuttle service begins at 7:30 am weekdays and runs until 5:15 pm. (A free night service shuttle, Route N1, serves a longer route after 5 pm and is described below.) Route C1 shuttle service runs on a continuous 10-minute cycle stopping near Andrews Amphitheatre on Dole Street (**Note: this stop is the nearest one to our OLLI classrooms in Krauss Hall**); Sinclair Library Circle; Business Administration Building; Varney Circle in the center of upper campus; Paradise Palms; Kennedy Theatre; Homes Hall (Engineering); Andrews Amphitheatre. The last daytime C1 shuttle leaves Varney Circle at 5:05 pm.

--Route N1, Night shuttle, begins at the dorms on Dole Street and loops through the dorm parking lots, down Dole Street, up University Avenue and onto campus on 30-minute intervals. It makes designated stops at Hale Wainui, Hale Noelani, Hale Lehua, Hawaiian Studies, Andrews Amphitheatre (the stop nearest OLLI in Krauss Hall), Sinclair Library Circle, Architecture Building, Business Administration, Varney Circle, Paradise Palms, Kennedy Theatre, Frear Hall, Hale Wainani. The last Night Shuttle leaves Paradise Palms at 11:05 pm.

- **Handicapped Parking Permits:** If you possess a valid City & County Disability Placard, you may purchase a visitor parking entry for \$5 at the Sinclair Library/Bachman Hall campus entry gate off University Avenue and park in any legal, marked parking stall on campus. **Display the visitor parking ticket on the dashboard and place the handicapped placard on the rearview mirror.**

EXPERIENCE AND SAVOR LEARNING

Embrace life and join our community of learners at the Osher Lifelong Learning Institute (OLLI) at the University of Hawaii at Manoa. Our Spring Term 2013 starts Wednesday, January 23, and ends Friday, May 17.

Established at UH Manoa in 1997 by a group of retired professors and community elders, this award-winning program is supported by an endowment from The Bernard Osher Foundation and underwritten by members' contributions and support from UHM College of Social Sciences. Inside these pages you'll find classes, workshops, and community special events.

Mark your calendar and join us this Spring!

HOW TO ENROLL OR REACH OLLI

For more information about the Osher Lifelong Learning Institute courses and membership benefits, see the center section of this brochure, or call OLLI Director Rebecca Goodman at 956-8224 or email: rgoodman@hawaii.edu. **Visit our UHM offices and classrooms in Krauss Hall 113, or check the OLLI website: <http://www.all.hawaii.edu/>**

- MAILING ADDRESS •

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

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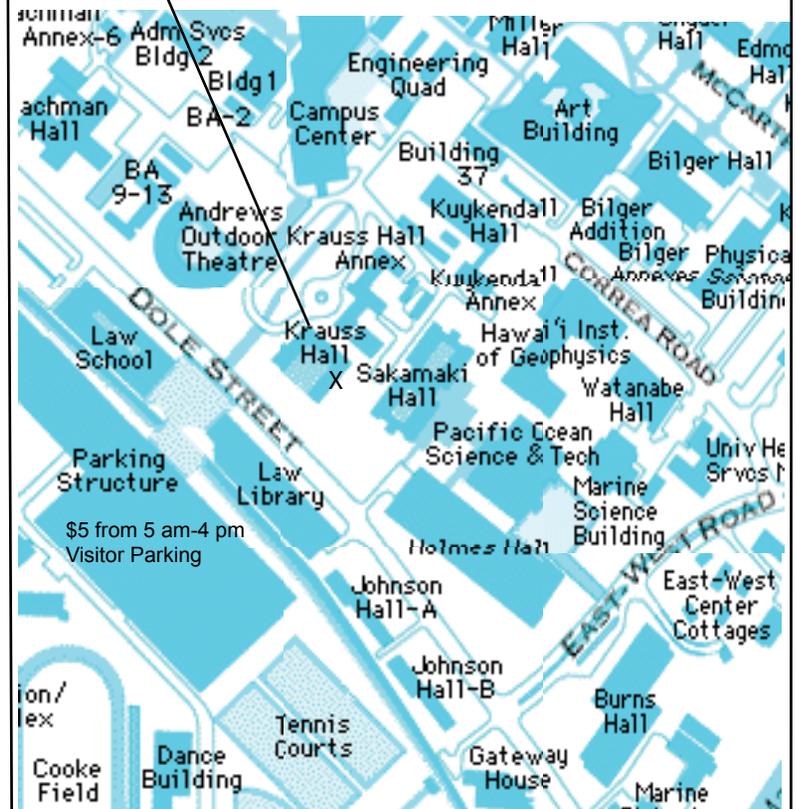
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Campus Map, University of Hawaii -Manoa Osher Lifelong Learning Institute Krauss Hall 112-113



