

**Subject:** This Week at UH West O'ahu - Week of Nov. 2, 2020  
**From:** UHWO Communications Department <uhwocomm@hawaii.edu>  
**To:** uhwo-all-l@lists.hawaii.edu  
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A BULLETIN FOR UH WEST O'AHU FACULTY AND STAFF  
**This Week at UH West O'ahu**  
Week of Nov. 2, 2020

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**Bulletin No. 25 from Chancellor Maenette Benham - November 2, 2020**

As we move through the remaining months of 2020 and our fall semester, we are doing the important work of budgeting and planning for the last half of FY 21 and looking at how we will address Fiscal Years 22-24+. It is essential that as members of the UH West O'ahu 'ohana you stay informed and engaged!

As forecasted at our [Fall Convocation \(August 19, 2020\)](#), we have gathered a team of faculty, staff, and students to collectively work on our recommendations to assist our campus reframing and budgeting plan. The task will be to present a cogent, forward looking set of recommendations that responds to two balanced questions:

- **Part I:** What is UH West O'ahu willing to do to meet our projected deficits in FY 21, 22, 23, and 24?
- **Part II:** What must UH West O'ahu do to increase our enrollment, to grow programs that will significantly impact a healthy post-pandemic Hawai'i, and to invest in entrepreneurial initiatives that nurture our distinctiveness?

The process is co-facilitated by Dr. Walter Kahumoku (who facilitated our strategic planning process in 2017-2018) with note-taking/management support from Chris Neves. A support team has been assembled to include: Budget & Finance, Human Resources, Facilities & Grounds, Institutional Research, Communications, Enrollment Management, Financial Aid, UH System offices/if needed, and support teams from each unit. Members of the task force include:

- ASUHWO: Jenna Marie Marcos and Caton Liang
- Faculty: Ka'iulani Akamine, Loea Akiona, Ross Cordy, Alphie Garcia, Mary Heller, Ed Keaunui, Frank Kudo, Monique Mironesco, Reed Young (an 8th member replacement TBD)
- Staff: Michelle Cohen, Lori Foo, John Murakami, Therese Nakadomari, Princess Soares, Marnelli Ulep
- A representative from UHPA and a representative from HGEA

Task force zoom meetings began Wednesday, October 28, with a second meeting on Friday October 30. Meeting minutes are being drafted and will be shared via our [Budget Planning website](#). Everything that the task force does (minutes, data used, reports, presentations, etc.) will be archived on this website. An update of the task force activities will be presented at the November 6 Faculty Senate meeting.

**How to Stay informed:**

UH West O'ahu Pueo Planning Process site. Here you will find six informative folders:

- [Process](#) – the planning process is described
- [Task Force](#) – all information and actions will be archived here
- [Resources](#) – all useful information is archived here
- [Communications:](#)
  - All "Budget Bulletins" that have been disseminated to the campus community beginning June 22, 2020, so far 19 budget related messages are archived and we will continue to archive the weekly budget bulletin here.

- All “Chancellor’s Monthly Newsletters” the Ka Pe’ahi Lono that provided budget related information to the campus community is archived here. Find: August, September, and October.
- [Calendar](#) – All budget (and COVID) related meetings and actions have been archived here. The calendar begins April 2020 and will be updated weekly.
- [Questions](#) – Here is where you can send feedback and questions that will be checked daily and the query will be sent to the appropriate respondent.

Access the [Board of Regents Meeting Minutes](#). Much of what all UH Campuses are engaged in can be reviewed through the [Board of Regents](#).

Read UH System Announcements and Campus Announcements.

Mahalo for staying informed!  
Chancellor Maenette Benham

### **University of Hawai‘i COVID-19 resources**

Remember to visit the [UH West O‘ahu COVID-19 page](#) and [University of Hawai‘i System COVID-19 site](#) for information and updates regarding the COVID-19 pandemic.

