



2023 Onizuka Day of Exploration

Class Catalog

Event Contacts

| Name | Title | Email |
|---------------|-------------------|-------------------------|
| Will Hartzell | 2023 ODE Co-chair | willharfzell2@gmail.com |

Registration opens March 05, 2023
Visit www.scoutingevent.com/104-2023ODE to register



Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

1 2023 Onizuka Day (Scheduled Classes)

ODE101 10-11 AM
 Nulu Outdoor Learning
 Space
 Dr. Kealani Cook



Konane Strategy: Hawaiian Checkers

Konane is a Hawaiian board game of strategy and reflection. It is sometimes referred to as 'checkers' but there is a process to understanding how and when one moves! 8 boards will be open all day. Come, and learn how to play Konane and have fun!

Minimum Age: 8

Maximum number of participants: 16

Prerequisites: Ages 8 to adult. Children 8 and under must be accompanied by an adult.

ODE101 11:15-12:15 PM
 Nulu Outdoor Learning
 Space
 Dr. Kealani Cook



Konane Strategy: Hawaiian Checkers

Konane is a Hawaiian board game of strategy and reflection. It is sometimes referred to as 'checkers' but there is a process to understanding how and when one moves! 8 boards will be open all day. Come, and learn how to play Konane and have fun!

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ODE101 1-2 PM
 Nulu Outdoor Learning
 Space
 Dr. Kealani Cook



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ODE101 2:15-3:15 PM
 Nulu Outdoor Learning
 Space
 Dr. Kealani Cook



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Minimum Age: 8

Maximum number of participants: 16

Prerequisites: Ages 8 to adult. Children 8 and under must be accompanied by an adult.

ODE102 10-11 AM
 Uluniu Grove
 Indrajit Gunasekara, Adam
 Hanohano



Learning About Coconuts in an Uluniu - Coconut Grove

Learn about how coconut husks are a powerful climate change soil rejuvenation tool by husking coconuts! Come to learn something about the "tree of life" and help care for a coconut grove!

Minimum Age: 10

Maximum number of participants: 15

Prerequisites: Ages 10 to adult

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

ODE102 11:15-12:15 PM
 Uluniu Grove
 Indrajit Gunasekara, Adam
 Hanohano



Learning About Coconuts in an Uluniu - Coconut Grove

Learn about how coconut husks are a powerful climate change soil rejuvenation tool by husking coconuts! Come to learn something about the "tree of life" and help care for a coconut grove!

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ODE102 1-2 PM
 Uluniu Grove
 Indrajit Gunasekara, Adam
 Hanohano



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Minimum Age: 10

Maximum number of participants: 15

Prerequisites: Ages 10 to adult

ODE103 1-2 PM
 Mala Student Organic
 Garden
 Tasia Yamamura



ina Momona Food Security Work

Come to learn from our UH West Oahu Student Organic Garden. Come to learn more about the process of setting up an organic garden and be a part of a growing Food Security movement in Hawaii. Work will be with uhaloa (medicinal tea), composting, and weeding.

Minimum Age: 10

Maximum number of participants: 13

Prerequisites: Ages 10 to adult

ODE103 2:15-3:15 PM
 Mala Student Organic
 Garden
 Tasia Yamamura



ina Momona Food Security Work

Come to learn from our UH West Oahu Student Organic Garden. Come to learn more about the process of setting up an organic garden and be a part of a growing Food Security movement in Hawaii. Work will be with uhaloa (medicinal tea), composting, and weeding.

Minimum Age: 10

Maximum number of participants: 13

Prerequisites: Ages 10 to adult

ODE104 10-11 AM
 Hale Kuahuokala + Mala
 Kuuleilani Samson



Ike ina: Knowledge from the Land

Come and learn about the traditional building methods of Hale Kuahokai and how it doubles as an outdoor learning space aside from the typical four-walled-classroom. See how the land is the teacher and the student its caretaker.

Minimum Age: 8

Maximum number of participants: 20

Prerequisites: Ages 8 to adult

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

ODE104 11:15-12:15 PM
Hale Kuahuokala + Mala
Kuuleilani Samson



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Minimum Age: 8

Maximum number of participants: 20

Prerequisites: Ages 8 to adult

ODE105 1-2 PM
Hale Kuahuokala + Mala
Kuuleilani Samson



Ai Honua: Health and Wellness from Our Lands

Come and learn about the traditional building methods of Hale Kuahokala and how it doubles as an outdoor learning space aside from the typical four-walled-classroom. See how the land is the teacher and the student its caretaker.

Minimum Age: 8

Maximum number of participants: 20

Prerequisites: Ages 8 to adult

ODE105 2:15-3:15 PM
Hale Kuahuokala + Mala
Kuuleilani Samson



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Come and learn about the traditional building methods of Hale Kuahokala and how it doubles as an outdoor learning space aside from the typical four-walled-classroom. See how the land is the teacher and the student its caretaker.

