



LOTUS LINK

Your Monthly Measure of
Character, Compassion, and Community



WE STAND ON COMMON GROUND

YOU ARE INVITED TO COMMON GROUND 2019

Contributor: Vanessa Karam, Chief Enrollment & Student Affairs Officer

The division of Student Affairs is excited to announce UWest's fifth annual week of Common Ground events, April 8 through 13. The theme of this year's Common Ground is "refuge." Common Ground week was first held in spring semester 2015 as a collaborative effort between UWest's student leaders and Student Affairs to explore and reaffirm UWest's values of Character, Compassion, and Community while celebrating our "Common Ground," namely, that which connects us within our diverse cultures, experiences, and worldviews.

Each year since 2015, a planning group led by Student Life Team members has brought student, faculty, and staff volunteers together to develop Common Ground programming. This year, thanks to strong interest and support, Common Ground is shaping up to be the fullest and most engaging week so far. Following UWest tradition, the week is gently launched by a multi-faith blessing ceremony on Monday morning and goes out in style with the UWSG-sponsored talent show Friday evening. Well, almost—because this year's programming extends to Saturday, with an invigorating 5k run/walk at Whittier Narrows on the morning of April 13. The events in between span the breadth and depth of contemplation, togetherness, food fest, artistic expression, community service, chanting, entertainment, nature, refuge, social justice action, and so much more. And whatever you do, don't miss our school spirit potluck Wednesday at noon in the Recreation Center! Not only will you share delicious food from around the world; don your UWest spirit wear, and you'll receive a small gift for your enthusiasm. *[Gifts available while supplies last]*

As you can see, Common Ground is a week devoted to community building, where participants get to know one another better, make new friends, learn things they didn't know they didn't know, and feel the special belonging that makes UWest who we are. And since each member of UWest contributes uniquely to "who we are," it is my hope that everyone—students, faculty, and staff--will find time to participate in these inspiring events. Keep in mind, however: while events are great, community is people—all of us. So please study the amazing schedule and plan out a great week for your own enrichment and the enrichment of your fellow UWesters!



April 8th - April 12th

In advance of Common Ground, I'd like to express gratitude not only to the organizing committee, enthusiastically led by Eddie Escalante and Juan Tinoco, but also to groups and individuals who have come forward to provide programming this year, including our Chaplaincy Club, the UWSG, Anime Club, Dr. Kanoe Omura and her Sociology class, Prof. John Freese and his Service Learning class, Prof. Tom Moritz, Dr. Ashley Coleman, Dr. Elizabeth Burke, CAO Dr. Peter Rojcewicz, Jessa Forsythe-Crane, and April Afoa and Jenny Hannah of our Wellness Center. Not to mention so many more UWesters behind the scenes, providing their time and resources to make the Common Ground experience ever better.

COMMON GROUND HIGHLIGHTS

SEE PAGE 8 FOR A FULL SCHEDULE OF THE WEEK'S EVENTS

MONDAY, 4/8

8am-12pm: Opening Ceremony/Pop-Up Tea Ceremony/Ikebana Flower Arrangements/Interfaith Blessing (Founder's Courtyard)

3pm-6pm: UWest Student Photo Competition & Art Exhibit (Ken Locke Hall)

TUESDAY, 4/9:

12pm-1pm: Food for Funds Fundraising (Rec Center)

4pm-6pm: Spelling Bee (Auditorium)

WEDNESDAY, 4/10:

10am-12pm: Awakening Together: Community Painting (Founder's Courtyard)

11:30am-1:30pm: School Spirit Pot Luck (Rec Center)

THURSDAY, 4/11:

2pm-3pm: Ask-A-Venerable (Founder's Courtyard)

4pm-6pm: Way of Council (Ken Locke Hall)

FRIDAY, 4/12:

8:30-11:30am: Community Garden & Whittier Narrows Wild Life

4pm-6pm: UWest Talent Show (Auditorium)

SATURDAY, 4/13

7:30-9:30am: iRun4, 5k Run/Walk (Meet at Founder's Courtyard)

GOT TALENT?
Enter the talent show by talking to a UWSG officer or emailing UWestSG@hotmail.com by Wed., April 3!

SPRINGBOARD TO SUCCESS

CELEBRATING EVENTS & ACHIEVEMENTS IN SCHOLARSHIP & PROFESSIONAL ACCOMPLISHMENT ACROSS UWEST

TAX ON, TAX OFF

Contributors: Dr. Chi Sheh & PJ Gorczyca

Thanks to the VITA (Volunteer Income Tax Assistance) Program and UWest students, on March 16, 2019, 53 families were served at Hsi Lai Temple's Tax Day. These families included workers at Hsi Lai Temple, temple devotees, and members of the surrounding Hacienda Heights community. 15 students and community volunteers participated and helped make the event a rousing success.



VITA Program Director and Business Administration professor Dr. Chi Sheh would like to thank all the students who participated as well as President Chang for coming to visit and support volunteers at the event. Dr. Chi Sheh would also like to thank Hsi Lai Temple for hosting the event and giving students the opportunity to put UWest's spirit of service into action.



Tax Season isn't over yet though, and UWest's VITA Program will continue to provide tax services to the community until Saturday April 13th. Faculty, staff, students, and alumni are invited to utilize this service regardless of income up until the final day, so feel free to swing before the deadline!

Visit <http://www.uwest.edu/event/uwest-vita-program-service-february-9th-through-april-13th/> for details on using the VITA Program.

SOUTH ASIAN STUDIES ASSOCIATION CONFERENCE

Contributor: Dr. Miroj Shakya

Since 2007, leading South Asia scholars have come together at the annual conference of the South Asian Studies Association (SASA) to share knowledge and insights about South Asia's rich and unrivaled past, its bold and remarkable present, and its soaring prospects for the future. Taking place in Claremont, CA over March 1-3, 2019, the 12th annual SASA 2019 addressed and celebrated South Asia's place in the world, with leading scholars and academicians gathering to present papers and talks within traditional academic tracks. SASA 2019 featured seventy scholarly presentations and three Plenary Sessions focused on global Higher Education, the Social Media revolution across South Asia, and Health & Wellness: Planet Mind and Body.

The Department of Religious Studies endeavors to spread awareness about current research trends at UWest through participation in professional meetings and conferences like SASA. Among this year's SASA participants were UWest's Department of Religious Studies co-chair and Professor Dr. Miroj Shakya and Ph.D. student Vaishali Gaidhani. Dr. Shakya presented a paper entitled "Overcoming Obstacles: The Tradition of Recitation of the *Grahamātrkā Dhāraṇī* in the Newar Buddhist Community in Nepal" in a panel on religion, structural violence, and Buddhism; he also moderated a panel session on religion in South Asia. Vaishali Gaidhani presented a paper entitled "Babasaheb B. R. Ambedkar and the Relevance of Education" in a panel on quality and affordability on education in India and Sri Lanka. Congratulations to Dr. Shakya and Vaishali for their scholarship efforts and their contributions to the field of South Asian studies!

The Religious Studies Lecture Series continues on Thursday, April 11, 2019 with "Heroes and Villains in Hindu Mythology: The Eternal Tension between Good and Evil," a talk with Dr. Deepak Shimkhada, from 3-4pm in Ken Locke Hall.



EXPANDING THE TABLE

Contributors: Dr. Victor Gabriel & PJ Gorczyca

From March 20th-21, 2019, Hsi Lai Temple hosted the National Buddhist-Christian Dialogue, and UWest was well represented by its faculty. Dr. Jane Iwamura and Dr. Victor Gabriel both participated as co-conveyors. Dr. Iwamura helped host the Welcome and Q & A discussion on the historical foundations of Christianity and Buddhism, while Dr. Gabriel led the Opening Devotion and Q&A discussion on recent historical developments in and between faiths. In addition, Wellness Center counselor Jenny Hannah participated as a representative for the Shambhala Buddhist Group.

The National Buddhist-Christian Dialogue is coordinated by the National Council of Churches and the Guibord Center, an interfaith organization in Los Angeles. The dialogue focuses "on both theological matters (what motivates us) and justice-related issues (what concerns us). . . Ultimately, the aim of the dialogue is to build on what the communities find they have in common and work together for better understanding of one another and to promote social justice." (Guibord Center, 2018).

