

The American Association of University Women at the University of Hawai'i at Mānoa

A Registered Independent Organization at UH Mānoa
Sponsored by the Office of Civic and Community Engagement

The American Association of University Women at UH Mānoa (AAUW-UHM) is and will continue to be active for the 2020-21 academic school year.

The mission of our RIO is to promote the values of AAUW on the UHM campus and in the community; we are working towards equality in society by providing the tools necessary for women to gain economic security, to pursue their education, and advocate for women's rights.

To become a member, please email aauw.uhmanoa@gmail.com expressing your interest. We will ask follow up questions at that time.

In order to have an active-status in our RIO, we ask that you attend at least one event every semester.

We have no membership fees. Our RIO is open to everyone!

Connect With Us

Instagram
[@aauw.uhmanoa](https://www.instagram.com/aauw.uhmanoa)

RIO Website

Email
aauw.uhmanoa@gmail.com



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Upcoming Events

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UNIVERSITY of HAWAII® at MĀNOA
Civic and Community Engagement

Antiracist Parenting 101

Starting the Journey to Becoming an Antiracist Parent

Thursday, December 10, 2020
Time: 4:00pm – 5:00pm HST

MUST [RSVP HERE](#) VIA GOOGLE FORMS FOR ZOOM LINK



Speaker:
Adrienne Hidalgo Esguerra MA

Educator, mother, and founder of After Schooling Better

In partnership with:



Upcoming Events

Details,
including times
and RSVP
information, to
be shared
soon.



Save The Date:

Wāhine Scholars Talk-Story

Wednesday, January 13, 2021

Featuring speakers **Puanani Burgess** from Building the Beloved Community Hawai'i & **Dr. Katrina Abes** from UH West O'ahu.

Save The Date:

Webinar: Tips & Guide to Make an Outstanding Scholarship Application

Friday, January 15, 2021

A former Graduate Degree Fellow, AAUW international doctoral fellowship fellow, and twice recipient of the Open Society Foundation Civil Society Scholar Award will share her experience on how to prepare a competitive scholarship and research grant application for graduate study.



Q&A with an AAUW Mentor: Atina Pascua

Get to know AAUW at UH Mānoa's mentor and Director of the Office of Civic and Community Engagement, Atina Pascua.

Q: What do you do at UH Mānoa?

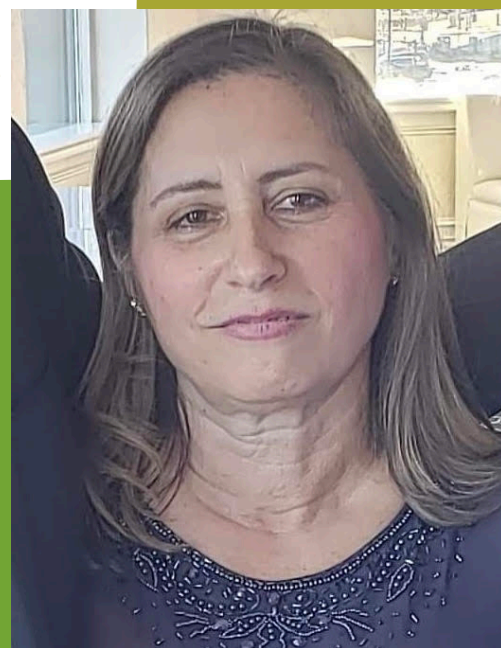
A: I am the Director of the Office of Civic and Community Engagement, which was formerly known as the Service Learning Program. We assist students, faculty and staff in connecting, giving back to and engaging with our local, national and global needs. We provide our communities with needed volunteers and our students with hands on experience.

Q: Where did you go to college, and what did you study?

A: I attended Ramapo College, a state institution in New Jersey, and have Bachelor's degrees in Political Science, American and International Studies. I then attended Teachers College, Columbia University and got my EDM degree in Higher Education Administration and completed all course work and certified for my EDD.

Q: Where did you grow up, and how did you end up in Hawai'i?

A: I am an immigrant to the US from Macedonia and came to this country when I was nearly 6. I grew up in New Jersey from age 6-21, then moved to Manhattan, NYC. I came to Hawai'i at age 26 to join my husband, whom I met in graduate school in NYC. He is originally from here and we came to Hawai'i in 1990 for him to attend John Burns School of Medicine.



