

MEMORANDUM

From: Elliot Stern

To: District Sabbatical Committee

Date: 29 October 2019

Re: Ken Lee's Sabbatical Proposal

Ken Lee's sabbatical proposal was one of the ones I sent back with recommendations for improvement. Reviewing Ken's original proposal, I thought he needed to better flesh out how his visits to wellness gardens in Japan and interviews of visitors to those gardens would answer the question of how Japanese wellness gardens promote wellness as well as identify design elements and plantings which promote wellness so that his learnings would lead to curriculum, thereby expanding our program's focus to include wellness.

Ken took my feedback with all the modesty and gratitude that is the core of Ken Lee and re-worked his proposal to include answers to these questions.

Accordingly, I now approve of this proposal.



SOUTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT

PROPOSED SABBATICAL for 2020 - 2021

BCCD VERSION

NAME	Ken Lee
DATE	October 15, 2019
COLLEGE	Saddleback College
DIVISION/SCHOOL	ATAS

REQUESTED SABBATICAL			
	Fall 2020	X	Spring 2021
			Academic Year 2020 - 2021

SABBATICAL HISTORY	
If you have been granted a prior sabbatical with the South Orange County Community College District, please provide the following:	
Semester and Year of Previous Sabbatical	N/A
Title of Previous Sabbatical	N/A

Discuss/Review with:	Name	Date Discussed	Initials
Division/School Peer #1	Lindsay Fox	10/21/19	LF
Division/School Peer #2	Aimee Tran	10/18/19	AT
Department Chair	Robert Farnsworth (Co-Chair)	10/18/19	RF
Division/School Dean	Tony Teng	10/21/19	TT
Vice President	Tram Vo-Kumamoto	10/21/19	TK

Proposals must be submitted to College President Offices by October 21, 2019 at 5 p.m.

DATE PROPOSAL SUBMITTED TO COLLEGE PRESIDENT	
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<input type="checkbox"/> SUPPORT	The sabbatical proposal (with input as indicated) can be forwarded to the committee.
<input checked="" type="checkbox"/> NON-SUPPORT	The sabbatical proposal will be returned to the faculty member with recommendations to warrant the President's support.

Signed *[Signature]*, President Date: 10/23/19

To be returned by President's office to faculty member in a timely manner to allow for edits and upgrades to be completed by the November 1, 2019 deadline.

Comments: *This is an appealing project but I don't yet see how Professor Lee in his research design plans to answer the question of how Japanese wellness gardens promote personal & cultural wellness, let alone the connection between specific design elements*

Please Note: Faculty are required to retain the original, hardcopy application with appropriate initials and signature.

Somewhere in the project design, he needs to show how he sets out¹ to answer the question he poses without assuming that it is axiomatic.

SABBATICAL PROPOSAL

NEW VERSION

1. Title of Sabbatical

Japanese Garden and its positive impact on Wellness

2. Goals and/or Purpose

- To assess the impact on wellness of Japanese people from their perception about gardening and its role in Japanese culture
- To research specific elements of Japanese garden on overall wellness in social, cultural and religious aspects in Japan
- To identify possible recommendations for wellness in the US through gardening, based upon findings of Japanese garden's impact in Japan

3. Describe the specific objectives you wish to achieve that will support the goals and purpose of your sabbatical.

1) To assess the historical role and aspects of Japanese Garden in Japanese culture

Historically Japanese garden reflects its belief (several forms of religions) and culture embracing the nature. As the result, this positive attitude towards the nature (with respect) shows Japanese, in general, live longer than most of other countries. This result may co-relate to overall wellness from garden loving culture.

It may be important to find out more about the historical Japanese garden's role in Japanese culture, and, to learn about how they have been incorporating it into their overall wellness, both physically and mentally. And, these findings may be valuable for our own wellness in the US.

2) To research wellness aspects in specific Japanese gardens in Tokyo, Kyoto and other locations in Japan (Case Study)

There are so many gardens in Japan with strong historical roots serving many different owners, such as, temples, shrines, castles and daimyos (local rulers). Also, nature loving culture with uncompromised respect among common people has been fundamental bonding in villages, giving "Sense of Place" and "Sense of Ownership". And, these gardens portrait specific roles in their unique surroundings. It will be very valuable to study further a specific garden how it is created and served the purpose, leading to wellness of owners and users. For example, there are more than 1,600 temples and 400 shrines, and, their gardens just in Kyoto, signifying the importance of garden in Japanese culture.

Understanding the role of garden in Japan may be the surest way to understand their respect and love toward nature and their surrounding environment. By researching more details about specific gardens, hopefully it will lead to clear conclusion of gardening as the primary element in pursuing their wellness.

- 3) To identify the recommendations that may be applied to pursue wellness in the US through gardening

As the life style in the US may be quite different from one in Japan, it would be interesting to identify certain aspects in Japanese garden that may be applied to the US, encouraging the wellness. With fast changes in our living environment and nature, pursuing and maintaining our wellness is more critical than ever, and, hopefully certain recommendations from Japanese garden and its positive impact on Japanese life style will be recognized in the US.

