Health and Wellness Subcommittee Meeting Minutes  
Wednesday, January 14, 2009  
2:00 p.m.  
Apprenticeship, Bldg 4, Rm 18


I. Charter  
A motion was made by Guy to accept the Health and Wellness Subcommittee Charter with the change in title to Health and Wellness Subcommittee Operating Guidelines. Motion was seconded and unanimously accepted.

II. Website Update  
Nadine has been working on the Health and Wellness website and welcomed volunteers to help with different sections of the site. Libby will help with the Resources section and Lianne will help with the Streaming Video section. Audrey and Varouny have photos from various past events. Kathy and Audrey and Kathy have photos from the Art Tour. Elton video taped Allen Tateishi’s session and Marcia’s session. Lianne will check with Todd Kobayashi about the website and where it should be listed.

It was decided to put committee specific information such as the minutes on Laulima and not on the website. Lianne will check into creating a Laulima site for the committee.

Lorri will check with Kimberly Gallant about support.

III. Review of Pending Activities  
Art Tour – Kyle will be following up with Irene on restoration of certain art pieces.  
Walking – Charles update us at the next meeting on new walking path and chart (for website).  
Kaiser Workshops 2/13 and 3/13 (Kyle) – The arrival times were adjusted to allow for more effective room and equipment checks. Wayne volunteered for the February 13 presentation with Libby as a backup. Kathy volunteered for the March 13 presentation with Clara as a backup.

Chocolate Candy-Making by Janet Garcia – (Nadine) February 11 11am-12:30pm, Bldg 4-23B, $3 to sign-up 15 persons max participation. Deadline to sign up will be February 6. Lianne volunteered to help with check in.

Car Care by Bert Shimabukuro (Kathy) – January 29 – Kathy reported that this will be a service learning opportunity for the AMT students, so the printouts will be covered by the project.

Great Aloha Run (Guy) - Monday, Feb. 16 – Guy reported that there are about 70 people signed up for the run and shirts will be provided to participants. Lunch will be held after the race in the HCC parking lot.

“Massage” by Jess Aki (Clara) – 1 hr session on Friday, March 20 at 12pm-1pm, Bldg 27-111/116 – Clara has made the room reservations. She will check on more details of the workshop prior to publicizing.

Smoothies (Connie) – This item will be discussed at the next meeting. Possible time for this event may be in Summer 2009 with the possibility of Staff Development co-sponsoring the event.

Line Dancing and Karaoke (Guy) – These activities are interest.

Physical Violence Workshop (Kathy) - Contact is through Bert Shimabukuro (neighbor is Fabian). Kathy will follow up with Bert.

Ukulele Making Class (Guy) – Another class is scheduled to begin on February 27. The class is already full.
For upcoming events, committee members who are organizing events are encouraged to use workshop planning sheets so that at a future meeting, revisions can be made to the worksheets. These will be posted on the website.

IV. New Business

Chulee will check with COC on how to have the H&W Subcommittee included on the COC’s list of committees.

Video taping and photos of future workshops/sessions are encouraged.

Clara circulated a sample angel bookmark and suggested a workshop for creating them. Cost is around $3. This workshop was suggested for fall since it might be a good gift item.

Future topics to discuss:
- 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
- Workshop or Event topics to consider and speakers (Make a master list for future reference)

V. Next Meeting – February 10 (Tuesday) at 2:00 pm