Academy for Lifelong Learning

Spring Term 2000

Colleges of Arts & Sciences
University of Hawai'i at Mānoa
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

The Success Story Unfolds...

As the Academy for Lifelong Learning (ALL) enters its fourth year of operation, it's a good time to acknowledge the hundreds of hardworking members and instructors responsible for ALL's success. Grateful thanks go to all of you for your generosity and for giving meaning to the expression Learning never ends. ALL proudly defines itself as a community of intergenerational learners. Through peer-led courses taught by volunteer instructors, we encourage people 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. Membership entitles participants to enroll in courses and join special projects. If 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, 2500 Campus Road, Hawaii Hall 23, UH Manoa, Honolulu, HI 96822. Join us as we unveil Spring Term 2000!
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Field Trip

◆ The Contemporary Museum
Dates: Friday, April 21
Time: 10:00-1:00 p.m.
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. This spring, contemporary prints from Hawaii Collections will be featured. 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.

Important Note! 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.
Member Events (cont.)

• Karate for Seniors
Instructor: Harry Tagomori, Ph.D; Instructor at UHM in the Department of Kinesiology and Leisure Science
Dates: TBA
Time: TBA
Location: Hawaii Hall 5
Medical release forms will be given at first class session.

"In the past few years I have made a thrilling discovery...that until one is 60 one can never really learn the secret of living."
—Ellen Glasgow

"You don't grow old; when you cease to learn you are old."
—Reuel L. Howe

"The young sow wild oats. The old grow sage."
—Sir Winston Churchill

Give the opportunity to become a lifelong learner to a friend. Gift certificates available for session membership. If you are interested, please call 956-2707 for more information.

• Armchair Tour of Spain and Latin America: Part 2
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Thursdays, Jan. 20, 27, Feb. 3, 10, 17, 24, Mar. 2, 9
Time: 9:00—11:00 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’ll take an armchair tour of the Andean Cultures: Peru, Bolivia, Chile, Ecuador, Argentina, The Inca Empire, Cuzco, and Machu Picchu. 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 dinners.

• Collaboration, Cooperation, and Community
Instructor: Vernon Char, Attorney at Law & Dr. Tom Jackson, UHM Philosophy Dept.
Dates: Mondays, Feb. 21, 28, Mar. 6, 13
Time: 10:00 a.m. to noon
Location: Hawaii Hall 5
Description: This year’s topic is a continuation of the Manoa Forum series. Collaboration, Cooperation, Community represent a place; a culture; a group of people and their relationship and processing; and personal attitude. The topic is basic and yet complex and multi-faceted. The readings will reflect this diversity and richness. There will be inquiry as to what is community, our need for community, and how to build a community.
♦ Comparative Religion: Prophets & Mystics
Instructor: Robert Bobilin, Professor Emeritus, Religion, former chair of Religion Department, with specialization in Southeast Asian Buddhism and Sociology of Religion
Dates: Thursdays, Mar. 16, 23, 30, Apr. 6, 13
Time: 10:00—Noon
Location: Hawaii Hall 5
Description: Why is nothing as intriguing as the study of religion? This course will explore basic tenets of different religious traditions and examine a leading figure in each: Buddhism (Dalai Lama), Christianity (Thomas Merton), Black Theology (Howard Thurman), Judaism (Abraham Heschel), and Hinduism (Tagore). What does all this mean for Religion and American identity in the new millennium?

♦ Fundamentals of Islam
Instructor: Dr. Saleem Ahmed, Ph.D; member of the Advisory Board of the American Muslim Council
Dates: Wednesdays, Feb. 2, 9, 16, 23, Mar. 1, 8
Time: 1:30—3:30 p.m.
Location: Hawaii Hall 5
Description: We will discuss the basics of the Muslim belief system, rituals, and practices—including aspects such as status of women, violence, dietary restrictions, and business norms. We will also explore Islam’s historical development, its major sects, its relationship to Judaism and Christianity, and its linkages to Buddhism and other religious groups. Finally, we will examine Islam’s views of the creation of universe and life vis-à-vis current scientific knowledge, and discuss the potential role of Islam in promoting peaceful human co-existence in the 21st century.

♦ Member Events
Member events are open to all ALL members. If you are planning to attend, it is mandatory that you register by phone (956-2707) or via the enrollment form.

