Academy for Lifelong Learning
FALL TERM 2001
Courses & Special Events
University of Hawai'i at Manoa
Colleges of Arts & Sciences

Academy for Lifelong Learning
Colleges of Arts & Sciences
2430 Campus Road, Gartley Hall 216
University of Hawai'i at Manoa
Honolulu, Hawaii 96822
Help ALL raise matching funds

It's Give ALOHA time at Foodland stores. Last year's matching fundraiser sponsored by Foodland helped ALL raise more than $2,000. This year Foodland will offer a donation period between September 1 - 30 and contribute $200,000 to match customers' donations. Between September 1 and 30, we encourage our members to make donations of up to $249 (per person) to the Academy for Lifelong Learning. Dig out your Maika'i card and please remember the Academy for Lifelong Learning when shopping during the month of September. We appreciate your support of lifelong learning!

For more information about programs, opportunities and membership benefits in the Academy for Lifelong Learning, call 956-8224, or visit our website at:

http://webdata2.soc.hawaii.edu/all/

During the renovation phase, our temporary mailing address is:

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

“Even if you’re on the right track you’ll get run over if you just sit there.”

--Will Rogers

As we enter the 12th month of a lengthy renovation project in Henke Hall that is destined to become the new home of the Academy for Lifelong Learning, we are planning a special grand opening celebration. Next Spring marks the fifth anniversary of the Academy for Lifelong Learning. If you have some ideas for how to commemorate our fifth year of operation, we want to hear from you!

A few words about Fall 2001: For those who missed Dr. Donald Matsumori’s travel lectures last Spring because of the faculty strike, the course is being offered again in full (see page 15). Also, be sure to mark your calendar for the Nov. 29 talk by Dr. David McClain, Dean of the UHM College of Business Administration (see description, page 14). You won’t want to miss it.

Finally, please don’t forget the Give Aloha fundraiser in September (see back page). ALL needs your support now more than ever. Thanks! See you in class!
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Campus map of ALL classrooms
Campus Center See building #20 on map below (Elevator avail.)
Bilger Hall Building #15
Garley Hall Building #39
George Hall Building #41
Moore Hall Building #97 (Next to Henke #62 & Paradise Palms #103)
Kuykendall Hall Building #78
Visitor parking lots Adjacent to Buildings 104, 71, 117 ($3 entry fee)
Yoga class located at 1810 University Ave., YMCA Bldg., across from #6
ALSO REFER TO LARGER CAMPUS MAP, Center Pull-out Section
The Academy needs your help! Please consider an additional tax-deductible donation to ALL

Mrs./Mr./ Miss/Ms./ Dr./ Mr. & Mrs./ Drs. (circle one)

• NAME: ____________________________________________
  (as it should appear in our records)

• ADDRESS: _________________________________________

  ___________________ ZIP ________________________

• TELEPHONE: ______________________

Enclosed is my personal gift of $_________ to:
THE ACADEMY FOR LIFELONG LEARNING.

____ I would like to discuss a gift or bequest 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 of Arts and Sciences may publish in appreciation for your support.

Make check payable to UH Foundation 18-079-0

Contributions are tax deductible to the extent provided by law. Thanks for your support! Mail to: Academy for Lifelong Learning, UH Manoa, 2430 Campus Rd., Gartley 216, Honolulu, Hawaii 96822.

Living Poets, Living Art
Instructor: Tia Ballantine, UHM English lecturer
Dates: Wednesdays, October 3 - November 21
Time: 10 am to 11:15 am
Location: Bilger 212 (Class limited to 15.)
Description: "All poetry is experimental poetry."

--Wallace Stevens

"Art arises from the tension between knowing and guessing," Brecht writes, and we nod sagely--aha, experiment again! But how do we know our experiment is not simply disguised solipsism?

