

Subject: This Week at UH West O'ahu – Week of Dec. 2, 2019
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 Dec. 2, 2019

Test of University's Emergency Notification Procedures, Dec. 3

The University will conduct a test of its emergency notifications procedures tomorrow, Dec. 3. There WILL NOT be an evacuation drill or audible alarms as a part of this training. **As a reminder, when UH West O'ahu is not in evacuation training mode, anytime you hear an audible alarm activated in your building, please evacuate to the Great Lawn.**

A UH Alert email message will go out to all students, faculty, and staff, and UH Alert text messages will be sent to those who have signed up to receive emergency text messages at hawaii.edu/alert. All members of the UH West O'ahu community are urged to sign up to receive these opt-in text messages.

UH West O'ahu's evacuation procedures are as follows:

- Remain calm. Walk quickly to the nearest exit.
- Do not use elevators.
- Only take essential personal possessions such as cell phones, car keys, and handbags in case you are not able to re-enter the building.
- Close doors behind you when leaving. Check to make sure everyone is out before closing the door.
- Evacuate to Great Lawn. Be prepared to relocate if instructed.
- Security or Emergency Responders: If an evacuation area is downwind of smoke or fumes, relocate to an upwind location.
- Await further instruction from Campus Security or Campus Administration

Additionally, here are pre-planning tips:

- Know all exit locations in a building. Most people recall how they entered, but if this entry/exit is blocked or overcrowded, it is important to know an alternate exit location. If unfamiliar with the building, follow the overhead exit signs.
- Have a pre-designated meeting place for everyone in your office or classroom.
- Know who is not present for the day so that they can be accounted for at the designated meeting place.
- If an evacuation is necessary, the building can be evacuated either by the fire alarm being sounded or by instruction to leave by Campus Security, Campus Administration through UH Alert, or emergency response personnel.
- Alarm-pull stations, extinguishers, AEDs, and exit locations are identified on the floor plans posted in each building near the elevator.

The UH West O'ahu homepage at <http://www.westtoahu.hawaii.edu> and UH West O'ahu social media pages will be also updated to reflect the UH Alert test.

View UH West O'ahu's Emergency Operations Plan and related annexes at westtoahu.hawaii.edu/campussecurity

Mystery Basket Cooking Demo, Dec. 4

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 Nāulu 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.

Apple Faculty & Staff Appreciation Event, Dec. 11

To show appreciation to faculty and staff, the University of Hawai'i Bookstores is offering a one-day special pricing, plus tax-free savings, on select Apple Macs (save up to \$300) and iPads (save up to \$200) for personal use. Details:

When: 8 a.m. to 5:30 p.m. Dec. 11

Where: UH Mānoa Bookstore or reserve online now

What: One-day sale on select Apple MacBooks and iPads

Who: UH employee with valid UH ID

For any questions, contact the bookstore's TechHUB Department at (808) 956- 4317 or compsale@hawaii.edu.

In addition, UH Bookstores take in old devices for money. Trade in your device(s) and receive the value of the trade-in, plus an additional 10% toward your new purchase.

This tax-free plus educational pricing offer is good for PERSONAL purchases only. Offer not valid for departmental purchases (IDOs/POs) or PCard payment. Discount exclusive to Apple computers or iPads; may not be combined with other promotions. Products are available on a first-reserve, first-come basis, while supplies last. Prices may vary based on individual product. All sales are final.

Volunteer at Fall 2019 Commencement

Faculty and staff interested in volunteering at our UH West O'ahu Fall 2019 Commencement Ceremony on Dec. 14 should sign up at: <https://www.signupgenius.com/go/10C0F4EA8A72AA1F85-fall1>

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 or Leslie Opulauoho at opulauoh@hawaii.edu.

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 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.

Distance Learning Tip of the Week – GoConqr

Studying for exams can be a very challenging task for many students. Fortunately, there are resources online that can help. [GoConqr](#) is a resource can help users create many different study aids including mind maps, flashcards, study planners, and even quizzes to help you with exams. This site also provides access to crowd sourced resources, which is kind of like finding millions of study buddies. If you are interested in learning more, consider attending one of our workshops. You can find more about workshops and tech tips on the [Office of Distance Learning's microsite](#).

UH West O'ahu in the News

Civil Beat (Nov. 25): "[Mental Health Services On Hawaii Campuses Lag Far Behind Demand](#)." Interview with University of Hawai'i–West O'ahu clinical psychologist Dr. Steven Taketa, among other experts, in an online article about Hawai'i's mental health crisis and its effects on college campuses and students.

