Academy for Lifelong Learning

SPRING TERM 1999

Courses & Special Events

University of Hawai‘i at Mānoa

Colleges of Arts & 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 Hawaii Hall 5 on the University of Hawaii at Manoa campus.

Our mailing address is:

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

ALL is funded in part by a grant from the State of Hawaii Department of Business, Economic Development, and Tourism

Join us at the Academy!

The Academy for Lifelong Learning (ALL) at the University of Hawaii 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 use the attached return envelope to 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
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 Contemporary Museum
Dates: Thursday, March 18
Time: 10:00-1:00 pm
Location: Meet at Sinclair Circle on University Ave. at 9:45 am
Description: ALL members are invited to visit the beautiful Contemporary Museum in Makiki Heights. A docent will guide us through the exhibits and help us understand modern art. We will explore the sculptures that dot the impressive grounds. Since the museum has waived its usual $5 per person fee, we decided we can afford to stay for a delicious lunch in the cafe. We plan to carpool, so if you'd like to volunteer your vehicle, please let us know.

♦ The Bible, a Literal Criticism
Instructor: Mitchell Kahle, President and Founder, Hawaii Citizens for the Separation of State and Church.
Dates: Tuesdays, January 26-March 16 (8 Sessions)
Time: 1:00-3:00 pm
Location: Hawaii Hall 5
Description: Not the Bible as it's interpreted, but what the Bible actually says about the atrocities committed by God, Adam and Eve, Cain, Noah, Abraham, Moses, Aaron, Joshua, Gideon, Samson, David and others in the Old Testament. Also a coverage of the New Testament with an emphasis on words and deeds attributed to Jesus and his followers. Consideration of claims and assertions made by biblical fundamentalists and of biblical myths, absurdities, and contradictions. Students are encouraged to bring copies of Old and New Testaments.

♦ Computers & The Internet For Beginners
Instructor: Debby Golden
Dates: Thursdays, Jan. 21, 28, Feb. 4, 11
Time: 4:00-5:45 pm
Location: Hawaii Hall 5
Description: Are you afraid of computers? Here's your chance to gain some guided hands-on experience to make the computer user-friendly. This course will be tailored to beginners' needs whether it's basic computer skills, access to the Internet, or Email. (After 4:00 pm, you can park anywhere on campus for $3.00)
Brain Attack: A Stroke Survivor's Perspective
Instructor: Shay Auerbach, Brain Attack Survivor, REHAB Hospital of the Pacific Stroke Club, REHAB Hospital of the Pacific Volunteer
Dates: Wednesdays, Jan. 20, 27, Feb. 3, 10
Time: 10:00--11:30 am
Location: Jan. 20 (Hawaii Hall 5), Jan. 27 & Feb. 3 (REHAB Hospital of the Pacific), Feb. 10 (Hawaii Hall 5)

Description: What is a “Brain Attack” (BA)? In this course, we will explore what it is, how to cope with it, and how to prevent it. We will consider the various BA types and causes. We will also examine the elements needed to survive a BA: What to do when it happens and how to deal with its effects; How to minimize BA risks through diet and exercise according to medical research. This course will also feature guest speakers appropriate to the recovery phases in order to provide a broad understanding of BA effects and how to overcome them. This is an opportunity to obtain important, practical and timely health information offered in cooperation with the Rehabilitation Hospital of the Pacific.

Psychology and Scripture: Personalities in the Bible
Instructor: Dr. Alice Scheuer, WHO Research Center, Department of Psychology, UHM
Dates: Wednesdays, February 3, 10, 17, 24, and March 3, 10, 17, 24, 31
Time: 10:00 -11:45 am.
Location: Hawaii Hall 5
Maximum Enrollment: 15

Description: Leading figures in the Bible will be discussed from the viewpoint of personality theories in psychology, allowing for problems in Biblical texts, personality research, and our own conditioning as people living almost two millenia after the last books of the Bible were written. Personalities to be discussed will include those of patriarchs, lawgivers, kings, prophets, literary characters, and founders of Christianity.

