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## UH West O'ahu's Weekly Newsletter - Week of March 24, 2025

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To: UHWO Communications Department <uhwocomm@hawaii.edu>

Mon, Mar 24, 2025 at 9:00 AM

UH West O'ahu's Weekly Newsletter - Week of March 24, 2025 (View in browser)



## Campus Updates



### Recording available: UH forum on federal policy changes

The recording of the March 13 open forum with UH President Wendy Hensel on the impact of recent federal policy changes is now available.

[\[Read more.\]](#)



### UH President Hensel's March report to the BOR

President Wendy Hensel updated the UH Board of Regents on the anticipated impacts of the latest federal policy changes, and how UH is responding at the March 20 BOR meeting held at the Windward Community College.

[\[Read more.\]](#)



### 2025 legislative session update, budget bill advances

Kalbert Young, UH vice president for budget and finance and chief financial officer, shares his analysis of the 2025 Legislative session.

[\[Read more.\]](#)



### Hawai'i Foodbank State Employees Food Drive

The Hawai'i Foodbank has kicked off its Annual State Employees Food Drive, which runs through May 9. Here are ways the UH West O'ahu community can help.

[\[Read more.\]](#)



### Nāulu Fitness Center spring hours

Get a workout in at the fitness center!

[\[Read more.\]](#)



### Now offering yoga classes on Fridays

Stretch your stress away at yoga classes on campus!

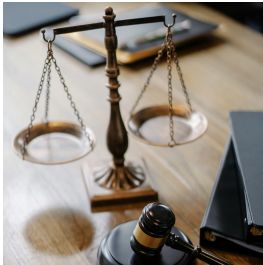
[\[Read more.\]](#)



## Upcoming opportunities at UH

The UH Office of Communications highlights events and opportunities on the different UH campuses.

[\[Read more.\]](#)



## 'Laws Make a Difference' library event, March 27

Join a conversation about civics, the different branches of government, and how voters make a difference.

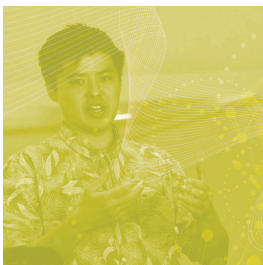
[\[Read more.\]](#)



## Talk Story with Dr. Tia on March 28: Dating and Interpersonal Communication

The UH West O'ahu Mental Health Services psychoeducation virtual series, "Talk Story with Dr. Tia," is scheduled for Friday, March 28, from 9:30 to 10:30 a.m.

[\[Read more.\]](#)



## Students and faculty welcome to participate in research symposium, April 15-16

The Spring 2025 Student Research and Creative Works Symposium, which provides an opportunity for dynamic student research learning experiences to be showcased on a variety of topics, returns with a two-day hybrid event this semester.

[\[Read more.\]](#)



## UH West O'ahu in the News

A roundup of media coverage of UH West O'ahu people, places, programs, and more.

[\[Read more.\]](#)



## Students

- [Yoga survey](#)
- [Food distribution at UH West O'ahu, March 24](#)
- [VCAA Student Meet & Talk Story, March 25](#)
- [Sip and Paint, March 25](#)
- [Mental Health Workshop, March 27](#)
- [RSVP now for Casino Night, April 11](#)

## Employees

- [February new hires](#)
- [Lamakū preparation and workshops](#)
- [Nominations open for distinguished service and maintenance awards](#)
- [457\(b\) webinars and one-on-one sessions](#)
- [Reminder: UH Data Governance and Information Security Briefing, March 24](#)
- [Reminder: pre-retirement workshops](#)
- [Reminder: 2025 Island Flex Open Enrollment](#)
- [OPDAS Bi-Weekly Updates for week of March 10](#)
- [Distance Learning Tip of the Week: Share Snagit screen-captures with Screencast](#)



## News from Ka Puna O Kalo'i



**UH West O'ahu music event features special guests**

The University of Hawai'i–West



**UH West O'ahu pre-nursing program receives \$25K gift**

The University of Hawai'i–West

O'ahu welcomes singer/songwriter Maria Ka'iulani Kanehailua and producer/arranger Dean Harada for a special music event from 3:30 to 5 p.m. on Thursday, March 27, in the Nāulu Center on campus.