♦ Nutrition and Health: Brown Bag Q & A Session
Instructor: Alan Titchenal, Ph.D, Instructor, UHM Department of Food Science and Human Nutrition and Joannie Dobbs, Ph.D, Lecturer, UHM Dept. of FSHN
Dates: Fridays, Feb. 25, Mar. 17, Apr. 28
Time: 12:15—1:45
Location: Hawaii Hall 5
Description: Topics in nutrition and health will be addressed 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 based on the latest findings from sound scientific research. Bring your questions and a sack lunch.

♦ A Writing Circle
Facilitator: Yi Ching
Dates: Tuesdays, frequency to be determined by the group. First meeting on Feb. 8
Time: 12:00—1:00
Location: Hawaii Hall 5
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 8 participants.
Community Lecture

Community lectures are open to all members of the community. You are welcome to bring guests. If you are planning to attend, please register by phone (956-2707) or via the enrollment form.

Biodigms: How We Judge Biography

Instructor: George Simson, Professor Emeritus of English & Director, Retired, Center for Biographical Research, UHM

Dates: Friday, April 28 (one session only)
Time: 10:00—Noon
Location: Hawaii Hall 5
Description: Ardent readers judge biographies, but there is no special and efficient vocabulary for such study. Biography is a special window into a person and needs enough vocabulary to encompass the difference between biography and its subject.

This session will introduce you to “biodigms” (by-odimes), vocabulary for those special operations that define, describe, classify, and analyze biography and its parts and contexts. The instructor first invented and used the word “biodigm” at an MLA conference in Los Angeles in December, 1982. Since then it has been used in about six papers, and about five conference presentations. The instructor is preparing to write a book on the subject, but he feels the subject needs further scrutiny by some good readers. Now is a perfect occasion to ask for acute and mature criticisms of biodigms. Here is a sample of four of the 26 biodigms:

1. The first biodigm is that biography apprehends life as mortality.
2. The ontogeny of the individual recapitulates the phylogeny of the culture of both subject and biographer.
3. Biography, as both fact and art, is mimetic and biographical criticism is mostly mimetic.
4. Modern biography is chiefly indebted to the dramatic literary form.

To prepare for the seminar, the following reading is recommended to focus the discussion: The biography Eminent Victorians (1918) by Lytton Strachey, the classic of satiric and evaluative biography. Those enrolled in the course will receive by mail Dr. Simson’s list of 26 biodigms. During the session, the group will try to see whether the biodigms are of any use in judging Eminent Victorians. For example, does biodigm 1 suddenly gain sense when applied to the sketch of Cardinal Manning?

Drawing Out the Artist Within: A beginner’s course in seeing and communicating through drawing

Instructor: Duane Preble, Prof. Emeritus, Art, UHM

Dates: Mondays, Mar. 20, 27, Apr. 10, 17
Time: 10:00—Noon
Location: Hawaii Hall 5
Description: We will consider art’s role in life and view drawings by individuals ages 18 months to adult. Expressive and descriptive drawing processes will be explored focusing on line. Emphasis will then shift to seeing and drawing shapes, and to issues of light and dark.

As a result of participating in this drawing experience you will know, be able to do, and will appreciate:

- that all young children like to draw and that each child has a unique drawing style conditioned by age, encouragement or its absence, readily available materials, personal experience, and personal interests;
- the basic visual elements, line, shape, space, and value in relation to the principles of design;
- that drawing is a learned skill important to lifelong learning, perceiving, thinking, feeling and communicating.

You will be able to:

- overcome the stage fright associated with drawing;
- see personal insight, careful observation, and beauty in your own drawings;
- know how useful drawing is for observing, visualizing, remembering, teaching and learning;
- demonstrate and utilize drawing as a powerful teaching/learning tool;
- appreciate your own drawings and the drawing/seeing/thinking/feeling processes involved and also appreciate the drawings of others.

There will be a $10 lab fee for supplies provided by the instructor.
♦ The Illuminated Life®
**Instructor:** Abe Arkoff, Professor Emeritus, UHM Department of Psychology
**Dates:** Tuesdays, Jan. 11 to Apr. 18 (14 sessions)
**Time:** 1:00—3:00 p.m.
**Location:** Hawaii Hall 5
**Description:** Regular physical checkups are recommended for seniors who value their health. Why not an occasional checkup on one’s life since the state of one’s life is an important factor in the state of one’s health? 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-daimond head corner of King and University). Price: $19.95 plus tax. Call ahead to have a copy prepared for you (973-6599).