Minimum Age: 8

Maximum number of participants: 20

Prerequisites: Ages 8 to adult

ODE106 1-2 PM
Building A Table #A209
2nd floor
Garry Roy Lynette
Williamson



Medical Word Relay

Interactive, strength your mind and your legs. Interested? Move through three relay stations by answering a question. A question related to health professions, the human body, or a term that is a part of the language of medicine. Challenge your mind and use your legs to advance to the next station!

Minimum Age: 8

Maximum number of participants: 60

Prerequisites: No Adult required: Family or teams are encouraged to attend.

Participants will need to move from one station to the other via walking.

ODE107 11:15-12:15 PM
Building A Table #A211
2nd floor
Rebecca Romine



Health Science: Spin the Wheel and Answer a Health Topic

Like trivia? Want to earn about health, health science/healthcare, and physical activity? Players spin the wheel and then answer a question from one of the categories. Take a chance, spin the wheel, and get a prize!

Minimum Age: 10

Maximum number of participants: 25

Prerequisites: 10 and older. No adult supervision needed.

ODE107 1-2 PM
Building A Table #A211
2nd floor
Rebecca Romine



Health Science: Spin the Wheel and Answer a Health Topic

Like trivia? Want to earn about health, health science/healthcare, and physical activity? Players spin the wheel and then answer a question from one of the categories. Take a chance, spin the wheel, and get a prize!

Minimum Age: 10

Maximum number of participants: 25

Prerequisites: 10 and older. No adult supervision needed.

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

ODE108 11:15-12:15 PM
A-215
Mike Meyers



Don't Drink the Water: An Interactive STEM Workshop on Water Purification

Dive into the fascinating world of water purification at the Onizuka Day of Exploration with our exciting and engaging STEM workshop, "Don't Drink the Water!" Led by the esteemed Professor Michael Myers, this hands-on experience will immerse you in the science and technology behind various water purification methods.

During this interactive workshop, you'll discover the importance of clean water for our health and the environment, and learn about the challenges faced by communities worldwide in accessing safe drinking water. Participants will have the opportunity to explore different water purification techniques, ranging from simple filtration methods to advanced processes like reverse osmosis and UV treatment.

As you engage in fun and educational activities, you'll gain a deeper understanding of the science behind water purification, as well as the critical role it plays in ensuring a sustainable future for our planet. Perfect for curious minds of all ages, "Don't Drink the Water" promises to be a captivating and enlightening experience you won't want to miss!

Minimum Age: 8

Maximum Age: 12

Maximum number of participants: 25

Prerequisites: Ages 8 through 12

ODE108 1-2 PM
A-215
Mike Meyers



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Minimum Age: 8

Maximum Age: 12

Maximum number of participants: 25

Prerequisites: Ages 8 through 12

ODE109 10-10:30 AM
A-221
Buff



Light Saber Training Session

Learn the fun way to safely enjoy sparring with your friends with a light saber! We emphasize service, care and respect!

Minimum Age: 13

Maximum number of participants: 10

Prerequisites: Ages 13 years old and up. Parents are welcome to watch and do not need to sign up separately.

ODE109 11:15-11:45 AM
A-221
Buff



Light Saber Training Session

Learn the fun way to safely enjoy sparring with your friends with a light saber! We emphasize service, care and respect!

Minimum Age: 13

Maximum number of participants: 10

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2023 Onizuka Day of Exploration at UH West Oahu

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A-221
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Learn the fun way to safely enjoy sparring with your friends with a light saber! We emphasize service, care and respect!

Minimum Age: 13

Maximum number of participants: 10

Prerequisites: Ages 13 years old and up. Parents are welcome to watch and do not need to sign up separately.

ODE109 2:15-2:45 PM
A-221
Buff



Light Saber Training Session

Learn the fun way to safely enjoy sparring with your friends with a light saber! We emphasize service, care and respect!

Minimum Age: 13

Maximum number of participants: 10

Prerequisites: Ages 13 years old and up. Parents are welcome to watch and do not need to sign up separately.

ODE110 10-11 AM
D-151
Sherry Byrnes



AED Institute Hands Only CPR

This will be a hands-on session for learning the basics of saving the life of a cardiac arrest victim. Anyone, any age, and anywhere can collapse for no reason and the first minutes of recognition and life saving skills make the difference between life and death. The session is fun, interactive, and full of myth-busting knowledge. Open to all ages. Come at the scheduled time or drop in anytime from 10:00 to 2:00.

Maximum number of participants: 40

ODE110 11:15-12:15 PM
D-151
Sherry Byrnes



AED Institute Hands Only CPR

This will be a hands-on session for learning the basics of saving the life of a cardiac arrest victim. Anyone, any age, and anywhere can collapse for no reason and the first minutes of recognition and life saving skills make the difference between life and death. The session is fun, interactive, and full of myth-busting knowledge. Open to all ages. Come at the scheduled time or drop in anytime from 10:00 to 2:00.

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D-151
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Maximum number of participants: 40

ODE111 10-11 AM
Building C Table
#C124/C125 1st floor
Kainoa Nahulu



Pai Kapa: Cloth Printing

Screen printing is a process where ink is forced through a mesh screen onto a surface. Students and families will have the opportunity to screen print an image specific to UHWO. Participants are encouraged to bring something of their own to print on whether it be a shirt, canvas tote, or any printable material. Participants may attend at the scheduled time or drop in at any time.

