

**Subject:** Re: This Week at UH West O'ahu - Week of November 4, 2019  
**From:** Leila Wai Shimokawa <lwai@hawaii.edu>  
**To:** UHWO Communications Department <uhwocomm@hawaii.edu>  
**Cc:** uhwo-all-l@lists.hawaii.edu  
**Date Sent:** Monday, November 4, 2019 1:02:14 PM GMT-10:00  
**Date Received:** Monday, November 4, 2019 1:02:25 PM GMT-10:00

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I sincerely apologize for the email I just sent out to the entire campus. Please disregard!

~ Leila

Leila Wai Shimokawa  
Director of Communications  
University of Hawai'i - West O'ahu  
w: [\(808\) 689-2603](tel:8086892603)  
[lwai@hawaii.edu](mailto:lwai@hawaii.edu)

On Nov 5, 2019, at 3:00 AM, UHWO Communications Department <uhwocomm@hawaii.edu> wrote:

A BULLETIN FOR UH WEST O'AHU FACULTY AND STAFF  
**This Week at UH West O'ahu**

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November 4, 2019

Week of

### **Volunteer at Fall 2019 Commencement**

Attention all students, faculty and staff interested in volunteering at our UH West O'ahu Fall 2019 Commencement Ceremony on Dec. 14. Fall 2019 Commencement Volunteer Signups:

<https://www.signupgenius.com/go/10C0F4EA8A72AA1F85-fall1>

A'ohe hana nui ka alu 'ia – NO task is too big when done together ('Olelo No'eau)

Mahalo for volunteering to assist!

1. You do not have to create an account in SignUpGenius, but it is helpful to do so if you anticipate additional changes to your schedule as commencement day draws near.
2. Choose multiple shifts and invite your colleagues and friends to volunteer with you. Volunteering is a fantastic opportunity to celebrate our graduates, build bridges and create connections.
3. Watch for volunteer roles/areas with multiple slots. Several of our areas require a team effort and tremendous coordination; these are denoted by the number of slots in parenthesis.

If you have any questions, please contact Clinton Nishida at [kamakura@hawaii.edu](mailto:kamakura@hawaii.edu) or Leslie Opulauoho at [opulauoh@hawaii.edu](mailto:opulauoh@hawaii.edu).

### **Veterans' Day holiday**

The state observes Veterans' Day on Monday, November 11. The campus will be closed.

### **Student Leadership Award nominations**

Online applications are being accepted for student leadership awards to be recognized at the Fall 2019 Pueo Awards Recognition Ceremony and Reception on Wednesday, Dec. 4. Encourage your students to apply, and assist them with writing their evaluations.

## STUDENT SERVICE AND LEADERSHIP DISTINCTION

The Student Service and Leadership Distinction Award recognizes students who have served the needs of fellow students during their college career and have outstanding leadership skills. The award recipient must also have made a significant contribution by planning a program or activity, advocating on student concerns or issues and helped make the campus culture a positive experience for students. They also will be recognized for going beyond what other students are contributing to the campus. The deadline for students to submit is Saturday, Nov. 9, 11:59pm.

The Student Service and Leadership Distinction Award is given in two categories - students can apply for this distinction either in the campus-wide contribution category or the program/co-curricular specific category. The common requirement for both awards is being a classified UH West O'ahu student who is graduating during the Fall 2019 semester.

- Student Candidate Online Application: <http://bit.ly/F19SSLD>
- Student candidate must obtain two evaluations to be completed and submitted from two different evaluators, share this link to evaluators: <http://bit.ly/F19SSLDeval>

## EMERGING LEADERSHIP AWARD

The Emerging Leadership Award recognizes students demonstrating many of the same characteristics as those receiving the Student Services and Leadership Distinction Award, but has slightly different application criteria. Applicants must not be graduating in Fall 2019 or Spring 2020 and must be classified students with a sophomore- or junior-level credit standing.

