Health and Wellness Subcommittee Meeting Minutes  
Wednesday, June 10, 2009  
2:00 p.m.  
Apprenticeship, Bldg 4, Rm 18  


Guest: Ken Kato  

Event Waivers – Ken Kato  
- Ken clarified that anyone participating in any event that takes place during non-work hours will need to sign a waiver. The waiver should list all of the potential risks on the form, and the forms should be maintained by the committee for up to 2 years, as this is how long an employee has to file a complaint.  
- Ken suggested that the waiver should not cancel any coverage an individual has under the worker’s compensation law.  
- Ken suggested that all activities should be sanctioned by administration. To be sanctioned, the event has to be approved by the chancellor. For example, anytime HCC’s name is attached to an event such as a walk-a-thon, etc., even if this event is held on the weekend, than it is considered a HCC sanctioned event and the individual would be covered under the worker’s compensation law if they were injured. Any event or workshop that requires participation by an official committee or sub-committee should be sanctioned.  

April-May Activity Reports:  
- Relay for Life Bake Sale (4/15) – Nadine  
  o Nadine reported a very impressive outcome for the bake sale, which earned approximately $1000.00 to contribute to the Relay for Life. She thanked and very much appreciated all of the help from the bakers, the sellers, and the buyers.  
  o For those who would still like to make a donation, please do so by Saturday, July 11th through the website www.relayforlife.org/magicislandhi  
- Line Dancing – Guy  
  o There will be no line dancing over the summer sessions, and we may need a new instructor for the new dance season.  
- Charity Walk (5/16) – Kyle  
  o Guy reported that a bunch of HCC folks participated in the walk and it seemed to be successful this year.  

Up and Coming Activities:  
June - July  
- Donut Pendant – Kathy  
  (Rescheduled to Thursday, July 2 from 12:00pm – 1:00pm)  
  o More information to come
- Ukelele Making – Guy  (Date: Started June 5)
  o Class continuing on Fridays, members must do a lot of work throughout the week to stay caught up with the class. It seems as though this will be an ongoing class and there is still talk of expanding the class to include a class to make the molds and the jigs. They may be tapping the MELE program for funding to continue this project.

- Other:
  o Food Demos: July 15\textsuperscript{th} Lianne has been talking with Jon Blumhart and Paul Onomura to do a cooking demonstration in the cafeteria. Approval and arrangements will be made with the cafeteria. More information to follow.
  o Ice Cream Social – July 29\textsuperscript{th} collaboration between Health and Wellness and Staff Development.
    \begin{itemize}
    \item Lorri submitted the workshop proposal sheet which suggested the Ice Cream Social will be held sometime in late July or early August, and will try for room 23B in Building 4. This will mostly be underwritten by Staff Development, but they would like to tap the Health and Wellness for volunteers to help purchase, set-up, and serve the ice cream. Guy suggested that the room was available on July 29\textsuperscript{th} from 12:30 – 3:00pm.
    \end{itemize}

November/December – To be determined:
- Bookmark Making – Clara  (Date:________________________)
- Don’t be a victim – Kathy  (Date:________________________)
- Cardio and/or weights – Kathy  (Date:____________________)

Other Items – Moved to next meeting
- Laulima/Health and Wellness Websites
- Forms
- Dates for meetings – Fall schedule

Other Activity Ideas – Moved to next meeting
- Incorporating environmental consciousness into committee activities – Lianne
- Co-sponsor event with Staff Development – Lianne/Lorri
- Recipe exchange? -
- Book exchange/Book club?

Next meeting: July 8\textsuperscript{th} at 2:00pm in Bulding 4, Room 18.