LOWER CAMPUS visitor parking is available from 5 am to 4 pm for a flat fee of \$5 per entry. After 4 pm, the flat fee is \$6. **Enter the main Parking Structure on Lower Campus Road (first right off Dole Street past the University Avenue and Dole Street intersection).** On **UPPER CAMPUS**, visitor parking is limited and expensive: from 6:30 am to 4 pm, the parking fee is **\$2 per half-hour**. After 4 pm parking on Upper Campus is a flat rate of \$6. Green striped visitor stalls have Pay-to-Park ticket machines (No bills larger than \$20 are accepted in ticket machines); place receipts face-up on dashboard. Visitor stalls are located at Orvis Auditorium, Sinclair, Kennedy, Kuykendall, and Varney Circle.

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

◆ **Elderhood: Igniting the Soul's Fire (Series II)**

Instructor: Linda Merrill, Ph.D. Psychology; M.Ed.

Dates: Fridays, Feb. 15, 22, Mar. 1, 8, 15, 22

Time: 1:30 pm - 3:30 pm

Location: Krauss 113-B

Description:

"To be young and vital is nothing. To be old and vital is sorcery." -- Carlos Castenada

Elderhood signals a major life passage bringing us to a new frontier of development. As we stand at its threshold, leaving behind the roles and identities of an earlier stage, we may want to ask: How do we harvest the wealth of past experience in ways that keep our lives vital and generative now? What element of alchemy, of creative response, do we bring to our later years that may alter or enhance the way we approach and experience life?

In *Igniting the Soul's Fire*, we will draw on the rich reserves of our individual and collective wisdom to deepen our personal vision and strengthen us in our role as an elder. We will look at experiences that bring our lives meaning and fulfillment, at self-beliefs that sustain us through challenging times. We will work with symbols and images found in nature, poetry, and our stories to awaken a resounding awareness interiorly, opening us to new perceptions and possibilities. Through our shared explorations we will seek to ignite the vital fires within that infuse our lives with creative and spiritual force.

This workshop is adapted, in part, from *The Illuminated Life* workshop created by Dr. Abe Arkoff. New Series II workshop participants who did not take Series I during the Fall Term will receive copies of Dr. Arkoff's book, *The Illuminated Life: Your Life-book*.

◆ **OLLI Book Club & Reading Group Discussions**

Dates: Thurs., Jan. 24, *Feb. 21, Mar. 21, Apr. 18, May 16

Time: 9:30 am - 11 am (*Feb. 21 session meets at noon)

Location: Krauss 113-B

Description: Looking for some thought-provoking conversations about books? Joining the OLLI Book Club is a good way to challenge yourself and find common ground. In these monthly leaderless discussions, everyone has an opportunity to contribute. The Book Club will begin Jan. 24. *Note: the Feb. 21 class session will meet at noon instead of 9:30 am to allow participants an opportunity to attend The Constitution lectures at OLLI (See page 6 for course details.)*

Culinary Cinema: Comedies

(Continued from page 6)

insurance clerk lends his apartment to his adulterous higher-ups for their amorous affairs. But his fast track to an executive suite gets derailed when he becomes involved with his boss's latest conquest.

- Apr. 17 - *A Shot in the Dark* (1964) (102 mins)

Second in the series, this film is often regarded as the best of the *Pink Panther* sequels, and Peter Sellers gives a top-notch performance that makes slapstick buffoonery memorable.

