Osher Lifelong Learning Institute

SPRING TERM 2003
Courses & Special Events

University of Hawai'i at Manoa
Colleges of Arts & Sciences
Free shuttles at your service

Parking at UHM can be difficult, especially for those attending morning classes. Three options:

• Park & Ride from Varsity Theatre: Free JCC Express shuttle service begins at 7:15 am weekdays. This free shuttle runs on a continuous 20-minute cycle stopping at the Varsity Building on University Avenue (next to Varsity Theatre parking lot); Japanese Cultural Center (adjacent to JCC’s indoor parking garage); Pucks Alley; Varsity Gate; Lower Campus; Law School (just across from OLLI classrooms in Krauss Hall); St. John Hall; Varney Circle; and returning to the Varsity Building shuttle stop on University Avenue. The last JCC Express shuttle leaves Varney Circle at 4 pm weekdays.

• Handicapped Parking Permits: If you possess a valid City & County Disability Placard, you may purchase a visitor parking ticket at any campus entry gate and park in any marked parking stall on campus. Both the visitor ticket and the placard must be displayed on the dashboard.

• Campus Express Shuttle: Free shuttle service for the public offers a quick route across campus for those in a rush. Campus Express begins at the Law School on Dole Street across from the ALL offices. The continuous campus express route takes 15 minutes and makes designated stops at Burns Hall on East-West Road; Jefferson Hall; St. John Hall; Varney Circle Fountain; Maile Way; Law School Parking Lot near the Music Building then returns to the Law School. The last express shuttle leaves Varney Circle at 5 pm weekdays.

Osher Lifelong Learning Institute

ALL is now the Lifelong Learning Institute

Six years ago the Academy for Lifelong Learning (ALL) opened its doors for the first time and held an open house. This spring we're in our newly renovated classrooms in Krauss Hall and celebrating our new name -- Osher Lifelong Learning Institute -- OLLI. In late February, the Bernard Osher Foundation of San Francisco awarded a $100,000 grant to UH Manoa’s Colleges of Arts and Sciences to expand and strengthen the Academy’s offerings and establish a new OLLI program. UHM is now one of 18 universities in the U.S. to be awarded an OLLI grant. We deeply appreciate the financial assistance provided by the Bernard Osher Foundation and we look forward to broadening our program horizons. Join us at OLLI!

HOW TO REACH US -- For more information about programs, opportunities and membership benefits in Osher Lifelong Learning Institute, call 956-8224, visit our offices at Krauss 113-C, or check our website at: http://www.all.hawaii.edu/

• NEW MAILING ADDRESS •
OSHER LIFELONG LEARNING INSTITUTE
2500 Dole Street, MAIL: Krauss Hall 22
University of Hawaii at Manoa
Honolulu, HI 96822
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*The Illuminated Life* is the Psychological Well-Being in Serious Physical Illness.
OLLII needs your help! Please consider an additional tax-deductible donation to Osher Lifelong Learning Institute.

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: OSHER LIFELONG LEARNING INSTITUTE.

____ I would like to discuss a gift or bequest with a development representative for the Osher Lifelong Learning Institute.

____ 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 #123-079-04
Contributions are tax deductible to the extent provided by law.

Mail to:
Osher Lifelong Learning Institute
Colleges of Arts & Sciences
Krauss Hall 22 -- 2500 Dole Street
UH Manoa, Honolulu, HI 96822

Thanks for your support!

