Academy for Lifelong Learning
FALL TERM 1998
Courses & Special Events

University of Hawai‘i at Mānoa
Colleges of Arts and Sciences
For more information about programs, opportunities and membership benefits in the Academy for Lifelong Learning, call 956-2707 or 956-8224. Volunteers are always welcome! Visit the Academy for Lifelong Learning offices in Hawai‘i Hall 5 on the University of Hawaii at Manoa campus.

Our mailing address is:

The Academy for Lifelong Learning, UH-Manoa, 2500 Campus Road, Hawai‘i Hall 23, Honolulu, HI 96822

Join us at the Academy!

The Academy for Lifelong Learning (ALL) at the University of Hawai‘i at Manoa is an educational program for older learners that offers courses and special multidisciplinary projects to encourage individuals from all walks of life to engage their minds, enrich their lives, and serve the community. The only requirements for participation in ALL are life experience and a desire to learn. Founded by community individuals and a group of retired faculty from the University, the academy sustains its program activities through volunteerism, individual contributions, and membership fees. Membership entitles participants to enroll in courses and workshops, participate in special events, and receive a quarterly newsletter. If you’d like to participate in the Fall 1998 Term, please review our course descriptions, complete the pull-out enrollment form in the center section of this brochure, include check for membership, and mail the membership forms to the Academy for Lifelong Learning, UH Manoa, 2500 Campus Rd, Hawaii Hall 23, Honolulu, HI 96822, or call 956-2707. Mahalo!
FALL 1998

China: Tradition and Change ....................................... 1
Concepts of Change ...................................................... 1
The Culture Behind Flamenco Gypsy Dances ........... 2
Demystifying Math ....................................................... 2
Exploring the Spanish World ............................................. 3
Life is to Grow On: The ABC's of Holistic Growth .......... 3
Family Relationships: Fact and Fiction ....................... 4
The Illuminated Life: Making More of Our Third Age .... 5
Life Story Workshop.................................................... 6
New Thoughts on Thinking ........................................... 11
Opera for Beginners .................................................. 11
The Portuguese in Hawaii .......................................... 12
Psychology and Shakespeare: Reciprocal Insights .. 12
Seeds of Belief ............................................................... 13
Shakespeare and His Plays ........................................... 13
Understanding War ..................................................... 14
A Walking Tour of the Bible ........................................ 15
To Be Prepared is Everything ..................................... 15
Field Trip to Hawaii Maritime Center ...................... 16

Membership Registration........................................ 10
Course Enrollment........................................ 8 - 9

Please consider an additional tax-deductible donation to the ACADEMY FOR LIFELONG LEARNING

Mr./Mis/Mrs/Ms/Dr/Mr & Mrs/ Drs (circle one)

Name (as it should appear in our records)

Home Address

Home Phone
Enclosed is my personal gift to:
$_______ The Academy for Lifelong Learning

___ I would like to discuss a gift with a development representative for the A.L.L.

___ Check here if you do not wish for your name to appear in donor listings that the Colleges may publish in appreciation of your support.

Make check payable to: UH Foundation #18-079-0

Contributions are tax deductible to the extent provided by law. Thank you for your support. Please mail to: A.L.L. 2500 Campus Rd. Hawaii Hall 23, Honolulu, HI 96822

Thank you for your support.
Community Event
Field Trip to the Hawaii Maritime Center

Dates: Monday, November 23
Time: 8:45 am - 1 pm
Location: Meet at Sinclair Circle on University Avenue at 8:45 am.

Community events are free and open to the public. Pre-registration is necessary because space is limited. Please call the A.L.L. office at 957-2707.

Tour fees: Tours are $4.50 per person. Length of tour is two hours. Carpooling is available.

Description: ALL members are invited to visit the Hawaii Maritime Center, a part of Bishop Museum, dedicated to preserving, interpreting and exhibiting Hawaii’s rich ocean and seafaring heritage. We will be guided through state-of-the-art exhibits featuring voyaging canoes, ancient Hawaiians, early Western explorers, 19th century whaling days, surfing and windsurfing. The tour also includes an opportunity to go aboard the Falls of Clyde, a National Historic Landmark and the world’s only surviving four-masted, full-rigged ship. She is the last of the original Matson fleet, which served the islands for more than 20 years. Built in 1878 on the Clyde River in Scotland, the vessel was the first of her type to fly the Hawaiian flag. Hokule’a, the world renowned Polynesian voyaging canoe, is also on exhibit.