LECTURE SERIES LEARNING

Contributor: Dr. Miroj Shakya

On March 4, 2019, Bee Scherer, Ph.D visited UWest to deliver a guest lecture entitled "Buddhist Action for Social Justice: Engaging the Lotus Sūtra (*Saddharmapuṇḍarīka Sūtra*, SDP)". Dr. Scherer is an eminent classical and South Asian philologist* by training and a full Professor of Religious Studies (Buddhism) and Gender Studies at Canterbury Christ Church University in Canterbury, UK, and has published widely in the areas of both Buddhist Studies and Critical Theory. Dr. Scherer's area of interest is in the hermeneutical strategies possible and actually employed in Lotus Sūtra *eis-/exegesis* for social engagement. In his talk, Dr. Scherer provided newer perspectives in the methodologies of translating sacred/foundational texts into Buddhist action for Social Justice, with the example of the Lotus Sūtra. The talk provided opportunities for students to gain exposure to new areas in their research.

IS THERE A DOCTOR IN THE HOUSE?

Contributor: Wenwen Zhou

Friday, March 15, 2019 was a momentous day for the Religious Studies department, and for two PhD candidates in particular, when **Margaret Meloni** and **Laura Loan Thuy Nguyen** successfully defended their doctoral dissertations. The dissertation defense is the culminating academic activity for doctoral students and represents a first professional contribution of new knowledge to the field. Lotus Link caught up with Margaret and Laura to ask a few questions about this exciting accomplishment and milestone in their academic and professional careers.

Reflecting back on the dissertation process, what was more challenging than you thought it would be and what was less challenging?

Margaret: It took longer to write than I thought.

The dissertation defense presentation was fun.

Laura: Nobody has experienced researching for a dissertation until you do it. It is searching for more details and a much larger challenge than I thought, nothing less or easier.

Do you have any plans to publish your dissertation?

Margaret: Yes, definitely. I will try to publish it into a book.

Laura: Yes, I want to publish my dissertation and translate it into Vietnamese for publishing too.

What do you hope to do after you are done with your study at UWest?

Margaret: I will continue to research, write, and speak on the topic. I will study more of early Buddhism. Another personal topic I will do is to help people deal with death. Because of my personal experience having people around passing away during the past few years. I experienced self-grieving. And people in America do not like talking about death. I want to help people do deal with the fear of death. I have a published non-fiction book, not academic, called Carpooling with Death.

Laura: I have many ideas, but for now I am too tired to think. I may want to go to a retreat for a while, before doing anything else.



(L to R):
Dr. Miroj Shakya,
Dr. Jane Iwamura,
Margaret Meloni,
Dr. Lewis Lancaster

EXPRESSIONS OF DHARMA: BUDDHIST ART & CULTURE

Contributor: Dr. Jane Iwamura

Artistic and cultural expressions have been a vital means of religious engagement for Buddhists. From early Buddhist architecture to cave paintings and calligraphy, artistic forms symbolically capture Buddhist worldviews in ways that both reflect and enhance religious devotion.

To mark the publication of the English edition of the Encyclopedia of Buddhist Arts, the Institute of the Study of Humanistic Buddhism (ISHB) at University of the West and Fo Guang Shan Hsi Lai Temple are pleased to host "**Expressions of the Dharma: Buddhist Art and Culture in Everyday Life**" from April 4-6, 2019. Conference proceedings will occur on April 4 and 5 at Hsi Lai Temple, and on April 6 at the UWest campus.

Conference registration is available online at <https://www.ishb-uwest.org/2019-conference>.

The following conference sessions are **free** (registration required at <http://www.hsilai.org/en/events/panel.php>)

Buddhist Art & Culture In Everyday Life

Thursday, April 4, 7-9pm

Moderator: Dr. Lewis Lancaster

Panel: Dr. Kerry Lucinda Brown (Savannah College of Art & Design), Dr. David Efurd (Wofford College), Dr. Tracy Miller (Vanderbilt University)

Encyclopedia of Buddhist Arts

Friday, April 5, 10-11:45am

Moderator: Ven. Youheng (Editorial Director)

Panel: Ven. Mankuang, Peter Johnson, Yann Lovelock, Graham Wilson, Stefanie Porkoski

The Way of the Flower: Ikebana as Spiritual Path

Friday, April 5, 2-3pm

Shauna Eheler (University of the West), Susan Morse (UC Irvine), Larisa Castillo (UC Irvine)

Paglalayag: Journeys on Learning, Living and Propagating Expressions of Dharma through Performing Arts

Friday, April 5, 7-9pm

Panel participants are scholars from Guang Ming College: Katherine Mae G. Sabate, Gian Carlo Navarro, Al Bernard Garcia, Cychaina Jontilano & Cyril Valeriano, Ralph Jade Tampal, Guang Ming

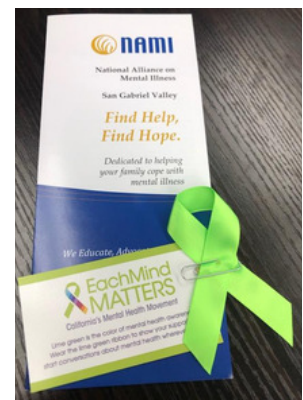
MENTAL HEALTH IN THE REAL WORLD

Contributor: Dr. Ashley Coleman

On Thursday, March 21, the UWest Department of Psychology hosted two speakers from the National Alliance on Mental Illness (NAMI), the largest grassroots advocacy organization for individuals with mental illness. The NAMI representatives, Denise and Emily, shared their personal journeys of trauma, resilience, and recovery-oriented care with students from the undergraduate psychology and graduate psychology courses. After the presentation, the guest speakers answered detailed questions about the dos and don'ts for mental health clinicians. Psychology students expressed appreciation for bearing witness to the testimonies of "real people" and felt motivated to continue their career pursuits. The Psychology Department looks forward to bringing NAMI back to UWest to present to the larger campus community during Mental Health Awareness Month in May, 2019.



(L to R):
Laura Loan Thuy Nguyen,
Dr. Jane Iwamura



CATCHING UP WITH UWSG

2019-2020 UWSG ELECTIONS

Contributors: Tiffany Martinez & Wendy Pino

Elections for all UWest Student Government positions for the 2019-2020 year are coming up soon! Available UWSG 2019-2020 Positions:

President	Vice-President	Secretary
Treasurer	Public Relations	Activities Officer
Student Issues	Webmaster	Alumni Advisor

Officers and representatives shall be elected for a term of one year in an election held by the Election Commission in accordance with the Election Commission Bylaws, UWSG Bylaws, and UWSG Constitution. The entire student body shall elect officers. UWSG officers oversee the daily operations of UWSG, plan special events, and represent the student voice to the university administration. UWSG encourages all students to become involved in UWSG affairs and operations by attending the regular assembly meetings. UWSG operates on an open-consensus model; any student can bring forth any issue at any time and decisions are made by consensus.

Voting occurs between April 29-May 3. All candidates are restricted from campaigning near the voting locations.

HOW TO RUN FOR STUDENT GOVERNMENT OFFICE:

- Pick up the Intent to Run for Office form from the Residential Life or Student Life office and fill out the form.
- Submit your completed form to Election Committee Chairwoman Wendy Pino (hard copy or email is fine; wendy.pino@my.uwest.edu).
- Once you have submitted your form, you may begin to campaign. When designing campaign materials, please keep in mind our student rights, responsibilities, and conduct expectations, which include:
 - freedom of expression that does not infringe on the rights of others.
 - no discrimination on the basis of race, ethnicity, sex, national origin, religion, age, gender or gender expression or identity, disability, sexual orientation, or any other classification that deprives any persons their rights as valued individuals.
 - the right to participate in the formulation and application of institutional policy related to both academic and non-academic student affairs; to access information; to express views, and to have these views respectfully considered by other members of the UWest community.
 - engage in responsible and ethical conduct and model good citizenship in and beyond the campus community.
 - refrain from harming or discrediting themselves, the university, or any other individual." - UWest Academic Catalog 2018-2019

Your Spring 2019 Election Committee:

Wendy Pino, Chairwoman Victor Flores Blake Yilun Lu



2018-2019 UWSG OFFICERS:

Tiffany Martinez , President	Divya Peiris , Vice-President
Wendy Pino , Secretary	Jesse Perez , Treasurer
Michael Baumann Rett , Activities	Mikey Mendoza , Student Issues
Gosiya Shaikh , Public Relations	Saroj Bhandari , Webmaster
Eduardo Espinosa , Alumni Advisor	

WE GOT GAME

Contributor: PJ Gorczyza

On Friday, March 8th, the UWest campus gathered at the basketball court for the annual UWest Staff vs. Students Basketball Game. The game serves as a symbol of community, one of the school's three core values; it also features friendly competition, with some bragging rights for staff and students on the line. Every year the Staff/Students game is an exciting event, and this year did not disappoint!