Atina Pascua

Q: How would you describe yourself in three words?

A: My three-word-description is energetic, positive, and determined. My kids describe me as aggressively helpful, because when I see a need I want to help. We laugh because I really could use a little restraint at times, but hey, they have learned to live with this aspect of my personality, so there you go.

Q: What motivates you to work hard every day?

A: I am motivated by the purpose of getting more people to care about their communities and doing something to help them solve our societal problems. There are so many issues and I hope to be a catalyst to get people to use their talents to work on solving whatever issue they are passionate about. I have seen our students and faculty do incredible things to make a difference for those in need, and providing these connections and motivation is what I am most passionate about.

Q: How did you get involved with AAUW at UH Mānoa?

A: I knew about AAUW at UH Mānoa from students of mine; this is going back a number of years, when it was located in the Women's Center. I helped one of my students write a small grant to National AAUW for an outreach project also many years ago. It had been dormant for a few years, but three years ago I was approached about the possibility of my office becoming more involved with AAUW and I the mentor. I have grown the effort each year since then and am really proud of the work that the AAUW at UH Mānoa has done over these past three years with the efforts of the talented women that have joined our RIO and team. They are incredibly talented and selfless in the commitment that they have to bringing the program to help women on our campus and in Hawaii. I am truly blessed to be able to watch them flourish as they embrace their potential as members of our team working on issues that they feel are important to our students and our world.

Q: What have been your favorite memories with AAUW at UH Mānoa?

A: My favorite on campus program was our Wahine program last Fall when we had a full house of students attend to hear about the experiences of local women in higher education. My favorite event outside of campus was attending the National AAUW conference with students from a variety of campuses in Hawai'i and getting to know them and their social justice passions. I hope that when the world is able to return to in-person events, our students get to experience this coming together of women from all over the country to share in a sisterhood of self determination. Lots of fun to be in DC as well!

Q: What has been keeping you sane during the pandemic?

A: I have been walking about 2-3 miles each day, watching lots of streaming services, cooking and eating—your usual pandemic stuff. My favorite thing has been ending the day sitting in my backyard with my husband talking, listening to music, and if the weather is nice, eating our dinner outdoors. Food always seems to taste better and more special when you're having it outdoors.

Q: What are your future career/life goals?

A: To make it to retirement. I just made 30 years working for the University system and that has been popping into my mind but I know I would miss the connection to the people very much if I did retire. I actually love this work and am always grateful to have the perfect job for me. My life goal is to continue to make a difference in the world and inspire others to do the same.

"I have seen our students and faculty do incredible things to make a difference for those in need, and providing these connections and motivation is what I am most passionate about."

Featured Artist: **Tehina Ka'ena Kahikina**

Tehina Ka'ena Kahikina is an artist from Kuli'ou'ou O'ahu. She is a student of Kawaihuelani and Kamakakūokalani, and a junior in college, majoring in 'Ike Hawai'i and 'Ōlelo Hawai'i. Below, Tehina shared with us how her identity as a Kanaka Maoli and a wahine has shaped her art, and how she keeps inspired and motivated to create.



I have always been a creative person since I was a child. One of my favorite crafts that I used to do as a keiki was make cleaning tools out of paper. I have no idea why I wanted to make a broom out of a flimsy material rather than to use the broom in the closet. I always loved to be creative and to make things out of my imagination. My parents always supported me in every whim of an idea that I had. I even spoiled my Christmas surprise by sneaking at the trunk of our car to find a huge bin of Crayola art supplies. I think my creativity has always been shining within me, but there has only been a few moments where I had true confidence and believed that I could shine this light.



E Ku'u Lāhui

When I was younger, my favorite artist was Heather Brown. I loved the simplicity of her drawings and her depictions of Hawai'i. I also really liked the fact that she didn't draw any faces on her people. This motivated me to draw because I didn't have the competency to draw faces. With this love and drive, I started to draw in her style. In high school everyone had the same computer that was given by the school. I would draw pictures of my friends and cut the drawing out to fit into our laptop shell cases (I even cut out the apple so that the drawing could glow). The drawings gained a lot of popularity and soon I started to get a lot of orders to draw the Instagram pictures of my customers so that they could rock it on their computer.