Shakespeare and His Plays
Instructor: David Johnson
Dates: Tuesdays, Feb. 16, 23, Mar. 2, 9, 16, 23, 30
Time: 5:30-7:30 pm
Location: Hawaii Hall 5

Description: Enjoy Shakespeare, the world’s finest playwright and poet. Seven sessions include an introduction, Shakespeare, His Life, Times & World, and one session on each of five plays: The Merchant of Venice, Troilus and Cressida, Richard III, Twelfth Night, and Anthony and Cleopatra. 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. We also explore Shakespeare’s Sonnets. (After 4:00 pm, you can park anywhere on campus for $3.00)
Music for Health and Wellness
Instructor: Dr. Arthur Harvey, Lecturer, UHM
Department of Music; Director of Music and Worship, Calvary-By-The-Sea Lutheran Church;
Founder and Director, Music for Health Services Foundation; Coordinator of Therapeutic Music,
Hospice Hawaii; President, Hawaii Music Educators Association.
Dates: Mondays, January 25--February 22
(5 Sessions)
Times: 1:00-3:00 pm.
Location: Hawaii Hall 5
Description: An informal and participatory course exploring the therapeutic role of music for health and wellness. Supplementary videos, readings (handouts), and activities. Come prepared to listen to a great variety of healthful music.

Opera for Beginners
Instructor: Sandy Davis
Dates: Wednesdays, 8 meetings, Jan. 20, 27, Feb. 3, 10, 17, 24, Mar. 17, 24, 31
Time: 5:00 pm to 7:00 pm
Location: Hawaii Hall 5
Maximum Enrollment: 25
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 enduring operas. (After 4:00 pm, you can park anywhere on campus for $3.00)

The Culture Behind Flamenco Gypsy Dances
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Fridays, Feb. 5--Mar. 19 (8 Sessions)
Time: 3:30 pm to 4:30 pm
Location: Hawaii Hall 5
Maximum Enrollment: 10
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 will also listen to and appreciate famous dancers viewed on video.

Discovery—Ways Of Knowing
Instructors: Vernon Char, Attorney at Law & Dr. Tom Jackson, UHM Philosophy Dept.
Dates: Fridays, April 9, 16, 23
Time: 10:00--Noon
Location: Hawaii Hall 5
Description: "Discovery is part of the human condition...the desire to make known, to open the mind, to search and find." Well will examine the explorers such as Lewis and Clark and James Cook. We will learn about the scientists who have discovered sub-atomic particles, the Big Bang Theory and the Universe. We will discover how artists and musicians create beauty. As we read, Consilience, by Edward O. Wilson, and discuss the unity of knowledge, we will discover the objects and places that can help us to discover ourselves.
♦ Energy Healing
Instructor: Jane Starn, RN
Dates: Wednesdays, Feb. 3, 10, 17, 24
Time: 12:30-2:30 p.m.
Location: Webster 309
Maximum Enrollment: 20
Description: Healing is the process of making the body, mind, and spirit sound and whole. Every person's body is an energy field that interacts with other energy fields and the global energy field. Healing was mentioned first 5,000 years ago in China as chi or the life force. Present studies of psycho-neuroimmunology 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.

♦ Ethnobotany: Hawaiian Plants
Instructor: Isabella Abbott, Professor Emeritus, Dept. of Botany
Dates: Tuesdays, March 16--April 20 (6 Sessions)
Time: 9:00-11:00 a.m.
Location: Hawaii Hall 5
Maximum Enrollment: 15
Description: The uses of cultivated and wild plants by the Hawaiians, and their influence on the culture of Hawaii.