Maximum number of participants: 30

Prerequisites: Open to all ages. Children 8 and under must be accompanied by an

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

adult.

ODE111 11:15-12:15 PM
 Building C Table
 #C124/C125 1st floor
 Kainoa Nahulu



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Maximum number of participants: 30

Prerequisites: Open to all ages. Children 8 and under must be accompanied by an adult.

ODE111 1-2 PM
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Maximum number of participants: 30

Prerequisites: Open to all ages. Children 8 and under must be accompanied by an adult.

ODE111 2:15-3:15 PM
 Building C Table
 #C124/C125 1st floor
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Maximum number of participants: 30

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ODE112 11:15-12:15 PM
 C-131 Nulu Center
 Manu Aluli Meyer



E Honouliuli - A Name Chant of Honouliuli

E Honouliuli is a class where you will learn how to sing the song Mele Honouliuli and learn about special places of the Ewa Plains. Come to learn how to sing a beloved song of place.

Maximum number of participants: 30

Prerequisites: Ages 5 to adult. Below 8 requires an adult.

ODE112 2:15-3:15 PM
 C-131 Nulu Center
 Manu Aluli Meyer



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Maximum number of participants: 30

Prerequisites: Ages 5 to adult. Below 8 requires an adult.

ODE113 10-11 AM
 C-131 Nulu Center
 Manu Aluli Meyer



Moolalo o Ewa-Story of Ewa

The artist was colorblind, but was able to capture the Epic Tale of Hi'iakaikapoliopole as she traversed through this area of Honouliuli. Come and see the beautiful mural and see his artistic skills come to life.

Minimum Age: 10

Maximum number of participants: 30

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

Prerequisites: Ages 10 to adult

ODE113 1-2 PM
C-131 Nulu Center
Manu Aluli Meyer



Moolelo o Ewa-Story of Ewa

The artist was colorblind, but was able to capture the Epic Tale of Hi'iakaikapoliopole as she traversed through this area of Honouliuli. Come and see the beautiful mural and see his artistic skills come to life.

Minimum Age: 10

Maximum number of participants: 30

Prerequisites: Ages 10 to adult

ODE114 10-11 AM
C-208



VEX Robotics Competition

VEX IQ robotics for students in grades 4-8, is the largest scholastic robotics program in Hawaii with 153 teams in the current year. 18 Hawaii teams are competing in the World Championships in Dallas, Texas. Each year the game challenge changes which fosters students learning and practicing engineering design, computer programming, and life skills like teamwork and problem solving.

Join us in room C208 and cheer on the 20 teams as they try to score points by collecting and launching plastic pucks. Want to start a robotics program at your school or your scout unit? Find out what grants are available and how to get started.

ODE114 11:15-12:15 PM
C-208



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VEX IQ robotics for students in grades 4-8, is the largest scholastic robotics program in Hawaii with 153 teams in the current year. 18 Hawaii teams are competing in the World Championships in Dallas, Texas. Each year the game challenge changes which fosters students learning and practicing engineering design, computer programming, and life skills like teamwork and problem solving.

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ODE114 1-2 PM
C-208



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C-208



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ODE115 10-11 AM
C-225



Patch Trading

Get ready for a thrilling journey into the world of Scouting at the Onizuka Day of Exploration! We're excited to present the Scout Patch Trading Station, an interactive and nostalgic experience that will bring Scouts and enthusiasts together. Join us in this captivating event and be a part of the excitement as you trade and collect unique patches that celebrate the spirit of Scouting!

ODE115 11:15-12:15 PM
C-225



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ODE115 1-2 PM
C-225



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ODE115 2:15-3:15 PM
C-225



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ODE116 10-11 AM
C-225
Yulee Okazaki



Speed Cubing

Witness firsthand the lightning-fast skills of our talented competitors as they battle it out for cubing supremacy. Enjoy live demonstrations and learn advanced solving techniques from experienced speedcubers. Test your own cubing abilities and try your hand at solving a variety of twisty puzzles.

ODE116 11:15-12:15 PM
C-225
Yulee Okazaki



Speed Cubing

Witness firsthand the lightning-fast skills of our talented competitors as they battle it out for cubing supremacy. Enjoy live demonstrations and learn advanced solving techniques from experienced speedcubers. Test your own cubing abilities and try your hand at solving a variety of twisty puzzles.

ODE116 1-2 PM
C-225
Yulee Okazaki



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ODE116 2:15-3:15 PM
 C-225
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ODE117 10-11 AM
 Building D 1st floor outside
 building mauka end
 nearest courtyard
 Jon Magnussen



Maker Space Hano Ihu Nose Flute Making

Make a nose flute out of recycled PVC pipe, modeled after the Ohe Hano Ihu (Hawaiian Nose Flute) and with the help of students from UH West Oahu's "Intro to Music Technology" class. Learn to play your new flute and contribute your flute sound to the Sound Garden. (And mahalo for rescuing this PVC pipe from the pala dump!)

