Academy for Lifelong Learning

FALL TERM 2000
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, or visit our website at http://webdata2.soc.hawaii.edu/all/

Volunteers are always welcome! Visit the new Academy for Lifelong Learning offices in Henke Hall this Fall (we're hoping to unveil the new space by late October) on the University of Hawaii at Manoa campus.

During the renovation phase, our temporary mailing address is:

The Academy for Lifelong Learning, UH-Manoa, 2430 Campus Road, Gartley 216, Honolulu, HI 96822

It's been a busy year....

With extensive two-year renovations of Hawaii Hall set to begin soon, the Academy for Lifelong Learning (ALL) will move from its old quarters to a new home in Henke Hall in late October. We'd hoped that Henke Hall would be renovated and ready for us by the time our new Fall Term began, but construction and removal of lab materials took far longer than anticipated. To accommodate our early Fall classes while Henke Hall is made ready for ALL, we have scheduled them in available rooms in several campus buildings. Please check the map on page 17 of this brochure or call 956-8224 for information. We apologize for this inconvenience, but we hope you will enjoy our new classroom spaces when the permanent "home" in Henke Hall opens later this Fall. Thanks for your patience.

Other noteworthy news items as autumn nears:
• ALL has a new website at: http://webdata2.soc.hawaii.edu/all/

• We bid a fond aloha to office manager Patricia Choo who moved to San Diego in August to complete her studies. We wish Trish all the best.

If you're new to ALL and you'd like to join, please complete the pull-out enrollment form in the center section of this brochure and mail to: Academy for Lifelong Learning, 2430 Campus Road, Gartley 216, UH Manoa, Honolulu, HI 96822. Join us for Fall Term 2000!
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FALL 2000

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Campus map of ALL classrooms

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Map of Campus Classrooms from original map of campus by Alan D. Pacheco, Cartography Laboratory, Dept. of Geography, UH M

from original map of campus by Alan D. Pacheco, Cartography Laboratory, Dept. of Geography, UH M
Calendar of Noteworthy Events

• September 10-13, On Our Own Terms: Dying in America. This new Bill Moyers series on KHET goes to the front lines of the growing movement to improve end-of-life care. From interviews across the country, Moyers reports remarkable stories of the dying, their families and caregivers as they struggle to balance medical intervention with comfort and humanity at the end of life. Hawaii's End-of-Life Coalition will be using the broadcasts to stimulate community dialogue and action. For more information or to join the discussions, go online: http://www.thirteen.org/onourownterms/index.html

• September 1-30, GIVE ALOHA at Foodland stores and help raise matching funds for ALL. Last year's matching fundraiser sponsored by Foodland helped us raise more than $2,000. This year Foodland will extend the donation period to four weeks and contribute $200,000 to match customers' donations. Between September 1 and 30, Foodland will encourage customers to make donations of up to $249 per person (per organization) to their favorite nonprofit organization. We invite you to dig out your Foodland Maika'i card and remember the Academy for Lifelong Learning, organization #77147, when shopping during the month of September. Many thanks for your support!

• Discussions on Poetry
Instructor: Travis Summersgill, Professor Emeritus, UHM English Department
Dates: Fridays, Sept. 25, Oct. 2, 9, 16, 23, 30
Time: 10:00—Noon
Location: Hemenway 215
Description: Poetry nowadays has a mixed box-office appeal: to some, it means moral preachment in poetic dress of the sort that ministers and school principals may find useful; to others it signifies the highest reaches of fashionable exoticism and inscrutability in which intellectuals wrap their meditations; for many, the hope is that, whatever the click-clack of meter and method, the thing will tell a comprehensible story that just possibly might be clearer in prose. With objectives like these, is it any wonder that lyric poetry nowadays is less sought after than novels, movies, tv soap operas? We ought to be able to do better than any of these possibilities, always remembering that a poem demands one's best efforts in the reading, just as it did in the writing. It is certainly not always easy: profundity, perceptiveness, and wit require both a finely tuned sender and a sensitive receiver.

I wish to start with some poems that I like, ask questions, get reactions, and, with your help, draw conclusions as to the reasons for their effectiveness, if any. My choices will range from the distant past to the present in both British and American literature. At the moment, I think of some of Shakespeare's sonnets, and poems by

(Continued on page 12)
Armchair Tour of Argentina, Uruguay, Chile
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Thursdays, Oct. 19, 26, Nov. 2, 9, Nov. 16, 30
Time: 10:00—Noon
Location: Hemenway 215
Description: In our continuation armchair tour of Latin America, this course will employ all the senses to explore the rich history, geography, languages, and arts of Argentina, Paraguay, and Chile. This is an opportunity to discover and dissolve the myths and misconceptions that we often encounter about Spanish culture. Course includes guest speakers, field trips, videos and dinners.