The students took the early lead in the first half thanks to their sharp shooting and strong defensive effort; by halftime, they ran the score up 16 – 9. But in the second half, the staff battled back and made it a close game. In the end though, the students didn't give up the lead and won 21 – 16, securing a win for the second year in a row.



After the game, students and staff got together to congratulate each other in a show of good sportsmanship and a demonstration of the close community here at UWest.



If you have questions about running for student government or the election process, please come to UWSG General Assembly any Monday from 5-6pm, or email Wendy Pino at wendy.pino@my.uwest.edu

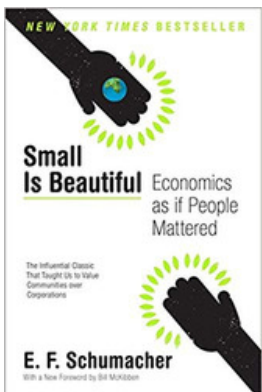


PRESIDENTIAL FROM THE OFFICE POST OF DR. CHANG

This month, Dr. Chang shares a quote from a favorite book with the UWest community:

"... Buddhist economics is the *systematic study of how to attain given ends with the minimum means*. Modern economics, on the other hand, considers consumption to be the sole end and purpose of all economic activities, taking the factors of production - land, labor, and capital - as the means. The former, in short, tries to *maximize human satisfactions by the optimal pattern of consumption*, while the latter tries to maximize consumption by the optimal pattern of productive effort."

- E. F. Schumacher, *Small is Beautiful: Economics As If People Mattered*, (2nd ed.; 2010, p. 61)



PARTNERS IN THE PHILIPPINES

Contributor: Grace Hsiao

On March 19, Dr. Helen Correa, President of Guang Ming College, Abbess Venerable Miao Jing from Fo Guang Shan Mahubey Temple (both located in Manila, Philippines), and two students visited UWest. The delegates met with President Dr. Otto Chang, CAO Dr. Peter M. Rojcewicz, CESAO Vanessa Karam, and Grace Hsiao to discuss opportunities for collaboration between Guang Ming College and University of the West. The 45-minute meeting was followed by a campus tour and lunch at the UWest cafeteria. Both sides wish to enhance the cooperative relationship for years to come.



TIME TO TAKE A BREATH

MEDITATION ROOM (ED 207)
SCHEDULE FOR APRIL 2019

UNIVERSITY OF THE WEST

April 2019 Chanting Schedule ED 207 Meditation Room

12- 12:10 pm

April 1 : Jessica Meditation
 April 8: David Meditation
 April 15 : Shannon Christian hymns
 April 22: Vaishali Pali Chanting
 April 29 Ven. Hanh Vietnamese Chanting

4:30 - 5:00 pm

April 02 & April 16
 Dr. Jitsujo English Chanting

We will offer prayer, song, meditation, or chanting
 Everyone is welcome to join for your spiritual well-being.

UNIVERSITY OF THE WEST

Meditation Room Schedule for Dr. Victor's "Meditation and Silence" Class

April 3	Wednesday	10am- 10:40am	Ven. Hwi Han	Chanting & meditation
April 11	Thursday	10am- 10:40am	Ven. Dhammajothi	Chanting
April 17	Wednesday	10am- 10:40am	Ven. Tam	Chanting
April 26	Friday	10am- 10:40am	Do-Shin	Chanting & Zen Meditation

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Jessa Forsythe-Crane, Editor: jessaf@uwest.edu
 PJ Gorczyca, Associate Editor
 Wenwen Zhou, Printing Coordinator

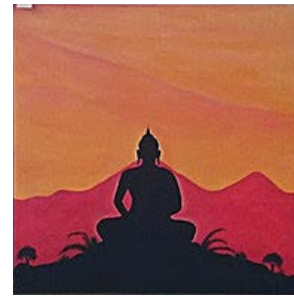
**All comments, questions, feedback, and submissions
may be sent directly to newsletter@uwest.edu**

MINDFUL EXPRESSION COMMUNITY CREATIVITY

Mindful Expression features the creativity of the UWest community every month. Submit artwork, paintings, drawings, stories, poems, essays, recipes, etc. to newsletter@uwest.edu



Artwork by
Attiyde
Pugnara
Thana,
Graduate
student,
MDiv



A China Tale

For Michael Grosso

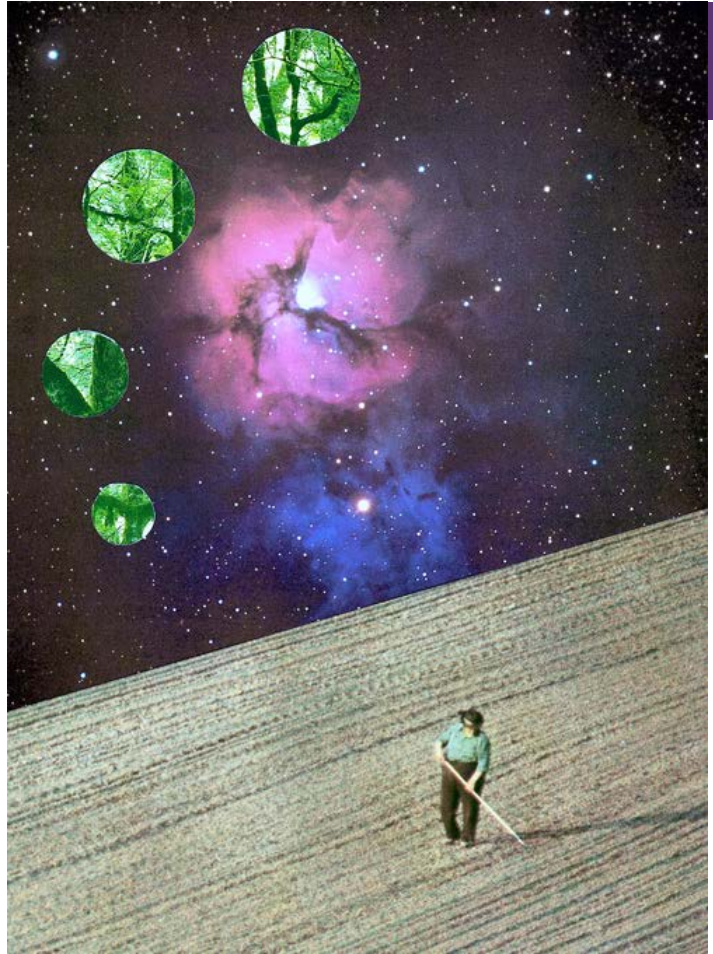
Midsummer lush thunder-light. Sichuan Province.
A soldier joggled with pals patrolling
a fire tower - an earthquake
pitching the old brick station. Trapped
in the dread rubble dark, companions
consorted in death before he broke free.

Years later, he lives blood-quickenened by revenants,
hears their hushed lament as twilight's red dust settling.
Longs for a Kansas journey because he must
live free from airless brick-laid spaces,
stubble fields of grass he needs
broad enough for ghosts to breathe.

-Peter M. Rojcewicz



Bypass



The Space Grain



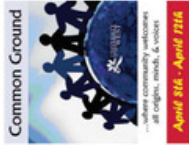
Dire Dark

"I practice in various mediums of art, but I like collage work because it's very calming. The act of creating new visual ideas through collaging is both a difficult and soothing experience. If a person has trouble painting and sketching, collage art offers an outlet for their creativity to shine. It's somewhat simple to understand but difficult to get just right, so I highly recommend trying it out at least once, because it is well worth the effort!"

