Academy for Lifelong Learning

SPRING TERM 1998

Courses & Special Events

University of Hawai‘i at Mānoa
Colleges of Arts and Sciences
Join us at the Academy!

The Academy for Lifelong Learning (ALL) at the University of Hawai'i at Manoa is an educational program 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 emeriti 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 join, please 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.

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 Hawai'i at Manoa campus.

Our mailing address is:

The Academy for Lifelong Learning,
UH-Manoa, 2500 Campus Road, Hawai'i Hall 23, Honolulu, HI 96822
Index To Courses

Spring 1998

Aging: Optimizing Your Physical Potential...........1
Appreciating Hawaii........................................2
Art of Negotiating...........................................2
Concepts of 'Change'.......................................3
Exploring the Spanish World..............................3
Energy Healing................................................4
Fitness Walking...............................................4
Feast & Famine: Agriculture in Hawaii..................5
Fundamentals of Health & Nutrition........................5
Gypsy Flamenco Dance.........................................6
History and Art of Japanese Ikebana.........................6
The Personal Journal Circle................................11
Quest for the Educated Person...............................12
Scottish Country Dancing.....................................12
Spanish Language: Beginning Conversation..............13
Speaking to Groups: Conquer Your Fears................13
Shakespeare and His Plays..................................14
Wayang Kulit: The Shadow Theatre of Java..............14
Zen of Moving.................................................15

Community Events
Current Events Roundtable......................................16

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

Please consider an additional tax-deductible
donation to the
Academy for Lifelong Learning

Mr/Miss/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 Academy for Lifelong Learning.

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

Make check payable to UH Foundation Account #18-079-0.
Contributions are tax deductible to the extent provided by law. Thank you for your support!

Mail to:
Academy for Lifelong Learning
University of Hawaii at Manoa
2500 Campus Road, Hawaii Hall 23
Honolulu, HI 96822
Community Event
Community Events are free and open to the public. Pre-registration is desirable, but not necessary.

*Current Events Roundtable*
**Instructor:** Dr. Harry Tagomori  
**Dates:** Thursdays, Feb. 19, 26, Mar. 5, 12  
**Time:** 8:30-9:30 am  
**Location:** Hawaii Hall 6  
**Description:** Against the backdrop of increasing economic and political pressures, many Hawaii residents are re-evaluating long-standing practices and systems to determine whether there might be better alternatives for improving our lives and our communities. The Current Events Roundtable will provide an informal setting for open discussions on what's happening (or about to happen) in Hawaii. Dr. Harry Tagomori will facilitate informal discussions on decisions and developments that daily affect our lives. What are your key concerns? Participants are encouraged to bring to the first discussion group four or five topics of current concern—controversial, inspiring, exasperating, or entertaining—to launch this new ALL group. We'll meet for four sessions of conversation and coffee then extend if participants desire to continue meeting on a weekly basis.

*Aging: Optimizing Your Physical Potential*
**Instructor:** Dr. Deborah Merritt, Exercise Physiology  
**Dates:** Thursdays, Feb 19, 26, Mar. 5, 12, 19, 26, Apr. 2, 9  
**Time:** 2:00-4:00 pm  
**Location:** Hawaii Hall 5  
**Maximum Enrollment:** 15  
**Description:** The changes in bodily function that are associated with aging begin in young adulthood (about age 30). These changes result from the progressive loss of approximately 1% per year in organ and system function. Rudolph Virchow (1821-1902) hypothesized the result of damage to cellular structure and function. By the time a person reaches the eighth or ninth decade, the individual has undergone a number of progressive aging changes that, if not recognized as normal, can result in unnecessary medical treatment. However, accompanying these "normal" senescent changes are a number of time-dependent pathological events that may or may not be inevitable and universal. Students are welcome to bring up topics of interest for class discussion and research. Access to the Hawaii Medical Library, the Internet, and other sources of medical information will be discussed.
Appreciating Hawaii: What I'm Still Learning After 28 Years In The Island
Instructor: Dr. Joseph Morgan, Geography lecturer/retired Associate Professor of Geography
Dates: Thursday, Jan. 22, 29, Feb. 5, 12
Time: 1:00-3:00 pm
Location: Hawaii Hall 5
Description: Explore Hawaii’s unique and fascinating geography. As a once popular song said, “There's no place like Hawaii.” This mini-course will enable you to discover how this state differs from the other 49 states and the other Pacific Islands through the exploration of its social and cultural geography. Includes a field trip to illustrate the points discussed in class.