## COPING THROUGH COVID

How are you maintaining your mental, physical, and emotional well-being while practicing social distancing? We’d like to hear about your coping mechanisms or personal stories of how you are managing as we navigate these challenging times. Have unique tips to share? Fun activities? Email [uhwocomm@hawaii.edu](mailto:uhwocomm@hawaii.edu) to submit your survival strategies.

Here’s a submission from Esther Wideasih, associate professor in Mathematics:

Some say salt water heals. But for us, it is more than that. The ocean has been a sanctuary and a place of joy during the quarantine. Our family — myself, Esther, my wife, Sarah, and our one-year-old Sonny — visits the beach at least once a week. We’ve seen him picking up important skills like blowing bubbles and moving around in his floaties.

Our favorite time with Sonny is early morning when Waikīkī is practically empty, except for local fishermen and kūpuna boogie boarders. The beach is so peaceful and inviting.

As paddlers, since the six-man canoe paddling practice and races have been suspended, Sarah and I have been focusing more on our one-man paddling. We go out a couple of times a week, trying out more adventurous runs, like Hawai‘i Kai to Magic Island.



Photo courtesy of Esther Widiasih

### UH West O'ahu/UH Foundation Calling Campaign



The annual UH Foundation Calling Campaign has begun. Chancellor Maenette Benham zoomed with the student fundraisers to share information about our various programs and activities here at UH West O'ahu. You may receive a call from our UH Foundation students, who will begin the call by confirming or asking to update your contact information and then transition to a message of support for our campus initiatives. I encourage you to please donate and support. Should you have any questions, please contact our interim Director of Development, Mark Fukeda, at [mark.fukeda@uhfoundation.org](mailto:mark.fukeda@uhfoundation.org) or 808-389-8935

### Monthly Mental Health Moment – Smiling

Clinical psychologists Dr. Steven Taketa and Dr. Analu Sing, with the [Mental Health Clinic at UH West O'ahu](#), offer monthly mental health tips to students, faculty, and staff to cope through COVID-19 and these trying times:

One simple way to help combat stress? Smiling! "[The Health Benefits of Smiling](#)," an SCLHealth.org article, states: "They say it takes more muscles to frown than to smile, and although there's no hard evidence to support that, we do know that smiling comes with some real-life benefits. It's not always the easiest thing to do, especially after a long and stressful day. But if you can take it upon yourself to crack a smile, you'll actually feel better."

According to the article, the benefits of smiling are plentiful. One study suggests smiling can help us to recover faster from stress and even reduce our heart rate. It can boost our mood and happiness level. Another study suggests we can't help but to react with a smile back when someone is smiling — an infectious loop of happiness.

The article also states that positive emotions in the workplace can help to invigorate the atmosphere, while negative moods tend to have the opposite effect. Another study links decision-making, processing, and learning to the release of dopamine triggered by happiness, so smiling can help with creativity and efficiency in the workplace. So flash those pearly whites!

### **November 2020 anniversaries**

The University of Hawai'i celebrates [November 2020 faculty and staff anniversaries](#), including UH West O'ahu's Robyn Tasaka, Associate Specialist (10 years). Congratulations!

### **Student Participation Verification in Coursework**

To help UH campuses comply with Federal Student Aid Title IV financial aid regulations regarding verification of students' participation, EP 7.209 Student Participation Verification in Coursework was established to ensure institutional administrative capability and compliance of these regulations: <http://go.hawaii.edu/QU3>

As part of this process, any student who fails to establish attendance and participation by the end of the late registration period is to be dropped from the class and tuition and fee charges (except for late registration fees) deleted from their account.

As we approach the start of spring semester, you will receive more information about participation verification. You can also check out the new Participation Verification website for information and process tutorials:

<https://www.hawaii.edu/myuhinfo/participation-verification/>

Please contact the UH West O'ahu Office of the Vice Chancellor for Academic Affairs at 689-2300 if you have questions.

### **Please be sure to vote!**

In an earlier message to the University of Hawai'i 'ohana, UH President David Lassner reminded everyone about the importance of voting. "It is easy to focus on the urgent priorities that confront each of us every day, but I want to take this moment to remind everyone to vote on Tuesday, Nov. 3," Lassner said in his message.

