Health and Wellness Subcommittee Meeting  
December 10, 2008  
2:10 p.m. to 3:30 p.m. 
Apprenticeship, Bldg 4, Rm 18


Unable to Attend: Danny Aiu, Connie Balanay, Chris Hacskaylo, Charles Miller, Femar Lee, Kimberley Gallant, Lianne Nagano, Earl Nakahara, and Varouny Syboumny.

Agenda

I. Charter (draft) and Activity Proposal Sheet
   ▪ Feedback
     o Additions
     o Deletions
     o Concerns – Title – Charter versus Operating Guidelines or ?
       Members reviewed and fine-tuned the draft Charter. See revised draft Charter for suggested modifications.
   ▪ Incorporate feedback for review in January when Lianne returns.

II. Website Update: (Varouny, Kyle, Nadine, and Wayne)
   ▪ Latest website information (Nadine)

   Nadine shared and had group preview the website. Feedback was positive. Nadine incorporated much of the graphics and themes from Varouny’s Mac-based website. Comment made to separate committee related information from activities/information for the public. Suggestion made that committee can consider placing committee related information on Laulima. Request made to committee to send Nadine information to add to website.

III. Review of pending activities.
   ▪ Review our latest Calendar of Events with activities/dates, etc. Highlighted items need immediate attention for updating purposes.
   ▪ Activities
     o Updates on Status of Activities – Briefly reviewed most important upcoming events due to meeting going overtime.
       ▪ Art Tour (Kyle) re: follow-up with Irene – Kyle got phone number for Art Restoration from Irene. He will call Art Restoration to request cleaning of copper sculpture fronting Electricity/CENT.
       ▪ Walking, (Charles) – Update on new walking path and chart (for website). Will follow-up with Charles.
       ▪ Healthy Appetizers & Surgical Weight Loss Talk Story by Carolyn Antonio (Kathy)
       ▪ “Ask Walter (Electrical)” by Walter Furuyama (Kathy – successful with 13 participants. Everyone enjoyed and requesting a return performance! Participants were informed that they could email him with their specific questions noting their attendance at today’s session.
       ▪ Kaiser Workshop this Friday—“Understanding Memory Loss” workshop—need to publicize; Volunteer to sign-in registrants is Nadine.
       ▪ Chocolate Candy-Making by Janet Garcia– (Nadine) February 11 11am-12:30pm, Bldg 4-23B $3 to sign-up. 15 persons max participation. Need a volunteer to handle registration/check-in?
       ▪ Car Care by Bert Shimabukuro (Kathy) – last Thursday in January 2009.
       ▪ Great Aloha Run (Guy) - Can sign up. Best to give application and fees to Guy, Sharon or Dee (Library). Risk and Liability form to be distributed later to participants. Those signing up electronically should use code 47 and also notify Guy with their shirt size so they can get an HCC t-shirt sponsored by Mike Rota (Interim Chancellor). We previewed the recording of the HCC GAR song performed at the kick-off downtown event that was held last Thursday.
       ▪ “Massage” by Jess Aki (Clara) – 1 hr session on Friday, March 20. Clara will ask for more hands-on.
Kaiser-Permanente workshop topics and times (Kyle) – Await new activities for Spring 2009 to be added to calendar.
- Smoothies- will follow-up with Connie
- Line Dancing and Karaoke can alternate starting January (Guy)
- Note: After meeting, Kathy mentioned that she will contact Fabian (neighbor of Bert) in re: physical violence awareness workshop.

IV. New Business

- Brainstorm for next academic year. Committee asked to think about items listed below and bring ideas to next meeting:
  - Revisit committee goals or theme for next year (incorporating & testing charter goals, etc.)
  - Potential partnerships with events (i.e. Ice Cream Social? Smoothie Day?)
  - Possible funding sources or how to properly handle/cover costs for events/workshops? Donations? Other accounts that we might tap into? Establishment of a UH Foundation account? Or ????
  - Workshop or Event topics to consider and speakers (Make a master list for future reference)
  - Bring your ideas and thoughts to the next meeting in January!

- Any other items to discuss?

V. Next meeting – Wednesday, January 14 at Apprenticeship (Bldg 4, Rm 18) at 2:00 pm based on fall semester meeting date of being 2nd Wednesday at 2pm. **Please email your preferred meeting dates and times for the Spring semester to wellness-l@hcc.hawaii.edu.**