China: Tradition and Change
Instructor: Daniel Kwok, Prof. Emeritus, UHM
Dates: Mondays & Wednesdays, October 19, 21, 26, 28
Time: 10 am - Noon
Location: Hawaii Hall 5

Description: This course examines modern China in the light of her history. In this course, we will explore questions about the formation of the Chinese state, society and culture. You will gain an understanding of China in the context of world civilization.

Concepts of Change
Instructors: Vernon Char, Attorney at Law, and Dr. Tom Jackson, UHM Philosophy
Date: Monday, Nov. 2, 16
Time: 10 am - Noon
Location: Hawaii Hall 5
Maximum enrollment: 20

Description: This course continues the examination of changes in our community, government, and economy; personal changes in lifestyle; aging; change throughout the ages (gleaned from writings by Heraclitus, Plato, Aristotle, Marx). We will study the Pinball Effect, and Barometers of Change.
♦ The Culture Behind Flamenco Gypsy Dances
Instructor: Gaby Hanna
Dates: Fridays, Sept. 18, Oct. 16
Time: 3:00—4:30 p.m.
Location: Hawaii Hall 5
Description: Gypsy and Flamenco dance provides exercise for the body, mind and spirit. This course is designed to explore the culture behind Flamenco Gypsy dance as well as to learn how to exercise the mind and spirit as inspired by the teachings of gypsy culture. We will learn basic steps and movements from the Gypsy Flamenco dances done for ritual and spiritual fulfillment. We also will listen to and appreciate famous dancers portrayed in video.

♦ Demystifying Math
Instructor: Harold Lee, BA, MA Math instructor
Dates: Thursdays, six sessions, Sept. 17-Oct. 22
Time: 3:00—4:30 p.m.
Location: Hawaii Hall 5
Description: We will learn about the logic, history, and philosophy of math. Math problems are considered by some to be challenging and hard to figure, but these presentations will show how math problems can be easily solved when definitions and operations are clarified. Answers will become self-evident. We will delve into algebra, geometry, trigonometry and even some calculus.

♦ A Walking Tour of the Bible
Instructor: Rev. Dr. Gerald G. Gifford II
Dates: Tuesdays, Sept. 22 - Dec. 17
Time: 10:00—Noon
Location: Social Sciences Building 703
Description: In this course we will amble through the Old Testament and New Testament forming new insights as we explore major religious, cultural, and historical themes.

♦ To Be Prepared is Everything
Instructor: Harry Tagomori, PhD
Dates: Thursdays, Oct. 9 - 29
Time: 8:30 am - 9:30 am
Location: Hawaii Hall 5
Description: It is fitting that the Japanese character for expressing the idea of preparation should also stand for heart, mind, and soul. Because only when the three come together in a single purpose can excellence in any task be achieved. Excellence is something that we all strive for. Join Dr. Tagomori in this informal discussion series on the idea of preparation. In this gathering of minds, you will have the opportunity to participate by sharing your ideas. To be prepared is an essential part of a life well-lived and we can help one another understand what it means to be prepared and live our lives more fully.
Understanding War
Instructor: Joseph Morgan, Prof. Geography
Dates: Wednesdays, Oct. 6, 13, 27, Nov. 10, 17
Time: 1 pm - 3 p.m.
Location: Hawaii Hall 5
Description: Perhaps the most important single issue or problem facing the world today is whether most of the nations of the world are at peace or are in a state of conflict serious enough to be classified as war.

There are numerous causes of war, many of them specifically or peripherally rooted in geography. Moreover, the conduct of wars is inherently a geographic topic.

Wars are fought and won or lost over control of territory. Cities are captured, large regions are occupied by an enemy, geographic boundaries are adjusted, governments change resulting in changes in the political geography of both winners and losers, and the map of the world (or at least sizeable portions of it) are altered by the results of international wars. To a lesser extent, civil wars produce similar results.