Other award requirements include serving at least two semesters in a student leadership capacity in a CSO or RISO. Past recipients of the award cannot apply again.

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## RECOGNITION FOR GRADUATING SENIORS

In addition, the awards ceremony will recognize graduating seniors (graduating in December) who are student leaders of a RISO or CSO. Eligible college seniors must have served in a leadership capacity of a student organization (RISO or CSO) for at least two semesters and are graduating in December.

Student Online Submission: <http://bit.ly/F19GSLR>

For questions or additional information, contact Director of Student Life, Rouel Velasco at [rouel@hawaii.edu](mailto:rouel@hawaii.edu).

## **Harassment and Discrimination Prevention (Title IX) Online Training**

University of Hawai'i students, faculty, and staff recently received an email regarding UH Online Training - Harassment and Discrimination Prevention (Title IX). The issue of sex discrimination and gender violence is prevalent on college campuses nationwide, and UH is working to continue the progress already made toward addressing these issues on our campuses.

The training program is part of a university-wide approach to educate the university community on

everyone's rights and available resources. The email invitation was sent on behalf of the UH System Office of Institutional Equity, and everyone is encouraged to participate.

For more information on the online training:

Employee FAQs — <https://www.hawaii.edu/titleix/documents/9882/>

Student FAQs — <https://www.hawaii.edu/titleix/documents/9879/>

To read more about the training: <http://go.hawaii.edu/GI3>

### **UH West O'ahu chemistry professor ranks first in age group at HMSA 30K**

Dr. Joseph Bariyanga, professor of chemistry at UH West O'ahu, ran the HMSA 30K and ranked eighth overall and first in his age group (men 60 to 64) with his finishing time of 2 hours, 6 minutes and 53 seconds. The Oct. 20 race, which started at Kapi'olani Park, is part of the BioAstin Marathon Readiness Series. Congratulations, Dr. Bariyanga!

### **Stuck on the weekends and need IT help?**

UH West O'ahu IT will be offering evening email assistance to all UH West O'ahu faculty, staff and students. You just need to send an email to [uhwohelp@hawaii.edu](mailto:uhwohelp@hawaii.edu) or submit a ticket on the UH West O'ahu IT web site <https://westoahu.hawaii.edu/it/request-help/>. Someone will respond between 7 p.m. and midnight on Friday-Sunday nights. There will be no in-person or phone support during these times. IT support will only be through email. Please let your students know.

### **Mystery Basket Cooking Demo, Nov. 6**

Learn how to use a mystery basket filled with different ingredients and create a meal with Ryan Perreira, UH West O'ahu Sports, Fitness and Wellness Coordinator. Come see Ryan stress out as he creates tasty dishes from scratch using the Mystery Basket. Tasting is optional! Cooking demo is from 9 to 11 a.m. in the Na'ulu Center.

The event will run monthly during the 2019-2020 Academic Year except for January 2020. Perreira promises Mystery Basket will illuminate ways to beat stress, expand your mind's horizons, and learn life skills such as eating healthy, budgeting, and cleaning along with boosting self esteem, contributing to the health of family and friends, and applying critical thinking skills learned in school. Mystery Basket will be open to students, faculty, lecturers and staff.

### **Kroc Center Volleyball Event, Nov. 10**

The UH West O'ahu Intramural Sports program is hosting a volleyball preseason event at the Kroc Center Gym, 3 to 7 p.m. Nov. 10. Due to the nature of how the Kroc center is assisting us, students (free), faculty/staff/guest (\$5 day pass) and Kroc Center members (free) can participate. Anyone interested can go to: <https://forms.gle/2PMCsoWb2a6KBuJ8>.