- May 8 - *Annie Hall* (1977) (93 mins)

Woody Allen's romantic comedy of the "Me Decade" follows the up-and-down relationship of two mismatched New York neurotics. Jewish comedy writer Alvy Singer (a thinly-disguised version of Allen himself played by Allen) ponders the modern quest for love and his bittersweet past romance with the tightly-wound WASP singer Annie Hall played brilliantly by Diane Keaton who won a *Best Actress* Oscar® for her performance in the film.

◆ **Arts of the Bedchamber: Japanese Shunga**

Tour at the Honolulu Museum of Art, Gallery 14

Docent: Mary Flynn

Date: Friday, Feb. 15

Time: 11 am - Noon

Tour limit: 15

Location: Honolulu Museum of Art, 900 So. Beretania St. **Meet at the entrance on Beretania.** (Validated museum parking is available at 1035 Kinau St; \$3 for every four hours with validation.)

Tour fee: \$10 for non-members; free for Museum members who present current membership card.

Description: Japanese artists of the Edo period (1615-1868), including the most revered designers of ukiyo-e prints, were involved in the production of erotica known as *shunga* as well as more restrained depictions of sexuality. Exploring the genre of *shunga* offers a rich understanding of ukiyo-e printmaking as well as the general attitudes about sexuality and gender that were prevalent in Edo society.

This Honolulu Museum of Art exhibition featuring 90 woodblock prints and paintings challenges viewers' assumptions and attitudes about sexuality.

◆ **OLLI As A Third Place: Research findings**

Presenter: Michael Cheang, DrPH, UHM FamR

Date: Monday, April 15

Time: 10 am - 11:30 am **Location:** Krauss 111

Description: In Fall 2012, OLLI members participated in focus group sessions organized by Dr. Michael Cheang, gerontologist and faculty member in UHM Dept. of Family Resources. His research explored multiple dimensions of the OLLI experience and factors affecting the development of friendships. In this presentation he'll describe his findings and discuss OLLI as a "Third Place."

◆ **How the Universe Began**

Instructor: Harriet Natsuyama, PhD, Astrophysics

Dates: Wednesdays, Jan. 23, 30, Feb. 6

Time: 9:30 am to Noon **Location:** Krauss 112

Description: This course will explore the book by Dr. Lawrence Krauss, *A Universe from Nothing: Why There is Something Rather than Nothing*, published in 2012. Where did the universe come from? What was there before it? In a cosmological story that rivets as it enlightens, pioneering theoretical physicist Lawrence Krauss explains the groundbreaking scientific advances that turn basic philosophical questions upside down. The beautiful experimental observations and mind-bending theories are all described accessibly in *A Universe from Nothing*, and they suggest that not only *can* something arise from nothing, something will *always* arise from nothing. Those who intend to enroll in this course should obtain a copy of Krauss's book and begin reading. Please bring questions to class or email to the instructor, hhnatsu@yahoo.com in advance. In this cosmological study group, we shall learn together.

◆ **Anxiety and Desire in American Science Fiction**

Instructor: Susan Nance, Amer. Studies, BA, MA, ABD and AP Government/Politics, AP U.S. History instructor

Dates: Tues., Jan. 29, Feb. 5, 12, 19, 26, Mar. 5, 12

Time: 9:30 am to 11:30 am **Location:** Krauss 112

Enrollment limit: 10

Description: Media reflects the concerns of any culture. During the Cold War and the Nuclear Age, this was particularly clear, especially in the films and writing of the times. This course will examine how these concerns were (are) represented in science fiction of the era. Our objective is to develop cultural criticism and learn about the relevance of our popular cultural "products" -- film, novels, music, and advertising. Essays, handouts, and films will illuminate our exploration. A list of suggested readings will be provided to enrolled students.

◆ **The Constitution: *Now More Than Ever***

Instructor: Susan Nance, Amer. Studies, BA, MA, ABD and AP Government/Politics, AP U.S. History instructor

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

Time: 9:30 am to 11:30 am **Location:** Krauss 112

Enrollment limit: 10

Description: Following an overview, this course will concentrate on the *Bill of Rights* specifically as well as on current news events. The aim of the course is to learn one's Constitutional rights and to be able to apply current events and history through the filter of knowledge. The instructor will provide copies of the text, *We The People*. Participants should have a rudimentary understanding of government and an interest in the document itself.