Buddhist Lives and Cultures: Anthropological Explorations and Insights
Instructor: Dr. Les Sponsel, UHM Professor of Anthropology
Dates: Thursdays, February 20, 27, March 6, 13, 20, no class March 27 during Spring Break, April 3, 10, 17, and 24
Time: 4:30 pm - 6 pm
Location: Business Administration Rm. E-202 (BusAd Building is located at 2404 Maile Way, UHM)
Description: In a series of multi-media presentations, Dr. Les Sponsel will explore aspects of Buddhism and cultures in anthropological perspective. The course will examine scholarly approaches to Buddhism; the meaning, significance, and relationships with other religions; underlying unity of traditions through core principles; world view, values and ethics; diversity in the thought, practice, and lives of both laity and clergy in historical and cross-cultural perspective. We will explore rituals, monks, and nuns in temples and monasteries; spirituality, sacred places, and pilgrimages; art, music, and literature in sociocultural contexts; Asian clergy in the West and Western clergy in Asia; revitalizations and liberation movements; environmental and peace activism. Dr. Sponsel will emphasize Theravada Buddhism in Thailand based on his field research, however, the course coverage will be broader. Each class meeting will be equally divided between lecture, video materials and discussion. Some guest speakers may join our meetings. Highly recommended (but not required) reading includes John Renard's 1999 publication, Responses to 101 Questions on Buddhism by Paulist Press ($12.95).
Manoa Forum: Citizenship in Evolution
Instructor: Vernon Char, Attorney at Law
Dates: Thursdays, Feb. 20, 27, March 6, 13
Time: 10 am to Noon
Location: Krauss 112
Description: This discussion series continues the Manoa Forum series. Our citizenship is derived from the U.S. Constitution and the Bill of Rights. However, today our Constitution is not the same as the "Framer's Constitution." It is dynamic and continues to evolve. The meaning of citizenship is diverse and often blurred. Yet in a time of crises from terrorism threats and the complexities of globalization, it is critical that we understand the term and status, "citizen." We shall explore Aristotle's Greek city, Polis; the Pilgrims; and the drafters of the Bill of Rights and the Constitution.

Utopian Society: A Persistent Human Dream
Instructor: Dr. Alice Scheuer, PhD, Clin. Psych.
Dates: Wednesdays, Mar. 5, 12, 19, no class on Mar. 26, Apr. 2, 9, 16, 23, 30
Time: 10 am - 11:45 am
Location: Krauss 113-B (Class is limited to 15)
Description: During the past 2,500 years of Western civilization, comprehensive thinkers and visionaries have proposed models for a perfect human society. In this course, we'll examine some of these proposals, speculate about their viability, and make proposals of our own about improving the society in which we live. Course will include selected readings from Utopian and related literature. These explorations will appeal to participants with solid social concerns and experience in addressing some of those concerns.

Tour the Hawaii State Art Museum with Artist Duane Preble
Date: Friday, March 7 OR Friday, April 4th
Time: Meet at 10 am, 2nd floor of museum
Location: No. 1 Capitol District Building, 250 South Hotel Street, 2nd floor.
Enrollment limit: maximum enrollment is 24.
Description: Join Duane Preble, artist, author, and retired UHM professor, for tours of Hawai'i's newest museum. As one of six jurors selecting the artworks for these new galleries, Professor Preble has special knowledge and appreciation of the chosen pieces in the inaugural exhibit, "Enriched By Diversity: The Art of Hawai'i." This exhibit depicts expressions of Hawai'i artists from the 1940s to the present and tells the state's story through themes encompassing Hawaiian heritage, Asian roots, inspiration of the land and sea, and social consciousness.