-Victor Flores, undergraduate student, Business



Wait



Welcome to Common Ground 2019

Mon 4/8

8:00 AM - 12:00 PM
Multi-Faith Blessing
Founder's Courtyard

11:00 AM - 1:00 PM
Corn & Fruit Vendor
Founder's Courtyard



12:00 PM - 1:00 PM
Dodgeball Tournament
Basketball Court

3:00 PM - 6:00 PM
UWest Student Photo Competition
and Art Exhibit
Ken Locke Hall, ED-213



Tues 4/9

11:30 AM - 1:00 PM
Free Henna Tattoo
Recreation Room



12:00 PM - 1:00 PM
Food for Funds Fundraising
Hosted by Sociology Class
Recreation Room

12:30 PM - 2:00 PM
Community Mandala
Founder's Courtyard



4:00 PM - 6:00 PM
Spelling Bee
UWest Auditorium

Wed 4/10

8:00 AM - 9:00 AM
Bird Watching Walking Meditation
Meet at Founder's Courtyard

10:00 AM - 12:00 PM
Awakening Together:
Community Painting
Founder's Courtyard

11:30 AM - 1:30 PM
School Spirit: Pot Luck
Recreation Room

11:30 AM - 1:00 PM
Clothesline Project UWest
Recreation Room

1:30 PM - 2:30 PM
DACA Presentation Event
Recreation Room

3:00 PM - 6:00 PM
Clothesline Project UWest
Founder's Courtyard

3:00 PM - 4:00 PM
Tea @ Three
Outside Cafe

4:00 PM - 5:30 PM
Community Mandala
Founder's Courtyard

8:00 PM - 10:00 PM
Anime Club Movie Night
Ken Locke Hall, ED-213

Thurs 4/11

10:00 AM - 11:40 AM
Dhammachka Sutta Chanting
Ven. Dhammajothi
Meditation Room, ED-207

11:00 AM - 12:00 PM
"Worldviews as Refuge:
China, India, and the West."
Presented by CAO, Dr. P. Rojcewicz
Ken Locke Hall, ED-213

12:00 PM - 1:00 PM
Let's Get Real About Relationships
Hosted by Dr. Coleman & Dr. Burke
Ken Locke Hall, ED-213

1:00 PM - 2:00 PM
Interfaith Fashions
Founder's Courtyard

2:00 PM - 3:00 PM
Ask-A-Venerable
Founder's Courtyard

3:00 PM - 4:00 PM
Heroes and Villains in Hindu
Mythology: The Eternal Tension
Between Good and Evil
Guest Lecture by Dr. Deepak Shimkhada
AD-208

4:00 PM - 6:00 PM
Way of Council
Ken Locke Hall, ED-213

Fri 4/12

8:30 AM - 11:30 AM
Service Day, Community Garden
& Whittier Narrows Wild Life
Community Garden

12:00 PM - 1:30 PM
Barbeque Hosted by
UWest Student Government
Residence Hall Lawn



6:00 PM - 8:00 PM
UWest Talent Show
Hosted by
UWest Student Government
UWest Auditorium

8:00 PM - 10:00 PM
Gazebo Under the Stars
After Party
UWest Gazebo

Sat 4/13

7:30 AM - 9:30 AM
iRun4, 5K Run/Walk
at Bosque Rio Hondo
Meet at Founder's Courtyard

Common Ground

Opening Ceremony

10:00 ~ 11:00 am

Ikebana "Flower Arranging"
08:00 ~ 10:00 am

"Pop-up" Tea ceremony
08:00 ~ noon

8th, April
Fountain Courtyard
Please come and join us

Chaplaincy Club

FUNDRAISING EVENT

SOCIOLOGY CLASS

DATE - TUESDAY, APRIL 9TH
TIME - 12:00 TO 1:00 PM
IN THE RECREATION ROOM

FUNDRAISING IN SUPPORT OF
VEN. DE HONG'S
PRISON PROJECT

UWEST SPELLING BEE

April 9th, 2019
4pm-6pm on Tuesday
University of the West
Location: Auditorium
Welcome to All Students, Staff and Faculty

sign up at: <https://bit.ly/2TNvCsL>
or scan the QR code

COMMUNITY MANDALA

Founder's Courtyard (materials provided)
Tuesday April 9th 12:30-1:30pm
Wednesday April 10th 4pm-6pm

All are invited to participate in creating a collaborative art piece within the context and container of a stenciled mandala.

ALL ARE WELCOME
No previous art experience required
Show up any time during the offering
Stay for as little or as long as you like
A UWEST WELLNESS CENTER OFFERING

UNIVERSITY OF THE WEST

Common Ground week
"Awakening together"
(Group painting With Fingerprints of compassion)
by chaplaincy club

Date : April 10th wednesday
Time : 10 am - 12 am
Venue : fountain courtyard
All are warmly welcome

Clothesline Project UWest

A visual display* that bears witness to violence against women
Write your story or words of solidarity
Bring completed shirt to April & she will gratefully add it to the line!

Join us Wednesday 4/10 to decorate t-shirts in support of sexual assault victims & survivors:

- 11:30am-2:30pm up the hill in the Recreation Room
- 3-6pm down the hill at Café Courtyard Area

*Clear all please: images at your own risk as some words & images may be upsetting. The images of the project your words & drawings can have on others & be aware that people are invited to find their "voice" to publicly express their experiences & emotions. Offered by Wellness Center where a counselor will be available (626) 571-4811 x344 or x152.

School Spirit: POT LUCK

Wednesday April 10th, 2019
11:30 AM- 1:30 PM
in the Recreation Center

Come and taste the delicious dishes from different cultures and bring a dish to share!

<https://goo.gl/HqwNA7>

DHAMMACAKKA SUTTA CHANTING

By- Ven. Dhammajothi (MDIV 2nd year)

Date : April 11th, Thursday
Time : 10 am – 11 am
Venue: Meditation room (ED 207)

All Are Welcome To Get The Blessings!!
Free CD of DHAMMACAKKA SUTTA. Blessing thread & water are provided for all the participants!

#DEFEND DACA

Wednesday
APRIL 10
1:30 PM - 2:30 PM
THE RECREATIONAL CENTER

Common Ground 2019
University of the West

UNIVERSITY OF THE WEST

Common Ground Week THURSDAY | 04/11

UWest Founder's Courtyard

Interfaith Fashion

1:00PM - 2:00 PM
Come to learn the different type of robes/outfits from different traditions and cultures.

Ask-A-Venerable!

2:00PM - 3:00 PM
A chance for you to ask the venerables/priests all the questions about their path.

Chaplaincy Club

Heroes and Villains in Hindu Mythology: The Eternal Tension Between the Good and Evil

DATE- THURSDAY, APRIL 11TH
TIME- 3:00 - 4:00 PM
IN AD 208

In this public talk, Dr. Deepak Shimbhada will explore the trope of tension between heroes and villains within the Hindu tradition.

Please join us for a journey into the world of supernatural powers and the constant struggles between good and evil openly acted out by gods and demons through the epic battles.

Guest Speaker
Dr. Deepak Shimbhada is a noted scholar of Hindu studies and is the author of numerous journal articles. After retiring from Claremont McKenna College in 2012, he currently teaches at Claremont School of Theology as an adjunct professor.

Monarch Sanctuary

UWEST COMMUNITY GARDEN PROJECT

Participate in developing the UWEST community garden. Help in our effort to develop our garden by planting native California flowers that will both attract Monarch Butterflies and beautify the dorm room area.

Bring Your Own Empty Pot. We'll provide you with soil and seeds!

Friday 4/12/19
9 am - 12 pm
Community Garden (Behind the Residence Halls)

For Information, Contact: housing@uwest.edu

Way of Council

Thurs., April 11th, 4-6pm
Ken Locke Hall

Join UWest's Talking Circle
~ experience a different way to communicate ~

COMMON GROUND BBQ party

FRIDAY, APRIL 6, 2018 AT 12PM
RECREATION CENTER

I RUN FOR...

Uwest Common Ground Week- 5k Run

Host: *Three acts of goodness *The office of Student Life *Marathon with mindfulness

- Date: April 13 (Sat), 8:00am-10:00am
- Bill Pick up: 7:30am-7:50am
- Place: Whittier Greenway Trail
- Start time: 8am
- online registration and only for 30 participants, registering due day: April 6.
- Everyone will receive a T-shirt, certificate of completion or medal

For more information, please contact Eddie or Wen, wenchao.chiu@my.uwest.edu

UWEST FIRST YEAR EXPERIENCE DISCUSSION

Thursday, April 25, 2019

12PM-1:30PM

FIRST YEARS, WE NEED YOUR HELP!

Participate in First Year Experience Group Discussion

LUNCH PROVIDED

WIN A PAIR OF AMC MOVIE TICKETS!