### **OPDAS and HR Training and Development Opportunities, Nov. 13 and Dec. 5**

UH West O'ahu's Office of Professional Development and Academic Support and Human Resources Office have teamed up to provide the following training and development opportunities on campus:

- Effective Communication with Colleagues and Students: 12:30 to 1:30 p.m. Nov. 13, C-208. Guest speaker: Mitchell Okamura from Honolulu Community College. Sign up: <https://forms.gle/h2AqtmT7Y26tDfM5A>
- Using, Managing and Getting the Most Out of Spreadsheets: 10 to 11 a.m. Dec. 5, A-227. Session 2: Develop projects related to your work, try what you know, compare experiences, refine. Sign up: <https://forms.gle/dq4A6Y3QQGHRU2hn7>

### **2020 Governor's Awards Nominations Due Nov. 15**

Reminder: The deadline for nominations for the 2020 Governor's Awards for Distinguished State Service is Nov. 15. Nominations are being accepted in three categories: Employee of the Year, Manager of the Year and Team of the Year. President David Lassner's memo, detailed instructions, nomination forms and selection criteria are available on the [UH System Office of Human Resources website](#).

### Distance Learning Tip of the Week – Google Keep

[Google Keep](#) is a note-taking app that can take notes as text, lists, images, and audio. It is a notepad that is a part of Google Drive. You can take notes on your Google account from any device, and those notes will be accessible the next time you use log into your account from any device. You can find more information and tech tips on the <https://www.hawaii.edu/ohr/announcements/basic/-/2020-governors-awards-nominations/>.

### UH West O'ahu in the News

Hawai'i Public Radio (Oct. 28): "[The Conversation: The Art of the Capitol](#)." A segment on the show about the "Hanapepe Massacre" featured an interview with Dr. William J. Puette, director of the Center for Labor Education & Research at UH West O'ahu.

KITV (Oct. 29): "[Pushing for Diversity in STEM with Dr. Kamuela Yong](#)." Yong, the first Native Hawaiian to earn a Ph.D. in Applied Mathematics, talked to KITV about the SACNAS Conference — Oct. 31 to Nov. 2 at the Hawai'i Convention Center — an event to help Native Hawaiian students and minorities looking to work in STEM fields.

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### News from E Kamakani Hou



[Student Accounting Night at UH West O'ahu connects nearly 200 students and professionals](#) - Student Accounting Night at the University of Hawai'i–West O'ahu on Oct. 21 brought together 62 professionals and 126 students for an evening of networking and exploring options in the accounting industry.

[Chamber Music Hawaii's Spring Wind Quintet performs Nov. 12 at UH West O'ahu](#) - Enjoy an evening of music by Chamber Music Hawaii's Spring Wind Quintet at "Bohemian Rhapsody," 7 p.m. Nov. 12 in UH West O'ahu's [James & Abigail Campbell Library](#). The concert will feature Hungarian and Czech music of Reicha, Ligeti and Szervanszky.

[UH West O'ahu Veteran Alumni/Student Luncheon and Honor Walk, Nov. 13](#) - Veteran students, alumni and faculty at the University of Hawai'i–West O'ahu will be celebrated for their military service in honor of Veterans Day at a Veteran Alumni/Student Luncheon and Honor Walk on Nov. 13.

### UH West O'ahu Calendar of Events

#### Monday, Nov. 4

- Last day to withdraw from semester-long with no refund, with a W grade
- Nohoha Hawai'i - Living a Hawaiian Way with Auntie Lynette Paglinawan. Care of the body, mind, spirit. 9:30 a.m. to 11 a.m., Hale Kuahuokalā.
- [Math + Science + X Seminar: NIH Intramural Training Opportunities](#), 10 to 11 a.m., A121

#### Tuesday, Nov. 5

- Yoga with PowerCore Yoga, 9:30 a.m. and 11 a.m., Nāulu Center

- Play to Learn (Free Play), 3 to 7 p.m., Great Lawn

### **Wednesday, Nov. 6**

- Mystery Basket Cooking Demo. Come watch Sports, Fitness and Wellness Coordinator Ryan Perreira concoct a meal from a mystery basket filled with different ingredients. 9-11 a.m., Nāulu Center Prep kitchen.
- 'Āina to 'Ōpu Workshop - Kreong (Cambodian Curry Paste) Join Moulika Hitchens in making this flavorful paste. 12:30-1:30 p.m., Nāulu Center kitchen. Inquiries, RSVPs: [tasiay@hawaii.edu](mailto:tasiay@hawaii.edu).