The Hawai'i State Art Museum (HiSAM), opened in Fall 2002 and houses art from the State Foundation on Culture and the Art's Art in Public Places Program. Since 1968, civic planners envisioned that the historic Armed Forces YMCA, built in 1928 in the Spanish-Mission style, be turned into a gallery and focal point of cultural affairs. Please note: tour groups will be limited to 24 persons to accommodate museum gallery space limitations. Nearby parking includes on-street metered stalls and lots on South Hotel and the City Municipal Garage located at Alapai and Beretania. Bus routes 2; 13; and B-City Express! stop at or near HiSAM. More details will be provided upon confirmation of registration for either the March 7 tour OR the April 4th tour.
World Hunger and The Human Right to Adequate Food
Instructor: George Kent, Ph.D., Prof. of Political Science, UHM, Co-Convener of Comm. on Intl. Human Rights, Intl. Peace Research Association
Dates: Monday, March 17
Time: 10 am - noon
Location: Kuykendall 208
Description: Historically, national and international responses to problems of malnutrition have been based on compassion and the recognition that reducing malnutrition can be of considerable social benefit. These responses have ranged from small local feeding programs to large-scale international actions involving the Food and Agriculture Organization of the United Nations, the United Nations Children's Fund, the World Bank, the World Food Program, the World Health Organization, and many nongovernmental organizations. Now, however, there is increasing recognition that adequate food is a human right, and thus there is a legal obligation to assure that all people are adequately nourished. The task ahead is to assure the universal recognition and realization of that right. The human right to food and nutrition is just one of many possible handles on the interlocking complex of concerns about rights, democracy, development and governance at every level. Human rights work helps to illuminate the path, throwing light onto the darker sides of individual and governmental behavior, and clarifying what is right and what is wrong. It is unashamedly utopian. In showing us the right direction, human rights work is also eminently practical. --For more background, read Dr. Kent's online text, The Human Right To Adequate Food, at: http://www2.hawaii.edu/~kent/tutorial2000/titlepage.htm

Fundamentals of Judaism
Instructor: Rabbi Morris Goldfarb, Hillel Rabbi at Cornell University for 32 years; currently a resident scholar at Temple Emanu-El, Honolulu
Dates: Fridays, May 2, 9, 16
Time: 10 am to Noon
Location: Krauss 112
Maximum Enrollment: 20
Description: This course will provide an introduction to the history, heritage, culture, and literature of the Jewish people.

Tai Chi for Beginners
Instructor: Dieter Runge, Instructor of Tai Chi
Dates: Tues. and Thurs. (Feb. 18 - May 8) No Tai Chi classes held during Spring Break, Mar. 24 - 28
Time: 7:30 am - 8:30 am
Location: Hemenway 201
Description: Every morning millions of people practice Tai Chi in China and it is becoming more popular worldwide. This healing and martial art is based on the complementary principles of Yin and Yang and the concept of Chi as the life-force energy. This class will concentrate on the health benefits like balance, relaxation, and finding one's center. Wear comfortable clothes with thin-soled shoes or go barefoot. Although Tai Chi is not a strenuous activity, participants will be asked to review and complete a medical liability waiver before starting class.
The Illuminated Life®: Psychological Well-Being in Serious Physical Illness

Instructor: Abe Arkoff, Prof. Emer., Clin. Psych.
Dates: Every Tuesday, February 18 - May 20
Time: 1:00-3:00 p.m.
Location: Krauss Hall 112
Maximum Enrollment: 20
Description: This support/enhancement workshop is limited to those of us with serious physical illness and designed to help us enhance our psychological well-being. In our serious but enjoyable work together, we'll look candidly at our lives to affirm what's good and work on what can be better.

We'll 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 and work on our lives. To check on our progress, we will complete a measure of well-being before the workshop begins and at its end (the initial measure will be mailed to you).

We will prepare in advance for each meeting by reading a brief chapter in the workbook, *The Illuminated Life: Your Third Age Lifebook*. Read Chapter 1 and complete Exploration 1 before the workshop begins; bring the completed exploration and completed measure of well-being to the first meeting. Also please read Appendices B and C.

Workbooks are 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. For further information, call Dr. Abe Arkoff, 956-6728, afternoons, except Tuesdays.

Diet and the Prevention of Cancer: What Can We Recommend?

Presenter: Dr. Laurence Kolonel, M.D., Ph.D., Etiology Program Director, Researcher, Cancer Research Center of Hawaii
Dates: Friday, April 25
Time: 10 am to Noon
Location: Kuykendall 208
Description: Research findings suggest that most cancers are environmentally determined. Dr. Kolonel and his colleagues are examining the relationship of dietary variables to breast and prostate cancer risk within and among ethnic groups. Building on past accomplishments, he and his research team believe that the potential for understanding the etiology of cancer through studies of ethnic and migrant populations has never been greater. Join this multimedia presentation and discover the role of UH researchers in understanding and combating cancer.