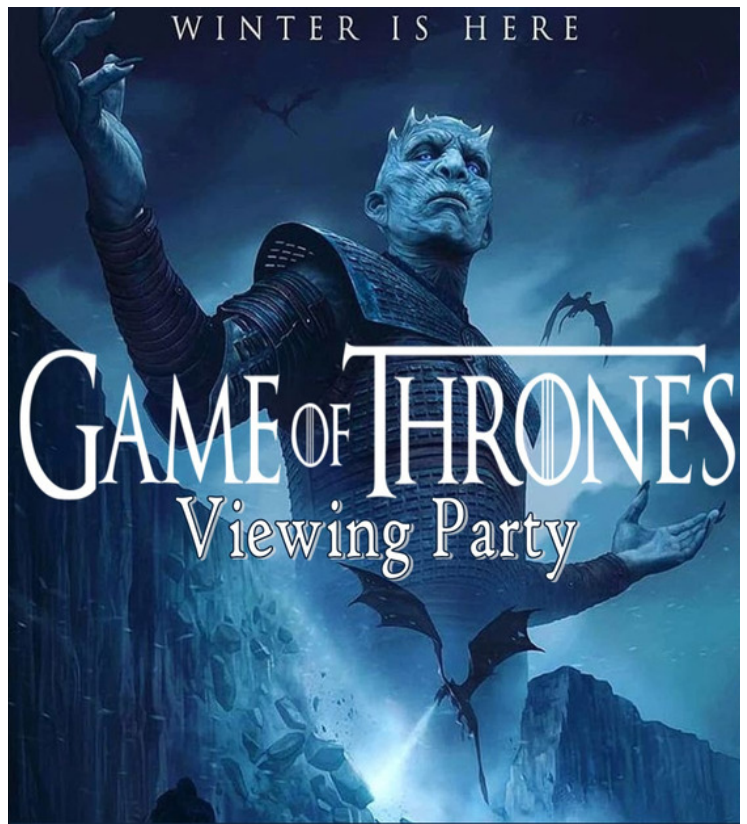
We want to hear from you! Help us determine what programs and services UWest has are helpful to you, and ways to improve our programs and services.



Please contact Juan Tinoco at juant@uwest.edu by Friday, April 12, 2019 by noon to reserve your spot.

WINTER IS HERE

GAME OF THRONES
Viewing Party



SUNDAY APRIL 14 | 8:00PM
RECREATION ROOM

PSYCHOLOGY CLUB



TUESDAY 5:00- 6:00

WEEKLY MEETING

Come enjoy lively discussions, experiments, presentations, videos, and food! Is there something you want to know about the field of psychology? Bring your questions to the Psychology Club!

OPEN FOR ALL GRADUATE AND UNDERGRADUATE PSYCH STUDENTS

Denim Day 4/24

wear jeans or donate a pair!



Personal Security Awareness Workshop

This two hour training provides information on the realities of violence, breaks the myths surrounding violence against women, and offers vital hands-on training to build awareness and develop effective, assertive assault prevention techniques.



Tuesday, 4/23, 4-6pm
Ken Locke Hall

* Space is limited so sign-up today outside the Wellness Center ED-217!

Sexual Assault Awareness Month

Brought to you by the UWest Wellness Center | wellness@uwest.edu | (626) 571-8811 x344 or x452



Have an event to advertise?

UWest showing support for sexual assault survivors!

Send information/ flyers to newsletter@uwest.edu

- Donate jeans or other denim to charity. A collection box is at the Student Community Resource Center in ED230, 4/22-26
- Wear jeans with a Purpose on 4/24

All student-submitted materials must be approved by Student Services prior to publication



Are you ready to take the next step towards your career?

Come to UWest Career Days!

Featuring 3 workshops:

- *April 16 CREATING THE PERFECT RESUME
- *April 18 ACING YOUR INTERVIEW
- *April 23 NAVIGATING A JOB FAIR

All workshops start at 12:00 in the UWest Computer Lab ED 233

and On April 26

The 4th Bilingual* Job Fair
10 AM - 2 PM
in Ken Locke Hall

jobchinausa

THE 4TH BILINGUAL JOB FAIR

FRIDAY, APRIL 26, 2019
10AM-2PM
IN KEN LOCKE HALL

Sponsored by Ningfair Foundation

Student Services Approved
APR 20-26 2019

*The Job Fair is open to all students. You do not have to be bilingual to participate

Sexual Assault Awareness Month

Contributor: April Afoa

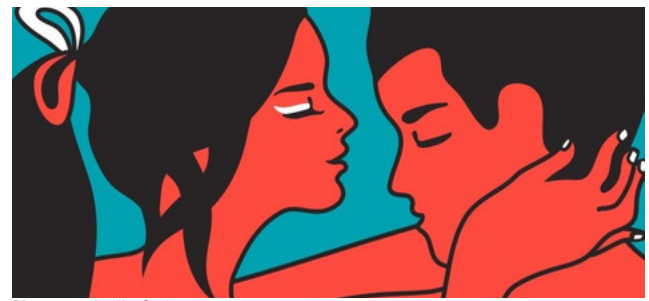


Photo art: Lydia Ortiz

WHAT IS SEXUAL VIOLENCE?

Sexual violence is a broad term and includes rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure and voyeurism. Sexual violence occurs when someone is forced or manipulated into unwanted sexual activity without their consent. Reasons someone might not consent includes fear, age, illness, disability, and / or influence of alcohol or other drugs. People of all ages, races, physical ability, physical appearance, gender identity & expression, and sexual orientation can experience sexual violence.

SEXUAL VIOLENCE AT A GLANCE

- One in five women and one in 71 men will be raped at some point in their lives (Black et al., 2011).
- The vast majority of perpetrators are male - 98% of female and 93% of male rape survivors report that their assailants were male (Black et al., 2011).
- Most victims know their perpetrators: 51% of female victims were raped by a current or former intimate partner and 41% were raped by an acquaintance. 85% of male victims were raped by someone they knew (Black et al., 2011).
- In 2017, only 400 out of every 1,000 sexual assaults were reported to police. That means about 3 out of 5 go unreported (Morgan & Truman, 2018).

Black, M. C., Breiding, M. J., Smith, S. G., Walters, M. L., Merrick, M. T., Chen, J., & Stevens, M. R. (2011). *National intimate partner and sexual violence survey: 2010 summary report*. Retrieved from the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Injury Prevention and Control: http://www.cdc.gov/ViolencePrevention/pdf/NISVS_Report5010-a.pdf

Morgan, R. E. & Truman, J. L. (2018). *Criminal victimization, 2017*. Retrieved from the Bureau of Justice Statistics website: <https://www.bjs.gov/index.cfm?ty=dcdetail&iid=245>

HOW TO OFFER SUPPORT

Survivors of sexual violence have experienced trauma, and each person reacts differently to trauma. Some disclose immediately, but many never talk about what happened to them, or wait years to talk about it. When someone discloses sexual abuse, appreciate his/her resilience, strength, and bravery.

- Create a safe space for the person to talk and share. Allow him/her control over the environment as much as possible.
- Listen and allow the person to share the amount of information that he/she is comfortable sharing, and in his/her own way, words and time.
- Reinforce that the person has the right to be safe, valued and respected. Connect him/her with campus or community resources for continued support.

ENSURE VOLUNTARY SEXUAL ACTIVITY IS CONSENSUAL

Because most sexual assaults occur between people who know each other, many who are or were in an intimate relationship, understanding & following guidelines regarding consent is critical. Please speak with one of the Wellness Center counselors or Title IX officers for clarification and elaboration for what is consensual sexual activity.

The following can serve as an initial guideline to ensuring consensual sexual activity:

- Avoid partners who are vulnerable (intoxicated, asleep, unconscious, or not of legal age).
- Establish reciprocal interest before you start thinking about touch.
- Directly communicate about what you want and don't want to do.
- Ask and receive a verbal and affirmative response when you want to touch. Engage in continuous feedback.
- Allow yourself and your partner to change their mind at any time.
- Don't assume anything. If your partner is quiet and not physically responding, don't assume that because they are still in the space with you that they want physical touch. And if they verbally agree and physically respond to one type of touch, don't assume a different touch is agreeable.
- Learn how to say "no" comfortably and don't voluntarily become physically intimate with someone until you have learned this skill.