◆ **Culinary Cinema: *Comedies***

Instructor: Tom Sheeran

Dates: Wednesdays, Feb. 6, Mar. 20, Apr. 17, May 8

Time: 3 pm - 6 pm

Location: View films in Krauss 111. Map/directions to post-film restaurant sites will be provided.

Enrollment limit: 24

Description: By popular demand, our film and dinner series will feature comedies, all guaranteed to have happy endings.

- Feb. 6 - *Philadelphia Story* (1940) (114 mins)

Three stars, Katherine Hepburn, Cary Grant, and Jimmy Stewart, form an incomparable trio in one of the most tantalizing screwball romances ever. Under the direction of George Cukor, this Broadway comedy springs to life with precision and wit.

- Mar. 20 - *The Apartment* (1960) (125 mins)

Starring Jack Lemmon, Shirley Maclaine, and Fred MacMurray. With furthering his career in mind, an

(Continued on page 17)

◆ **Forensic Pathology: TV versus Reality**

Instructor: Mary M. Flynn, MD, Board Certified in Anatomic, Clinical and Forensic Pathology

Date: Monday, April 8

Time: 10 am to 11:30 am

Location: Krauss Hall 111

Description: A forensic pathologist performs autopsies to determine the cause and manner of death in situations falling under the jurisdiction of the local medical examiner or coroner. These situations include violent deaths such as homicides, accidents and suicides. Other categories are suspicious, sudden and unexpected deaths.

The popularity of high-tech crime shows such as *CSI*, *Forensic Files* or *Cold Case* has dramatically increased public awareness of investigative techniques and especially the role that science can play in solving crimes. These shows offer a new spin on an old formula familiar from detective stories in which super-intelligent "good guys" battle an equally intelligent criminal. There are key differences between real-life and TV forensic pathology and other investigative work. In this presentation we will explore some of those differences using selected forensic cases from history and headlines.

◆ **Legends of the Celtic Harp**

Date: Saturday, March 30

Time: 7:30 pm

Location: Orvis Auditorium, UHM Music Dept.

Tickets: \$10, call 944-2697 to order by phone, or go online: www.etickethawaii.com

Description: Three of the world's premier Celtic harpists--Patrick Ball, Lisa Lynne and Aryeh Frankfurter--combine music with spoken word to explore the myths, magic and fabled history of this beautiful instrument. Enjoy glorious virtuosity and captivating storytelling in the Irish tradition. *Performance sponsored by Outreach College.*

◆ **India Travelogue: *The Moonlight Garden***

Presenters: Gita and Pradip Kar, World travelers

Date: Monday, February 18

Time: 2 pm - 4 pm **Location:** Krauss 111

Description: In this travel presentation on India by Pradip and Gita Kar, recent discoveries about the Taj Mahal mausoleum complex in Agra will take center stage. For years, many observers speculated that the builder of the Taj Mahal, Shahjahan, the fifth Moghul Emperor of India, planned to build his own tomb across the river from the majestic white Taj at a site called *Mahtab Bagh*. But field studies sponsored by the Archaeological Survey of India and the Arthur M. Sackler Gallery in Washington, DC, discovered that the site was not destined for another mausoleum, but was instead a Moonlight Garden, with terraced plantings and octagonal pools perfectly aligned to reflect the Taj Mahal across the river on moonlit nights.

Join Gita and Pradip as they describe recent discoveries at the Taj Mahal complex and the “earthly paradise” of the Mughal gardens at *Mahtab Bagh*.

Volcanoes in the Sea

(Continued from page 3)

- Mar. 22 - Historic and recent Hawaiian eruptions;
- No lecture on Mar. 29, Spring Break at UHM;
- Apr. 5 - Geology and geography of the different Hawaiian islands.
- Apr. 12 - Visit to SOEST/HIG/guest speaker

Note: April 12 is *tentatively* scheduled for a field trip to the School of Ocean and Earth Sciences and Technology/Hawaii Institute of Geophysics on the UH Manoa campus. More details on the tour date, time, and specific lecture research topics will be provided to enrolled course participants in January.