Maximum number of participants: 15

Prerequisites: All age levels are welcome. Adults with participants under 11 please.

ODE117 11:15-12:15 PM
 Building D 1st floor outside
 building mauka end
 nearest courtyard
 Jon Magnussen



Maker Space Hano Ihu Nose Flute Making

Make a nose flute out of recycled PVC pipe, modeled after the Ohe Hano Ihu (Hawaiian Nose Flute) and with the help of students from UH West Oahu's "Intro to Music Technology" class. Learn to play your new flute and contribute your flute sound to the Sound Garden. (And mahalo for rescuing this PVC pipe from the pala dump!)

Maximum number of participants: 15

Prerequisites: All age levels are welcome. Adults with participants under 11 please.

ODE118 10-11 AM
 Building D 1st floor outside
 building mauka end
 nearest courtyard
 Jon Magnussen



Sound Garden

Enjoy an interactive sound garden (speakers, mixer, live mics, etc.) assembled by students of UH West Oahu's "Intro to Music Technology" class, featuring natural and synthesized sounds, original songs written and produced by UHWO songwriting students, and sound from YOU. Learn how to make a synthesizer from scratch with Max, the "playground for invention" software from Cycling74. Participants can come and go any time during the 3-hour session.

Maximum number of participants: 20

Prerequisites: All age levels are welcome. Adults with participants under 11 please.

ODE118 11:15-12:15 PM
 Building D 1st floor outside
 building mauka end
 nearest courtyard
 Jon Magnussen



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Enjoy an interactive sound garden (speakers, mixer, live mics, etc.) assembled by students of UH West Oahu's "Intro to Music Technology" class, featuring natural and synthesized sounds, original songs written and produced by UHWO songwriting students, and sound from YOU. Learn how to make a synthesizer from scratch with Max, the "playground for invention" software from Cycling74. Participants can come and go any time during the 3-hour session.

Maximum number of participants: 20

Prerequisites: All age levels are welcome. Adults with participants under 11 please.

ODE119 10-11 AM
 D-140
 Kelly Sutcliffe



Creating Art Through Dye Extraction

Students will be creating their own painting by extracting dye from flowers and plants.

Minimum Age: 5

Maximum Age: 10

Maximum number of participants: 15

Prerequisites: Ages 5 to 10 years old. Adults should accompany youth and do not need to register separately.

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2023 Onizuka Day of Exploration at UH West Oahu

ODE119 11:15-12:15 PM
 D-140
 Kelly Sutcliffe



Creating Art Through Dye Extraction

Students will be creating their own painting by extracting dye from flowers and plants.

Minimum Age: 5

Maximum Age: 10

Maximum number of participants: 15

Prerequisites: Ages 5 to 10 years old. Adults should accompany youth and do not need to register separately.

ODE120 10-11 AM
 D-151
 Ron Ishimaru Harvey Ouchi



Magic in S.T.E.M.

This session will introduce several principles and concepts of S.T.E.M. that magicians use when entertaining audiences. Presenters will demonstrate magic routines with explanations that include science and math principles to create amazing results. If time permits, participants will also have an opportunity to apply these principles to create their own magic.

Minimum Age: 8

Maximum number of participants: 20

Prerequisites: Ages 8 and above. Ages under 12 need to be accompanied by an adult.

ODE120 11:15-12:15 PM
 D-151
 Ron Ishimaru Harvey Ouchi



Magic in S.T.E.M.

This session will introduce several principles and concepts of S.T.E.M. that magicians use when entertaining audiences. Presenters will demonstrate magic routines with explanations that include science and math principles to create amazing results. If time permits, participants will also have an opportunity to apply these principles to create their own magic.

Minimum Age: 8

Maximum number of participants: 20

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ODE120 1-2 PM
 D-140
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Minimum Age: 8

Maximum number of participants: 20

Prerequisites: Ages 8 and above. Ages under 12 need to be accompanied by an adult.

ODE120 2:15-3:15 PM
 D-140
 Ron Ishimaru Harvey Ouchi



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Minimum Age: 8

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Prerequisites: Ages 8 and above. Ages under 12 need to be accompanied by an adult.

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ODE121 10-11 AM
D-141
Ian Kitajima



Build to Learn: Learn to Code with ARTEC robots

Become a 'Maker' in 60 minutes! Design, build and code. We'll teach you the basics, and then lets prototype as a way to learn by building something. ARTEC is an exciting new prototyping tool to pair with Design Thinking to apply the "Build to Learn" mindset. See why ARTEC is a comprehensive platform for K-12 that runs on Chromebooks, PCs, iOS, and Mac X.

Minimum Age: 8

Maximum Age: 14

Maximum number of participants: 20

Prerequisites: Grades 3-8 only

ODE121 1-2 PM
D-141
Ian Kitajima



Build to Learn: Learn to Code with ARTEC robots

Become a 'Maker' in 60 minutes! Design, build and code. We'll teach you the basics, and then lets prototype as a way to learn by building something. ARTEC is an exciting new prototyping tool to pair with Design Thinking to apply the "Build to Learn" mindset. See why ARTEC is a comprehensive platform for K-12 that runs on Chromebooks, PCs, iOS, and Mac X.