RESOURCES

- National Sexual Violence Resource Center (NSVRC): www.nsvrc.org
- National Domestic Violence Hotline 1-800-799-SAFE <http://www.thehotline.org/>
- UWest Wellness Center, ED217, wellness@uwest.edu
- UWest Title IX Officers: Juan Tinoco, ED224, juant@uwest.edu; Vanessa Karam, AD221, vanessak@uwest.edu
- Clothesline Project, <http://theclotheslineproject.org>
- Rape, Abuse & Incest National Network 1-800-656-HOPE

Sexual Assault Awareness Month

Clothesline Project UWest

A visual display* that bears witness to violence against women

Write your story or words of solidarity

Bring completed shirt to April & she will gratefully add it to the line!

Join us **Wednesday 4/10** to decorate t-shirts in support of sexual assault victims & survivors:

- 11:30am-2:30pm up the hill in the Recreation Room
- 3-6pm down the hill at Café Courtyard Area

*Dear all: please engage at your own risk as some words & images may be upsetting. Be mindful of the impact your words & drawings can have on others & be aware that people are invited to find their "voice" to publicly express their experiences & sentiments. Offered by Wellness Center where a counselor will be available (626) 571-8811 x344 or x452.



Hi everyone,

I wanted to share a little information about OneLegacy and Donate Life across America. I recently worked at OneLegacy to accompany grieving family members of deceased loved ones who became organ or tissue donors, giving life & health to others.

OneLegacy is the leading organ & tissue procurement organization serving the Los Angeles, Orange County, Inland Empire, and California central coast & valley regions – 215 hospitals, 11 transplant centers & 20 million people. Any transplants that occur in this large region of the state, happens through OneLegacy. The organization evaluates organ, eye and tissue donor suitability; coordinates organ recovery; organ placement; cornea recovery and processing; tissue recovery; provides family support and aftercare; provides hospital staff education; provides public education.

In honor of National Donate Life Month, I wanted to bring awareness about OneLegacy and Donate Life. Each and every person at UWest can immediately be of service to the community by going to RegisterMe.org now to register themselves as a donor. If you have a California Driver's License or Identification Card with a pink dot, then thank you for already registering!

You can also be of service on Saturday, April 27th, for this area's Donate Life Run / Walk fundraiser and promotion event. Volunteers are needed for increments of 4-6 hours. Please go to the event website here & select the tab "volunteer" to sign-up. Or several of you here at UWest can register a UWest team to impact social change.
<http://www.donatelifeoc.org/>

**17th Annual Donate Life Run/Walk & Family Festival
 Saturday, April 27, 2019 at Cal State Fullerton**

Now in its seventeenth year, the Donate Life Run/Walk supports OneLegacy Foundation's mission to save and heal lives by inspiring and advancing donation and transplantation of organs and tissues through research, public education, and honoring donors whose legacies live on.

The Donate Life Run/Walk is a wonderful opportunity for the UWest community to join together and take action to help save lives and strengthen families.



Donation FAQ

What is National Donate Life Month (NDLM)?

A month to celebrate those who have received transplants, to recognize those who continue to wait, to honor donors and donor families, and to thank registered donors for giving hope.

Who can be a donor?

People of all ages and medical histories should consider themselves potential deceased donors. Your medical condition at the time of death will determine what organs and tissue can be donated. Living donors should be in good overall physical and mental health and older than 18 years of age. Some medical conditions could prevent an individual from being a living donor. Transplant programs complete a full patient evaluation to protect both living donor and recipient health and safety.

Does registering as a donor change my patient care?

Doctors work hard to save every patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

Does my religion support organ, eye and tissue donation?

All major religions support donation as a final act of compassion and generosity.

Is there a cost to be an organ, eye and tissue donor?

There is no cost to the donor's family or estate for donation. The donor family pays only for medical expenses before death and costs associated with funeral arrangements.

Does my social and/or financial status play any part in whether or not I will receive an organ if I ever need one?

A national system matches available organs from the donor with people on the waiting list based on many factors, including: blood type, body size, how sick they are, distance from donor hospital and time on the list. Race, income, gender, celebrity and social status are never considered.

Why should I register my decision to be a donor?

The vast majority of Americans support donation as an opportunity to give life and health to others. Unfortunately, many people overlook the important step of registering as a donor. Donors are often people who die suddenly and unexpectedly. Their families are then faced with making the decision at a time of shock and grief. Registering relieves your family of this burden. You can save up to 8 lives and heal the lives of more than 75 people. Your registration serves as a symbol of hope to patients waiting, and sharing it with your family lets them know your decision.

To register your decision to be a donor, please visit RegisterMe.org. For more information about organ, eye, tissue and living donation, please visit DonateLife.net.

Please see me at the Wellness Center in ED217 or wellness@uwest.edu if you want to discuss donation further.

Thanks much! _/_
 ~April

WHAT'S UP AT UWEST?



Thurs., Apr. 4-Sat., Apr. 6	Expressions of Dharma: Buddhist Arts & Culture in Everyday Life / Institute of Humanistic Buddhist Studies (https://www.ishb-uwest.org/2019-conference)
Fri., Apr. 5	Last day to drop classes with a W
Mon., Apr. 8-Fri., Apr. 12	Common Ground (check out the full schedule on page 9!)
Mon., Apr. 8	Summer & Fall 2019 Registration begins
Sun., Apr. 14	Game of Thrones Viewing & Final Season Premiere Party, 8pm, Rec Center
Tues., Apr. 16	UWest Career Days workshop: Creating the Perfect Resume, 12pm, UWest Computer Lab
Thurs., Apr. 18	UWest Career Days workshop: Acing Your Interview. 12pm, UWest Computer Lab
Tues., Apr. 23	UWest Career Days workshop: Navigating a Job Fair, 12pm, UWest Computer Lab
Tues., Apr. 23	Personal Security Awareness Workshop, 4-6pm, Ken Locke Hall (sign up at Wellness Center)
Wed., Apr. 24	Denim Day - wear jeans or donate a pair
Thurs., Apr. 25	First Year Experience Discussion Group
Fri., Apr. 26	4th Bilingual Job Fair, 10am-2pm, Ken Locke Hall
Fri., Apr. 26	Sacred Abrahamic Texts field trip to Kol Ami
Sat., Apr. 27	Rainbow Lotus - West Hollywood Field Trip



WHAT'S UP AROUND LOS ANGELES?

Fri. April 5	Carnaval Primavera, Huntington Park (https://bit.ly/2HKiy53)
Sat. Apr. 6	Multicultural Community-Clinical Psychology Conference, Alhambra (https://bit.ly/2OkfmOR)
Sat., Apr. 13	Earth Day 2019 Community Festival, Whittier (https://bit.ly/2UGff2c)
Sat. Apr. 13	2019 Filipino Mental Health Well-Being Summit, LA (https://bit.ly/2HBNjsN)
Fri. Apr. 19-Sun. Apr. 21	1st Annual Los Angeles Salsa Bachata Festival, Bell Gardens (https://bit.ly/2Y8sw5F)
Fri. Apr. 19	Asian-Pacific Islander Government Job Fair, LA (https://bit.ly/2JjKU8x)
Sat. Apr. 20	ANIME PASADENA 2019 Cosplay & Nerd Convention, Pasadena (https://bit.ly/2HqBvk0)
Mon. Apr. 22-Sun. Apr. 28	LA Arts Festival, LA (https://grandparkla.org/event/our-l-a-voices-l-a-arts-festival/)
Sat., Apr. 27	17th Annual Donate Life 5k/1k Run-Walk Family Festival, Cal State Fullerton (http://www.donatelifecoc.org)
Sun. Apr. 28	Thai New Year, LA (http://thainewyear.org/about-thai-new-year/)



YOUR MONTHLY SERVICE LEARNING OPPORTUNITY

Donate Life America is a 501(c)3 nonprofit organization leading its national partners and Donate Life State Teams to increase the number of donated organs, eyes and tissues available to save and heal lives through transplantation while developing a culture where donation is embraced as a fundamental human responsibility.

DLA manages and promotes Donate LifeSM, the national brand for the cause of donation; motivates the public to register as organ, eye and tissue donors; provides education about living donation; manages the National Donate Life Registry at RegisterMe.org; and develops and executes effective multi-media campaigns to promote donation.

Founded as the Coalition on Donation in 1992 by the donation and transplantation community, Donate Life America changed its name in 2006 in response to extensive research and the desire to align the organization with the Donate Life brand. Over the past 25 years, Donate Life America and the Donate Life Community have registered 147 Million organ, eye and tissue donors in the United States – more than 58% of the adult population.