If you still have your mail-in ballot, please be sure to complete it and drop it off according to the instructions. Early voting and same-day registration is also still available until today, Nov. 2, at voter services centers across the state. See a list of the locations at <https://elections.hawaii.gov/voter-service-centers-and-places-of-deposit/>.

### **Bookstore will be closed, Nov. 2-3**

The UH West O'ahu Bookstore will be closed today, Nov. 2, and Tuesday, Nov. 3. It will reopen on Wednesday, Nov. 4.

### **One Health Day, Nov. 3**

Nov. 3 is the fifth annual One Health Day, which is meant to raise awareness for a team approach for solving infectious diseases at the human-animal-environment interface. The students of UH West O'ahu's BIOL 302: One Health Approach to Infectious Disease have created fliers (see link below) and infographics to spread awareness of One Health to fellow UH

West O'ahu students, faculty, and the general public. The One Health concept is important, especially during the current global pandemic. These fliers are meant to raise awareness in our UH West O'ahu 'ohana. The fliers have been compiled into a Google site for ease of sharing: <https://sites.google.com/hawaii.edu/onehealthday2020/home>

### **Yearlong webinar series celebrating stories of all UH campuses continues at UH Mānoa, Nov. 4 and 25**

He Ukana Aloha Kā Kīlauea is a special yearlong webinar series celebrating the stories of our islands and our campuses. The series features music, dance, and storytelling from the ten University of Hawai'i campuses. The next sessions Nov. 4 and 25 will feature song and storytelling from UH Mānoa. UH West O'ahu will be featured Dec. 9 and 23. All webinars are noon to 1 p.m. The webinar link is <https://hawaii.zoom.us/j/91499916950> (password: ukana). The He Ukana Aloha Kā Kīlauea series, which kicked off Sept. 23 and 30 from UH Maui College, is presented by the [Hawai'i Papa o Ke Ao Committee](#) at UH. Please see attached flyer for more information.

### **EUTF Health Education Workshop, Nov. 5 and 16**

At the webinar, "Eating on the Run — Takeout Edition," learn how to make healthier choices than the ones you might be tempted to make when you're stressed or in a rush. Choose one of the following two sessions: 11:30 a.m. to 12:30 p.m. Nov. 5 or noon to 1 p.m. Nov. 16. The webinar is open to all UH employees regardless of health plan affiliation. See the attached flyer for details on how to register. For more information about this program, contact Peter Clines with HMSA at [peter\\_clines@hmsa.com](mailto:peter_clines@hmsa.com) or 979-7388, or Linda Green with EUTF at [linda.l.green@hawaii.gov](mailto:linda.l.green@hawaii.gov).

### **Distinguished Service and Maintenance Awards deadline is Nov. 13**

Nominations are being accepted for the Willard Wilson Distinguished Service Award and the Award for Excellence in Building and Grounds Maintenance. The deadline to submit nominations is by 4:30 p.m. Friday, Nov. 13, 2020.

The University of Hawai'i Board of Regents Willard Wilson Distinguished Service Award recognizes an employee whose commitment and performance has made a significant impact on the UH System.

The UH President's Award for Excellence in Building and Grounds Maintenance is a systemwide award that recognizes the dedicated efforts of an individual from any facilities management office who has exhibited sustained superior performance in a maintenance, landscaping, custodial, shop or trucking position.

The eligibility, criteria and nomination form can be found at:

Willard Wilson Distinguished Service Award:

<https://www.hawaii.edu/about/awards/wilson.php>

President's Award for Excellence in Building and Grounds Maintenance:

<https://www.hawaii.edu/about/awards/bng.php>

Information about past award winners can also be found on these sites. For more information, please contact Courtney Domingo at [cmnd@hawaii.edu](mailto:cmnd@hawaii.edu).