♦ The Personal Journal Circle
Instructor: Dr. Abe Arkoff, Professor Emeritus, UHM Department of Psychology
Dates: Wednesdays, March 17 to May 12, 9 sessions
Time: 1:00-3:00 p.m.
Location: Hawaii Hall 5
Maximum Enrollment: 15
Description: This workshop is designed for those who wish to learn how a personal journal can enhance their lives. A welcome is extended to those who are making or want to make a journal a continuing or occasional part of their lives. Also welcome are those who simply want a brief sojourn into "inner space"—perhaps as a reflective retreat from everyday un mindfulness or busyness. Participants will learn and put into practice an array of creative journal processes designed to help them better know, love, and support themselves, make more of their possibilities, and improve their relationships. It is helpful for participants to work in their journals outside of class at least four days each week in order to create a "journal mind" or presence. Each participant will need pen or pencil, crayons or colored pencils, and an unlined (to facilitate drawing) or faintly lined journal book or notebook. (Because this work builds from week to week, interested persons whose plans would disrupt their attendance might better enroll in a later semester.)
♦ The Long Walk to Freedom
Instructor: Robert T. Boblin, Ph.D. Professor of Religion, Emeritus; Co-founding Director Matsunaga Institute for Peace.
Dates: Mondays, April 5, 12, 19, 26
Time: 10:00--Noon
Location: Hawaii Hall 5
Max Enrollment: 20
Description: The emphasis of this course will be on twentieth-century developments East and West in humans' Struggle for freedom. Too often it is assumed that concepts of freedom are Western. We will explore contributions of Asian as well as American movements. We will discuss the thought and actions of Mahatma Gandhi, Martin Luther King, Jr., and Aung San Suu Kyi. We will see brief video excerpts and read short handouts. We will examine Feminist Theology in America and Asia, and Engaged Buddhism. Are human rights and freedom universal or relativistic?

♦ Nutrition and Health
Instructors: Alan Titchenal, Instructor, UHM Department of Food Science and Human Nutrition and Joannie Dobbs, Lecturer, UHM Department of Food Science and Human Nutrition and UHM School of Nursing.
Dates: Thursdays, April 1 to May 6 (6 sessions)
Time: 9:30-11:30 am.
Location: Hawaii Hall 5
Description: How to separate nutrition fact from fiction. The proper use of nutritional supplements. How to keep your immune system healthy. Where to find reliable nutritional information. Answers to your questions concerning nutrition.

♦ Exploring the Spanish World and the Spanish Language
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH Faculty
Dates: Fridays, Feb. 5--Mar. 19 (8 Sessions)
Time: 1:00-3:00 p.m.
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 armchair tour of the Caribbean Region: Colombia, Venezuela, and the Caribbean islands of Cuba, Puerto Rico, and Dominican Republic. 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.

♦ Feral Children: The Influence of Early Deprivation
Instructor: Agnes Niyekawa, Professor Emeritus, Japanese
Dates: Thursdays, January 21--February 11 (4 sessions)
Time: 9:30--Noon
Location: Hawaii Hall 5
Description: Two films, "The Mystery of Kasper Hauser" and "Victor, the Wolf Child" will be used to aid discussion concerning feral children's potential for development and the influence of early language deprivation.
♦ Getting Ready For Successful Aging

Instructor: William Wiley, M.Ed in Education, MA in Psychology; Caregiver and Trustee for elderly individuals; volunteer and former President for the Alzheimer's Association

Dates: Thursdays, Feb. 4, 11, 18, 25

Time: 2:00-4:00 pm

Location: Hawaii Hall 5

Description: Are you prepared for successful aging? In this course, we will explore the techniques for success as we live longer and longer. Through guided discussion of the problems and opportunities attached to aging, we will explore the mental, physical and social assets for aging successfully. In the first session, we will take a "Self Assessment." Session two will involve "taking into account your present status." In session three, we will take an opportunity to "document the rest of your life...and beyond." Finally, we will discuss the idea of "doing what pleases you and discovering frivolity." If you are interested, you may also wish to take a look at Rowe & Kahn's, Successful Aging.

