Academy for Lifelong Learning
Summer Term 1998

University of Hawai'i
Colleges of Arts & Sciences

Academy for Lifelong Learning
Colleges of Arts & Sciences
2500 Campus Road, Hawaii Hall 23
University of Hawai'i at Manoa
Honolulu, Hawaii 96822
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 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.
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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
5. Other comments about ALL?

Thank you for completing this form and helping us to improve the Academy for Lifelong Learning. Please return this form with enrollment and registration for SUMMER TERM.

- Art of Negotiation
  Instructor: Anthony Locascio
  Dates: Aug. 6, 13, 20
  Time: 10:00-Noon
  Location: Hawaii Hall 5
  Maximum Enrollment: 10
  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.

- Activism and the Bill of Rights
  Instructor: Mitchell Kahle, President and Founder of Hawaii Citizens for the Separation of Church and State
  Dates: July 21, 28, Aug. 4, 11
  Time: 10:00-Noon
  Location: Hawaii Hall 5
  Maximum Enrollment: 30
  Description: This course will be concerned with the need for citizens to fully understand and protect their individual rights under the Constitution of the United States. It will provide examples of how these rights have been violated and how these violations have been addressed in Hawaii and elsewhere. It will also include the personal story of an activist who has made waves and news locally in his defense of the Bill of Rights.
Dance For Your Health
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Tuesdays, May 26, June 2, 9, 16
Time: 12:30-1:30 pm
Location: Hawaii Hall 5
Maximum Enrollment: 10
Description: Let's celebrate creative movement! In this course, we will listen to and appreciate famous dancers viewed on video. Gaby will then lead the group through warm up and stretching exercises that focus on body posture and its connection with body-mind-and-spirit. The objective of this course is to develop an awareness of well-being by connecting one's physical, emotional, and spiritual attributes through movement.

Evolution Versus Creation
Instructor: Dr. David A. Krupp, Assistant Professor of Biology at Windward Community College
Dates: Thursdays, May 28, June 4, 11, 18
Time: 1:30-3:30 pm
Location: Hawaii Hall 5
Description: Ever since Charles Darwin’s paradigm provided biology with its most important explanatory framework, evolutionary theory has endured the attacks of those who opposed its contradiction of the biblical account and those who rejected its naturalistic implications. This lecture series will address the debate at the core of these attacks: evolution versus creationism. These two views of origins will be discussed in light of the scientific evidence, philosophical implications, and educational consequences.

Please Provide Your Comments About ALL

Please let us know what you think of ALL. Feel free to comment on any of all aspects of the program. The information that you give us will be used in planning future classes or workshops. No signature is necessary. Thanks for your assistance.

1. What do you like most about ALL?
   (a) __________________________________________________
   (b) __________________________________________________
   (c) __________________________________________________

2. Please give us your suggestions for improving the ALL program:
   (a) __________________________________________________
   (b) __________________________________________________
   (c) __________________________________________________

3. Would you like to recommend someone as a potential instructor for the academy?
   Name: __________________________________________________
   Area of Expertise: _________________________________________
   Contact Number: _________________________________________
   Address: ________________________________________________

4. Would you be interested in teaching others the skills or knowledge that you have?
   (a) yes
   (b) no

If you answer yes to #4, please indicate your skills or the topic areas of your expertise:
   _________________________________________________________
   May we contact you?
   Name: __________________________________________________
   Address: ________________________________________________
   Phone: _________________________________________________
Community Event

Community Events are free and open to the public. Pre-registration is desirable, but not necessary.

• PLCO Cancer Screening Trial Workshop
  Instructor: Jamal Martin, M.P.H.
  Date: Friday, June 12
  Time: 10-Noon
  Location: Hawaii Hall 5
  Description: More than any other disease, cancer is feared the most and encompasses more than 100 diseases. Cancer. The very word scares. Do I have it? How can I get it? How can I prevent it? What is the best treatment? To find answers to these questions, we need to develop better scientific data through research. Cancer is a major public health challenge. Scientists have made great strides against this disease, but there is still much to learn and much to do.

  Through this presentation, participants will be able to understand clinical trials, distinguish screening from diagnosis, describe PLCO Cancer Screening test, and understand the main critieria for screening.

• Exploring the Spanish World
  Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
  Dates: Tuesdays, May 26 thru August 11 (no class July 14)
  Time: 9:00-10:00 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. This term we will explore the most southern countries in South America, Chile and Argentina. 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.

• Exploration of Spanish Language
  Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
  Dates: Tuesdays, May 26, June 2, 9, 16, 23, 30
  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.
Flow: Enhancing the Quality of Life
Instructor: Elizabeth Bailey, Instructor in the Family Resources Department at UH-Manoa
Dates: Wednesdays, June 3, 10, 17, 24
Time: 10:00-11:30 am
Location: Hawaii Hall 5
Maximum Enrollment: 15
Description: What really makes us glad to be alive? What makes life worthwhile? These are some of the questions we will explore. This course provides an opportunity to discover the nature of “optimal experiences” and how these experiences enhance the quality of life. We will also look at excerpts from the book, Flow: The Psychology of Optimal Experience. Join us in the mindful challenge of the pursuit of happiness.