♦ Psychology and Shakespeare: Reciprocal Insights
**Instructor:** Alice Scheuer, Ph.D., World Health Organization (WHO), UHM Psychology Dept.
**Dates:** Wednesdays, Mar. 15, 22, 29, Apr. 5, 12, 19, May 3, 10
**Time:** 10:00—11:45 a.m.
**Location:** Hawaii Hall 5
**Description:** In this course, through readings, lectures, and discussions, we will review Shakespeare’s major tragedies and the leading characters in them: Hamlet, Macbeth, Julius Caesar, Antony & Cleopatra, Othello, King Lear, and Romeo and Juliet. In terms of literary criticism, we will analyze the “fatal flaws” of the characters and the role of “Fate” in the tragedies; and in terms of contemporary diagnosis of mental disorders, we will analyze the characters’ problems and discuss interventions that might prevent similar “real life” tragedies.
♦ Introductory Yoga
Instructor: Grace Lee, M.A.
Dates: Wednesdays and Fridays, Feb. 2 through Mar. 3 (10 Sessions)
Time: 4:30–5:45 p.m.
Location: Hawaii Hall 5
Description: Yoga is a dynamic way of enhancing self-awareness and inner peace by learning to be centered in action. Tuning in to the body and breath, students will develop strength, balance and flexibility through a variety of vigorous and relaxing poses. Poses will be modified as needed to meet the different physical conditions of students. A consistent yoga practice has numerous benefits. Physical gains range from decreased pain to enhanced athletic ability. Other advantages can include reduced stress, increased energy and mood, and a calm enthusiasm for life.

This course is designed to introduce students to beginning yoga poses. If you already have some experience with yoga, you may find this course too basic for you. We will be working bare-foot and you would be most comfortable in shorts and a T-shirt or tights and a leotard. Please do not eat 2 hours before class, avoid wearing perfume or body lotion, and bring a large towel to class. The first class will run 15 minutes longer than usual. Medical release forms will be given at first class session.

♦ Memory Rejuvenation
Instructor: Leonie Walter, M.A.
Dates: Thursdays, Feb. 3, 10, 17, 24
Times: 1:00—3:00 p.m.
Location: Hawaii Hall 5
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.

♦ Ethnobotany: Hawaiian Plants
Instructor: Isabella Abbott, Professor Emeritus, Dept. of Botany
Dates: Tuesdays, Feb. 15, 22, 29, Mar. 7, 14, 21
Time: 9:00-11:00 a.m.
Location: Hawaii Hall 5
Description: This course will continue the exploration of the uses of cultivated and wild plants by the Hawaiians, and their influence on the culture of Hawaii.
THE ORESTEIA LEGEND PLAYS

Instructor: Dave Johnson
Dates: Tuesdays, Feb. 1, 8, 15, 22, 29, Mar. 28, Apr. 4, 11, 18
Time: 5:30-7:30 p.m.
Location: Hawaii Hall S
Description: This course examines the plays of six famous authors who focus on portions of the Oresteia Legend (of which the prime characters are Agamemnon, Clytemnestra, Orestes, Electra, and Iphigenia). We see how different authors approach and select from the same material, comment on their predecessors' works, and add new insights of their art and times. (Sometimes several plays are scheduled for one night. Note that all three of Aeschylus' Oresteia plays combined are about the length of Hamlet alone). The plays considered include: Aeschylus' "Agamemnon", "The Libation Bearers", and "The Eumenides" (often referred to as the "Oresteia Trilogy"), Sophocles' "Electra", Euripides' "Orestes", Racine's "Iphigenia", Eugene O'Neill's "Mourning Becomes Electra", and Jean-Paul Sartre's "The Flies". The schedule is as follows:

2/1 Introduction: The Oresteia Legend
2/8 Aeschylus' "Agamemnon"
2/15 Aeschylus' "The Libation Bearers" and "The Eumenides"
2/22 Sophocles' "Electra"
2/29 Euripides' "Orestes"

Between teaching the first 3 authors, and teaching the last 3 authors, there will be a 3 week break (for the teacher to recover). Class will resume on March 28 with the following schedule:

3/28 Racine's "Iphigenia"
4/4 O'Neill's "Mourning Becomes Electra" (3 plays)
4/11 Sartre's "The Flies"
4/18 Conclusion

LIGHT OF HEAVEN, GLARE OF HELL

Instructor: Mitch Kahle
Dates: Fridays, Feb. 4, 11, 18, 25
Time: 10:00-Noon
Location: Hawaii Hall 5
Description: This course will examine the Judeo-Christian concepts of Heaven and Hell. The evolution of beliefs concerning eternal reward and retribution after death will be discussed. Students will be encouraged to participate by discussing their own beliefs and thoughts in an open and friendly forum. Biblical and historical materials will be used.