Minimum Age: 8

Maximum Age: 14

Maximum number of participants: 20

Prerequisites: Grades 3-8 only

ODE122 11:15-12:15 PM
D-141
Michael Hubbard



Photography and Digital Storytelling

Learn about how to be a better photographer, edit photos, and display on social media. SLR camera not needed, smartphone cameras are perfectly acceptable.

Minimum Age: 12

Maximum number of participants: 30

Prerequisites: Ages 12 and above

ODE123 10-11 AM
D-145
Roger Kwok



Fossils - The Tales They Tell

What can a fossil tell us? Aside from the obvious clues to the physical attributes of the creature(s) that once roamed the Earth, fossils also contain valuable information regarding behaviors of the creature(s) and the conditionals of the environment that they lived in. We will be examining several fossils and trying to piece together the clues that reveal some interesting stories behind each one.

Minimum Age: 8

Maximum number of participants: 24

Prerequisites: Grade 1-12. Adults are welcome to accompany youth. Adults do not need to register separately.

ODE123 11:15-12:15 PM
D-145
Roger Kwok



Fossils - The Tales They Tell

What can a fossil tell us? Aside from the obvious clues to the physical attributes of the creature(s) that once roamed the Earth, fossils also contain valuable information regarding behaviors of the creature(s) and the conditionals of the environment that they lived in. We will be examining several fossils and trying to piece together the clues that reveal some interesting stories behind each one.

Minimum Age: 8

Maximum number of participants: 24

Prerequisites: Grade 1-12. Adults are welcome to accompany youth. Adults do not need to register separately.

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

ODE124 2:15-3:15 PM
 D-145
 Dr. Kauai Merritt



Hawaiian and Indigenous Health and Healing.

Come to learn more about a UH West Oahu concentration focusing on Hawaiian and Indigenous Health and Healing with Dr. Kauai Merritt, Director of the HHH Concentration at UHWO. Participants will learn more about why such a degree is important.

Minimum Age: 18

Maximum number of participants: 30

Prerequisites: Ages 18 and above.

ODE126 10-11 AM
 D-146
 Lori Shimoda



Forensic Science: Mock Crime Scene Evidence Analysis.Grades 4 to 8.

A mock crime was committed, physical evidence was recovered from the scene of the crime, and 5 persons of interest were identified. Chaminade University Forensic Science Faculty and undergraduate students will take you through the steps of evidence analysis using contemporary Forensic Science techniques so you can solve the crime. Hands-on Forensic techniques include developing fingerprints, ink chromatography, and microscopic evidence analysis.

Minimum Age: 9

Maximum Age: 14

Maximum number of participants: 30

Prerequisites: Grades 4 to 8

ODE126 1-2 PM
 D-146
 Lori Shimoda



Forensic Science: Mock Crime Scene Evidence Analysis.Grades 4 to 8.

A mock crime was committed, physical evidence was recovered from the scene of the crime, and 5 persons of interest were identified. Chaminade University Forensic Science Faculty and undergraduate students will take you through the steps of evidence analysis using contemporary Forensic Science techniques so you can solve the crime. Hands-on Forensic techniques include developing fingerprints, ink chromatography, and microscopic evidence analysis.

Minimum Age: 9

Maximum Age: 14

Maximum number of participants: 30

Prerequisites: Grades 4 to 8

ODE127 11:15-12:15 PM
 D-146
 Lori Shimoda



Forensic Science: Mock Crime Scene Evidence Analysis.Grades 9 to 12.

A mock crime was committed, physical evidence was recovered from the scene of the crime, and 5 persons of interest were identified. Chaminade University Forensic Science Faculty and undergraduate students will take you through the steps of evidence analysis using contemporary Forensic Science techniques so you can solve the crime. Hands-on Forensic techniques include developing fingerprints, ink chromatography, and microscopic evidence analysis.

Minimum Age: 14

Maximum Age: 18

Maximum number of participants: 30

Prerequisites: Grades 9 to 12

ODE127 2:15-3:15 PM
 D-146
 Lori Shimoda



Forensic Science: Mock Crime Scene Evidence Analysis.Grades 9 to 12.

A mock crime was committed, physical evidence was recovered from the scene of the crime, and 5 persons of interest were identified. Chaminade University Forensic Science Faculty and undergraduate students will take you through the steps of evidence analysis using contemporary Forensic Science techniques so you can solve the crime. Hands-on Forensic techniques include developing fingerprints, ink chromatography, and microscopic evidence analysis.

Minimum Age: 14

Maximum Age: 18

Maximum number of participants: 30

Prerequisites: Grades 9 to 12

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

ODE128 10-11 AM
 D-150
 Jason Levy



Staying Alive! - UHWO DPEM/Red Cross Hands Only CPR

Come and learn how to save a life using "Hands Only CPR" with the Red Cross and UHWO's Disaster Preparedness and Emergency Management program.