Tour the Battleship Missouri at Pearl Harbor

Date: Friday, April 11
Time: Meet at 9:45 am. Tour lasts 1 hour, 45 mins.
Location: Meet at prow of USS Missouri. Catch trolley to Ford Island from ticket gate at Bowfin. Tour is limited to 25 persons; fee is $16, payable at entry gate near trolley stop at sub memorial.
Description: The world's last and most famous battleship is moored on Pearl Harbor's Battleship Row. On her decks the Empire of Japan surrendered bringing an end to the devastation of WWII. Today the *USS Missouri* serves as a reminder of the sacrifices of freedom. Please wear sunscreen, close-toed shoes, comfortable clothing. **No bags or purses permitted.** Details available at registration.
Special Events for Members

♦ Oahu Piano Quartet Recital at Orvis
Date: Tuesday, March 4
Time: 12:30 - 1:30 pm
Location: Orvis Auditorium, UH Manoa
Description: The Oahu Piano Quartet grew out of a 1993 performance reuniting musical friends. Since then, Jeannette Chun, Thelma Diercks, Lillian Ito, and Eleanor Lum have regularly met to enjoy the pleasures of making music at two pianos. This recital will feature works by Smetana, Mozart, Dvorak, Debussy, and John Diercks.

OPQ's talents have long enhanced the musical life of this community. Jeannette Chun holds a B.A. in Music from UHM and is a past president of the Hawaii Music Teachers Association; Thelma Diercks holds an M.M. from the Eastman School of Music and performed on the East Coast before returning to Hawaii in 1989 to become Head of Acquisitions at UH Libraries; Lillian Ito holds a B.Ed. in Music from UH and is a pianist and organist retired from teaching. Lillian accompanies the Gleemen-Plus and enjoys playing the ukulele. Eleanor Lum holds a B.M. from Boston University and is a pianist, cellist, and violinist performing in orchestras, chamber groups and choral ensembles.

♦ Irradiated Foods: Are They Safe?
Presenter: Dr. James Moy, Prof. Bioscience, UHM
Date: Friday, March 21
Time: 10 am - Noon
Location: Krauss 112 classroom
Description: This slide presentation will provide a detailed look at long-term studies on irradiated foods. Dr. Moy has spent 37 years "eating a lot of irradiated fruits" in conjunction with his research. He also has managed the Cobalt-60 irradiator on the Manoa campus for 35 years. Find out more about the development and safety issues of food irradiation as well as genetically modified foods.

♦ Faith and Wisdom: Christianity
Instructor: Rev. Mitsuo Aoki, Professor Emeritus, Religion, UHM
Dates: Friday, March 14
Times: 10 am to Noon
Location: Krauss 112
Description: Renowned for his down-to-earth, entertaining presentations, Rev. Aoki returns for another exploration of the Christian faith.

♦ Conquistadors: The Legacy
Instructor: Gaby Alvarez Hanna, Spanish language/culture instructor, UHM
Dates: Thursdays, April 3, 10, 17, 24, May 1
Times: 1 pm - 3 pm
Location: Krauss 113-B Library/Seminar Room
Description: Life was peaceful and orderly in the Inca world in the area of Peru until the arrival in 1527 of strange people with white skin and hair on their faces. Along with these strangers came a smallpox epidemic that swept through the Inca Empire. The ravages of both disease and the conquistadors is a tale of greed, faith, dishonor and valor. Using excerpts from the excellent PBS documentary Conquistadors by Michael Wood, we'll examine Francisco Pizarro, Hernan Cortes and Francisco Orellana and contrast their actions with Cabeza de Vaca's harrowing journey that culminated in an empathetic book, and study Bartholome de Las Casas' eloquent defense of the humanity of Indians.
- **A Writing Circle: Groups I and II**  
  **Facilitator:** Yi-chuan Ching and Dee Buckingham  
  **Dates:** Groups meet weekly on alternate Wednesdays, Feb. 19 to May 14  
  **Time:** 9:00 am - 11:00 am  
  **Location:** Krauss 112  
  **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.