### **Nominations welcome for UH Teaching Excellence Awards until Dec. 4**

Students, staff, and faculty are welcome to nominate any faculty member — full-time or part-time — or librarian for the 2020-2021 University of Hawai'i Teaching Excellence Awards. All nominations must be completed by 5 p.m. Dec. 4, 2020. You may nominate more than one person but use a separate form for each nominee and do not nominate the same person more than once. For more information about the awards or to submit nominations, go to <http://go.hawaii.edu/9Q3>. The [OPDAS microsite](#) also has a page that has more information about faculty and staff awards. All questions should be emailed to [tawards@hawaii.edu](mailto:tawards@hawaii.edu).

### **Campus Center renovation to bookstore and outdoor seating area**

The Campus Center outdoor seating area, north of the dining room, will be under construction as the building will be expanded to create a permanent space for the UH West O'ahu Bookstore. Construction fencing has been installed and all persons in the vicinity are advised to respect all barricades and posted safety/detour signs. Please be advised that

intermittent noise will be generated as part of the construction work. Thank you for your patience as UH West O'ahu continues to improve its facilities. If you have any questions or need additional information, please contact the UH West O'ahu project manager at 689-2546.

### **PIKO Outdoor Learning Space construction barricades**

Multiple construction deliveries continue for the PIKO Outdoor Learning Space project. When there are deliveries, please expect temporary disruptions to pedestrian access at the roundabout and entry ramp. Also, the plywood fencing around the PIKO Outdoor project will be removed and replaced with more transparent fencing and/or caution tape. Regardless of barrier type, all persons in the vicinity of this project are advised to respect all construction barricades and all posted safety/detour signs. If you have any questions or need additional information, please contact the UH West O'ahu project manager at 689-2546.

### **Distance Learning Tip of the Week – DIY Document Camera**

Do you miss having a document camera when teaching remotely? This TikTok tech tip puts an old cellphone to good use as a doc cam when affixed to ... a selfie stick tripod? Or a phone holder with a gooseneck mount? See: [How to make your old iPhone into a document camera to use on Zoom.](#)

### **News from [Ka Puna O Kalo'i](#)**



[Nominate outstanding student leaders by Nov. 6](#) - Do you know of an exceptional University of Hawai'i–West O'ahu student whose leadership qualities are worth honoring? Maybe that student is you? Consider applying for one of the following three student leadership awards.

*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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# HE UKANA ALOHA KĀ KĪLAUEA

*The Inter-island Steamer Kilauea is Freighted With Aloha*



In the spirit of Kamehameha V, we celebrate community through song and storytelling from the 10 UH campuses. Please join us for this webinar series.

## ALL WEBINARS ARE 12PM TO 1PM

September 23 and 30 (UH Maui College)

October 14 and 28 (Hawai'i Community College)

November 4 and 25 (UH Mānoa)

December 9 and 23 (UH West O'ahu)

January 13 and 27 (Kaua'i Community College)

February 10 and 24 (UH Hilo)

March 10 and 24 (Honolulu Community College)

April 14 and 28 (Windward Community College)

May 12 and 26 (Kapi'olani Community College)

June 9 and 23 (Leeward Community College)

## Webinar link:

<https://hawaii.zoom.us/j/91499916950>

Password: ukana



Presented by  
University of Hawai'i  
Hawai'i Papa o Ke Ao

# Eating on the Run – Takeout edition



## Do you have a lot on your plate?

Learn how to make healthier choices than the ones you might be tempted to make when you're stressed or in a rush.

### EUTF HEALTH EDUCATION WORKSHOP

## CHOOSE A SESSION

### 1ST SESSION

November 5 • 11:30am - 12:30pm

[Register here](#)

### 2ND SESSION

November 16 • Noon - 1:00pm

[Register here](#)

1. Click the registration link for the preferred session.
2. At Event Status, click "Register" and complete your registration with your name and email.
3. Under "Agency", choose your department, agency, or retiree union affiliation.
4. Click "Submit" at the bottom right corner.

Questions: Contact Peter Clines, email [Peter\\_Clines@hmsa.com](mailto:Peter_Clines@hmsa.com) or call 808-979-7388.