We might "scale the depth of things," as Rilke suggests, remembering William Carlos Williams' admonition "No ideas but in things" and Sylvia Plath's pivotal decision: "My main thing is now to start with real things: real emotions...real situations, behind which the greatest gods play the drama of blood, lust, and death." Can we discover "knowing" in real things or do we revert to guessing by knowing, and if we are guessing while knowing, are we making art?

"Only connect," E.M. Forster advises, if you want to know such things. But Elizabeth Bishop has a more practical idea. "Read," she says.

And read we will. Every week we will read poems of at least three living poets--the best, the most controversial, even the most banal. We will discover for ourselves which poems are art and which are constructs, why that difference exists, and how it matters -- to our hearts and to our being in the world.

We will read poems of: Anne Carson, Louise Gluck, Wang Ping, Jack Gilbert, Linda Gregg, Robert Haas, Cole Swensen, Josef Koumunyakaa, Seamus Heaney, Jane Cooper, and many others.
Spiritual Journeys Through Spain

Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Thursdays, Sept. 13, 20, 27, Oct. 4, 11, 18, 25
Time: 9 am - 10:20 am
Location: Moore 118
Description: Explore the rich spiritual history, geography, languages, and arts of Spain. 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.

Truth

Instructor: Vernon Char, Attorney at Law
Dates: Thursdays, October 11, 18, 25, Nov. 1
Time: 9:30 am - 11:20 am
Location: Moore Hall 117
Description: This discussion series is a continuation of the long-running Manoa Forum series. Truth is complex and multifaceted. Is Truth universal? At its core, truth is part of the human condition, but does truth exist beyond humanity? Truth has been the concern of philosophers, artists, the religious, and leaders throughout history: During this round of discussions, we'll study Confucius, Rousseau, Mills, Emerson, and Adler. Contemporary issues will range from former President Clinton's impeachment proceedings to the role of the media to the re-evaluation of the Declaration of Independence.

Donald's Excellent Adventures

Instructor: Donald Matsumori, Ph.D.
Dates: Mondays, October 22 and October 29
Time: 10 am to Noon
Location: Kuykendall 206 (seating limited to 25)
Description: This lecture series on Vietnam reprises the talks that were scheduled last semester and postponed because of the faculty strike. In this two-session discussion, ALL's world traveler, Donald Matsumori, will provide an historical overview of Vietnam, show scenes from and discuss his recent trip.

Vietnam is a surprisingly varied land. From the densely-populated canals and rivers comprising the Mekong Delta to the magnificent limestone peaks rising out of Halong Bay, Vietnam offers a variety of spectacular sights, friendly people, and rich cultural treasures.

Join Donald to learn about Ho Chi Minh City; the Cu Chi Tunnels of the Viet Cong; the Cao Dai Temple and gardens; and the sights and history of Hanoi's wide tree-lined avenues, beautiful lakes, museums, pagodas, temples, and the infamous Hoa Lo Prison (or Hanoi Hilton) where American fliers were imprisoned during the Vietnam War.
• An Uneasy Region: Transpacific Economic Challenges in the Information Age

Speaker: Dr. David McClain, Dean, UHM College of Business Administration, and First Hawaiian Bank Distinguished Professor of Leadership and Management

Date: Thursday, November 29
Time: 2 pm - 4 pm
Location: Kuykendall 207 (seating limited to 30)

Description: Recent developments in information technology have improved the potential for national economic performance and productivity. As with earlier waves of new technology, however, the financial system is having to cope with the aftermath of too much enthusiasm and not enough customers. Economic air pockets and downdrafts are creating difficulties for national governments throughout the Asia-Pacific region. Companies as well are wrestling with how to integrate the new and "disruptive" technologies into the formation of their business strategies. In this interactive seminar, Dr. McClain offers one perspective on how it will all turn out.

McClain holds a Ph.D. in economics from the Massachusetts Institute of Technology (MIT) and has taught at MIT's Sloan School of Management and Boston University. McClain is a member of the board of the National Association for Business Economics, a member of the National Business Economic Issues Council, and served as a senior staff economist on the Council of Economic Advisers under President Jimmy Carter.