4. Describe in detail the types of activities you propose to include and/or undertake during your project. Include at least a monthly **timeline of activities**.

January 2021	Data collection – List of Japanese gardens for the case study. Historical background and important aspects of each garden. Identify and research specific aspects of wellness from each garden.
February – April 2021	Visiting gardens identified in Japan (Kyoto, Tokyo and other locations) – Traveling photo journal. Local data research and collection. Possible interview with local communities.
May 2021	Review research data and findings. Identify the recommendation elements applicable in the US. Prepare the final report and presentation slideshow.

Note: *For detailed schedule information with milestones, refer to Timeline and Scope of Work Chart attached at the end of Abstract.*

5. Describe how these activities relate to your goals and objectives.

As the vision of Department of Horticulture and Landscape Design is pursuing being sustainable (and well-being), we have been focusing on human wellness, both physically and mentally, through sustainable horticulture and sustainable landscape design. This effort is extremely critical for our students' future both personally and professionally to meet current and future trends, protecting our living environment as well as personal overall health. To make our vision and efforts more relevant to "real world" trends, we have created two new certificates, Urban Farming and Wellness Gardening.

By being able to visit and research Japanese gardens identified for the positive impacts on Japanese wellness, the goals and objectives identified above will be met by more practical terms than theoretical ones. In turn, these practical findings can be easily applicable as actionable recommendation that we can pursue our wellness in the US through relevant course offerings and local community presentation and education.

Tangible measurement for positive outcome from these activities may not be easy to be identified and implemented as "well-being" is fundamentally holistic and unmeasurable with certain ways. However, all findings from this research will have specific positive impact on several aspects in (sustainable) horticulture and landscape design. For example:

- Certain landscape design elements, such as, spatial layouts and inter-relation among space, texture, color, height, organic pattern, etc. will be identified through this research for the positive impact from Japanese gardens.
 - Even though specific plant palette may be different between Japan and Southern California, positive impact from certain plants, such as, Cherry blossom, Plum blossom, Azalea or Pine trees, which are commonly used in Japanese gardens, will be assessed through this research. And, the result of the research will be interpolated into certain plant palette in Southern California, and, to be implemented.
 - Specific plant palette in Southern California identified from this research would be used in (sustainable) landscape design, in conjunction with other design elements, such as, water, rock, decomposed granite, crushed stone, etc. in conjunction with balanced spatial layout in garden, focusing on positive reflection on garden users.
 - Some positive aspects of Japanese garden in well-being may specifically rely on perception and acceptance of surrounding nature by its users. For example, *Shinrin-yoku* (Forest Bathing) is all about being a part of nature by simply walking around inside the forest. One proverb in Japan may summarize it well: *“Never work against Nature. Find a way to embrace it.”* This is very important statement as cultural acceptance of nature (and gardening) as the lifestyle in Japan. And, it will be wonderful to find a way to implement in the US.
 - Understanding the difference between Therapeutic garden focusing on reactive medical therapy and Wellness garden on proactive lifestyle improvement is essential for this research. Through this research, more implementational application on well-being in garden design in the US should be pursued.
6. Describe the measurable outcomes of your project, such as curriculum, materials, scientific specimens, manuscripts, audio-visuals, etc. Demonstrate how you will ensure accessibility and compliance with Sections 504 and 508 of the Rehabilitation Act of 1973.

As we have a new certificate program of Wellness Gardening, the outcome of this research will have the direct impact on its curriculum and course learning contents. Also, research findings will support actual implementation of wellness gardening in the US, modeling from the long historical success of Japanese wellness from their gardening with specific functions. Traveling photo journals will be valuable visual asset to students taking the relevant courses in Wellness Gardening certificate program. Besides the visual asset, personal experience by the instructor visiting these gardens will reinforce the importance of learning from “real world” knowledge, well balanced with “academic” one, especially for CTE programs like Horticulture and Landscape Design.

Compiled and categorized data from this research will be used for demonstrating “real world” application on pursuing well-being in the classroom as the historical examples to consider. For any design fields, including landscape design, learning from “real world” examples and the historical precedents is considered the best way to pursue the creative process in current environment. Especially visual expression, such as, photos, videos, sketches or other image formats, is a convincing way to transfer knowledge acquired through the research project to students pursuing sustainable landscape design as their careers.

This visual presentation materials will be used as a part of class lecture contents in conjunction with specific lecture contents. Also, they will be used as good examples for students' design studio projects.