The Art of Negotiating
Instructor: Anthony Locascio
Dates: Tuesdays, Apr. 7, 14, 21, 28
Time: 1:00-3:00 pm
Location: Hawaii Hall 5
Description: Understand the basic skills and techniques essential to every negotiation. We will examine strategies and tactics, and learn how to determine your needs and the needs of the other party. A combination of lecture/discussions will explore human behavior, preparation for negotiation, and the negotiating experience on a personal, interorganizational, and international level.

The Zen of Moving (Strengthening and toning)
Instructor: Dr. Harry Tagomori, UHM faculty
Dates: Thursdays, Jan. 15, 22, 29, Feb. 5, 12
Time: 8:30-9:30 am
Location: Hemenway 208
Maximum Enrollment:
Description: An introductory overview will provide participants with information and techniques to build a stronger, healthier body through soft exercises, stretches, and slow movements. Prior to the course, a physical exam by your personal physician is recommended. Forms for assumption of risk will be distributed during the first class meeting. Participants are strongly advised to inform instructor of any health problems during initial class meeting.
♦ Shakespeare and His Plays  
Instructor: David Johnson  
Dates: Tuesdays, Feb. 3, 10, 17, 24, Mar. 3, 10  
Time: 5:30-7:30 pm  
Locations: Hawaii Hall 5  
Maximum Enrollment: 15  
Description: Enjoy Shakespeare, the world’s finest playwright and poet. Six sessions include an introduction, Shakespeare, His Life, Times & World, and one session on each of five plays: Henry V, Much Ado About Nothing, The Merchant of Venice, Measure for Measure, and Hamlet. We will discuss Shakespeare’s use of plot, structure, character development, humor, imagery, word music, and dramatic devices. We’ll consider each play as a whole, focus on selected passages, and view one or more videos of a scene.

♦ Wayang Kulit: The Shadow Theatre of Java  
Instructor: Dr. Roger A. Long, Associate Dean of Arts & Sciences  
Dates: Friday, Apr. 10 & 17  
Time: 1:30-4:30 pm  
Location: Hawaii Hall 5  
Maximum Enrollment: 20  
Description: Javanese shadow theatre is one of the world’s most unusual forms of theatre. This class provides an introduction to the characters, dramatic literature, and performance features of this special art form. Explore Javanese puppetry and its ritual, social, and entertainment functions.

♦ Concepts of "Change"  
Instructor: Vernon Char, Attorney at Law & Dr. Tom Jackson, UHM Philosophy Dept.  
Dates: Mondays, Mar. 16, 23, 30  
Time: 10:00-Noon  
Location: Hawaii Hall 5  
Maximum Enrollment: 15  
Description: In discussion groups we will explore human development; changes in organization such as family, business, government, and society, as well as change throughout the ages through writings by philosophers Heraclitus, Aquinas, and Marx. Through readings, we will study impermanence, creation, evolution and growth and examine patterns and adjustment of change.

♦ Exploring the Spanish World  
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty  
Time: 9:00-10:30 am  
Location: Hawaii Hall 5  
Maximum Enrollment: 20  
Description: This course will employ all the senses to explore the rich history, geography, languages, and arts of the Spanish world. We’ll take an arm-chair tour of the Andean Cultures: Southern Peru, Bolivia, Chile, Ecuador, Argentina, The Inca Empire, Cuzco, and Machupicchu. This is an opportunity to discover and dissolve the myths and misconceptions that we often encounter about Spanish culture. Includes guest speakers, field trips and dine outs.
Energy Healing
Instructor: Jane Starn, RN, Prof. Schl. Nursing
Dates: Wednesdays, Jan. 14, 21, 28, Feb. 4
Time: 1:00-3:00 pm
Location: Webster 309
Maximum Enrollment: 20
Description: Healing is the process of making the body, mind, and spirit sound and whole. Healing was mentioned first 5,000 years ago in China as chi or the life force. Present studies of psychoneuroimmunology and quantum physics are beginning to document scientifically what Eastern cultures, spiritual leaders, and indigenous peoples have known and practiced through the ages. In this course, we will learn the uses of energy healing, experience your own and other’s energy fields, and begin to learn the basics of centering and maintaining and restoring health.