Freudian and Hawaiian Concepts of Personality and Healing
Instructor: Dr. Virginia Fine, Clinical Psychologist
Dates: Thursdays, May 28, June 4, 20, 18
Time: 10:00-Noon
Location: Hawaii Hall 5
Maximum Enrollment: 20
Description: This course will compare German culture and Freudian concepts of personality with Hawaiian culture. We will also explore the relationship between personality and healing and how each culture arrives at its explanation of human behavior.

Field Trip
Field trips are open to all ALL members. Due to limited enrollment, pre-registration is required. Sign up for field trip on page 9.

The Heritage Center at Kamehameha Schools
Tour Leader: Pualani "Babe" Jones, Coordinator of the Heritage Center and Community Relations Division
Date: Tuesday, July 14
Time: 9:00-1:30 pm
Description: The Heritage Center, completed in 1988, was built to preserve and display some of the furniture and other personal belongings of the Kamehameha Schools' founder Bernice Pauahi Bishop, and her husband, Charles Reed Bishop. The architecture and artifacts of the Heritage Center reflect Honolulu during the last half of the 19th Century when it was considered the "greatest centre of hospitality in Honolulu." This tour will allow you to experience a portion of the richness of Hawaii's culture. Be sure to bring extra cash for lunch following the tour. We will be meeting in front of Hawaii Hall at 9:00 am. If you're interested in carpooling, please call Trish at 956-2707.
♦ Speaking to Groups: Conquer Your Fears—It Isn't Too Late!
Instructor: Jackie Dame, former UH-Manoa faculty member
Dates: Mondays,
Time: 1:00-3:00 pm
Location: Hawaii Hall 5
Maximum Enrollment: 10
Description: Speaking well is a skill that can be learned. (Yes, you can do it!) This course will focus on two aspects of speaking: 1) what you say, and 2) how you say it. There will be time set aside for voluntary and optional speaking activities in a low-stress environment. This is your chance to see how speaking in front of groups can be fun: All it takes is a little GUTS! This course can help you develop confidence when speaking in front of others and have fun while doing it.

♦ Taking Charge of Your Life
Instructors: Dr. Alan P. Simpkins (UHM Professor Emeritus, Counseling Psychologist, Clinical Member, Transactional Analysis) & Sharyn Smith (Doctoral Candidate in Counseling, Union Institute)
Dates: Fridays, May 29, June 5, 12, 19, 26, July 3
Time: 1:30-3:30 pm
Location: Hawaii Hall 5
Maximum Enrollment: 12
Description: This course is designed for those who wish to explore and improve their lives and make effective use of their energies. We will be concerned with affirming and enhancing our faith in ourselves and in taking personal responsibility for the course of our lives. We will emphasize the influence of our early life decisions and with learning from the past to better our lives here and now and in the future.

♦ Fundamentals of Christianity
Instructor: Dr. Mitsuo Aoki, Professor Emeritus, UHM Department of Religion
Dates: Mondays, June 1, 8, 15, 22
Time: 10:00-Noon
Location: Hawaii Hall 5
Maximum Enrollment: 20
Description: In this course, we will discuss the roles of the Bible, Christ, and the church as an institution of faith. For example, we will explore the question: What does Christianity mean in the modern millennium? We will also take an historical perspective and explore the events, people, and issues that have had the greatest impact on the evolution of Christianity.

♦ Fundamentals of Buddhism
Instructor: Dr. Alfred Blum, Professor Emeritus, UHM Department of Religion
Dates: Wednesdays, July 1, 8, 15, 22, 29, August 5
Time: 10-Noon
Location: Hawaii Hall 5
Maximum Enrollment: 20
Description: This course provides an overview of Buddhist history, teachings, and practices in Asian cultures. We will explore the diversity of Buddhist traditions and the relevance of Buddhism to science and modern life.
Fundamentals of Islam
Instructor: Dr. Saleem Ahmed, member of the Advisory Board of the American Muslim Council
Dates: Tuesdays, May 26, June 2, 9, 16, 23, 30
Time: 1:30-3:30 pm
Location: Hawaii Hall 5
Maximum Enrollment: 20
Description: This course explores the universality of religion and the foundations of belief such as the conception of God, Allah, Yaweh; Holy books, prophets, creation, beliefs, "articles of faith." We also will explore the elements of Islam, specifically issues such as war and peace, status of women, dietary permissions and restrictions, and contemporary politics. Includes presentations, discussions, and selected videos.

