Academy for Lifelong Learning

SPRING TERM 2001
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 956-8224, 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 later this Spring 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

Challenge and hope in 2001

When I was young I was amazed to learn that the elder Cato (a Roman statesman) began at the age of 80 to learn Greek. I am amazed no longer. Old age is ready to undertake tasks that youth shirked because they would take too long.

--Somerset Maugham (aged 65), THE SUMMING UP

Ever since the launch of the first courses at the Academy for Lifelong Learning in March 1997, members have ventured onto campus seeking challenge, discovery, inspiration, and community. As we await final completion of new classroom and office space in Henke Hall (moving date still uncertain at press time), we truly appreciate the enthusiastic support expressed in members' letters. (One member wrote in January: "Your classes have been confidence builders for me. ALL has helped me put aside self-doubts and stop settling for too little in my life. My thanks to the instructors and office staff at ALL and best wishes for a successful move!"

) Until Henke Hall is ready, we will schedule courses in available rooms on campus. Please see the maps on page 17 and in the center of this brochure, or call 956-8224 for more information. If you'd like to enroll in ALL courses, complete the pull-out enrollment form in the center section of this brochure and return by mail to: ALL, 2430 Campus Road, Gartley 216, UH Manoa, Honolulu, HI 96822.

Join us for Spring Term 2001!
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SPRING 2001

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Campus map of ALL classrooms
Campus Center 309..............See building #20 on map below (Elevator avail.)
Gartley Hall 216.............. Building #39 (Temporary ALL Office)
Hemenway Hall 215 & 208 .. Building #61 (Elevator available)
Henke Hall .............Building #62 (new ALL office; late Spring 2001)
Kuykendall Hall 206........ Building #78
Sakamaki Hall C-101........ Building #114
Visitor parking lots ... Adjacent to Buildings 104, 71, 117 ($3 entry fee)
Webster Hall 114 ........... Building #137
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., Cartley 216, Honolulu, Hawaii 96822.

♦ Art in Everyday Life
Instructor: Duane Preble, Prof. Emeritus, Art, UHM
Dates: Thursdays, April 5, 12, 19, 26
Time: 1 p.m. - 3 p.m.
Location: Campus Center 309 (class limit: 20)
Description: In these four seminar discussions, we will explore: (1) Everyday aesthetic decisions; (2) Ourselves as co-designers; (3) Capital 'A' art; and (4) Personal discoveries. The recommended book for this course is: The Everyday Work of Art: How Artistic Experience Can Transform Your Life by Eric Booth. Published by Sourcebooks, 2nd edition, the paperback edition of this book costs approximately $20 and is available at most local bookstores. Please call ALL first to confirm registration status in course before purchasing book. Class is limited to 20.

Professor Emeritus Duane Preble taught art and art history at UH Manoa for more than 30 years to an estimated 30,000 students. His own widely acclaimed book, Ariforms, co-authored with wife Sarah, is now in its sixth edition. Dr. Preble taught Drawing Out the Artist Within at ALL during Spring Term 2000. Now back by popular demand, Dr. Preble is offering a non-drawing course this term. The course will explore the basic visual elements, line, shape, space and value and color in relation to the principles of design and will examine the nature of the visual arts, their influences on quality of life, and the themes and issues of contemporary art.
* Exploring the Regions and Cultures of Spain
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Thursdays, March 8 - April 26
Time: 10:00—Noon
Location: Hemenway 215
Description: Explore the rich 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.

* Quest For Truth
Instructor: Vernon Char, Attorney at Law
Dates: Fridays, March 9, 16, 23, 30
Time: 10:00 a.m. to noon
Location: Hemenway 215
Description: Truth is complex and multifaceted. 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: We’ll study John Keats, William Shakespeare, the Bible, Buddha, Galileo, and Plato. Contemporary issues such as the Clinton impeachment proceedings and newspapers and television also will be explored.

* A Writing Circle
Facilitator: Yi-chuan Ching, M.D.
Dates: Group meets on alternate Wednesdays
Time: 9:30 am - 11 am
Location: Barnes & Noble, Kahala Mall
Description: Those with a yen to write are invited to participate in this circle. We will take turns informally reading our own work to the members of the circle for reaction and comment. All will have a chance to submit their work on a regular basis. The circle is limited to 6. Previous participants during Fall Term will be given preference. Serious writers may contact Dr. Yi-chuan Ching at yching@pol.net for more information.

* Nutrition and Health: Q & A Sessions
Instructors: Alan Titchenal, Ph.D, Instructor, UHM Department of Food Science and Human Nutrition, and Joannie Dobbs, Ph.D, Lecturer, UHM FSHN
Dates & Times: To be arranged
Description: Topics in nutrition and health will be addressed based solely on the questions of the students.