♦ Liking and Loving: Relationships in the Third Age

Instructor: Elizabeth Bailey, Instructor, UHM Department of Human Resources

Dates: Wednesdays, March 17--May 5 (8 Sessions)

Time: 9:30-12:00 noon

Location: Hawaii Hall 5

Description: Our loved ones--parents, spouses, mates, children, friends--are what most of us value most in our lives. These relationships are essential to our well-being. But in our "third age" some of these connections may be challenged. Workplace friendships may fade when we retire. Loved ones may move away or die. Strengthening the connections that remain and forming new ones can be essential.

In this course we will stimulate consideration of our own relationships with carefully selected films. Each meeting will begin with a film to set the stage for our consideration and discussion.
ALL Membership & Enrollment Form
Spring 1999

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 '99 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 '99.

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

2. Select a total of three courses in which you wish to enroll for Spring Term '99.

3. Return registration and course enrollment to:

   Academy for Lifelong Learning
   University of Hawai‘i at Mānoa
   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 1999 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.

___ The Bible, a Literal Criticism
  Tuesdays (January 26-March 16) 1:00-3:00 p.m.; Hawaii Hall 5

___ Brain Attack: A Stroke Survivor’s Perspective
  Wednesdays (Jan. 20, 27, Feb. 3, 10) 10:00-11:30 am; Jan. 20 (Hawaii Hall 5), Jan. 27 & Feb. 3 (REHAD Hospital of the Pacific), Feb. 10 (Hawaii Hall 5)

___ Computers & The Internet For Beginners
  Thursdays (Jan. 20, 28, Feb. 4, 11) 4:00-5:45 p.m.; Hawaii Hall 5

___ The Culture Behind Flamenco Gypsy Dances
  Fridays (Feb. 5-March 19) 3:30-4:30 p.m.; Hawaii Hall 5

___ Discovery—Ways Of Knowing
  Fridays (April 9, 16, 23) 10:00-Noon; Hawaii Hall 5

___ Energy Healing
  Wednesdays (Feb. 3, 10, 17, 24) 12:30-2:30 p.m.; Webster 309

___ Ethnobotany: Hawaiian Plants
  Tuesdays (March 16-April 20) 9:00-11:00 a.m.; Hawaii Hall 5

___ Exploring the Spanish World and the Spanish Language
  Fridays (Feb. 5-March 19) 1:00-3:00 p.m.; Hawaii Hall 5

___ Feral Children: The Influence of Early Deprivation
  Thursdays (Jan. 21-Feb. 11) 9:30-Noon; Hawaii Hall 5

___ Getting Ready For Successful Aging
  Thursdays (Feb. 4, 11, 18, 25) 2:00-4:00 p.m.; Hawaii Hall 5

___ Liking and Loving: Relationships in the Third Age
  Wednesdays (March 17-May 5) 9:30-Noon Hawaii Hall 5

___ The Long Walk to Freedom
  Mondays (April 5, 12, 19, 26) 10:00-Noon; Hawaii Hall 5

___ Music for Health and Wellness
  Thursdays (April 1-May 6) 9:30-11:30 a.m.; Hawaii Hall 5

___ Opera for Beginners
  Wednesdays (Jan. 20-Mar. 31) 5:00 to 7:00 p.m.; Hawaii Hall 5

___ The Personal Journal Circle
  Wednesdays (March 17-May 12) 1:00-3:00 p.m.; Hawaii Hall 5

___ Psychology and Scripture: Personalities in the Bible
  Wednesdays (Feb. 3-Mar. 31) 10:00-11:45 a.m.; Hawaii Hall 5

___ Shakespeare and His Plays
  Tuesdays (Feb. 16, 23, Mar. 2, 9, 16, 23, 30) 5:30-7:30 p.m; Hawaii Hall 5

___ Field Trip
  Contemporary Museum
  Thursday, March 18, 9:45-1:00 p.m.