Introduction to Fitness Walking
Instructor: Barbra Steffens, founder of Great Strides Honolulu
Dates & Times: Wednesdays (Feb. 4) 8:30-9:30 am; (Feb. 11) 7:30-8:30 am
Location: Hawaii Hall 5/UH Track
Description: Discover the benefits of fitness walking and how it can be a part of a healthy active lifestyle! The first session explores the benefits and techniques of fitness walking. You will learn about “The Five S’s” and the “Three Levels of Fitness Walking.” In the second session, you will learn and practice the technique of fitness walking at the UH track. Why walk? Just for the health of it!

Spanish Language: Beginning Conversation Part I
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Every Tuesday & Thursday from January 13 thru May 14
Time: 11:00-12:00 am
Location: Hawaii Hall 5
Maximum Enrollment: 10
Description: The essentials of the Spanish language involve the learning of four basic skills: listening, reading, writing, and speaking. This course is geared for anyone who may encounter and/or wish to communicate with Spanish speaking people, in addition to those who simply want to exercise the mind. Participants will learn the skills for acquiring a second language in the context of Spanish culture. Learning the Spanish language provides an excellent porthole into the Spanish world. Includes dramatic presentations, guest speakers, and video and audio presentations.

Speaking to Groups: Conquer Your Fears
Instructor: Jacklyn Dame, former faculty, UHM Speech Dept.
Dates: Mondays, Feb. 2, 9, [Feb. 16 is a holiday], 23
Time: 1:00-3:00 pm
Location: Hawaii Hall 5
Maximum Enrollment: 10
Description: This course will explain the most important skills necessary to be a good speaker. We will emphasize good delivery skills and will work on improving ours. We will discuss the development of our material to make our presentations effective and interesting. We will practice by giving short presentations—some spontaneous, some prepared in class, and some prepared.
The Quest for the Educated Person in the New Millennium
Instructors: Dr. Ronald Cambra, Associate Dean for Academic Affairs, and Dr. Richard Dubanoski, Dean, Social Sciences
Dates: Mondays (Feb. 2, 9, [Feb. 16 is a holiday], 23)
Time: 11:00-1:00 pm
Location: Hawaii Hall 5
Maximum Enrollment: 20
This seminar asks the question, "What does an educated person graduating from a university need to know to be a citizen in a democratic society in the new millennium?" In the three scheduled sessions, guided by a set of readings, the members of the seminar will participate in discussions about the nature of higher education and its role in nurturing the educated person.

Scottish Country Dancing (For Beginners)
Instructor: Dr. Alice Scheuer, UHM Psychology Dept.
Dates: Wednesdays Jan. 21, 28, Feb. 4, 11, 18, 25, Mar. 4, 11, 18, 25
Time: 10:00-Noon
Location: Hemenway 208
Maximum Enrollment: 20
We will practice steps, formations, and dances performed on social occasions in Scotland by people of all ages. Our objective is to experience and share an art form developed in another culture; to improve movement and social skills in participants; to increase interaction and pleasure in such interaction in our community. Participants should be in general good health and have an interest in dancing.