### **Thursday, Nov. 7**

- Weekly Harvest Day, Student Organic Garden. 9 to 11 a.m.
- Play to Learn (Free Play), 3 to 7 p.m., Great Lawn

### **Monday, Nov. 11**

- Veterans' Day holiday

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University of Hawai'i - West O'ahu  
[91-1001 Farrington Highway, Kapolei, Hawai'i 96707](#)  
ph: 689-2800 | [westoahu.hawaii.edu](http://westoahu.hawaii.edu)

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**To:** UHWO Communications Department <uhwocomm@hawaii.edu>  
**Cc:** uhwo-all-l@lists.hawaii.edu  
**Date Sent:** Monday, November 4, 2019 12:48:23 PM GMT-10:00  
**Date Received:** Monday, November 4, 2019 12:48:32 PM GMT-10:00

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That is really weird. User error but I really have no recollection of what I may have done.

~ Leila

Leila Wai Shimokawa  
Director of Communications  
University of Hawai'i - West O'ahu  
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WESTOAHU.HAWAII.EDU



University of Hawai'i - West O'ahu  
[91-1001 Farrington Highway, Kapolei, Hawai'i 96707](#)  
ph: 689-2800 | [westoahu.hawaii.edu](http://westoahu.hawaii.edu)

**Subject:** Re: This Week at UH West O'ahu - Week of November 4, 2019  
**From:** Alpie Garcia <alpie@hawaii.edu>  
**To:** Carina Chernisky <carinac@hawaii.edu>  
**Date Sent:** Monday, November 4, 2019 9:07:04 AM GMT-10:00  
**Date Received:** Monday, November 4, 2019 9:07:04 AM GMT-10:00

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No, I think this was a system-wide initiative a few years ago available to anyone with a @[hawaii.edu](http://hawaii.edu) address. Not sure who initiated this, whether Manoa or Systems level.

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Alpie Garcia | Information Resources and Collection Management Librarian | James & Abigail Campbell Library at the University of Hawai'i - West O'ahu | 91-1001 Farrington Hwy.,

Kapolei, HI 96707 | Tel: (808) 689-2708 | Email: [alpie@hawaii.edu](mailto:alpie@hawaii.edu) | [Subscribe for the latest Library news](#)

On Mon, Nov 4, 2019 at 8:18 AM Carina Chernisky <[carinac@hawaii.edu](mailto:carinac@hawaii.edu)> wrote:

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Is that through us?

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**Subject:** Re: This Week at UH West O'ahu - Week of November 4, 2019  
**From:** Carina Chernisky <carinac@hawaii.edu>  
**To:** Alphie Garcia <alphie@hawaii.edu>  
**Date Sent:** Monday, November 4, 2019 8:18:19 AM GMT-10:00  
**Date Received:** Monday, November 4, 2019 8:18:23 AM GMT-10:00

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**Date Sent:** Monday, November 4, 2019 8:00:00 AM GMT-10:00  
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Week of November 4, 2019

### **Volunteer at Fall 2019 Commencement**

Attention all students, faculty and staff interested in volunteering at our UH West O'ahu Fall 2019 Commencement Ceremony on Dec. 14. Fall 2019 Commencement Volunteer Signups:

<https://www.signupgenius.com/go/10C0F4EA8A72AA1F85-fall1>

A'ohe hana nui ka alu 'ia – NO task is too big when done together ('Olelo No'eau)

Mahalo for volunteering to assist!