Minimum Age: 4

Maximum number of participants: 30

Prerequisites: 4 years old minimum. Adult required with participants under 10 years old.

ODE128 11:15-12:15 PM
 D-150
 Jason Levy



Staying Alive! - UHWO DPEM/Red Cross Hands Only CPR

Come and learn how to save a life using "Hands Only CPR" with the Red Cross and UHWO's Disaster Preparedness and Emergency Management program.

Minimum Age: 4

Maximum number of participants: 30

Prerequisites: 4 years old minimum. Adult required with participants under 10 years old.

ODE128 1-2 PM
 D-150
 Jason Levy



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ODE128 2:15-3:15 PM
 D-150
 Jason Levy



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Come and learn how to save a life using "Hands Only CPR" with the Red Cross and UHWO's Disaster Preparedness and Emergency Management program.

Minimum Age: 4

Maximum number of participants: 30

Prerequisites: 4 years old minimum. Adult required with participants under 10 years old.

ODE130 2:15-3:15 PM
 D-151
 Dr Esther Widiasih



Paper Airplane Contest

In this paper plane contest, participants will fold and launch paper planes with the goal of achieving the longest distance or the longest airtime. Attendees can witness the creativity and skill of the participants, as well as the excitement of seeing their paper planes soar through the air. It's a fun and lighthearted event that can bring people of all ages together.

Minimum Age: 5

Maximum number of participants: 20

Prerequisites: 5 years or older. Younger than age 12 should be accompanied by an adult

ODE131 10-11 AM
 D-238
 Dr. Lelemia Irvine



Kilohana: Hawaiian Scientists are Real

You will hear two keynote addresses from two Hawaiian scientists on their exciting research.

Minimum Age: 8

Maximum number of participants: 40

Prerequisites: Ages 8 and above. Adult is required to accompany youth in 6th grade or under. Adult must register.

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

ODE132 11:15-12:15 PM
 D-238
 Leslie Rush Landgraf, K.



Coal Mine Cookies Profit and Loss Activity

Interested in entrepreneurship, money management, or cookies...come have some fun with producing and selling cookies! This activity will taste so good.

Minimum Age: 8

Maximum number of participants: 40

Prerequisites: Grades 3 and up. Adults are welcome to accompany participants. However, not required.

ODE132 1-2 PM
 D-238
 Leslie Rush Landgraf, K.



Coal Mine Cookies Profit and Loss Activity

Interested in entrepreneurship, money management, or cookies...come have some fun with producing and selling cookies! This activity will taste so good.

Minimum Age: 8

Maximum number of participants: 40

Prerequisites: Grades 3 and up. Adults are welcome to accompany participants. However, not required.

ODE134 11:15-12:15 PM
 D-253
 Frank Green Martin
 Motooka



Getting Ready for College-Steps for Admissions and Financial Aid

Are you thinking about college or getting ready for the college selection journey? If you are, this workshop will give you insights of the college application process and understanding college financial aid. The presenters of this workshop will help you through the complex college selection/application process with the hope for participants to gain a better understanding of the path to college.

Minimum Age: 14

Maximum number of participants: 40

Prerequisites: Sophomores and juniors and their parents

ODE134 2:15-3:15 PM
 D-253
 Frank Green Martin
 Motooka



Getting Ready for College-Steps for Admissions and Financial Aid

Are you thinking about college or getting ready for the college selection journey? If you are, this workshop will give you insights of the college application process and understanding college financial aid. The presenters of this workshop will help you through the complex college selection/application process with the hope for participants to gain a better understanding of the path to college.

Minimum Age: 14

Maximum number of participants: 40

Prerequisites: Sophomores and juniors and their parents

ODE135 10-11 AM
 E-132
 Enrick Ortiz Kailulani
 Akamine



Learn Lomilomi: A Traditional Hawaiian Healing Modality

In this hands-on workshop with a partner you will learn about anatomy and will learn how to do seated Lomilomi, the traditional Hawaiian massage. Lomilomi is a Hawaiian way to massage our bodies and create health within our minds and spirit

Minimum Age: 18

Maximum number of participants: 8

Prerequisites: 18 and above only. Partners are welcome.

ODE135 11:15-12:15 PM
 E-132
 Enrick Ortiz Kailulani
 Akamine



Learn Lomilomi: A Traditional Hawaiian Healing Modality

In this hands-on workshop with a partner you will learn about anatomy and will learn how to do seated Lomilomi, the traditional Hawaiian massage. Lomilomi is a Hawaiian way to massage our bodies and create health within our minds and spirit

Minimum Age: 18

Maximum number of participants: 8

Prerequisites: 18 and above only. Partners are welcome.

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

ODE136 1-2 PM
E-132



Experience Lomilomi with Lomilomi Students

Lomilomi is the traditional Hawaiian massage. Receive a 20 minute Lomilomi session from a trained Lomilomi student.

Minimum Age: 18

Prerequisites: 18 and above only. A sign-up sheet will be available at the registration desk. Sign up when you arrive at the event.