Stupski Foundation's Change Can't Wait Blog (Nov. 25): "[Lessons We're Learning From Our Partners in Hawai'i](#)." Post about the foundation's recent Hawai'i trip, which included a visit to the University of Hawai'i–West O'ahu.

**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 email at staradvertiser.com/academic-pass.*

News from E Kamakani Hou



[Relax with pups and cups of coffee at library, Dec. 4](#) - If you're feeling like life is getting a little more hectic with the upcoming holidays and finals right around the corner, then take a breath and slow down at Paws for Coffee, 10 a.m. to noon on Dec. 4, at the [James and Abigail Campbell Library](#) lobby.

[Cultural art workshop at the Nāulu Center, Dec. 5](#) - Learn a DIY craft project that incorporates traditional Native Hawaiian practices at the 'Ohe Kāpala Workshop, 8 to 9:30 a.m. and 1:30 to 4:30 p.m. Dec. 5 at the Nāulu Center.

[Learn importance of integrating culture in art in two-part event](#) - Create art using stamping techniques similar to 'ohe kāpala while also learning about the importance of culture integration at a two-part Hana No'eu Series of events at the Nāulu Center.

[Gift gives UH West O'ahu Accounting students competitive advantage](#) - A generous contribution from the Sukamto Foundation and TRUSTA is helping University of Hawai'i–West O'ahu accounting students gain valuable real-world experience, filling a need identified by the industry.

UH West O'ahu Calendar of Events

Monday, Dec. 2

- Dec. 2 to 20, Mondays through Fridays: daily mail service to/from the University of Hawai'i at Mānoa, dining hall open, bookstore open
- Select classes restricted by major and/or campus (DE) available to eligible classified students for Spring 2020 (9 a.m.)
- Nohona Hawai'i - Living a Hawaiian Way with Auntie Lynette Paglinawan. Last class! Potluck pupu sharing. 9:30 to 11 a.m., Hale Kuahuokalā
- Graduate & Professional Schools Fair, 10 a.m. to 3 p.m., Nāulu Center, Campus Center Plaza

Tuesday, Dec. 3

- Dec. 2 to 20, Mondays through Fridays: daily mail service to/from the University of Hawai'i at Mānoa, dining hall open, bookstore open
- Yoga with PowerCore Yoga, 9:30 and 11 a.m., Nāulu Center
- Play to Learn (Free Play), 3 to 7 p.m., Great Lawn
- No'eu Center Cram Jam, 5 to 9 p.m., B-203

Wednesday, Dec. 4

- Dec. 2 to 20, Mondays through Fridays: daily mail service to/from the University of Hawai'i at Mānoa, dining hall

open, bookstore open

- 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 to 11 a.m., Nāulu Center Prep kitchen.
- Paws for Coffee, 10 a.m. to noon, James and Abigail Campbell Library lobby
- Hana No'eau Series, Part One, 10 a.m. to noon, Nāulu Center
- Fall 2019 Pueo Awards Recognition Ceremony and Reception
- No'eau Center Cram Jam, 5 to 9 p.m., B-203

Thursday, Dec. 5

- Dec. 2 to 20, Mondays through Fridays: daily mail service to/from the University of Hawai'i at Mānoa, dining hall open, bookstore open
- 'Ohe Kāpala Workshop, 8 to 9:30 a.m. and 1:30 to 4:30 p.m., Nāulu Center.
- Weekly Harvest Day, last of the semester, 9 to 11 a.m., Student Organic Garden
- Using, Managing and Getting the Most Out of Spreadsheets Workshop, 10 to 11 a.m., A-227
- Play to Learn (Free Play), 3 to 7 p.m., Great Lawn

Friday, Dec. 6

- Dec. 2 to 20, Mondays through Fridays: daily mail service to/from the University of Hawai'i at Mānoa, dining hall open, bookstore open. Pueo Fitness Center closed.
- Last day of instruction
- Hana No'eau Series, Part Two, 11 a.m. to noon, Nāulu Center
- CANCELLED: Institute of Engaged Scholarship Faculty Research Event, 2 to 4:30 p.m., Kapolei Golf Club

Monday, Dec. 9

- Final exams week
- Dec. 2 to 20, Mondays through Fridays: daily mail service to/from the University of Hawai'i at Mānoa, dining hall open, bookstore open
- Pueo Fitness Center: open on limited hours 8:30 a.m. to 2:30 p.m. Dec. 9 to 20 with the exception of Dec. 12 and 19, when the center will be closed 11:30 a.m. to 2:30 p.m.

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](#).

WESTOAHU.HAWAII.EDU



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