• Yoga for Beginners

Instructor: Grace Lee, M.A.
Dates: Tuesdays and Thursdays, Sept. 11, 13, 18, 20, 25, 27, Oct. 2, and Oct. 4
Time: 11 a.m. to Noon
Location: YMCA Multipurpose Room, 1810 University Avenue, across from UHM Architecture Bldg.

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 barefoot 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 may run about 15 minutes longer than usual. Medical release forms will be distributed and collected at the first class session on Tuesday, September 11.
◆ The Illuminated Life
Instructor: Abe Arkoff, Prof. Emeritus, Psych.
Dates: Mondays, September 10 - December 17
(Note: class will not meet Nov. 12th holiday)
Time: 1:00—3:00 p.m.
Location: Campus Center 309*
Maximum Enrollment: 12
Description: The way we live our lives affects our health and well-being. A "life check" can be as important as a physical checkup. In this workshop we will look candidly at our lives to affirm what's good and work on what could be better.

We will pose 14 "life questions"—one each session—and pursue answers through novel exercises. We will become "caring presences" and "caring disclosers" and provide each other with support as we share our work and lives with each other. To check on our progress, we will complete a measure of well-being before the workshop begins and after it ends.

We will prepare in advance of each meeting by reading a brief chapter in the workbook, The Illuminated Life: Your Third Age Lifebook, if we are 55 or older or, if younger, The Illuminated Life: Your Lifebook. Read Chapter 1 and complete Exploration 1 before the first meeting. Bring the exploration and completed measure of well-being (it will be mailed to you) to the first meeting. The workbook is available from Professional Image, 2633 S. King, Ph. 973-6599 (validated parking on the makai-Diamond Head corner of King and University).
Price of book: $15.07 (inc. tax). Call ahead to have a copy prepared for you. *Dec. 3rd class is scheduled in CC 306.

◆ Much Ado About Nothing
Date: Friday, October 12. 2001
Time: 7:45 pm (Curtain time is 8 pm)
Location: Kennedy Theatre, UH Manoa
Description: In this comedy production under the direction of Terence Knapp, UHM Department of Theatre and Dance, two of Shakespeare's most endearing and spirited lovers tangle and skirmish in a mutually ferocious game of love until finally giving in to the inevitable. Contrasting Beatrice and Benedick are another pair of lovers, the romantic and sweet Claudio and Hero. Both couples fall victim to deception, but with some faith and the help of the bumbling constable, love and truth rise above all. Tickets for this play go on sale September 24th. Call the Kennedy Theatre box office at 956-7655. Tickets are $9 for seniors and UH faculty and staff. Join us for the play October 12! Meet in the upstairs lobby of theatre.

On your own and waiting for the next class to begin? Don't miss this art exhibit on campus...
◆ Théâtre de la Mode
Dates: October 7 - December 21
Times: Mon. - Fri., 10 am to 4 pm; Sunday, 12 - 4
Location: UH Manoa Art Gallery; free admission
Description: It was Paris, 1945. The Nazis were gone. So were the food, clothing, fuel and medical supplies. Desperate to reassert the French fashion industry, the nation's best artists and designers created 150 miniature fashion mannequins, set them in elaborate hand-painted stages, and sent them on a world tour. Now, 56 years later, this remarkable exhibition comes to Hawai'i at the UH Manoa Main Art Gallery. Exhibit also includes a video and historic photos of post-war Paris.