- **A Unique Hawai'i**  
  **Instructor:** Joe Morgan, PhD, UHM Geography  
  **Dates:** Tuesdays, Feb. 18, 25, Mar. 4, 11, 18  
  **Time:** 10 am to Noon  
  **Place:** Krauss 113-B seminar room  
  **Description:** We who live in Hawai'i are in danger of taking our environmental treasures for granted. This class will help us appreciate the scenic beauty and unique culture of the State. In five descriptive color slide presentations, Dr. Morgan offer a portrayal of the physical and cultural characteristics of Hawai'i. Course will explore the natural landscape, the cultural landscape, symbols and icons (statues, religious structures), capped by a final summary. Reference materials will be drawn from Dr. Morgan's book, *Hawai'i: A Unique Geography* (Bess Press: Honolulu, 1996).

- **Shakespeare: Five Plays**  
  **Instructor:** David Johnson, Atty & Adj. Prof., Wm. S. Richardson School of Law, UHM  
  **Dates:** Wednesdays, Mar. 5, 12, 19, *No class March 26 Kuhio Day Holiday; Apr. 2, 9, 16, 23  
  **Time:** 2 pm - 4 pm  
  **Location:** Krauss 112  
  **Description:** Enjoy Shakespeare, the world's finest playwright and poet. Sessions include an overview, *England and Europe in 1600; Henry VI Part I; The Tempest; Two Gentlemen of Verona; Julius Caesar;* and two classes exploring *Antony and Cleopatra.* This fascinating mix of plays will show different aspects of Shakespeare's art.

- **Practical Computing: One-on-One Tutoring**  
  **Instructor:** Robert G. "Papa" Ahlstrom, Writer, UHM-Senior Citizen Visitor Program Participant,  
  **Dates:** Variable depending on individual needs  
  **Time:** Availability varies (call 220-8744)  
  **Place:** UH Manoa campus computer labs, or at off-campus locations upon individual request*.  
  **Description:** If you'd like to learn how to create your own letterhead or business cards, or learn how to maneuver through email or conduct research on the internet, these individual tutoring sessions may be helpful. Those who want to learn software programs such as Microsoft WORD for creating reports or EXCEL to track expenditures may find these sessions particular useful. To arrange individual training times on or off-campus, or for more information about tutoring services, please call Mr. Ahlstrom directly at 220-8744. *Note: There is no fee for tutoring at University facilities, but hourly fees may be requested for individual tutoring at off-campus sites.
OLLI Membership Form  SPRING 2003

Name: ________________________________
Address: ________________________________  City______________________
Zip: ______________ Phone: ____________________________
email address: ________________________________
Emergency Contact: ____________________________
Phone: __________________________

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

☐ I am a current 2003 OLLI Annual member

☐ I wish to join as an Annual Member: $115 for one year (Spring & Fall 2003)

☐ I wish to be enrolled as a Session Member: $60 for Spring Term 2003.

2. Please make membership check payable to:
   University of Hawaii Foundation
   Account #123-079-04

   On pages 8 and 9, select up to three courses and any special events of interest. (NOTE: Special events are open on a space-available basis to members in good standing.)

3. Return membership check and course selections to:
   Osher Lifelong Learning Institute
   Colleges of Arts & Sciences, UH Manoa
   2500 Dole Street, Krauss Hall 22
   Honolulu, HI 96822

OLLI 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, $60.** Entitles an individual to join and attend up to three courses during the Fall term and attend any special events on a space-available basis.

