Health and Wellness Subcommittee Meeting Minutes  
Tuesday, February 10, 2009  
2:00 pm.  
Apprenticeship, Bldg 4, Rm 18


I. Website Update - Nadine  
Resources Libby  
Photos and Learning Video – Lianne

- Kathy is planning on including healthy recipes on the Web site.  
- Nadine will e-mail committee members the Health & Wellness (H & W) URL and wanted members’ feedbacks regarding addition or deletion of content(s).  
- Nadine also wanted to divide the various events by the month to minimize demanding maintenance of the Web site.  
- Nadine requested photos of past events to be sent to her so she can post them to the site.  
- Lianne will send Nadine the charter and recipes from WILD.  
- Varouny will e-mail a hiking site to include on the site.

II. Laulima - Lianne  
Who’s on  
What’s On Minutes, workshop handouts

- The Laulima site for the Health & Wellness is now operational. Of course, there were some minor issues that were resolved.  
- Minutes and Workshop handouts are available on the Laulima site. If you have not already signed up for a Laulima account, please do so in order to access to the H & W postings.

III. Review of Activities  
Restoration of Art – Kyle

- Jonathan Johnson will be coming on campus to help evaluate the art work near administration (the “3 rocks on the hill”).

Car Care by Bert Shimabukuro (Kathy) – January 29- Service learning cover costs

- The participants all had a positive learning experience.

Chocolate Candy-Making by Janet Garcia (Nadine) - Wednesday February 11, 11am - 12:30pm, Bldg. 4-23B, $3 to sign-up 15 persons max participation.

- According to Nadine, the maximum numbers of participants have been reached.
Kaiser Workshops February 13 and March 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 backup.

- Kyle will be checking and confirm the actual location for the Kaiser Workshop since there seems to be a conflict in 2/614.
- The date and time for this workshop is February 13th and March 13th at 10:00 am. Volunteers should be there by 9:30am and are responsible for check-in but do not need to stay for the entire workshop. The workshop will run approximately 1.5 hours.

Great Aloha Run (Guy) - Monday, February 16

- Guy and other volunteers will be setting up a picnic on campus on the race day. Volunteers will be on campus starting 8:30am to set-up lunch for the HCC Great Aloha Run participants by 10am.

Ukulele Class by Norman Takeya (Guy) - Friday, February 27 for 10 sessions

- The Ukulele class will start as scheduled and is at its maximum.

“Massage” by Jess Aki (Clara) - Friday, March 20, 12pm-lpm, Bldg. 27-111/116

- Reservations have been made for the event.

Line Dancing by Sharon Isa (Guy)

- Guy is working with Sharon on a future line dancing session.

Smoothies (Connie) Possible time for this event may be in Summer 2009 with the possibility of Staff Development Co-sponsoring the event - Pending

Physical Violence Workshop (Kathy) - Pending

Bookmark Making (Clara) - Fall 2009

- Clara distributed sample slipper samples for consideration.

Walking (Charles) – Pending

Donut Necklace (Kathy) - Pending

IV. Mental Health Connection

- According to Lorri, Kimberly Gallant has her own committee to work with regarding
her immediate issues. The Health and Wellness Committee has her website posted on its site for reference.

NEW BUSINESS

V. Review of Workshop Handouts

- Members of the committee are encouraged to review and provide feedback regarding the Workshop handouts.
- A change has been cited by committee members to add N/A as one of the choices for the Health & Wellness Subcommittee Activity Evaluation form.
- Lianne mentioned that an add request form is needed in order to form a workshop.

VI. Health and Wellness Committee Status on Committee on Committees List - Postpone until next meeting - Chulee

- Chulee requested that this issue be postponed until she is available in person to further discuss and decide on the issue.

VII. Possible Future Workshops – Summer and Fall – theme, topics

Workshop or Event topics to consider and speakers (Make a master list for future reference)
Potential partnerships with events (Ice Cream Social and Smoothie Day)

Health and Wellness Committee members will support staff development activities.

VIII. Next Meeting March 11 (Wednesday) at 2:00 pm