O'ahu pre-nursing program received a \$25,000 gift from 'Ohana Health Plan, which made the announcement at a special check presentation on March 13 at the UH West O'ahu campus.

## Calendar of Events

Monday, March 24

- [Yoga](#), 9 to 10 a.m. and 10:30 to 11:30 a.m., 'Ulu'ulu Center in the James & Abigail Campbell Library (first floor). Register through [STAR Balance](#). Info: [imwest@hawaii.edu](mailto:imwest@hawaii.edu)
- [Food Vault Hawai'i West distribution](#) (while supplies last), 11 a.m. to 1 p.m., Nāulu Center. UH West O'ahu students must present their UH ID card or UH username. Info: [uhwobn@hawaii.edu](mailto:uhwobn@hawaii.edu)

Tuesday, March 25

- [Yoga](#), 11 a.m. to noon and 12:30 to 1:30 p.m., 'Ulu'ulu Center in the James & Abigail Campbell Library (first floor). Register through [STAR Balance](#). Info: [imwest@hawaii.edu](mailto:imwest@hawaii.edu)
- [VCAA Student Meet & Talk Story](#), noon to 1 p.m., James & Abigail Campbell Library second-floor exhibit area.
- [Sip and Paint](#), 1 to 3 p.m., C-225. Must be a UH West O'ahu student to attend, so please have your validated student ID. Info: [safbwo@hawaii.edu](mailto:safbwo@hawaii.edu)
- [Library synchronous workshop](#): Using AI in Library Research, 6 to 7 p.m. via Zoom. Register [here](#).

Wednesday, March 26

- HOLIDAY: Kuhio Day

Thursday, March 27

- [Yoga](#), 11 a.m. to noon and 12:30 to 1:30 p.m., 'Ulu'ulu Center in the James & Abigail Campbell Library (first floor). Register through [STAR Balance](#). Info: [imwest@hawaii.edu](mailto:imwest@hawaii.edu)
- ["Laws Make a Difference" event](#), 12:30 to 1:50 p.m., James & Abigail Campbell Library. Suggest discussion topics at [go.hawaii.edu/Jf8](https://go.hawaii.edu/Jf8). Register: [go.hawaii.edu/6A8](https://go.hawaii.edu/6A8). Questions: [uhwolib@hawaii.edu](mailto:uhwolib@hawaii.edu)

- [Mental Health Workshop: Identify and Prevent Mental Exhaustion](#), 2 to 3 p.m. via Zoom. Register [here](#) by March 26. Info: [hookele@hawaii.edu](mailto:hookele@hawaii.edu)
- [Maria Ka'iulani Kanehailua and Dean Harada: Making the single "E Ku'u Aloha" with K-Bay/Lō'ihi Records](#), 3:30 to 5 p.m., Nāulu Center. Info: [jonmagnu@hawaii.edu](mailto:jonmagnu@hawaii.edu) or 808-689-2357
- [Library synchronous workshop: Using AI in Library Research](#), 6 to 7 p.m. via Zoom. Register [here](#).

### Friday, March 28

- Last day to withdraw (semester long classes) with no refund and a "W" grade
- Last day to submit a [Leave of Absence](#) (LOA) for spring 2025
- [Talk Story with Dr. Tia: Dating and Interpersonal Communication](#), 9:30 to 10:30 a.m. via Zoom. To attend, email [tahoffer@hawaii.edu](mailto:tahoffer@hawaii.edu) and add "Talk Story" in the subject line.
- [Harvest Day](#), 10 a.m. to noon, Student Organic Garden on campus adjacent to the Classroom (D) and Laboratory (E) buildings. Info: [tasiay@hawaii.edu](mailto:tasiay@hawaii.edu)
- [Yoga](#), 11 a.m. to noon and 12:30 to 1:30 p.m., 'Ulu'ulu Center in the James & Abigail Campbell Library (first floor). Register through [STAR Balance](#). Info: [imwest@hawaii.edu](mailto:imwest@hawaii.edu)

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