◆ **Raja Yoga: Integrating body, mind, and spirit**

Instructor: Gita Kar, writer, story-teller, Raja Yoga practitioner of the Satyananda Yoga lineage.

Dates: Mon. Jan. 28, Feb. 4, 11, 18, 25, Mar. 4, 11, 18, Apr. 1
(*note: skip March 25 for Spring Break campus closure)

Time: 9:30 am - 11:30 am

Location: Krauss 113-B (and other locales TBA)

Enrollment limit: 12

Note: Please wear comfortable clothing to class sessions. *Although the activity in this class is not especially strenuous, it is important to have good range of motion and moderate flexibility. A signed medical release form will be required for enrollment in the class; forms will be provided for review and signature prior to class.*

Description: In her life in Bombay (now Mumbai), India, where she lived for 39 years, Gita Kar was constantly surrounded by yogis and spiritual masters from the Bihar School of Yoga. Her mother Guru Prakash was one of the first practitioners of Swami Satyananda, founder of the Bihar School of Yoga. Gita began her training under Swami Satyananda Saraswati and continued her study and practice under the guidance of Guru Prakash. She lives and teaches in Minneapolis, MN, and is spending a few weeks this winter in Honolulu. Raja Yoga is a system of transformative health practices that integrate the physical, mental and spiritual energies of the practitioner. In this workshop, we'll do simple body movements to help relieve and manage physical discomfort. We'll also practice several breathing techniques that produce specific health benefits, and learn how to harness and enhance our energy and enjoy the effects of meditation and deep yogic relaxation which help to reduce hypertension and stress levels. This workshop will offer a progressively inward journey through the body's physical and subtle energies.

◆ **Oscar®! Award-Winning Songs: 1934-69**

Instructor: Jim Hesse, Actor, Musician

Dates: Thurs. Jan. 24, 31, Feb. 7, 14, 21, 28, Mar. 7

Time: 2 pm to 4 pm

Location: Krauss 111

Description: The Academy Award® for Best Original Song was introduced at the 7th Academy Award ceremony in 1934. Over the years, requirements and rules for song nominations changed and we'll briefly review the history of those changes. Now the award is presented to songwriters who have composed the best original song written specifically for a film. In this 7-part course, each class session will explore five years of nominations and awards from 1934 to 1969. We'll listen to or watch the performance of many of the nominated songs for each year and cast ballots on the song nominees. Do you agree with the judges' winning selections? In addition to enjoying memorable songs, we'll have an opportunity to see how the award ceremony has changed over the decades and learn some fascinating trivia about the early Oscar® ceremonies.

◆ **Writer's Circle**

Dates: Writer's group meets on alternate Tuesdays beginning February 5

Time: 1 pm -3 pm

Location: Krauss 113-B **Enrollment limit:** 6

Description: Those with a yen to write are invited to participate in this circle of serious writers. As a peer-led group, 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. Previous participants will be given enrollment preference.

◆ **World of Noodles: *How to Make Gnocchi***

Presenters: Dirce Carmi, Tom Sheeran, Chef Savas

Date: Wednesday, Feb. 27

Time: 10 am to 1 pm **Enrollment limit:** 15 only

Location: *Mediterranean Gourmet*, 2970 East Manoa Rd. Park behind building off Lowrey St., or take Bus #6

Lunch Fee: **\$20 per person; pay at the restaurant**

Description: *World of Noodles* is back by popular demand in a series of special events. Our first event will be hosted by chef Savas at *Mediterranean Gourmet* on Manoa Road. OLLI member Dirce Carmi, from Turino, Italy, will demonstrate making authentic Italian gnocchi. Her demonstration will be followed by a Mediterranean lunch featuring the gnocchi. **Space is limited to 15 only.** **Please reserve your seat as soon as possible.** **NOTE: If you reserve and are unable to attend, you will still be charged for the cost of the event.**