Collaboration, Cooperation, and Community, Part II
Instructor: Vernon Char, Attorney at Law
Dates: Wednesdays, Sept. 6, 13, 20, 27
Time: 10:00 a.m. to noon
Location: Hemenway 215
Description: Part II of Collaboration, Cooperation, Community will continue our explorations of the individual's essential place in community and the need for community. Collaboration, Cooperation, and Community represent a place, a culture, a group of people and their relationship and personal attitude. The new readings will reflect the diversity, complexity, and richness of community.

Workshops for Members Only
• Nutrition and Health: Brown Bag Q & A Sessions
  Instructors: Alan Titchenal, Ph.D, Instructor, UHM Department of Food Science and Human Nutrition, and Joannie Dobbs, Ph.D, Lecturer, UHM Dept. of FSHN
  Dates: Thursdays, Sept. 21; Oct. 19; Nov. 16
  Time: 12:30—2:00 p.m.
  Location: Hemenway 215
  Description: Topics in nutrition and health will be addressed based solely on the questions of the students. The purpose of this session is to give participants an opportunity to obtain answers concerning health and nutrition and to help separate fact from fiction. Responses will be based on the latest findings from sound scientific research. Bring your questions and a sack lunch.

• A Writing Circle
  Facilitator: Yi Ching
  Dates: To be arranged*
  Time: To be arranged
  Location: To be announced
  Description: Those with a yen to write, with or without previous experience, are invited to participate in this circle. We will take turns informally reading our own work to the members of the circle for their reaction and comment. All will have a chance to submit their work on a regular basis. At our first meeting we will discuss these and other procedural matters. Members are invited to bring a lunch. *The circle will be limited to 7. Previous participants will be given enrollment preference.
Community Lectures

Community lectures are free and open to the public. Please call 956-8224 for information about community events.

- **Nightingales and Magpies: Voices out of Contemporary China**
  Instructor: Daniel Kwok, Emeritus Professor of History, UHM; Founder of the China Seminar; Chair and Director of the Freedom Forum Asia Fellowship; author of *Turbulent Decade, A History of the Cultural Revolution*.
  Date: Wednesday, Nov. 1
  Time: 1:00 p.m. - 3 p.m.
  Location: Henke Hall location to be announced.
  Description: Through a review of some interesting and important books, I hope to present an overview of the current concerns and moods in China. These views have a good deal of bearing on China's future path.

- **Aquatherapy: Benefits and Bliss**
  Instructor: Jan Prins, Ph.D. Professor of Kinesiology, UHM
  Date: November, 2000; to be announced
  Time: TBA
  Location: Henke Hall location to be announced.

- **In The Company of Trees**
  Instructor: Les Sponsel, Ph.D, Professor, UHM Anthropology Department
  Time: 4:30 p.m. - 6:15 p.m.
  Location: George Hall 215
  Description: If like most people you tend to take trees for granted, you won't after taking this course. We will examine the meaning and significance of the tree from many different angles, ranging from biological ecology and evolution to forestry, geography, anthropology, history, religion, poetry, art, and music. In particular, the course will concentrate on trees known as "sacred" trees. Course materials will be explored through instructor commentary on relevant publications as well as by slide and video presentations, guest speakers, and, possibly, optional field trips. Students are encouraged, but not required, to read and discuss suggested publications, but most of all selected chapters from Nathaniel Altman's book, *Sacred Trees* (Sierra Club 1994). (Note: Photocopies of selected chapters of this book will be made available since it is now out of print.) Students also are encouraged to present to other participants their own modest research project on some aspect of a tree or trees, although this is optional. Ultimately, the goal of the course is to increase information, understanding, and especially awareness about trees.
The Illuminated Life®

**Instructor:** Abe Arkoff, Professor Emeritus, UHM Department of Psychology

**Dates:** Tuesdays, Aug. 29 to Dec. 5 (14 sessions) *(Please note that Nov. 7 is the Election Day holiday, so no class will be held.)*

**Time:** 1:00—3:00 p.m.

**Location:** Hemenway Hall 215

**Description:** Completing a life review—a procedure long recommended for retirement-age persons—helps one look at both the past and present with wiser eyes and use the resulting insight to enhance one’s present and future. The result can be more joy, purpose, and peace of mind.