From the Maryhill Museum of Art, Goldendale, WA.
Special Events for Members

♦ Academy of Arts: Tour the New Wing
Date: Friday, November 30, 2001
Time: Meet at Museum main entrance at 11:45 am
Location: Academy of Arts Museum, 900 South Beretania Street, Honolulu, HI 96814--1495
Description: Join us in this special tour of the new wing at the Academy of Arts. A docent-led tour will highlight the new second-floor Hawai'i Gallery and the first-floor exhibits of artist Charles Bartlett. Admission fee is $4 (senior rate). In addition to the tour, we'll enjoy lunch on the terrace at 1:30 pm. Lunches range in price from $10 to $12. Validated parking is available behind the Linekona Art Center across the street.

♦ Alzheimer's Research: Latest Findings
Date: Wednesday, Nov. 21
Time: 10 am - Noon
Location: Campus Center 306
The Alzheimer's Association reports that we are on the verge of an Alzheimer's epidemic, with the number of cases expected to rise from the current 4 million to 14 million in 2050 unless a prevention or cure is found within the next few years. Many in the research field believe that we are approaching a breakthrough in understanding and treating the disease and researchers are working hard on three fronts: causes/risk factors; diagnosis; and treatment/caregiving. In recent months, more pieces of the research puzzle appear to have fallen into place. Join us for this discussion on the latest research findings and directions.

♦ Memory Rejuvenation
Instructor: Leonie Walter, Ph.D.
Dates: Tuesdays, September 11, 18, 25, Oct. 2
Times: 4:30 pm - 6:30 pm
Location: Kuykendall 406
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.

Textbook for this course is: MEMORY REJUVENATION by Dr. Leonie Walter (published 2001). Cost of text is $12. Copies will be made available to participants at first class session.
♦ A Writing Circle
Facilitator: Yi-chuan Ching, M.D.
Dates: Group meets weekly on Wednesdays
Time: 9:00 am - 10:20 am
Location: George Hall 213
Description: Those with a yen to write are invited to participate in this circle. We will take turns informally reading our own work for reaction and comment. All will have a chance to submit work on a regular basis. Circle is limited to 6. Previous participants will be given preference. Serious writers may contact Dr. Yi-chuan Ching at yching@pol.net for more information.

♦ Shakespeare & Psychotherapy
Instructor: Alice Scheuer, Ph.D., World Health Organization (WHO), UHM Psychology Dept.
Dates: Wednesdays, October 10 - November 14
Time: 10:00—Noon.
Location: Campus Center 306
Description: Ancient Greeks believed that great plays have therapeutic effects on audiences. In this course we shall look at several of Shakespeare's plays and see what effects they may have on contemporary audiences (including readers), in terms of modern psychological therapies.

The plays we'll explore will include Hamlet; Midsummer Night's Dream; Romeo and Juliet; The Taming of the Shrew; King Lear; Henry IV, Parts One and Two; and Henry V.

♦ Elizabethan Playwrights
Instructor: David Johnson, Attorney
Dates: Tuesdays, October 9, 16, 23, 30, Nov. 6, 13, 20
Time: 5:30 pm - 7:30 pm
Location: Kuykendall 406
Description: We will be reading and discussing the major playwrights (other than Shakespeare) of Elizabethan and Jacobean England -- the English Renaissance. These dramatists wrote fine plays, and contributed to the development of the modern play. Their differences in style and approach are fascinating, as is their relationship to their contemporary -- William Shakespeare. The class schedule is: Oct. 9: Introduction to Elizabethan and Jacobean Playwrights -- Their Times, World, and Theatre;

Copies of the plays may a little hard to find. Both the University and public libraries should have several copies of the plays, singly or as part of collections. Check also for second-hand editions or order online and allow for delivery time. Dover Thrift publishes low-cost editions ($1.50) of Doctor Faustus, The Duchess of Malfi, and Volpone. There also is a single paperback, Drama of the English Renaissance by Martin L. Wine, which contains all of the assigned plays (except The Spanish Tragedy) and costs about $10. Unfortunately, the Wine book may be hard to find. Several paperbacks of Kyd's Spanish Tragedy are available in the $8 - $16 range. I will provide copies of the Knight of the Burning Pestle at the cost of copying.
ALL Membership Form
FALL 2001

Name: ____________________________________________
Address: _________________________________________
Zip: ___________ Phone: ____________________________
email address: _____________________________________
Emergency Contact: _________________________________
Phone: ___________________________________________

1. Complete information above and select your membership category below:

☐ I am a current ALL Annual member.