1. You do not have to create an account in SignUpGenius, but it is helpful to do so if you anticipate additional changes to your schedule as commencement day draws near.
2. Choose multiple shifts and invite your colleagues and friends to volunteer with you. Volunteering is a fantastic opportunity to celebrate our graduates, build bridges and create connections.
3. Watch for volunteer roles/areas with multiple slots. Several of our areas require a team effort and tremendous coordination; these are denoted by the number of slots in parenthesis.

If you have any questions, please contact Clinton Nishida at [kamakura@hawaii.edu](mailto:kamakura@hawaii.edu) or Leslie Opulauoho at [opulauoh@hawaii.edu](mailto:opulauoh@hawaii.edu).

### **Veterans' Day holiday**

The state observes Veterans' Day on Monday, November 11. The campus will be closed.

### **Student Leadership Award nominations**

Online applications are being accepted for student leadership awards to be recognized at the Fall 2019 Pueo Awards Recognition Ceremony and Reception on Wednesday, Dec. 4. Encourage your students to apply, and assist them with writing their evaluations.

### **STUDENT SERVICE AND LEADERSHIP DISTINCTION**

The Student Service and Leadership Distinction Award recognizes students who have served the needs of fellow students during their college career and have outstanding leadership skills. The award recipient must also have made a significant contribution by planning a program or activity, advocating on student concerns or issues and helped make the campus culture a positive experience for students. They also will be recognized for going beyond what other students are contributing to the campus. The deadline for students to submit is Saturday, Nov. 9, 11:59pm.

The Student Service and Leadership Distinction Award is given in two categories - students can apply for this distinction either in the campus-wide contribution category or the program/co-curricular specific category. The common requirement for both awards is being a classified UH West O'ahu student who is graduating during the Fall 2019 semester.

- Student Candidate Online Application: <http://bit.ly/F19SSLD>

- Student candidate must obtain two evaluations to be completed and submitted from two different evaluators, share this link to evaluators: <http://bit.ly/F19SSLDeval>

## EMERGING LEADERSHIP AWARD

The Emerging Leadership Award recognizes students demonstrating many of the same characteristics as those receiving the Student Services and Leadership Distinction Award, but has slightly different application criteria. Applicants must not be graduating in Fall 2019 or Spring 2020 and must be classified students with a sophomore- or junior-level credit standing.

Other award requirements include serving at least two semesters in a student leadership capacity in a CSO or RISO. Past recipients of the award cannot apply again.

- Student Candidate Online Application: <http://bit.ly/F19ELA>
- Student candidate must obtain two evaluations to be completed and submitted from two different evaluators, share this link to evaluators: <http://bit.ly/F19ELAeval>

## RECOGNITION FOR GRADUATING SENIORS

In addition, the awards ceremony will recognize graduating seniors (graduating in December) who are student leaders of a RISO or CSO. Eligible college seniors must have served in a leadership capacity of a student organization (RISO or CSO) for at least two semesters and are graduating in December.

Student Online Submission: <http://bit.ly/F19GSLR>

For questions or additional information, contact Director of Student Life, Rouel Velasco at [rouel@hawaii.edu](mailto:rouel@hawaii.edu).

## Harassment and Discrimination Prevention (Title IX) Online Training

University of Hawai'i students, faculty, and staff recently received an email regarding UH Online Training - Harassment and Discrimination Prevention (Title IX). The issue of sex discrimination and gender violence is prevalent on college campuses nationwide, and UH is working to continue the progress already made toward addressing these issues on our campuses.

The training program is part of a university-wide approach to educate the university community on everyone's rights and available resources. The email invitation was sent on behalf of the UH System Office of Institutional Equity, and everyone is encouraged to participate.