ODE136 2:15-3:15 PM
E-132



Experience Lomilomi with Lomilomi Students

Lomilomi is the traditional Hawaiian massage. Receive a 20 minute Lomilomi session from a trained Lomilomi student.

Minimum Age: 18

Prerequisites: 18 and above only. A sign-up sheet will be available at the registration desk. Sign up when you arrive at the event.

ODE137 10-11 AM
E-133
Bernice Akamine



Cultural Chemistry

Using waiholooluu, plant dyes and mordants. What plant dyes mustard yellow, and why did fishermen dye their fishnets? Come to Cultural Chemistry and find out!

Minimum Age: 9

Maximum Age: 12

Maximum number of participants: 16

Prerequisites: Ages 9 to 12. No adult accompanying necessary.

ODE137 1-2 PM
E-133
Bernice Akamine



Cultural Chemistry

Using waiholooluu, plant dyes and mordants. What plant dyes mustard yellow, and why did fishermen dye their fishnets? Come to Cultural Chemistry and find out!

Minimum Age: 9

Maximum Age: 12

Maximum number of participants: 16

Prerequisites: Ages 9 to 12. No adult accompanying necessary.

ODE139 10-11 AM
E-135
Luca Preziati



Chemistry Myth-Busters

So many videos online claim to defy the laws of chemistry. Join us for a thrilling myth-busters event where we put these viral videos to the test! Our expert will take on the challenge of proving or disproving the science shown in these videos. Witness as we separate fact from fiction and debunk the myths that have been circulating online.

Minimum Age: 6

Maximum number of participants: 24

Prerequisites: Age 6+. Especially useful for kids up to the age of 9. All adults are encouraged to join

ODE139 11:15-12:15 PM
E-135
Luca Preziati



Chemistry Myth-Busters

So many videos online claim to defy the laws of chemistry. Join us for a thrilling myth-busters event where we put these viral videos to the test! Our expert will take on the challenge of proving or disproving the science shown in these videos. Witness as we separate fact from fiction and debunk the myths that have been circulating online.

Minimum Age: 6

Maximum number of participants: 24

Prerequisites: Age 6+. Especially useful for kids up to the age of 9. All adults are encouraged to join

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

ODE139 2:15-3:15 PM

E-135

Luca Preziati



Chemistry Myth-Busters

So many videos online claim to defy the laws of chemistry. Join us for a thrilling myth-busters event where we put these viral videos to the test! Our expert will take on the challenge of proving or disproving the science shown in these videos. Witness as we separate fact from fiction and debunk the myths that have been circulating online.

Minimum Age: 6

Maximum number of participants: 24

Prerequisites: Age 6+. Especially useful for kids up to the age of 9. All adults are encouraged to join

ODE140 10-11 AM

E-140

Laurie James Richard Jones



Newton's Two Rocket Cars

Come and design and build the fastest Balloon Racer ever. All materials will be provided to engineer, design, and redesign a basic Meat Tray Balloon Powered Rocket Car.

Minimum Age: 8

Maximum Age: 18

Maximum number of participants: 24

Prerequisites: Grades 3 to 12 - Adults Welcome to attend

ODE140 1-2 PM

E-140

Laurie James Richard Jones



Newton's Two Rocket Cars

Come and design and build the fastest Balloon Racer ever. All materials will be provided to engineer, design, and redesign a basic Meat Tray Balloon Powered Rocket Car.

Minimum Age: 8

Maximum Age: 18

Maximum number of participants: 24

Prerequisites: Grades 3 to 12 - Adults Welcome to attend

ODE141 11:15-12:15 PM

E-140

Dr. Laura Morrison Dr.
Phaedra Robinson



Coding Robotics Grade 3-5

Respond to a design challenge and program a robot to be part of the solution at our design-thinking, coding and robotics workshop! Participants will be introduced to the design process, various robots and creative challenges in small groups; challenges include creating a dance, short story or piece of art with a robot!

Minimum Age: 8

Maximum Age: 13

Maximum number of participants: 12

Prerequisites: Grades 3 to 5. Adults encouraged to attend but not required.

ODE142 2:15-3:15 PM

E-140

Dr. Laura Morrison Dr.
Phaedra Robinson



Coding Robotics Grade 6-8

Respond to a design challenge and program a robot to be part of the solution at our design-thinking, coding and robotics workshop! Participants will be introduced to the design process, various robots and creative challenges in small groups; challenges include creating a dance, short story or piece of art with a robot!

Minimum Age: 12

Maximum Age: 14

Maximum number of participants: 12

Prerequisites: Grades 6 to 8 or ages 12 to 14. Adults encouraged to attend but not required.

ODE143 11:15-12:15 PM

E-234

Ariel Grunthal-Rankin



Bone Lab

Have you ever wondered what bones can tell us about the lives of humans and our closest living and extinct animal relatives? This hands-on workshop will introduce you to the world of osteology- the study of bones, their functions, and what they can tell us about diet, disease, and much more!

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

Minimum Age: 12
Maximum number of participants: 10
Prerequisites: Age 12 and older.