In this course, will discuss both theoretical and actual causes of war, based on reviews of texts and newspaper articles.

Exploring the Spanish World
Instructor: Gaby Hanna, Spanish language and culture instructor
Dates: Thursdays, Sept. 17 - Dec. 10
Time: 9 am - 11 am
Location: Hawaii Hall 5
Description: This course will employ all the senses to explore the rich history, geography, languages, and arts of the Spanish world. We will take an armchair tour of the Caribbean region, Colombia, Venezuela, Cuba, Puerto Rico and the Dominican Republic. This is an opportunity to dissolve the myths and misconceptions that are often encountered about Spanish culture. Guest lectures, field trips and dine outs will be featured.

Life is to Grow On: The ABCs of Holistic Growth
Instructor: Margery Terpstra, Psychologist
Dates: Thursdays, Nov. 5 - Dec. 17
Time: 1:00-3:00 p.m.
Location: Hawaii Hall 5
Description: In this informal discussion, we will consider the principles of growth set forth in the course guide (titled the same as the course). Copies will be distributed at the first class session. We will form a support group and help each other explore, set, and reach our goals for growth and self-fulfillment.
Family Relationships: Fact and Fiction
Instructor: Elizabeth Bailey, Lecturer, UHM Consumer and Family Resources, CTAHR
Dates: Wednesdays, Sept. 30 - Nov. 4
Time: 10 am to Noon
Location: Social Sciences Building 704
Description: In this course we will explore the complex relationships in families. What features shape family relationships? What roles do temperamentoen play in the development of family relationships? What roles do adolescents play in actively shaping relationships with siblings, parents and peers? How do children affect their parents' marriage?

By exploring our own experiences as well as those of the family relationships described in an excellent anthology of short stories on families, we will have an opportunity to find a balanced understanding of complex family relationships that may be much broader than that of our own personal experience. Each week we will discuss two short stories from our text, American Families: 28 Short Stories, edited by Barbara H. Solomon ($6.99). We will relate these stories to the facts of our own lives and draw helpful insights from literature that spans two centuries. The collection of stories will offer us a literary portrait of the American family that captures the essence of families learning how to live together and let go. If you're interested in family drama, the challenges of marriage, and the struggles that shape relationships, you won't want to miss this course.

Seeds of Belief
Instructor: Robert B. Fraser, MA, Philosophy
Dates: Thursdays, Sept. 17-Dec. 17
Time: 12:30—2:30 a.m.
Location: Gartley 216-C and Hawaii Hall 5
Description: This course is an exercise in exploring our personal history. We will look at the events in our lives that give the force of reality to the convictions that we live by. We will pursue a process of clarifying our own moral values, personal philosophy of life, and spirituality. We will have the opportunity to discover how the evolution of our own beliefs is critical to our spiritual journey through life.

Shakespeare and His Plays
Instructor: David Johnson
Dates: Tuesdays, Oct. 6 - Nov. 17
Time: 5:30 pm - 7:30 pm
Location: Hawaii Hall 5
Description: Enjoy Shakespeare, the world's finest playwright and poet. Seven sessions include an introduction, Shakespeare, His Life, Times and World, and one session on each of five plays: Julius Caesar, The Taming of the Shrew, Henry IV, Part II, The Winter's Tale, and Romeo and Juliet. We will discuss Shakespeare's use of plot, structure, character development, humor, imagery, word music, and dramatic devices. We will consider each play as a whole, focus on selected passages, and view one or more videos of staged scenes.
The Portuguese in Hawaii

Instructor: Edgar C. Knowlton, Jr., PhD, UHM Prof. Emeritus, European Languages
Dates: Fridays, Oct. 9 - Dec. 18
Time: 1 pm - 3 pm
Location: Hawaii Hall 5
Description: We will study the Portuguese in Hawaii from before 1800 until the present day. Emphasis will be on Portuguese immigration between 1878 and 1913, and also the impact of the Portuguese on the Kingdom, Republic, Territory, and State of Hawaii.