After high school I didn't think much about my art. I didn't have the same drive and motivation as I did before. I also felt like the art wasn't mine because I was using a style that replicated another artist. It wasn't until I bought an iPad in my sophomore year of college where I felt the drive to try again. It was a new challenge for me to draw digitally, but I had a lot of fun exploring the world of digital art.



Kapu Aloha



Mo'okū'auhau



Manapoly

In the second wave of the Kū Kia'i Mauna Movement in 2019, I felt moved by the group of activists that chained themselves to the cattle guard. I had this pull from my nā'au that there was something that I needed to do. On the day that the kūpuna got arrested from the front line, I cried in my room watching the arrests go down. Out of nowhere, I had this image and idea in my head that I needed to draw. So I picked up my apple pencil and started to create. A few days later the piece was finished and I put it on Instagram not knowing that anyone was going to really see it. It soon started to gain a lot of attention and people from all over the pae 'āina were sharing the art piece. From then on I realized that my art was the pull that I was feeling in my nā'au.

There are many facets of my identity that shape the way that I go about doing art. One of them is being Kanaka Maoli. This connection that I have with Hawai'i is a kuleana. I need to make sure that I give back to this 'āina and my Lāhui Hawai'i. My art is a reflection of this kuleana and pilina.

I hope to share the truth of Hawai'i and her people through my art.

Another facet of my identity is being a wahine. I believe that being a wahine is also another kuleana that I have to uphold. I grew up in a household of boys, but was raised by the many wahine in my life. Furthermore, I use my art to shine light on the issues that wāhine face every day. I also want to inspire young wāhine and empower them to understand their true beauty and light.

Advice that I would give to an aspiring artist is to be brave and vulnerable. Don't ever stop your imagination and creativity. Additionally, it is okay to feel passionate one day and unmotivated the next. Just listen to your nā'au and follow the pull.

Sharing Self-Care

Reminder: self-care isn't selfish

With the Fall 2020 semester nearing its end, finals and the upcoming holidays can cause extra stress and burnout.

Here's how the AAUW-UHM team integrates self-care in their daily routines.

MINDFULNESS

Find daily affirmations or try a free meditation app, like Headspace.

UNPLUG & SPEND TIME IN NATURE

Take time away from your phone— read, eat a meal, or exercise outside, especially in the evenings when the weather cools down.

CHECK IN WITH FRIENDS & FAMILY

Following social distancing does not have to mean social isolation! Call or text your friends and loved ones, stream a movie, or play a game together online.

EXERCISE

Get your body moving! Do yoga, dance, follow a Youtube workout video, or go for a walk or run.

JOURNAL

Writing down your stream-of-consciousness can help ease your mind, especially in the morning.

Holiday Shopping: Pandemic Edition

Below: Sustainable and creative gift ideas from small business owner [@sydsssrunchies](#) on Instagram.

2020 has been tough, and holiday shopping may look and feel a little different this year. Many are looking to save money this holiday season. Keeping sustainability in mind and supporting small or local businesses can make holiday shopping more creative, mindful, affordable, and ethical.

homemade + upcycled gift ideas

use what you already have and get creative!

- customize a thrifted/secondhand clothing piece with embroidery, patches, tailoring, etc.
- making custom stickers
- painting/drawing
- knitting/crocheting
- upcycling scrap fabric into scrunchies, totes, masks, etc.
- bake them their favorite pastries and drop it off
- deliver takeout from their favorite restaurant

covid-friendly non-material item + experiential gift ideas

- purchase a cameo (video message from their favorite celebrity)
- airbnb virtual experiences (ranges from cooking classes to "escape" rooms and more)
- psychic/tarot card/astrology readings
- pay for classes like language, exercise, etc.
- pay for an ongoing subscription like a food subscription for local community-supported agriculture boxes
- donate to a mutual-aid or an organization in their name, catered to an issue they're passionate about!

[@sydsssrunchies](#)

7 Ways to Support Sustainable Businesses

Support brands that champion their makers

Be a digital activist

#TAKEBACKBLACKFRIDAY

Shop from independent businesses
(that meet your eco-criteria!)

Buy locally

Share the love on social media

Shop early for the festive period

Gift thoughtfully and mindfully

Left: Tips for shopping sustainably this holiday season, from Eco-Age, [@ecoage](#) on Instagram.