On Saturday, April 27, 2019, UWest students have a great opportunity to make a positive impact and support this great cause by volunteering at the Donate Life 5k & 1k Run-Walk Family Festival at Cal State Fullerton. Volunteers are needed for 4-hour shifts, doing everything from greeting festival attendants, setting up booths, providing water to runners/walkers, welcoming VIPs, blowing up balloons, serving food, helping in the Kids Activity Area, selling raffle tickets - no matter who you are, you can find an volunteer area that matches your strengths!

To sign up to volunteer, visit http://olf.convio.net/site/TR/Events/General?sid=1063&type=fr_informational&pg=informational&fr_id=1121

Read more about Donate Life on page 12.

Faces of UWest

Nominate a student, alumni, faculty member, or staff member to be featured as a Face of UWest by emailing newsletter@uwest.edu

FACULTY | Meskerem Tadesse



What do you do at UWest and how long have you worked here?

I am a Tenured Professor in the Business Administration Department, teaching a diverse set of BA and MBA courses. I have been working at UWest since 2007.

What brought you to UWest?

Dr. Phil Borden, who was teaching MBA 559 at UWest, recommended my name as his replacement when he had to go to Iraq on a US Government economic advisory assignment. That was in 2007—marking the beginning of my dream career—teaching!

What was your first job in the field of business?

My first job was a Financial Planning Analyst at Mobay Chemical Corporation (Bayer AG's US subsidiary), right after receiving my MBA degree in Finance & Marketing from the University of Pittsburgh. I was recruited by the company's Chairman & CEO who I met at a 3-day retreat organized by the Business School for its top graduating students and 25 corporate executives.

How has UWest changed for the better since you started working here?

I sincerely believe that my coming to UWest was my Divine Assignment. Every day, I come to work knowing that I have the opportunity to optimize young people, lift up some to discover their best self and future; prepare and deliver courses that inspire students to dream up and work hard to achieve it. As I served as the Bus. Admin. Program Advisor for several years, I was able to provide a space where students felt comfortable to share their concerns, aspirations, and challenges without the fear of judgment; and, more importantly, the willingness to listen and provide guidance that proved helpful and positive for their educational and personal development. A combination of my commitment, their desire to succeed, as well as mutual trust and respect have resulted in many success stories. UWest students have also enriched my life as I witness their growth, read their grateful notes and watch their optimized selves, especially those that aspire for an A-level performance each day, rather than live under the fear of "failing."

What should people know about studying Business Admin. at UWest?

Studying Business Administration at UWest is a great opportunity in many ways, including small classes where students get to interact with their professors; senior professors with practical and diverse industry experience; concentrations in both quantitative and non-quantitative areas; students from 44 countries representing today's diverse global business environment; and yes, professors that are focused on their students.

How do you incorporate whole-person education into your classes?

I absolutely believe "whole-person education" begins with "whole-person teaching," and I am always mindful of my role as a teacher, regardless of the subject, to underscore and role model the intricate relationship between business and service to society—highlighting the importance of emotional intelligence in business and leadership, including compassion and empathy; faith and integrity; respect for time, money, people, and the environment—all integral parts of success in any field of business. I talk to my students about life and real success, not just focus on teaching (lecturing) for their education, but also role modeling behaviors they can follow. For example: not having missed a single class in my 12 years at UWest has served to motivate students not to miss my classes!

Bottom line: Don't just make rules—live by them and people will follow!

What advice do you have for students this semester?

As we just completed mid-terms, my best advice for students is to focus on the remaining portion of the semester and work very hard. Don't worry about how you did in the 1st half--set a high goal and work very hard to achieve it. Most professors, including myself, respect and support students who strive to excel. Have an aspirational plan and discuss it with your professors. WE WANT YOU TO SUCCEED! Best Advice: "Don't Miss Class and Study!"

What is your favorite part of your job?

My students are the BEST part of my job—their smiling faces when they see me; their class attendance and engagement; their respect and trust; their gracious and grateful attitudes. I am also grateful for my Department team, and the great relationship I enjoy with everyone at UWest. I LOVE MY JOB!

What is one book that everyone should read?

There are many great books today and I encourage reading good books. However, I tell my students to read "THINK AND GROW RICH" by Napoleon Hill as I find it to be inspirational and full of exciting success stories.

Stay tuned! Prof. Tadesse's upcoming book "Meskerisms"—a collection of popular quotes and words of wisdom from her various keynote and business speeches—are coming soon!

ALUMNI | Chun Fai (Tim) Hau Class of '18



When did you graduate from UWest? What degree did you earn?

May 2018, Accounting

Why did you choose to come to UWest?

Local, diverse, and affordable. It has a totally different feeling, the small class size lets you bond with your professor and classmates more. You know every-body and everybody knows you, it gives you a chance to make good connections. It really helps to have friends that are from different countries around the world, culture is something that cannot be learnt in textbooks.

How did you choose your major?

I was an IT major at first, however, after taking some accounting classes, my advisor Prof. Meski saw my potential in accounting and convinced me to change to the accounting major.

Which of the classes you took at UWest was your favorite and why?

Financial Accounting, because it was the first class that changed my major.

How did your time at UWest help prepare you for life after UWest?

Taking important classes definitely helped me prepare; however, the outside world is a lot different than in school. I wish we could have had more hands-on learning and internships.

What are you doing now?

I'm a staff accountant working in Torrance. I prepare financial statements for companies, taxation, auditing, payroll, and lots of other accounting-related work.

What three words best describe UWest?

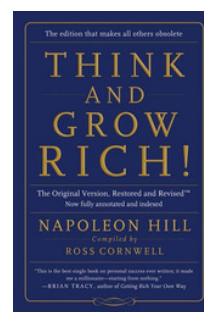
small, diversity, compassion.

What is something new you learned recently?

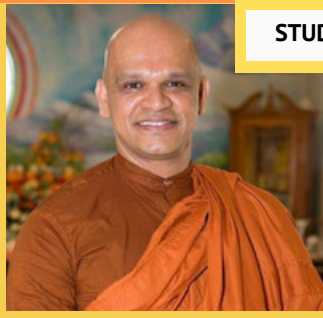
Corporate taxation and new tax laws.

What advice do you have for current students?

Work hard. College could be fun but don't waste the most important four years of your life. Make connections, get internships, and keep learning.



STUDENT | Venerable Sumitta



Website: www.dhammausa.org
 Blog: www.dhammausa.com
 Email: sumitta2012@gmail.com
info@dhammausa.com
 Facebook Page: Dhamma USA
 YouTube Channel: Dhamma US
 Contact: 626-365-7097.

Venerable Sumitta on Venerable Sumitta

Venerable Sumitta is a dedicated Buddhist monk with a mission to promote peace, harmony and co-existence according to Buddhist teachings. At a young age, Venerable Sumitta underwent traditional Theravada training in Sri Lanka, entering the Buddhist Order as a novice monk at age 11, and was ordained ten years later.

Prior to arriving in the United States, Venerable Sumitta worked as a Senior Lecturer in English, Linguistics, and Buddhist Literature at the Bhiksu University of Sri Lanka. Currently a PhD candidate in Religious Studies at University of the West, Venerable Sumitta's doctoral dissertation concerns "Philosophy of Arahanta Ideal as Depicted in Mahaniddesa." Prior to matriculating at UWest, Venerable Sumitta earned two Bachelor's degrees and three Master's degrees. He has a wealth of international teaching experience as an instructor of the Pali language and Buddhist meditation, as well as conducting Dhamma sermons in several countries. Venerable Sumitta is actively involved with the UWest community on multiple levels. Aside from his own doctoral studies, Venerable Sumitta taught as an Adjunct Professor in Fall 2018 and is the Founder and President of the UWest Pali Society, through which Pali studies and Buddhist art and culture are promoted at UWest.

Venerable Sumitta is also actively engaged in social welfare and spiritual care activities in the local community and throughout California, applying his practice as a Buddhist monk and knowledge as a Buddhist scholar in service of others. Venerable Sumitta volunteers with the Engaged Buddhist Alliance, providing college-level classes on Buddhism to incarcerated individuals in eight Southern California correctional facilities. Additionally, Venerable Sumitta teaches meditation at Homeboy Industries, a local Los Angeles non-profit organization with global impact, working to provide hope, training, and support to formerly gang-involved and previously incarcerated men and women, allowing them to redirect their lives and become contributing members of our community. Venerable Sumitta volunteers to help these individuals emerge from their devastating past and maintain a better and stronger frame of mind with inner strength to live the rest of their lives peacefully and happily.