STRATEGIES FOR FINANCIAL FITNESS(SM)

Instructor: Saleem Ahmed, Academician-turned-registered representative, EQ Financial Consultants, Inc.
Dates: Wednesdays, Feb. 2, 9, 16, 23, Mar. 1, 8
Time: 10:00-Noon (6 Sessions)
Location: Hawaii Hall S
Description: This course will help participants identify and prioritize their financial goals and objectives, and learn strategies for improving their financial fitness (SM) at various age, economic, and risk-tolerance levels. The class will be conducted in an informal, interactive, and workshop-style mode, involving case studies and illustrations to explain complex ideas. Participants will learn basics of asset allocation and investment strategies, and the steps they need to consider to achieve "financial independence." Innovative strategies for family protection, children/grandchildren's education, retirement living, charitable gifting, and wealth transfer will also be explored.
ALL Membership & Enrollment Form
Spring 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 956-2707.

☐ 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 '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 Spring Term '00.

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 Summer & Fall 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.

Make check payable to UH Foundation Account #18-079-0.
SPRING 2000

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.

___ Armchair Tour of Spain and Latin America: Part 2
    Thursdays (Jan. 20, 27, Feb. 3, 10, 17, 24, Mar. 2, 9)
    9:00—11:00 am; Hawaii Hall 5

___ Collaboration, Cooperation, and Community
    Mondays (Feb. 21, 28, Mar. 6, 13) 10:00 a.m. to noon; Hawaii Hall 5

___ Comparative Religion: Prophets & Mystics
    Thursdays (Mar. 16, 23, 30, Apr. 6, 13)
    10:00—Noon; Hawaii Hall 5

___ Drawing Out the Artist Within: A beginner’s course in seeing and communicating through drawing
    Mondays (Mar. 20, 27, Apr. 10, 17) 10:00-Noon; Hawaii Hall 5

___ Ethnobotany: Hawaiian Plants
    Tuesdays (Feb. 15, 22, 29, Mar. 7, 14, 21)
    9:00-11:00 a.m.; Hawaii Hall 5

___ Fundamentals of Islam
    Wednesdays (Feb. 2, 9, 16, 23, Mar. 1, 8)
    1:30—3:30 p.m.; Hawaii Hall 5

___ The Illuminated Life®
    Tuesdays (Jan. 11 to Apr. 18 [14 sessions]
    1:00—3:00 p.m.; Hawaii Hall 5

___ Light of Heaven, Glare of Hell
    Fridays (Feb. 4, 11, 18, 25) 10:00—Noon;
    Hawaii Hall 5

___ Memory Rejuvenation
    Thursdays (Feb. 3, 10, 17, 24) 1:00—3:00 p.m.;
    Hawaii Hall 5

___ The Oresteia Legend Plays
    Tuesdays (Feb. 1, 8, 15, 22, 29, Mar. 28, Apr. 4, 11, 18)
    5:30—7:30 p.m.; Hawaii Hall 5

___ Psychology and Shakespeare: Reciprocal Insights
    Wednesdays (Mar. 15, 22, 29, Apr. 5, 12, 19, 26, May 3) 10:00—Noon; Hawaii Hall 5

___ Strategies for Financial Fitness (SM)
    Wednesdays (Feb. 2, 9, 16, 23, Mar. 1, 8)
    10:00—Noon; Hawaii Hall 5

___ Introductory Yoga
    Wednesdays and Fridays (Feb. 2 through Mar. 3
    [10 Sessions]) 4:30—5:45; Hawaii Hall 5

COMMUNITY LECTURE

___ Biodigms: How We Judge Biography
    Friday (April 28) 10:00—Noon; Hawaii Hall 5

MEMBER EVENTS

___ Nutrition and Health: Brown Bag Q & A Session
    Fridays (Feb. 25, Mar. 24, Apr. 28) 12:15—1:45;
    Hawaii Hall 5

___ A Writing Circle
    Tuesdays (frequency to be determined by the group)
    First meeting on Feb. 8, 12:00—1:00; Hawaii Hall 5

___ Karate for Seniors
    Times and dates TBA; Hawaii Hall 5

___ The Contemporary Museum
    Friday (April 21) 10:00-1:00 p.m.