* The Contemporary Museum Tour & Lunch
Dates: Friday, April 20
Time: 11 am - 1 pm
Location: Meet at Sinclair Circle on University Avenue at 10:30 am for carpooling to museum.
Description: Tour the latest art exhibit and enjoy a leisurely lunch under the terrace canopy.
Special Events for Members

- Donald's Excellent Adventures in Vietnam
  Instructor: Donald Matsumori, Ph.D.
  Dates: Mondays April 16 and 23
  Time: 10:00 a.m. - Noon
  Location: Kuykendall 206 (seating limited to 25)
  Description: 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. In this two-session discussion, ALL’s world traveler, Donald Matsumori, will provide an historical overview of Vietnam, show scenes from and discuss details of his October 2000 trip including:
  - Ho Chi Minh City’s (formerly Saigon) historic buildings and museums (Did you know that Saigon’s central Post Office was designed by Gustav Eiffel?);
  - Cu Chi Tunnels from which the Viet Cong attacked Saigon and confused the U.S. 25th Infantry Division during the Vietnam War;
  - Cao Dai Temple and gardens, a colorful, unusual religion unique to Vietnam. It combines aspects of Buddhism, Confucianism, Taoism, Islam, and Christianity;
  - Hanoi’s wide tree-lined avenues, beautiful lakes, museums, pagodas, temples, and the infamous “Hanoi Hilton”, Hoa Lo Prison, in which American fliers were imprisoned during the war.

- Yoga for Beginners
  Instructor: Grace Lee, M.A.
  Dates: Tuesdays and Thursdays, May 8, 10, 15, 17, 22, 24, 29, 31
  Time: 5 p.m. - 6:15 p.m.
  Location: Hemenway Hall 208
  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 at the first class session on Tuesday, May 8.
Personal Journal Circle
Instructor: Abe Arkoff, Prof. Emeritus, Psych.
Dates: Tuesdays, March 6 - April 24
Time: 1:00—3:00 p.m.
Location: Hemenway Hall 215
Maximum Enrollment: 13
Description: This circle is designed for introspective individuals who seek a deeper understanding of themselves and an enriched relationship with themselves. Toward this goal, we will work together once a week in class and individually outside of class at least four days of each week on journal assignments. The progress of a circle depends on the contribution of every member so enroll only if you know you can be present and prepared for each session. Bring with you to our first and every session (1) an unlined (to facilitate drawing) journal book, (2) pen or pencil, and (3) crayons or colored pencils. Call Abe (956-6728, afternoons) if you would like more information.

Arabian Nights—and Days
Instructor: Elizabeth Bailey, MSW
Dates: Mondays, Mar. 5 - Apr. 2, no class Mar. 26
Time: 10 am - Noon
Location: Hemenway 215
Description: If you've ever been curious about the cultures, rituals, and day-to-day lives of women in the Middle East, this class is for you. Elizabeth Bailey, former instructor of Family Development at UHM, will discuss her extensive work and travel experiences in the Middle East. (No class will be held on Prince Kuhio Day, March 26.)

Psychology for Seniors
Instructor: Alice Schaefer, Ph.D., World Health Organization (WHO), UHM Psychology Dept.
Dates: Wednesdays, March 7 - April 25
Time: 10:00—11:45 a.m.
Location: Hemenway 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.

Poetry Inspired by the Visual Arts
Instructor: Joseph Stanton, Ph.D., Associate Prof. of Arts and Humanities; Poet; Art Historian
Dates: Fridays, May 18 and May 25
Time: 7 p.m. - 9 p.m.
Location: Art 101
Description: Explore the often overlooked truth that poetry can be inspired by anything. Discover how the most potent of literary forms can conduct intellectual and emotional inquiries. Find out how much fun it can be when forms of art speak to each other. This course will feature two evening lecture-slide shows with poet, author and professor Joe Stanton. Modern poetry by W.H. Auden, William Carlos Williams, Wallace Stevens, John Berryman, W.D. Snodgrass, Anne Sexton, and Richard Howard will be discussed. Dr. Stanton will share some of the poems from his recent book, Imaginary Museum: Poems on Art.
Shakespeare, His Times and World  
**Instructor:** Dave Johnson, Attorney-at-law,  
Paul Johnson Park & Niles, Honolulu  
**Dates:** Tuesdays, March 13 - April 24  
**Time:** 5:30 - 7:30 p.m.  
**Location:** Webster 114* (same building, but different classroom than used during Fall Term.)  
**Description:** Enjoy Shakespeare, the world’s finest playwright and poet. Seven sessions include an overview of Shakespeare’s world; *Henry V, A Comedy of Errors, The Merchant of Venice, All’s Well That Ends Well, King Lear.* This fascinating mix of plays will show different approaches and aspects of Shakespeare’s art.

*Note: Webster 114 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 in center section and on page 17 of brochure.

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Memory Rejuvenation  
**Instructor:** Leonie Walter, Ph.D.  
**Dates:** Wednesdays May 9, 16, 23, 30  
**Times:** 10 am - Noon  
**Location:** Hemenway 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.

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Those who dare to fail miserably can achieve greatly.  