ODE143 1-2 PM
 E-234
 Ariel Grunthal-Rankin



Bone Lab

Have you ever wondered what bones can tell us about the lives of humans and our closest living and extinct animal relatives? This hands-on workshop will introduce you to the world of osteology- the study of bones, their functions, and what they can tell us about diet, disease, and much more!

Minimum Age: 12
Maximum number of participants: 10
Prerequisites: Age 12 and older.

ODE144 10-11 AM
 E building second floor
 patio
 Kirsten Vacca



Simulated Dig

Participants will get the chance to dig like an archaeologist! "Dig Kits" created to simulate archaeological deposits from different time periods will give participants a chance to learn how to recreate past events from artifacts left behind.

Minimum Age: 8
Maximum Age: 18
Maximum number of participants: 6
Prerequisites: Ages 8 to 18, Adults encouraged for participants ages 8 - 11

ODE144 2:15-3:15 PM
 E building second floor
 patio
 Kirsten Vacca



Simulated Dig

Participants will get the chance to dig like an archaeologist! "Dig Kits" created to simulate archaeological deposits from different time periods will give participants a chance to learn how to recreate past events from artifacts left behind.

Minimum Age: 8
Maximum Age: 18
Maximum number of participants: 6
Prerequisites: Ages 8 to 18, Adults encouraged for participants ages 8 - 11

ODE145 11:15-12:15 PM
 E-242 & E-243
 Dr. Nicole Akana



Healthcare and Hygiene

Learn the importance of hand hygiene. See germs on your hands, and learn how to improve your handwashing skill/ability to help minimize risk to yourself and others. Learn the importance of proper mask wearing to prevent COVID-19. See a variety of mask covering and shields and how they should be properly worn. Flyers and worksheet activities will be available.

Minimum Age: 8
Maximum Age: 18
Maximum number of participants: 12
Prerequisites: Ages 8 to 18. Age 12 or younger should be accompanied by an adult. Adults do not need to register separately.

ODE146 1-2 PM
 E-242 & E-243
 Dr. Nicole Akana










Preset Microscope Slides and Vital Signs

Participants will use a student microscope to visualize a variety of preset slides and see interesting things that cannot be seen by the naked eye. See, touch, and hold common vital signs equipment. There will be a match game with the equipment, and children can have their vital signs taken by trained individuals.

Minimum Age: 8
Maximum Age: 18
Maximum number of participants: 12
Prerequisites: Ages 8 to 18. Age 12 or younger should be accompanied by an adult. Adults do not need to register separately.

Class Catalog

2023 Onizuka Day of Exploration at UH West Oahu

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|---|----------------|---|---|
| ODE147 G-136 | 10-11 AM |  | Pinewood Derby Pinewood Derby Competition |
| ODE147 G-136 | 11:15-12:15 PM |  | Pinewood Derby Pinewood Derby Competition |
| ODE147 G-136 | 1-2 PM |  | Pinewood Derby Pinewood Derby Competition |
| ODE147 G-136 | 2:15-3:15 PM |  | Pinewood Derby Pinewood Derby Competition |
| ODE148 G-110 Sharla Hanaoka | 11:15-12:15 PM |  | Get Your Game On: A Workshop in Unity Game Development Are you interested in game development? Join us for a hands-on workshop where you will learn the basics of game development with Unity, one of the most popular game engines used in the industry today. In this workshop, you will learn how to build a simple video game from scratch, using Unity's user-friendly interface and powerful tools. Our experienced instructor will guide you through the process of designing and creating a 2D game, covering topics such as game mechanics, user interface design, and basic scripting. No prior experience with game development or programming is required, as this workshop is designed for beginners. By the end of the workshop, you will have a fully functional game that you can continue to build upon and customize to your liking. Join us for this exciting workshop and take your first step into the world of game development with Unity! Minimum Age: 13 Maximum number of participants: 15 Prerequisites: 13 or older, no adult needed. |
| ODE149 G-111 Dr. Bradley Ashburn | 11:15-12:15 PM |  | Building an App on an iPad using Swift Playground Imagine your favorite iPhone apps. Have you ever wondered how they are created? Maybe you have your own ideas for the next big app! If so, come join us for a hands-on, introductory workshop on iOS app development using Apple's latest version of Swift Playgrounds. You will write code in the Swift programming language and Apple's newest framework SwiftUI. Leverage the iPad's built-in hardware to record sounds and add photos to personalize your app. Prior programming experience would be helpful but is not required. Will you create the next Instagram, Wordle, or Snapchat? Let's get Swiftly! Minimum Age: 13 Maximum number of participants: 15 Prerequisites: 13 or older, no adult needed. |
| ODE151 D-151 Carl Otsuka | 2:15-3:15 PM |  | Fire Safety This presentation is all about safety. In light of recent fires throughout the US involving rechargeable batteries, the focus the presentation and discussion will be on electrical safety. There will also be a short fire extinguisher training. Participants will have the opportunity for hands-on fire extinguisher training with a extinguisher simulator Maximum number of participants: 30 Prerequisites: Any age is welcome |