13 Tips for a More Sustainable Holiday Season

By Amy Rawlings for Protea
Zero Waste Store

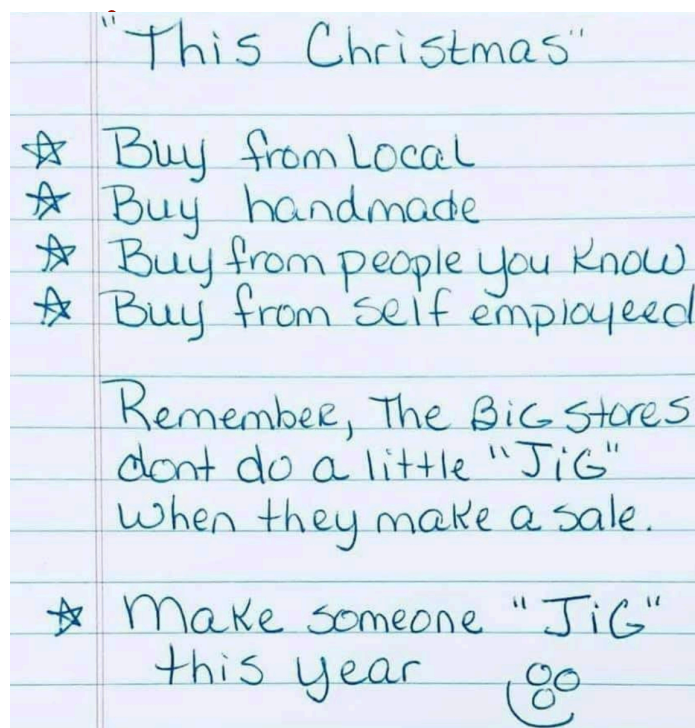


Above: More ways to boost small businesses—even just through social media. Art by [@sunbeamillustration](#) on Instagram; post by [@feminist.jazzy](#) on Instagram.

Hawai'i charities to consider supporting:

- [The Hawaii Food Bank](#)
- [Aloha United Way](#)
- [Women's Fund of Hawaii](#)
- [YWCA Honolulu](#)
- [Special Olympics Hawaii](#)
- [The Institute for Human Services \(IHS\)](#)
- [The Laulima Giving Program \(with KHON2\)](#)

Below: A list of holiday shopping tips, from The Happiness Project UK. Posted by [@thehappinessprojectuk](#) on Instagram.



SHOPPING SMALL IS ALSO:
BOUQUETS ON THE SIDE OF THE ROAD
FRUIT FROM A CART
ETHNIC GROCERY STORES
PENS FROM THE LOCAL GIFT SHOP
SO YOU CAN MAKE YOUR OWN CARDS
PLAYLISTS FOR YOUR FRIENDS
GIFT CARDS FOR A CUP OF COFFEE
TAKE OUT FROM YOUR FAVORITE
HOLE IN THE WALL

Left: A few more tips for shopping small this holiday season, by Cami Zea, [@zeaink](#) on Instagram.

Carrying the Spirit of Gratitude into December

WITH THANKSGIVING BEHIND US, THERE CAN BE A TENDENCY TO MOVE ON FROM FEELINGS OF THANKS AND GRATITUDE.

BUT WHAT IF WE CARRIED THIS SENSE OF GRATITUDE INTO DECEMBER?

I DON'T KNOW IF YOU WILL BUY A CHRISTMAS TREE THIS YEAR OR IF YOU CELEBRATE THE HOLIDAYS WITH CERTAIN TRADITIONS, BUT AN ACTIVITY THAT YOU CAN DO FOR YOURSELF OR WITH YOUR FAMILY IS TO **CREATE AN ORNAMENT WITH A PICTURE OR WORDS, WHICH COMMUNICATES SOMETHING YOU ARE GRATEFUL FOR.**

LOOK AT IT WHENEVER YOU CAN—TAKE A MOMENT TO REFLECT AS YOU GO ABOUT SPENDING TIME WITH FAMILY, WRAPPING UP END OF THE YEAR ASSIGNMENTS, AND BRAINSTORMING GIFT IDEAS. HOWEVER THIS HOLIDAY SEASON LOOKS LIKE FOR YOU, I ENCOURAGE YOU TO STOP AND SMELL THE ROSES FROM TIME TO TIME—I'M SURE YOU WILL FIND IT TO BE SURPRISINGLY REFRESHING, LIFE-GIVING, AND UPLIFTING.