**Annual Member, $115.** Entitles an individual to join and attend up to three courses during the Fall term; course enrollment for the Spring term; attend any special events on a space-available basis; receive selected UHM Library privileges; and access other UHM 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 OLLI address listed at the bottom of page 10.

Make membership check payable to:
UH Foundation Account #123-079-04.
Additional tax deductible contributions to OLLI are always welcome. We appreciate your support of lifelong learning in Hawaii!
SPRING 2003 COURSE SELECTION FORM

Mark below the courses you wish to join. Membership in OLLI at the Annual or Spring session level entitles you to select three courses. If seats are available, you may join additional courses. Indicate your priorities if you make more than three selections. Special Events (listed at right) are offered in addition to courses and are available on a first-come, first-served basis. Some events require additional tour fees (denoted by **).

__ Buddhist Lives and Cultures: Anthropological Explorations
Thursdays (Feb. 20, 27, Mar. 6, 13, 20, No class Mar. 27, Apr. 3, 10, 17, 24) 4:30 pm - 6 pm, Business Administration E-202

__ Manoa Forum: Citizenship in Evolution
Thursdays (Feb. 20, 27, March 6, 13)
10 am - Noon, Krauss 112

__ Utopian Society: A Persistent Human Dream
Weds. (Mar. 5, 12, 19, 26, Apr. 2, 9, 16, 23, 30)
10 am - 11:45 am, Krauss 113-B seminar room

__ Fundamentals of Judaism with Rabbi Morris Goldfarb
Fridays (May 2, 9, 16)
10 am - Noon, Krauss 112 (Maximum enrollment is 20)

__ Tai Chi
Tues-Thurs. (Feb. 18 through May 8)
7:30 am - 8:30 am, Hemenway 201

__ The Illuminated Life® Psychological Well-Being in Serious Physical Illness; Tuesdays (Every Tues., Feb. 18 to May 20)
1:00—3:00 p.m.; Krauss 112 (Max. Enrollment is 20)

__ Irradiated Foods: Are They Safe? Dr. James Moy
Friday (March 21) 10 am to Noon, Krauss 112

__ Conquistadors: The Legacy
Thursdays (April 3, 10, 17, 24, May 1)
1 pm - 3 pm, Krauss 113-B Seminar Room

__ A Writing Circle, I and II
Wednesdays, alternating (Feb. 19 - May 14)
9 am - 11 am, Krauss 112

__ A Unique Hawai'i with Dr. Joe Morgan
Tuesdays (Feb. 18, 25, Mar. 4, 11, 18) 10 am - Noon, Krauss 113-B seminar

__ Shakespeare: Five Plays
Weds. (March 5, 12, 19, no class on March 26, Kuhio Day Holiday; April 2, 9, 16, 23)
2 pm - 4 pm, Krauss 112

Practical Computing: One-on-One Tutoring
Varies depending on availability of tutor. Call 220-8744

Special Events for Members

__ Oahu Piano Quartet Recital
Tuesday, March 4; 12:30 - 1:30 pm; Orvis Auditorium

__ Tour the Hawai'i State Art Museum with Duane Preble
Friday, March 7 (choose either March OR April tour).
__ Second HiSAM tour: Friday, April 4th

__ Christianity: Faith and Wisdom with Rev. Mits Aoki
Friday, March 14; 10 am to Noon, Krauss 112

__ World Hunger & the Human Right to Adequate Food
Monday, Mar. 17, 10 am to Noon, Kuykendall 208

** __ Tour the Battleship Missouri
Fri. April 11; 9:45 am - 11:45, Catch trolley to Battleship*. Special guided tour fee of $16 payable at entry gate near Bowfin. Wear sunscreen, comfortable shoes, clothes. Bags, packs, or purses NOT permitted. *More details and map provided upon registration.

__ Diet and the Prevention of Cancer
Fri., April 25; 10 am to Noon, Kuykendall 208