List of Measurable Outcome:

- Historical data research report on Japanese garden and its role on wellness in Japan
 - Supplementary lecture contents as a part of sustainability and wellness of gardening
- Case study report on specific Japanese gardens in Kyoto, Tokyo and other locations in Japan
 - Supplementary lecture contents as a part of learning from “real world” implementation
- Traveling photo journal
 - Graphical (Visual) presentation for supporting sustainable landscape design studio projects
- Transcript of local interview, *if applicable*
 - Graphical (Audio) presentation for supporting sustainable landscape design studio projects
- Recommendations for wellness gardening in the US
 - Excellent discussion topic during the lecture, encouraging proactive student's thought sharing with others
- Presentation slideshow
 - Summarized visual presentation for emphasizing the importance of sustainable horticulture and landscape design pursuing overall well-being, which will be used for classes as well as the local communities, such as, garden clubs, design firms, or general public gathering

Note: *This informational report will be used in classes focusing on well-being and sustainability, such as, HORT 7, 109, 138, 145C, 238 and 239.*

7. Describe the projected impact your project will have on teaching and learning.

By being able to research and study at the gardens in Japan, it will reinforce personal belief in teaching from “real world” experience and knowledge, besides academic knowledge. And, this aspect is truly important for Career Technical Education (CTE) like our program, (Sustainable) Horticulture and Landscape Design, by being able to reflect the practicality on to the theory. And, this research will definitely provide the opportunity to do that.

Learning from the history and actual implementation, I believe, is one of the best ways to acquire the knowledge. In turn, allows a teacher to deliver that knowledge to the students with more relevant terms through actual examples and demonstrations. This should be the back-bone of teaching in CTE programs, such as, (Sustainable) Horticulture and Landscape Design.

8. Describe how you intend to apply the results of your sabbatical to your professional assignment and development plan.

Being sustainable in horticulture and landscape design has critical role especially for our wellness in general. Besides the direct positive impact on our curriculum and program, it will have significant positive impact on our students' overall well-being. It is our professional responsibility to seek out the evidence from various aspects in horticulture and landscape design how being sustainable is no longer an option, rather "must do" for our future generation and their survival. It is critical to teach our students to be more responsible with the sustainability in mind, and, learning from the historical findings is one of the surest ways. Professionally, this research opportunity will allow me to learn from the past and to come up with doable recommendations, in turn, to teach students from personal experience. Especially this opportunity, continuing "real world" experience, will be extremely valuable for CTE program like our program.

9. Describe your plan for dissemination of the results of your sabbatical proposal to your students, colleagues, college, District and/or community.

All research findings will be incorporated into the relevant course learning materials, such as, HORT 238, Introduction to Wellness Gardening, or HORT145C, Landscape Design – Wellness Garden. Besides improving our own curriculum contents, this project experience will be instrumental for the inter-department collaboration in relevant courses as well as student activities, such as, Culinary Arts, Health Science, Human Services and Gerontology.

Also, presentation slideshow will be used for the local community or various college events as well as professional associations, and, other opportunities promoting the wellness in the US.

In more practical terms, I have been promoting and implementing inter-department program collaboration with success. And, I would like continuing this effort on course and program level collaboration among other departments, such as, Culinary Arts, Nutrition, Gerontology, through the sharing passion in pursuing overall well-being. Below are successful examples of inter-department collaboration so far:

- Sustainable Horticulture Urban Farming low-unit certificate stackable on Culinary Arts Farm-to-Table full certificate
- Course level collaboration between Sustainable Landscape Design edible garden design and implementation and Culinary Arts Cooking Studio
- Program level collaboration with Gerontology Department (in progress)
- Program level collaboration with Business Department (in progress)
- Program level collaboration with Computer Information Management Department (in progress)

This research project will be another strong effort on inter-department collaboration under the umbrella of "Pursuing Wellness", and, its findings will be shared by relevant departments that may find it beneficial to their students. With "Pursuing Wellness and Being Sustainable", this study may also be instrumental for educating other Saddleback College members as well as local community members to pursue the fundamental change on their daily lives and lifestyles to obtain healthy mind and body.

ABSTRACT

NAME		Ken Lee	
DEPARTMENT/DIVISION/SCHOOL		Horticulture & Landscape Design / ATAS	
COLLEGE		Saddleback College	
Fall 2020	X	Spring 2021	Academic Year 2020 - 2021
TITLE OF SABBATICAL PROJECT		Japanese Garden and its positive impact on wellness	

GOALS and OBJECTIVES:

1. To assess the impact on wellness of Japanese people from their perception about gardening and its role in Japanese culture
2. To research specific elements of Japanese garden on overall wellness in social, cultural and religious aspects in Japan
3. To identify possible recommendations for well-being in the US through wellness gardening, based upon findings of Japanese garden's positive impact on wellness

ACTIVITIES:

1. To research historical aspects of Japanese Garden's impact on wellness
2. To collect and record data researched
3. To identify exemplary Japanese Gardens for the case study
4. To visit case study Japanese Gardens for site evaluation, photo journal and local interview (if applicable)
5. To compile and assess data collected for Japanese garden's impact on wellness
6. To identify the recommendation for well-being in the US through wellness gardening
7. To prepare the final report and presentation slides

PRODUCTS:

1. Historical data research report on Japanese garden and its role on wellness in Japan
2. Case study report on specific Japanese gardens in Kyoto, Tokyo and other locations in Japan
3. Traveling photo journal
4. Transcript of local interview, if applicable
5. Recommendations for wellness gardening in the US
6. Presentation slideshow