◆ **Cuba: *An Adventure with Maria Lowder***

Presenter: Maria Lowder, World Traveler

Date: Monday, April 22

Time: 2 pm - 3:30 pm **Location:** Krauss 111

Description: In this travelogue, we'll visit Cuba. Beseet by waves of opportunists, pirates and despots, Cuba has a complex history pre-dating Columbus' 1492 arrival to a time when indigenous peoples inhabited the island. After Columbus, Cuba became a Spanish colony suffering centuries of corrupt, brutal leadership. Spain withdrew following the Spanish-American War in 1898 and Cuba became independent in 1902. Decades more corruption culminated in the Cuban Revolution by Communists in 1953-59, led by Fidel Castro. After years of isolation and sanctions imposed by Western nations, Cuba is now re-emerging, casting off restrictions and opening opportunities. Maria decided that given the changes underway in Cuba, the time to visit is *now* before it becomes a popular destination. Join us as she presents photos from her recent trip and relates her impressions of Cuban life.

SPRING 2013

OLLI MEMBERSHIP FORM

Name: _____

Address: _____

_____ City: _____

Zip: _____ Phone: _____

email address: _____

Emergency contact: _____

Phone: _____

1. Complete the form above to join OLLI for SPRING TERM, January 23 - May 17, 2013.
2. Please make \$60 membership check payable to:
UH Foundation #123-0790-4 (OLLI)
3. On pages 10 & 11, select up to three courses and any special events of interest. (Note: special events are open to OLLI members on a space-available basis. Some events have additional separate fees.) Remove completed center section (pages 9 to 12).
4. Send membership check and course selections (pages 9 to 12) to:

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

Thank you!

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 2013 and attend Spring Term's special events on a space-available basis. Spring Term 2013 runs from January 23 to May 17, 2013.

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 10 and 11, complete the membership application on page 12 and mail with your membership check to:

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Please make membership checks payable to:
UH Foundation #123-0790-4 (OLLI)

SPRING 2013 COURSE SELECTION FORM

Mark 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 concerts, tours and lecture presentations. Special events are offered to OLLI members in addition to course selections on a space-available basis; ** denotes special fee event.

COURSES

- _____ **Volcanoes in the Sea**
- _____ **Shipwreck Archaeology & Maritime History**
- _____ **Elderhood: *Igniting the Soul's Fire* (II)**
- _____ **How the Universe Began**
- _____ **Anxiety & Desire in American Sci-Fi**
- _____ **The Constitution: *Now More Than Ever***
- _____ **Culinary Cinema: *Comedies***
- _____ **Raja Yoga: *Integrating body, mind & spirit***
- _____ **Oscar®! *Academy Award-Winning Songs***
- _____ **Writer's Circle**

SPECIAL EVENTS

- ** **World of Noodles: *How to Make Gnocchi***
Weds. Feb. 27; 10 am - 1 pm; *Mediterranean Gourmet*, 2970 E. Manoa Rd.; **Lunch: \$20; Please pay at restaurant.**
 - **Cuba: *An Adventure with Maria Lowder***
Monday, April 22; 2 pm - 3:30 pm; Krauss 111
 - **India Travelogue**
Monday, Feb. 18; 2 pm - 4 pm; Krauss 111
 - **Forensic Pathology: *TV versus Reality***
Monday, April 8; 10 am - 11:30 am; Krauss 111
 - ** **Legends of the Celtic Harp**
Saturday, Mar. 30; 7:30 pm; Orvis Auditorium, UHM
Tickets: \$10; Call 944-2697 to order by phone or go online www.eticketshawaii.com
 - ** **Arts of the Bedchamber: *Japanese Shunga***
Friday, Feb. 15; 11 am to Noon; Honolulu Museum of Art, 900 So. Beretania St. Meet at entrance on Beretania. (Validated museum parking is available at 1035 Kinau St; \$3 for every four hours with validation from museum.)
Tour fee \$10 for non-members of museum; free entry for museum members with valid, current membership card.
 - **OLLI as a Third Place: *Research Findings***
Monday, April 15; 10 am - 11:30 am; Krauss 111
 - **Book Club and Discussions**
Thurs. Jan. 24, *Feb. 21, Mar. 21, Apr. 18, May 16; 9:30 am
* Feb. 21 session will meet at noon (see description, pg. 17)
- SPRING 2013 / OLLI office use only:**
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