--Robert F. Kennedy
Photography Made Simple
Instructor: Alma McGoldrick
Dates: Tuesdays (March 6 - 27)
Time: 3:30 pm - 5 pm
Location: Sakamaki Hall C-101
Description: This non-technical course aims to help individuals take better photographs. It will concentrate on improving the ability to "see" natural lighting conditions when taking pictures. The course will emphasize composition, camera angles, and color contrasts. The instructor, a former career fashion and glamour photographer, will critique weekly assignments. Participants should have at least a "point-and-shoot" camera, a notebook, and a willingness to shoot and have developed at least one roll of film a week for three assignments. Please bring to the first meeting a photograph that you think is particularly successful. Also, please bring a notebook to the first session. Enrollment is limited to 15 persons.

See page 17 or the large pull-out map in the center of brochure to locate Sakamaki Hall. It is next to Kuykendall Hall and Krauss Hall at 2530 Dole Street. The closest visitor parking ($3) is in the parking structure (in the quarry) accessible from Lower Campus Road. Take the parking structure elevator to the 5th floor, cross Dole Street and turn right. Sakamaki is the three-story building across the lawn on the left. Room C-101 is adjacent to the interior bamboo courtyard.

From Bananas to Biotechnology
Instructor: Dr. Michael Harrington, Professor, UHM Department of Molecular Biosciences and Biosystems Engineering
Dates: Tuesdays (April 17, 24, and May 1)
Time: 3 p.m. - 5 p.m.
Location: Sakamaki C-101
Description: Agriculture remains one of the "stealth industries" in Hawaii. It is not glamorous, but it has exhibited continuous growth throughout the 1990s. Agriculture benefits our island ecosystem by recycling water and by providing the landscapes that each of us value. During this class, we will discuss the current state of the industry in Hawaii and some ideas for further expansion. We also will address the controversy surrounding biotechnology-based products, which has received so much attention in recent national and international news. This class also will discuss contemporary issues relating to genetically modified organisms. Included will be a non-technical overview of the principles of biotechnology, the current regulatory safeguards, and examples of products. An overview of the Hawaii biotechnology industry will be offered, including an analysis of the strengths, weaknesses, opportunities and threats (SWOTs) it faces in the years ahead. (See page 6, bottom of page, for directions to Sakamaki Hall and information about visitor parking in the UHM parking structure.)
ALL Membership & Enrollment Form
Spring 2001

Please print clearly.

Name: ________________________________
Address: ________________________________
Zip: __________ Phone: __________________________
Emergency Contact: ___________________________

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

☐ I am a current ALL Annual member.
☐ I wish to be enrolled as an Annual Member: $115 for one year (Spring, Fall, Summer terms.)
☐ I wish to be enrolled as a Session Member: $45 for Spring Term '01.

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

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

3. Return registration 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 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 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. If you have any questions, please call our office at 956-8224. Please send us your enrollment application, membership check, and selected courses to the ALL address listed at the bottom of page 10.

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!
SPRING 2001
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 an additional course. For more information about specific courses, refer to Membership Information section.

- **Exploring the Regions, Cultures of Spain**
  Thursdays (March 8 - April 26)
  10:00—Noon; Hemenway 215

- **Quest For Truth**
  Fridays (March 9, 16, 23, 30)
  10:00 - Noon; Hemenway 215

- **Art in Everyday Life**
  Thursdays (April 5, 12, 19, 26)
  1 p.m. - 3 p.m., Campus Center 309

- **Yoga for Beginners**
  Tuesdays and Thursdays (May 8, 10, 15, 17, 22, 24, 29, 31), 5 pm - 6:15 pm.; Hemenway 208

- **Personal Journal Circle**
  Tuesdays (March 6 - April 24)
  1:00—3:00 p.m.; Hemenway 215. Enrollment: 15

- **Memory Rejuvenation**
  Wednesdays (May 9 - 30) 10 am - Noon; Hemenway 215.

- **Arabian Nights -- and Days**
  Mondays (March 5 - April 2, no class session on March 26, Prince Kuhio Day), 10 am-Noon; Hemenway 215.

- **Photography Made Simple**
  Tuesdays (March 6 - 27) 3:30 pm - 5 pm;
  Sakamaki Hall C-101. Enrollment limit: 15

- **Shakespeare, His Times and World**
  Tuesdays (March 13 - April 24) 5:30 pm—7:30 p.m.; Webster 114

- **Psychology for Seniors**
  Wednesdays (March 7 - April 25) 10:00—11:45; Hemenway 215

- **Poetry Inspired by the Visual Arts**
  Fridays (May 18 and May 25) 7 pm - 9 pm; Art 101

- **From Bananas to Biotechnology**
  Tuesdays (April 17, 24, and May 1) 3 pm - 5 pm; Sakamaki C-101

**Special Events for Members**

- **Donald's Excellent Adventures in Vietnam**
  Mondays (April 16 and 23); 10 am - Noon; Kuykendall 206 (Seating limited to 25.)

- **A Writing Circle**
  Ongoing meetings held on alternate Wednesdays at the Barnes & Noble in Kahala Mall, 9:30-11 am. Previous participants given preference. Circle limited to six.

- **The Contemporary Museum Tour & Lunch**
  Friday (April 20); 11 am - 1 pm.

- **Nutrition and Health: Q & A Sessions**
  To be scheduled and announced.