For more information on the online training:

Employee FAQs — <https://www.hawaii.edu/titleix/documents/9882/>

Student FAQs — <https://www.hawaii.edu/titleix/documents/9879/>

To read more about the training: <http://go.hawaii.edu/GI3>

## UH West O'ahu chemistry professor ranks first in age group at HMSA 30K

Dr. Joseph Bariyanga, professor of chemistry at UH West O'ahu, ran the HMSA 30K and ranked eighth overall and first in his age group (men 60 to 64) with his finishing time of 2 hours, 6 minutes and 53 seconds. The Oct. 20 race, which started at Kapi'olani Park, is part of the BioAstin Marathon Readiness Series. Congratulations, Dr. Bariyanga!

## Stuck on the weekends and need IT help?

UH West O'ahu IT will be offering evening email assistance to all UH West O'ahu faculty, staff and students. You just need to send an email to [uhwohelp@hawaii.edu](mailto:uhwohelp@hawaii.edu) or submit a ticket on the UH West O'ahu IT web site <https://westoahu.hawaii.edu/it/request-help/>. Someone will respond between 7 p.m. and midnight on Friday-Sunday nights. There will be no in-person or phone support during these times. IT support will only be through email. Please let your students know.

## Mystery Basket Cooking Demo, Nov. 6



Learn how to use a mystery basket filled with different ingredients and create a meal with Ryan Perreira, UH West O'ahu Sports, Fitness and Wellness Coordinator. Come see Ryan stress out as he creates tasty dishes from scratch using the Mystery Basket. Tasting is optional! Cooking demo is from 9 to 11 a.m. in the Na'ulu Center.

The event will run monthly during the 2019-2020 Academic Year except for January 2020. Perreira promises Mystery Basket will illuminate ways to beat stress, expand your mind's horizons, and learn life skills such as eating healthy, budgeting, and cleaning along with boosting self esteem, contributing to the health of family and friends, and applying critical thinking skills learned in school. Mystery Basket will be open to students, faculty, lecturers and staff.

### **Kroc Center Volleyball Event, Nov. 10**

The UH West O'ahu Intramural Sports program is hosting a volleyball preseason event at the Kroc Center Gym, 3 to 7 p.m. Nov. 10. Due to the nature of how the Kroc center is assisting us, students (free), faculty/staff/guest (\$5 day pass) and Kroc Center members (free) can participate. Anyone interested can go to: <https://forms.gle/2PMCssoWb2a6KBuJ8>.

### **OPDAS and HR Training and Development Opportunities, Nov. 13 and Dec. 5**

UH West O'ahu's Office of Professional Development and Academic Support and Human Resources Office have teamed up to provide the following training and development opportunities on campus:

- Effective Communication with Colleagues and Students: 12:30 to 1:30 p.m. Nov. 13, C-208. Guest speaker: Mitchell Okamura from Honolulu Community College. Sign up: <https://forms.gle/h2AqtmT7Y26tDfM5A>
- Using, Managing and Getting the Most Out of Spreadsheets: 10 to 11 a.m. Dec. 5, A-227. Session 2: Develop projects related to your work, try what you know, compare experiences, refine. Sign up: <https://forms.gle/dg4A6Y3QQGHrU2hn7>

### **2020 Governor's Awards Nominations Due Nov. 15**

Reminder: The deadline for nominations for the 2020 Governor's Awards for Distinguished State Service is Nov. 15. Nominations are being accepted in three categories: Employee of the Year, Manager of the Year and Team of the Year. President David Lassner's memo, detailed instructions, nomination forms and selection criteria are available on the [UH System Office of Human Resources website](#).

### **Distance Learning Tip of the Week – Google Keep**

[Google Keep](#) is a note-taking app that can take notes as text, lists, images, and audio. It is a notepad that is a part of Google Drive. You can take notes on your Google account from any device, and those notes will be accessible the next time you use log into your account from any device. You can find more information and tech tips on the <https://www.hawaii.edu/ohr/announcements/basic/-/2020-governors-awards-nominations/>.