The present review/enhancement workshop poses 14 “life questions” and helps the participants find their own answers. Participants are taught to become “caring presences” and “caring disclosers” and to provide each other with support as they work on their lives and share their work with each other. To check their progress, participants will complete a set of scales of well-being before the workshop begins and at its conclusion.

Participants will prepare in advance for each meeting by reading one chapter of the workbook, *The Illuminated Life: Your Third Age Lifebook* by Abe Arkoff, and by completing the exploration at the end of the chapter. Read Chapter 1 and complete Exploration 1 before the first meeting. Also complete the scales of well-being (they will be mailed to you) and bring them to the first meeting. The workbook is available only at Professional Image, 2633 S. King (validated parking on the makai-diamond head corner of King and University). Price: $19.95 plus tax. Call ahead to have a copy prepared for you (973-6599).

Psychology for Seniors

**Instructor:** Alice Scheuer, Ph.D., World Health Organization (WHO), UHM Psychology Dept.

**Dates:** Wednesdays, Oct. 4 - Nov. 29 *(Note: Class will not meet on Nov. 22.)*

**Time:** 10:00—11:45 a.m.

**Location:** Hemenway Hall 215

**Description:** In this course, through readings, lectures, and discussions, we will explore psychological approaches to later adulthood with emphasis on applications for students. Course will cover a wide variety of topics of special interest to older persons.

Navigating the Social Hierarchy in Japan

**Instructor:** Agnes Niyekawa, Ph.D., Psychology

**Dates:** Fridays, Oct. 6, 13, 20, 27

**Time:** 10:00 a.m. - Noon

**Location:** Hemenway 215

**Description:** “Rank and order” are so strictly observed in maintaining the social hierarchy in Japan as to appear stifling, but it makes things run smoothly in a predictable way. We will discuss how the rules are observed, what the consequences are when some rules are broken, and the few occasions when the rules can be more or less ignored. This course will serve as a basic guide in interacting; familiarity with the Japanese language or culture are not essential. Special guest lecturer, Dr. Takie Lebra of UHM Anthropology Dept, will offer her observations on the status of Japanese women during the class meeting on October 13.
Donald's Excellent Adventures
Instructor: Donald Matsumori, Ph.D.
Dates: Mondays, November 6, 13, 20, 27
Time: 10:00 a.m. - Noon
Location: Henke Hall location to be announced
Description: If you've an interest in traveling to exotic locales, be sure to take in these slide shows by ALL's adventurer and world traveler, Donald Matsumori. On the itinerary for this round of slide shows are the ruins and splendors of Greece, Egypt, India, and Indonesia.

(Discussions on Poetry)
John Donne, Alexander Pope, John Keats, William Wordsworth, Robert Frost. I might, for example, present a medieval lyric in counter-balance with a modern work on exactly the same subject by, say, Amy Lowell, or Allan Tate, hoping from the contrast to elicit further understanding of the poetic process. But the poems that we take up will and should, I think, depend for effectiveness on the class response: not, to be sure, mere supine, meaningless approval, but a critical reaction— which may be ultimately more rewarding and more meaningful to all of us because of its cautious skepticism. Initially, I'll lead, but I'll make detours and occasional sprints as the class reaction and my own perceptions may dictate. All I ask or hope for is that you give a thoughtful reading of the poems assigned for class discussion. And, I guarantee, I'll do the same and then some.

Memory Rejuvenation
Instructor: Leonie Walter, Ph.D.
Dates: Tuesdays, Sept. 5, 12, 19, 26
Times: 10 a.m. - Noon
Location: Hemenway Hall 215
Description: Before the age of five, we developed memory because we needed and wanted to learn. Our wanting to be more involved was our motivation to remember and develop memory. The more we learned, the more we were able to interact with the world around us.

Our approach was often less than serious. There was little anxiety and play was a large part of our learning process. This course utilizes that same attitude by maintaining a playful approach to memory maintenance and improvement. Today we better understand the importance of physical and emotional well-being in relation to memory. During this course, participants will be encouraged to stay open to new ways of learning and remembering which will assist with the memory process.

If you are having "tip of the tongue" experiences, this course could guide you toward forming clearer/sharper mental pathways thus improving your own mental storage and retrieval processes.

The most revolutionary act one can commit in our world is to be happy.
Humor is a social/political act to defeat powerlessness.

--Patch Adams, MD
Shakespeare, His Times and World
Instructor: Dave Johnson, Attorney-at-law,
Paul Johnson Park & Niles, Honolulu
Dates: Tuesdays, September 12 - October 24
Time: 5:30—7:30 p.m.
Location: Webster 103*
Description: Enjoy Shakespeare, the world's finest playwright and poet. Seven sessions include an overview of Shakespeare's world; Henry IV, Part I (his greatest history); Cymbeline (a romance or tragicomedy); As You Like It (one of Shakespeare's three greatest comedies); Coriolanus (a tragedy or Roman play); and two sessions on Macbeth (one of his greatest tragedies). This fascinating mix of plays will show different approaches and aspects of Shakespeare's art.