Psychology & Shakespeare: Reciprocal Insights
Instructor: Alice Scheuer, PhD, Psychology
Dates: Weds. & Fri., Sept. 16 - Nov. 20
Time: 10 am - 11:45 am
Location: Hawaii Hall 5
Description: Through readings, lectures, and discussions, we will review Shakespeare's major tragedies and leading characters in them: Hamlet, Macbeth, Julius Caesar, Antony and Cleopatra, Othello, Lear, and Romeo and Juliet. We will analyze them in terms of both literary criticism and diagnoses of mental disorders and consider possible interventions in similar tragedies in real life.

It is recommended that participants in this course have a basic background in English literature, an appreciation of Shakespeare's tragic characters, and a familiarity with Psychology.

The Illuminated Life

Instructor: Abe Arkoff., PhD, UHM Prof. Emeritus, Psychology
Dates: Wednesdays, Sept. 16 - Dec. 16
Time: 1 pm - 3 pm
Location: Hawaii Hall 5
Enrollment limit: 17 If your plans would require that you miss more than one or two sessions, please wait and register in a future session.
Description: The unexamined life is not worth living. So Socrates said, many many of us don't know how to examine our lives in a helpful way, or we don't take time to try. A particularly beneficial time for this examination is during our third age, a designation increasingly given to the years past 60. It is during our third age that we often seek new direction, meaning, and purpose. This can be a time of personal growth, or, sadly, stagnation, and even despair. Working together, we will seek not only to examine our lives but also to illuminate and enrich them. And we will draw insights from the past and present to guide us in the years to come. We will prepare each week in advance of the class by reading one chapter of a new workshop, The Illuminated Life: Your Third Age Lifebook, and by completing the explorations at the end of each chapter. For our first meeting, read the first chapter, complete its exploration, and bring it with you to class. Also read the four appendices. The workbook is available for $14 from Professional Image, 2633 S. King Street. Call ahead to have a copy made ready for you (973-6599).
Life Story Workshop
Instructor: Phil Damon, Prof. UH Creative Writing Program, English Department
Dates: Fridays, Sept. 18 and 25
Time: 9:30 - Noon and 1 pm - 3 pm
Location: Hemenway 204 & SSRI 704
Description: This is an abbreviated version of an eight-week course in autobiography that I offer three times a year at the Waikiki Community Center. Our working premise is that each of our lives, no matter how unheralded, is a mythic story with our own self as the heroic central character. This premise is validated for us by the dynamic practice of narrative journaling, which enables and encourages us to assess any experience, no matter how painful, as an essential episode in a purposeful story. The places and people thus acquire a marvelous new meaning for us as the narrative elements (setting, character, plot, and point of view) of our heroic life story.

A portion of each session will be devoted to journaling and will be followed by a voluntary sharing of results.

Please bring a fresh notebook and pen or pencil as well as a brown bag lunch to these full-day workshops.

New Thoughts on Thinking
Instructor: Dr. Virginia Fine, Clinical Psych.
Dates: Tuesdays, Sept. 22 - Oct. 22
Time: 10:00—11:45 a.m.
Location: Hawaii Hall 5
Description: In this course we will explore the cutting edge of current thought concerning right-brain and left-brain research and also those higher processes of consciousness and creativity that some are able to fully realize. We will give special attention to the provocative ideas of some truly great brains in brain research and learn ways to consider our own thought patterns and approaches to resolving challenges.

Opera for Beginners
Instructor: Sandy Davis
Dates: Wednesdays, Oct. 7- Dec. 2
Time: 5 pm - 7 pm
Location: Hawaii Hall 5
Description: This course will help you understand and enjoy opera whatever your background. We will approach opera as music, theatre, culture and history. We will be particularly concerned with some of the world's most endearing and enduring operas. Join us and enjoy some splendid music and performances.
ALL Membership & Enrollment Form
Fall 1998

Please type or print clearly.

Name: ____________________________
Address: ____________________________ Zip: __
Phone: ____________________________
Emergency Contact: ____________________________
Phone: ____________________________

1. Select a membership category from choices listed below. For details on membership information and benefits, see page 7.