Feast & Famine: Agriculture in Hawaii
Instructor: Michael Harrington, UHM HITAHR/CTAHR
Dates: Thursdays, Feb. 19 & 26
Times: 1:00-3:00 pm
Location: Hawaii Hall 6
Maximum Enrollment: 15
Description: Hawaii's agriculture is not dead, it's different...The UH College of Agriculture and Human Resources has fostered diversified agriculture in Hawaii. Today, the value of this sector exceeds that of sugar and pineapples combined. We will discover that the success of contemporary agriculture is based on the introduction of biotechnology such as genetic engineering. Other discussions will focus on high-tech approaches to managing insect pests and facilitating shipment of local fruits and vegetables to distant markets. Finally, we'll discover how agriculture plays a significant role in the tourism industry.

Fundamentals of Human Health and Nutrition
Instructor: Dr. Ram Bhagavan, Prof. of Biochemistry
Dates: Mondays, Apr. 6, 13, 20, 27, May 4 & 11
Times: 6:30-8:00 pm
Location: Gartley 216
Maximum Enrollment: 12
Description: Discover what biochemistry and human physiology can reveal about the aging process. This session provides an insightful review of the nutritional myths and facts that govern our understanding of basic human health. Dr. Ram Bhagavan provides a common sense approach to deciphering fact and fiction in the field of biochemistry and human physiology. Basic nutrition will be discussed as it applies to this field.
Gypsy Flamenco Dance  
*Instructor:* Gaby Hanna, Spanish language/culture instructor, UH Manoa  
*Dates:* Saturdays, Jan. 17, 24, 31, Feb. 7 (on-going for those who are interested)  
*Times:* 2:30-4:30 pm  
*Location:* Hemenway 208  
*Maximum Enrollment:*  
**Description:** Gypsy and Flamenco dance provides exercise for the body, mind, and spirit. This course is designed to develop confidence in movement and dance as well as to learn how to exercise the mind and spirit as inspired by the teachings of the gypsy culture. We will learn basic steps and movements from the Spanish Gypsy Flamenco dances done for ritual and spiritual fulfillment.

Introduction to the History and Art of Japanese Ikebana  
*Instructor:* Dr. Dorothy Matsuo, Associate Professor Rank in Ikebano School  
*Dates:* Tuesdays & Thursdays, Feb. 3, 5, 10, 12  
*Times:* 10:00-Noon  
*Location:* Hemenway Hall 204  
*Maximum Enrollment:* 10  
**Description:** This course provides an opportunity to become familiar with Japanese Ikebana (flower arrangement) and how it differs from a Western style of flower arranging. A brief history of Japanese Ikebana and its development will be provided in addition to demonstrations of Ikebana of the Ikebano School of Flower Arranging. We will also have a two-session hands-on workshop. There will be an additional $15 fee for flowers.

The Personal Journal Circle  
*Instructor:* Dr. Abe Arkoff, Professor Emeritus, UHM Psychology Dept.  
*Dates:* Wednesdays, Jan. 21, 28, Feb. 4, 11, 18, 25, Mar. 4, 11  
*Time:* 1:30-3:30 pm  
*Location:* Hemenway 215  
*Maximum Enrollment:* 12  
**Description:** We will be a circle of 12 or fewer persons all working together to enrich and enhance our lives. We will employ an assortment of creative journal techniques to better know, support, and befriend ourselves and also to make more of our possibilities. Some of us may be making or wish to make a personal journal a continuing part of our lives; others may simply wish a brief sojourn into ‘inner space’—perhaps as a reflective retreat from everyday unmindfulness or busyness. To create a journal mind or presence we will work in our journals at least 4 or 5 days a week. Each of us will need: (1) one pen or pencil, (2) crayons or colored pencils, and (3) unlined or faintly lined journal book (if you don’t have a journal, consider *The Nothing Book*—it’s easily tucked away, but not too small and available at the University of Hawaii at Manoa Bookstore for approximately $8.00).
ALL Membership & Enrollment Form
Spring 1998

Please type or print clearly.

Name: ________________________________

Address: ________________________________

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 SPRING 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 Spring Term '98.

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

2. Select a total of three courses in which you wish to enroll for Spring Term '98.

3. Return registration and course enrollment to:

Academy for Lifelong Learning
University of Hawaii at Manoa
2500 Campus Road, Hawaii Hall 23
Honolulu, HI 96822

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 Spring 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 Spring term; course enrollment for the Fall & Summer 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. Confirmation of your course and workshop enrollment will be sent to you at the mailing address you provide on the opposite page. Please send us your enrollment application, membership check, and selected courses.