* Note: Webster 103 is located on McCarthy Mall across Varney Circle (fountain roundabout) from Hawaii Hall in the middle of the UH Manoa campus. For more details on classroom locations, please see campus map on page 17.

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Influence of Geography on World Political Climate
Instructor: Joe Morgan, PhD, UHM Geography Department
Dates: Fridays, Oct. 31, Nov. 14; 21, 28
No class will be held on Nov. 7, Election Day holiday.
Time: 10:00—Noon
Location: Hemenway 215
Description: Why do nations go to war? What motivates a leader to engage in such devastation? How much of an impact do ego and character play in forging military policy? How do the personalities of the world and military leaders, such as Adolf Hitler and Saddam Hussein, affect the course of fighting? What happens when the fighting stops? How do nations forge effective peace agreements? What strategies are utilized in peacemaking? There are so many questions, but what are the answers?

This course will explore these questions in the context of the geography of the nations involved in the conflicts. Current and historical events will be discussed with the goal of understanding the role wars have played throughout history and the effect they have had on world political climate.

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I have known a lot of troubles in my life, and most of them never happened.
—Mark Twain
ALL Membership & Enrollment Form
FALL 2000

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 Annual 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 956-8224.

☐ 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 '00.

   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 Fall Term '00.

3. Return registration and course enrollment to:

   Academy for Lifelong Learning
   University of Hawaii at Manoa
   2430 Campus Road, Gartley Hall 216
   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 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 Spring & 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. If you have any questions, please call our office at 956-8224. 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!
FALL 2000 COURSE ENROLLMENT FORM

Mark below the courses in which you wish to enroll. Membership in ALL at the Annual or Fall 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.

___ Armchair Tour of Argentina, Uruguay, Chile
    Thursdays (Oct. 19, 26, Nov. 2, 9, 16, 30)
    10:00—Noon; Hemenway 215

___ Collaboration, Cooperation, and Community,
    Part II, Wednesdays (Sept. 6, 13, 20, 27) 10:00 a.m. to noon; Hemenway 215

___ In The Company of Trees
    Thursdays (Aug. 31, Sept. 14, 28, Oct. 12, 26, Nov. 9)
    4:30 p.m. - 6:15 p.m., George Hall 215

___ Navigating the Social Hierarchy in Japan
    Fridays (Oct. 6, 13, 20, 27), 10:00 a.m.—Noon.; Hemenway 215

___ The Illuminated Life®
    Tuesdays (Aug. 29 - Dec. 5 [14 sessions]
    1:00—3:00 p.m.; Hemenway 215. Enrollment: 15

___ Influence of Geography
    Fridays (Oct. 31, Nov. 14, 21, 28) 10:00—Noon; Hemenway 215

___ Discussions on Poetry
    Fridays (Sept. 25, Oct. 2, 9, 26, 23, 30) 10:00 - Noon
    Hemenway 215

___ Memory Rejuvenation
    Thursdays (Sept. 5, 12, 19, 26) 10 a.m.—Noon;
    Hemenway 215

___ Donald's Excellent Adventures
    Mondays (Nov. 6, 13, 20, 27) 10:00 a.m.- Noon
    Henke Hall location to be announced.

___ Shakespeare, His Times and World
    Tuesdays (Sept. 12 - Oct. 24) 5:30—7:30 p.m.;
    Webster 103 (see campus map page 17)

___ Psychology for Seniors
    Wednesdays (Oct. 4 - Nov. 29) 10:00—11:45;
    Hemenway Hall 215 (Class will not meet 11/22)

Community Lectures / Workshops for Members

___ Nightingales and Magpies: Voices out of Contemporary China.
    Wednesday (Nov. 1) 1:00 p.m.—3:00 p.m.; Henke Hall location to be announced. Call 956-8224 for information.

___ Nutrition and Health: Brown Bag Q & A Session
    Thursdays (Sept. 21; Oct. 19; Nov. 16) 12:30—2 p.m.;
    Hemenway 215. Open to ALL members only.

___ A Writing Circle
    TBA (frequency to be determined by the group)
    First meeting TBA. Previous participants will be given enrollment preference. Enrollment limit: 7.

___ Aquatherapy
    First meeting TBA in November; Henke Hall location to be announced. Call 956-8224 for information.