Scholarship Spotlight

Here, we have provided information on upcoming scholarships opportunities for undergraduate and graduate students in Hawai'i.



Undergraduate Students Only

Scholarship	Details
Asia Pacific Fund (A Community Foundation)	Deadline: TBD Eligibility: Anyone from Asia-Pacific Region Link: https://asianpacificfund.org/what-we-do/scholarships/apply-for-scholarship/

<p>APIA Scholars (Asian Pacific Islander Americans)</p>	<p>Deadline: January 14, 2021 Eligibility: Anyone from Asia-Pacific Region About: General scholarship available for Asian Pacific Islanders. For more information and to see criteria and specific requirements, visit the website below. Link: https://apiascholars.org/scholarship/apia-scholarship/</p>
<p>Nā Ho‘okama ā Pauahi Scholarship</p>	<p>Deadline: January 15, 2021 Eligibility: Students from Hawaii only About: Multiple scholarships available in one application, including the Na Ho‘okama a Pauahi and Ho‘okawowo scholarships. KS college scholarships are available to undergraduate and graduate students who demonstrate financial need and are committed to contributing to the lāhui. Link: https://www.ksbe.edu/apply/financial_aid/college_scholarships/</p>
<p>Kua‘ana Tuition Waiver</p>	<p>Opens January 8, 2021 Deadline: May 1, 2021 Eligibility: Native Hawaiian students only About: Scholarship provides need-based tuition waivers for undergraduate and classified graduate Native Hawaiian students at the University of Hawai‘i Mānoa. Link: https://hawaii.edu/kuaana/kua'ana-tuition-waiver/</p>
<p>Ke Ali‘i Pauahi Foundation Scholarships</p>	<p>Opens December 21, 2020 Deadline: January 29, 2021 Eligibility: Students from Hawaii only About: The Pauahi Foundation administers scholarships that have been created by private donors. The Foundation awards scholarships supporting college level areas of study, as well as trade and vocational courses. Scholarships are available to the general public, including students who are not graduates of Kamehameha Schools. However, it is the policy of the Foundation to give preference to applicants of Hawaiian ancestry to the extent permitted by law. Link: https://www.pauahi.org/</p>

Undergraduate & Graduate Students

Scholarship	Details
Hawai'i Community Foundation	<p>Opens November 16, 2020</p> <p>Deadline: February 1, 2021</p> <p>Eligibility: Students from Hawaii only</p> <p>About: Our scholarships support students who are pursuing degrees from colleges and universities, as well as those obtaining career and technical education at a community college.</p> <p>Link: https://www.hawaiicommunityfoundation.org/students</p>
UH System Common Scholarship Application	<p>Deadline: March 1, 2021</p> <p>Note: Deadlines for specific scholarships may differ.</p> <p>Eligibility: All UH system students, American and International</p> <p>About: Log In to see the full list of common scholarships listed.</p> <p>Link: https://www.hawaii.edu/tuition/scholarships/how-to-apply/</p>

Graduate Students Only



Scholarship	Details
Ford Foundation Predoctoral Fellowship (PhD students)	<p>Deadline: December 17, 2020</p> <p>Eligibility: US citizens and anyone with a legal permanent resident status</p> <p>Application Instruction: https://sites.nationalacademies.org/PGA/FordFellowships/PGA_166320</p> <p>Apply: https://sites.nationalacademies.org/PGA/FordFellowships/PGA_171962</p>
Soroptimist International Founder Region Doctoral Fellowship for Women (PhD students)	<p>Deadline: January 11, 2021</p> <p>Eligibility: American and International students</p> <p>Link: https://drive.google.com/drive/folders/1VPLzn3zalyVB0fP2XA5_BXWATEKXTR7</p> <p>Direct questions to: connorsk@hawaii.edu</p>



Mahalo for supporting AAUW-UHM!

If you have any questions or suggestions
regarding this newsletter or any of our
programs, please feel free to contact us at
aauw.uhmanoa@gmail.com