☐ I wish to join as an Annual Member: $115 for one year (Fall, Spring Summer terms.)

☐ I wish to be enrolled as a Session Member: $45 for Fall Term '01.

Please make membership check payable to: University of Hawaii Foundation Account #18-079-0

2. On pages 8 and 9, select a total of three courses which you wish to join for Fall 2001.

3. Return membership check and course selections 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 sign up for 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 are:

Session Member, $45. Entitles an individual to join and attend up to three courses during the Fall term, receive the newsletter, and attend special events.

Annual Member, $115. Entitles an individual to join and attend up to three courses during the Fall term; course sign-ups 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 membership application, check, and selected courses to the ALL address listed at the bottom of page 10.

Make membership check payable to: UH Foundation Account #18-079-0.
Additional tax deductible contributions to ALL are always welcome. We appreciate your support of lifelong learning in Hawaii!
FALL 2001
COURSE SELECTION FORM

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

__ Elizabethan Playwrights
Tuesdays (October 9, 16, 23, 30, Nov. 6, 13, 20)
5:30 pm - 7:30 pm; Kuykendall 406

__ Truth
Thursdays (October 11, 18, 25, Nov. 1)
9:30 am - 11:20; Moore Hall 117

__ A Writing Circle
Ongoing meetings, Wednesdays throughout the semester. George Hall 213
9 am-10:20 am. Circle limited to six.

__ Yoga for Beginners
Tuesdays and Thursdays (Sept. 11, 13, 18, 20, 25, 27, Oct. 2, and 4), 11 am to Noon.; YMCA Multi-purpose Room, 1810 University Avenue.

__ The Illuminated Life
Mondays (September 10 through December 17)
1:00—3:00 p.m.; Campus Ctr. 309. Enrollment: 12

__ Memory Rejuvenation
Tuesdays (September 11, 18, 25, Oct. 2) 4:30 pm-6:30 pm, Kuykendall 406

__ Living Poets, Living Art
Wednesdays (October 3, 10, 17, 24, 31, Nov. 7, 14, Nov. 21) 10 am -11:15 am, Bilger 212
Enrollment: 15

__ Shakespeare & Psychotherapy
Wednesdays (October 10, 17, 24, 31, Nov. 7, 14) 10 am to Noon, Campus Ctr. 306

__ Spiritual Journeys Through Spain
Thursdays (Sept. 13, 20, 27, Oct. 4, 11, 18, 25)
9 am - 10:20 am; Moore Hall 118

Registration for Special Events for Members

__ An Uneasy Region: Transpacific Economic Challenges in the Information Age,
Dr. David McClain, Dean, UHM College of Business Administration
Thurs., Nov. 29, Kuykendall 207, 2 to 4 pm
(Seating is limited; please register)

__ Donald's Excellent Adventures in Vietnam
Mondays (October 22 and 29); 10 am - Noon
Kuykendall 206 (Seating limited; please register.)

__ The Academy of Arts Tour
Friday, November 30; Meet at main entrance (900 South Beretania St.) at 11:45 am. (Tour is limited to 30 people; please register.) If you need a ride, please check here. We will contact you in early November.

__ Much Ado About Nothing
Join us for the play! Friday, October 12, Kennedy Theatre at 7:30 pm (8 pm curtain time.) UH Manoa.
Tickets go on sale September 24; reserve a seat by calling the Kennedy Theatre box office 956-7655.
Tickets: $9 Seniors/UH staff & faculty.

__ Alzheimer's Research: Latest Findings
Wednesday, Nov. 21, 10 am - noon; Campus Center 306.