Fundamentals of Judaism
Instructor: Rabbi Morris Goldfarb, Hillel Rabbi at Cornell University for 22 years; currently a resident scholar at Temple Emanu-El.
Dates: Thursdays, June 25, July 2, 9
Time: 10:00-Noon
Location: Campus Center 307-306
Maximum Enrollment: 20
Description: This course provides an introduction to the history, heritage, culture, and literature of the Jewish people.

The Personal Journal Circle
Instructor: Dr. Abe Arkoff, Professor Emeritus, UHM Psychology Department
Dates: Wednesdays, June 3 thru July 22 (9 sessions)
Time: 1:30-3:30 pm
Location: Hawaii Hall 5
Maximum Enrollment: 15
Description: This workshop is designed for individuals interested in learning how a personal journal can enrich and enhance their lives. Further, the workshop is designed for those who are not averse to homework (that's homework not housework) because participants will work in their journals outside of class at least four days each week in order to create a "journal mind" or presence. The workshop welcomes those who are making or wish to make a personal journal a continuing or occasional part of their lives. Also welcome are those who simply wish a brief ten-week sojourn into "inner space"—perhaps as a reflective retreat from everyday unmindfulness or busyness. Participants will learn and put into practice an array of creative journal processes designed to help them better know, support, and befriend themselves, improve their relationships, and make more of their possibilities; these processes will include inner imagery, inner dialogue, lists, portraits, altered point of view, unsent letters, clustering, seed thoughts, poetry, and art. Some attention will be given to recent research concerning the applications and benefits of this kind of work. Each participant will need: (1) pen or pencil, (2) crayons or colored pencils, and (3) an unlined (to facilitate drawing) or faintly lined journal book or notebook. (Because this work builds from week to week, persons whose summer plans would disrupt their attendance might better register for another term.)
ALL Membership & Enrollment Form
Summer 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 SUMMER 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 Summer 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 Summer Term '98. However, if you'd like to sign up for more than three, please indicate so and we'll put you on the waiting list.

3. Return registration and course enrollment to:
Academy for Lifelong Learning
University of Hawaii at Manoa

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 Summer 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 Summer term; course enrollment for the Fall & 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. Confirmation of your course and workshop enrollment will be sent to you at the mailing address you provide on page 10. 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 are always welcome. Thank you for your support of lifelong learning in Hawaii!
Summer 1998 Course Enrollment Form

Mark below the courses in which you wish to enroll. Membership in ALL at the Annual or Summer 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 on page 10.

__ Art of Negotiation
  Tuesdays (August 6, 13, 20) 10:00-Noon; Hawaii Hall 5

__ Activism and the Bill of Rights
  Tuesdays (July 21, 28, Aug. 4, 11) 10:00-Noon; Hawaii Hall 5

__ Dance For Your Health
  Tuesdays (May 26, June 2, 9, 16)
  12:30-1:30 pm; Hawaii Hall 5

__ Evolution Versus Creation
  Thursdays (May 28, June 4, 11, 18)
  1:30-3:30 pm; Hawaii 5

__ Exploring the Spanish World
  Tuesdays (May 26 thru August 11, no class July 14) 9:00-10:00 am; Hawaii Hall 5

__ Exploration of Spanish Language
  Tuesdays (May 26, June 2, 9, 16, 23, 30)
  11:00-12:00 am; Hawaii Hall 5

__ Flow: Enhancing the Quality of Life
  Wednesdays (June 3, 10, 17, 24)
  10:00-11:30 am; Hawaii Hall 5

__ Freudian and Hawaiian Concepts of Personality and Healing
  Thursdays (May 28, June 4, 20, 18)
  10:00-Noon; Hawaii Hall 5

__ Fundamentals of Christianity
  Mondays (June 1, 8, 15, 22) 10:00-Noon;
  Hawaii Hall 5

__ Fundamentals of Buddhism
  Wednesdays (July 1, 8, 15, 22, 29, August 5)
  10:00-Noon; Hawaii Hall 5

__ Fundamentals of Islam
  Tuesdays (May 26, June 2, 9, 16, 23, 30)
  1:30-3:30 pm; Hawaii Hall 5

__ Fundamentals of Judaism
  Thursdays (June 25, July 2, 9)
  10:00-Noon; Campus Center 307-306

__ The Personal Journal Circle
  Wednesdays (June 3 thru July 22 [9 sessions])
  1:30-3:30 pm; Hawaii Hall 5

__ Speaking to Groups: Conquer Your Fears—It Isn’t Too Late!
  Mondays (July 20, 27, Aug. 3) 10:00-Noon;
  Hawaii Hall 5

__ Taking Charge of Your Life
  Fridays (May 29, June 5, 12, 19, 26, July 3)
  1:30-3:30 pm; Hawaii Hall 5

FREE Community Lecture

__ PLCO Cancer Screening Trial Workshop
  Friday (June 12) 10-Noon; Hawaii Hall 5

__ Field Trip
  Heritage Center Tour at Kamehameha Schools Tuesday (July 14) 10:00-1:30