To further extend his capacity to help others, he established Dhamma USA, a community-based charity organization focusing on community and spiritual care. Through Dhamma USA, Venerable Sumitta volunteers as a teacher of Pali language, Buddhist Meditation, and Buddhist Suttas at various local Buddhist institutions, including twice-monthly visits to Dhamma House in Hacienda Heights, Cūla Vihāra in Garden Grove and ThaBarWa Detachment and Mindfulness Center in Baldwin Park, as well as delivering Dhamma Talks at various Buddhist temples in the area.



Where do you see yourself in 10 years?

Working in an American university.

What is your favorite thing about UWest?

Common Ground

If you could have dinner with one famous person and one person who works at UWest, who would you pick?

Master Hsing Yun and Prof. Lewis Lancaster

What is your favorite way to relax?

Walking around UWest in the morning.

What is something that is guaranteed to make you happy?

Meditation.

STAFF | Judy Romero Gonzalez



What do you do at UWest? How long have you worked here?

I've worked here for a year and five months - and I clean.

What would you name your auto-biography?

*You Should See the **** I See*

What's the most interesting job that you have had?

I was a custodian at a lab and they'd put these little purple balls in nets around the outside of the lab, which was like 4 square miles. So the balls would be outside and they were absorbent somehow, like they'd soak up rain and dew. Then once a week or so, the scientists would go around and collect all the balls, take them into the lab, and put them in these containers that spun around really fast and wrung out the dew and rainwater that had collected - they were analyzing it to see what was in our rainwater.

[the containers that spin around really fast = centrifuges]

And what was in our rainwater?

They never told me! Another time, I came in to find there were wine bottles completely covering the lab tables - turns out they were using liquid nitrogen to separate out the water from the wine, and then analyzing it to see what sort of pollution got into the water that is in wine, like through the vines and the grapes. They were doing this to wine from all over the world.

What is one movie everyone should see?

I have to go with *The Passion of the Christ*.

What is an experience that made you stronger?

My divorce.

What is something you learned recently?

I learned I can file my taxes as a head of household.

What advice do you have for students this semester?

My biggest advice is for current and graduating students - don't get in debt, unless you can afford to pay it off!

What is your favorite part of working at UWest?

Talking to people. I don't love cleaning, but I do love people.

FROM THE OFFICE OF ACADEMIC AFFAIRS

DR. PETER M. ROJCEWICZ
CHIEF ACADEMIC OFFICER &
ACCREDITATION LIAISON OFFICER



On Tuesday, March 19, 2019 an Honors Tea was held to celebrate the 66 undergraduate students whose academic work placed them on the President's List and/or the Dean's List in Spring 18/Fall 18. The following comments were delivered by UWest's Chief Academic Officer, Dr. Peter M. Rojcewicz:

In our academic calendar, it is, perhaps, only commencement that provides me as Chief Academic Officer more satisfaction than I feel this moment, recognizing you as *President's & Dean's List* students. By virtue of sustained effort and high academic achievement, you have distinguished yourselves before the faculty and among your peers, demonstrating a rich and active life of the mind.

Some look down upon academic learning, as elitist or out of touch. Many heavily prize worldly acquisitions, victories, or various ways of *going for the gold*.

Learning is, however, an act of total personality and whole being. Truly educated people blend form and substance, right views and right practice. They "stand on two feet." They stand on a foundation of disciplined knowledge of the external world, yes, but their intellectual accomplishments that reflect that knowledge is balanced by emotional maturity and self-knowledge, the pre-requisite for all forms of knowledge.

As such, a healthy mind-life involves the capacity to think, to question, to create, to act, and to be aware. Comparative religion and philosophy, East and West, contains powerful landmarks of the life of the mind. From the Upanishads of India, we learn, "*What a man thinks, that he becomes.*" In the early discourses of the Buddha called the Dhammapada, we are told, "*All that we are is the result of what we have thought.*" Rene Descartes, a seminal figure in Western philosophy, proclaimed, "*I think, therefore I am.*"

What does activity of the mind look like within a context given to integral understanding and human wholeness? UWest's curricula combine inner vision and understanding with professional skills and community service. The mental life we value is not abstract, boring, or sterile. It doesn't set into opposition the inner and outer world, or body from mind, or thought from action. Such dualistic simplicities would blind us to the fact that we are human beings, not simply human doings.

"*Do nothing*" the Buddha is reputed to have said, "*Time is too precious to waste.*" In the Tao Te Ching, Lao Tzu informs us that "*The Tao does nothing, and nothing is left undone.*" Doing "nothing" allows for inner reflection upon oneself and the world at large. Reflection is not a retreat from reality but a means to be more fully present in the world. Reflection is hard and difficult; it can exhaust the most capable minds. Reflection by means of ideas is significant action, and action is in itself an important idea. What was inside is now outside and vice versa.

Practicing contemplation, we seek freedom from the "get-something" cravings of the consumer culture in favor of equanimity. This tranquility of mind and body leads us to today's event and to the heart of your scholarly achievements. The word "scholar" comes from *schole*, which means mental peace or stillness. Scholarship, within a whole-person education, harmonizes our inner and outer life. Our mind's life is thus cross-referenced throughout our physical body, so that it is truly a thinking body. Thinking is not done by the brain but simultaneously in and through the mind-body, leading to a whole-intelligence, an animated, embodied consciousness.

Congratulations to you all. You have set a high standard for the campus to emulate.

Spring 2018/Fall 2018 Honors Students

Dean's List

Amezquita, Valeria (SP18)
Baca, Marriza (FA18)
Baumann Rett, Michael (SP/FA18)
Bjelica, Ivan (SP/FA18)
Burgos Hernandez, Jose (SP18)
Bustria, Trinity (SP/FA18)
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Chang, Shu-Wei (SP18)
Chao, Pei-Yu (SP18)
Chen, Yu-Hsuan (SP/FA18)
Cheng, Yu-Yun (SP/FA18)
Chou, Chih-Hsien (FA18)
Chou, Liang-Ching (SP18)
Chuang, Chih-Shan (SP/FA18)
Chung, Benjamin (SP18)
Fall, Farmata (SP18)
Gonzalez Gutierrez, Fatima (SP18)
Gonzalez, Franklin (SP/FA18)
Hall, Katrina (SP18)
Hau, Chun Fai (SP18)
Hernandez, Justin (FA18)
Huang, Ching (SP18)
Hung, Hsuan-Ming (SP18)
Lai, Meng-Hsuan (FA18)
Lau, Siu Pong (FA18)
Lee, Ern Yie (FA18)
Li, Kuei-Wen (SP/FA18)
Lin, Tzu-Jung (SP18)
Lin, Xialiang (SP18)
Lin, Yen-Hsiu (SP/FA18)
Lu, Yilun (SP18)
Martinez, Adrian (SP18)
Martinez, Joceline (FA18)
Medina, Jose (SP18)
Medina, Paola (FA18)
Mendoza, Michael (SP/FA18)
Navor Cinto, Ruben (FA18)
Nielsen, Bailey (SP/FA18)
Paulino, Joanna (SP/FA18)
Perez, Reynaldo (SP18)
Pham, Dan Khue (SP18)
Pino, Wendy (SP18)
Qian, Hanqiu (SP18)
Ramirez, Jasmine (SP/FA18)
Rocha, Carlos (FA18)
Rodriguez, Antonio (FA18)
Shao, Po-Jui (SP/FA18)
Su, Yen-Chen (SP/FA18)
Swindell, Anthony (FA18)
Tang, Yixin (FA18)
Teng, Kuan-Yi (SP/FA18)
Tranguilino, Guillermo (SP18)
Tseng, Po-Hsiang (SP18)
Wang, Chia-Ju (SP18)
Wang, Pei-Chi (FA18)
Wang, Zhiwei (SP18)
Wu, Yue (SP18)
Yang, Lan (SP18)
Yeung, Chun San (FA18)
Yu, Shiau-Fan (SP/FA18)
Zhu, Zhenning (SP/FA18)

President's List

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Martinez, Tiffany (FA18)
Medina, Paola (SP18)
Nevarez Jaquez, Adilene (FA18)
Perez, Reynaldo (FA18)
Rios Martinez, Jessica (SP18)
Smith, Erin (FA18)
Swindell, Anthony (SP18)
Wang, Zhiwei (FA18)
Xu, Zongjing (SP18)