Make check payable to UH Foundation Account #18-079-0.

Additional tax deductible contributions to ALL
Spring 1998 Course Enrollment Form

Mark below the courses in which you wish to enroll. Membership in ALL at the Annual or Spring Session level entitles you to select three courses. If space permits, you may sign up for additional courses. For more information about specific courses, refer to Membership Information section.

- Aging: Optimizing Your Physical Potential
  Thursdays (Feb 19, 26, Mar. 5, 12, 19, 26, Apr. 2, 9) 2:00-4:00 pm; Hawaii Hall 5

- Appreciating Hawaii: What I’m Still Learning After 28 Years In The Island
  Thursday (Jan. 22, 29, Feb. 5, 12)
  1:00-3:00 pm; Hawaii Hall 5

- The Art of Negotiating
  Tuesdays (Apr. 7, 14, 21, 28) 1:00-3:00 pm;
  Hawaii Hall 5

- Concepts of 'Change'
  Mondays (Mar. 16, 23, 30) 10:00-Noon;
  Hawaii Hall 5

- Current Events Roundtable
  Thursdays (Feb. 19, 26, Mar. 5, 12) 8:30-9:30 am;
  Hawaii Hall 5

- Energy Healing
  Wednesdays (Jan. 14, 21, 28, Feb. 4) 1:00-3:00 pm; Webster 309

- Exploring the Spanish World
  Tuesdays (Jan. 13, 20, 27, Feb. 3, 10, 17, 24, Mar. 3, 10, 17, 24, 31, Apr. 7, 14, 21, 28, May 5, 12) 9:00-10:30 a.m.; Hawaii Hall 5

- Feast & Famine
  Thursdays (Feb. 19 & 26) 1:00-3:00 pm; Hawaii Hall 6

- Fitness Walking
  Wednesdays (Feb. 4) 8:30-9:30 am; (Feb. 11) 7:30-8:30 am; Hawaii Hall 5

- Fundamentals of Human Health & Nutrition
  Mondays, (Apr. 6, 13, 20, 27, May 4 & 11) 6:30-8:00 pm; Cartley 216

- Gypsy Flamenco Dance
  Saturdays (Jan 17, 24, 31, Feb. 7, more if interested) 2:30-4:30 pm; Hemenway 208

- History and Art of Japanese Ikebana
  Tuesdays & Thursdays (Feb. 3, 5, 10, 12) 10:00-Noon; Hemenway 204; $15 for flowers.

- The Personal Journal Circle
  Wednesdays (Jan. 21, 28, Feb. 4, 11, 18, 25, Mar. 4, 11) 1:30 -3:30 pm; Hemenway 215

- The Quest for the Educated Person in the New Millennium
  Mondays (Feb. 2, 9, [Feb. 16 is a holiday], 23)
  11:00-1:00 pm; Hawaii Hall 5

- Scottish Country Dancing
  Wednesdays, (Jan. 21, 28, Feb. 4, 11, 18, 25, Mar. 4, 11, 18, 25) 10:00-Noon; Hemenway 208

- Shakespeare and His Plays
  Tuesdays (Feb. 3, 10, 17, 24, Mar. 3, 10), 5:30-7:30 pm; Hawaii Hall 5

- Spanish Language: Beginning Conversation
  Part I Every Tuesday & Thursday from January 13 thru May 14; 11:00:12:00 am;
  Hawaii Hall 5

- Speaking to Groups: Conquer Your Fears
  Mondays (Feb. 2,9,[Feb. 16 is a holiday], 23)
  1:00-3:00 pm; Hawaii Hall 5

- Wayang Kulit: The Shadow Theatre of Java
  Fridays (Apr. 10 & 17) 1:30-4:30 pm; Hawaii Hall 5

- The Zen of Moving
  Thursdays (Jan. 15, 22, 29, Feb. 5, 12) 8:30-9:30 am; Hemenway 208