Current ALL member (ALL membership card lists you as an Annual member or a Fall Term '98 member). Participating members who joined ALL at the $10 per year level may register for courses only if membership is upgraded to Session or Annual member level. For details, call ALL at 956-2707.

I wish to be enrolled as an Annual Member: $115 for one year (Fall, Spring, Summer)

I wish to be enrolled as a Session Member: $45 for Fall Term '98.

Please make check payable to: University of Hawaii Foundation (Account #18-079-0)

ALL Membership Information

Annual and Session members may enroll in courses, participate in special events, receive regular newsletters, and join community service projects. There are no membership requirements of prior educational experience. Categories of membership for enrolling in courses are:

Session Member, $45. Entitles an individual to enroll and attend up to three courses during the Fall term, receive the ALL newsletter, and attend special events.

Annual Member, $115. Entitles an individual to enroll and attend up to three courses during the Fall term; course enrollment for the Summer & Spring terms; receive the ALL newsletter; attend special events; receive selected University Library privileges; and access other University activities.

Please note: Membership fees (both annual and session) are nonrefundable. Annual membership is for a period of 12 months. Assume you are enrolled in the courses you request unless otherwise notified. There will be no written confirmation. If you have any questions, please call our office at 956-2707. Please send us your enrollment application, membership check, and selected courses.
Fall 1998 Course Enrollment Form

Mark below your course selections. Membership in ALL entitles you to select three courses. If space permits, you may sign up for additional courses.

- China: Tradition and Change
  Mondays & Wednesdays, Oct. 19, 21, 26, 28
  10 am - Noon; Hawaii Hall 5

- Concepts of Change
  Mondays (Nov. 2, 9, 16) 10 am - Noon; Hawaii Hall 5

- Flamenco Gypsy Dances
  Fridays (Sept. 18 - Oct. 16) 3 pm - 4:30 pm; Hawaii Hall 5

- Demystifying Math
  Thursdays (Sept. 17 - Oct. 22)
  3:00 p.m - 5 p.m.; Hawaii Hall 5

- Exploring the Spanish World and Language
  Thursdays (Sept. 17 - Dec. 10) 9 am - 11 am

- Family Relationships: Fact and Fiction
  Wednesdays (Oct. 7 - Nov. 4) 10 am - Noon

- The Illuminated Life
  Wednesdays (Sept. 16 - Dec. 16) 1 pm - 3 pm

- Life is to Grow On: Holistic Growth
  Thursdays (Nov. 5 - Dec. 17); 1 - 3 pm

- Life Story Workshop
  Fridays (Sept. 18 & 25); 9:30-Noon, 1-3 pm
  Sept. 18 (Hemenway 204); Sept. 25 (SSRI)

- New Thoughts on Thinking
  Tuesdays (Sept. 22 - Oct. 27)
  10:00—11:45 a.m.; Hawaii Hall 5

- Opera for Beginners
  Wednesdays (Oct. 7-Dec. 2)
  5:00-7:00 p.m.; Hawaii Hall 5

- The Portuguese in Hawaii
  Fridays (Oct. 9 - Dec. 18)
  1:00—3:30 p.m.; Hawaii Hall 5

- Psychology and Shakespeare: Reciprocal Insights
  Wednesdays & Fridays (Sept. 16 - Nov. 20)
  10:00—11:45 a.m.; Hawaii Hall 5

- Seeds of Belief
  Thursdays (Sept. 17 - Dec. 17), 12:30 - 2:30 pm, Gartley 216-C except 10/22 in Hawaii Hall 5

- Shakespeare and His Plays
  Tuesdays (Oct. 6 - Nov. 17); 5:30 -7:30 pm; Hawaii Hall 5

- Understanding War
  Tuesdays (Oct. 6 - Nov. 17); 1 - 3 pm; Hawaii 5

- A Walking Tour of the Bible
  Tuesdays (Sept. 22 - Nov. 17); 10 am - Noon Hawaii Hall 5

- To Be Prepared is Everything
  Thursdays (Oct. 18 - 29); 8:30 am to 9:30 am; Hawaii Hall 5

- Field Trip: Hawaii Maritime Center
  Monday (Nov. 23) 8:45 am - 1 pm