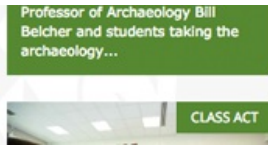
### **UH West O'ahu in the News**

Hawai'i Public Radio (Oct. 28): "[The Conversation: The Art of the Capitol](#)." A segment on the show about the "Hanapepe Massacre" featured an interview with Dr. William J. Puette, director of the Center for Labor Education & Research at UH West O'ahu.

KITV (Oct. 29): "[Pushing for Diversity in STEM with Dr. Kamuela Yong](#)." Yong, the first Native Hawaiian to earn a Ph.D. in Applied Mathematics, talked to KITV about the SACNAS Conference — Oct. 31 to Nov. 2 at the Hawai'i Convention Center — an event to help Native Hawaiian students and minorities looking to work in STEM fields.

*\*UH West O'ahu students, faculty, and staff have complimentary access to the Honolulu Star-Advertiser's digital subscription via a new program exclusive to the campus. To activate, enter your [hawaii.edu](http://hawaii.edu) email at [staradvertiser.com/academic-pass](http://staradvertiser.com/academic-pass).*

### **News from [E Kamakani Hou](#)**



[Student Accounting Night at UH West O’ahu connects nearly 200 students and professionals](#) - Student Accounting Night at the University of Hawai’i–West O’ahu on Oct. 21 brought together 62 professionals and 126 students for an evening of networking and exploring options in the accounting industry.

[Chamber Music Hawaii’s Spring Wind Quintet performs Nov. 12 at UH West O’ahu](#) - Enjoy an evening of music by Chamber Music Hawaii’s Spring Wind Quintet at "Bohemian Rhapsody," 7 p.m. Nov. 12 in UH West O’ahu’s [James & Abigail Campbell Library](#). The concert will feature Hungarian and Czech music of Reicha, Ligeti and Szervanszky.

[UH West O’ahu Veteran Alumni/Student Luncheon and Honor Walk, Nov. 13](#) - Veteran students, alumni and faculty at the University of Hawai’i–West O’ahu will be celebrated for their military service in honor of Veterans Day at a Veteran Alumni/Student Luncheon and Honor Walk on Nov. 13.

### UH West O’ahu Calendar of Events

#### Monday, Nov. 4

- Last day to withdraw from semester-long with no refund, with a W grade
- Nohoha Hawai’i - Living a Hawaiian Way with Aunty Lynette Paglinawan. Care of the body, mind, spirit. 9:30 a.m. to 11 a.m., Hale Kuahuokalā.
- [Math + Science + X Seminar: NIH Intramural Training Opportunities](#), 10 to 11 a.m., A121

#### Tuesday, Nov. 5

- Yoga with PowerCore Yoga, 9:30 a.m. and 11 a.m., Nāulu Center
- Play to Learn (Free Play), 3 to 7 p.m., Great Lawn

#### Wednesday, Nov. 6

- Mystery Basket Cooking Demo. Come watch Sports, Fitness and Wellness Coordinator Ryan Perreira concoct a meal from a mystery basket filled with different ingredients. 9-11 a.m., Nāulu Center Prep kitchen.
- ‘Āina to ‘Ōpu Workshop - Kreong (Cambodian Curry Paste) Join Moulika Hitchens in making this flavorful paste. 12:30-1:30 p.m., Nāulu Center kitchen. Inquiries, RSVPs: [tasiay@hawaii.edu](mailto:tasiay@hawaii.edu).

#### Thursday, Nov. 7

- Weekly Harvest Day, Student Organic Garden. 9 to 11 a.m.
- Play to Learn (Free Play), 3 to 7 p.m., Great Lawn

#### Monday, Nov. 11

- Veterans’ Day holiday

*The deadline to include your item in the next This Week is Thursday night. Please submit your item using the Communication Department’s [Communications Request Form](#).*

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