Health and Wellness Subcommittee Meeting Minutes  
Wednesday, July 8, 2009  
2:00 p.m.  
Apprenticeship, Bldg 4, Rm 18


Guy called the meeting to order at 2:05pm. Activity updates and workshop discussions included:

July Activity Updates:
- **Donut Pendant** – This workshop put on by Kathy Langaman and Carolyn Antonio was very successful. Everyone that participated seemed to enjoy learning this craft and were particularly pleased with their outcome; being able to create a wearable piece of jewelry in just an hour. Evaluations were collected and pictures taken. The pictures will be posted to the Health and Wellness website and Clara Iwata will be compiling the evaluations.

- **Ukulele Making** – Guy reported that the ukulele making workshops were coming along, however the idea of having an institute may be put on hold as they may not be able to use the space they were thinking of using. If anyone is interested in signing up for future ukulele making workshops please call or email Guy at 845-9247 or guy@hcc.hawaii.edu.

- **Relay for Life** – Nadine informed the committee that the Relay for Life begins on Saturday, July 11 from 6:30p and goes until Sunday, July 12. HCC participants and those who want to support the participants should go to tent #68 by the turkey legs. There will be a silent auction and many vendors as well. Another way to donate is to fund one of the luminarias they light to remember individuals who have suffered cancer. For more information, go to www.relayforlife.org/magicislandhi.

- **Ice Cream Social** – Lorri mentioned that Staff Development will be sending out the campus announcement for the Ice Cream Social very soon. This year they decided not to solicit donations for the event. In the past, donations were asked to help provide school supplies for children in need or for Grace Ihara’s Memorial Scholarship fund. Instead, they will offer ideas for people to volunteer their time and/or money to already existing community organizations that provide support for people in need in various ways. Libby will send out an email to the Health and Wellness committee to ask for volunteers to help purchase, store, set-up, scoop the ice-cream, and clean-up the event. It is planned for Wednesday, July 29th from 2:00-3:00pm. Room to be announced. There will be a $1 charge to sign up for the Ice Cream Social to help defray costs. Additional monetary support for this event would come from Staff Development.
- **Food Demo** – Lianne cancelled the Food Demo for July due to scheduling conflicts. She is interested in offering this at a later date which will need to be determined.

**August – September Activities:**
- No activities are being planned for August as this will be a busy time for everyone moving back into their respective offices upon completion of the reflooring and preparing for the Fall term. We will still have a meeting to discuss activities in the Fall, and resume workshops in September.

- **Eco-friendly workshops** – Lianne – Libby passed along Lianne’s idea of incorporating a theme of environmental consciousness into the activities, or coming up with some workshops that would provide more information on this to faculty/staff/students. The group thought that because this is such an important topic with many different things to address, we could have a workshop series. And upon Kyle’s suggestion, also provide an information session prior to the Salad Day typically offered in the fall where you would catch a larger audience. Libby will check-in with Lianne to see if this would fit with what she had in mind.

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

**Other Items:**
- **Laulima/Health and Wellness Websites** – Nadine will check with Kathy to update the website with pictures from the donut-pendant workshop. Libby will check with Clara for the evaluations and will post on Laulima.

- **Dates for meetings** – Fall schedule – all meetings are still planned for Wednesdays at 2:00pm in Apprenticeship Building 4, Room 18:
  - August 12
  - September 9
  - October 14
  - November 4 (this is the first Wednesday of the month because the 2nd Wednesday is a holiday)
  - December 9

- **Risk release form** – discussion regarding the form ensued, more questions remain, committee needs more follow-up/information in order to be fully comfortable with form.

**Other Activity Ideas:**
- **Suggestions regarding massages and manicures/pedicures** – Lorri received the suggestion for a workshop on massages and/or manicures and pedicures. Could this be
offered? The committee discussed how the COSME program currently offers these services for nominal fees in the evening hours that individuals could use. There is potential for a workshop in this area, but it needs to be further thought out as there has already been a foot-health and foot reflexology workshop in the past.

- **Grace Ihara Scholarship** - There also was some discussion regarding the continuation and funding for the Grace Ihara scholarship. Given that there have been a few other faculty and staff members who have passed after Grace’s passing, the thought is to establish and endow a “HCC Memorial” scholarship to honor all faculty and staff who pass away. Since the issue was brought to Lorri’s attention by Nida suggesting we look into broadening Grace’s fund into a Memorial fund, Guy will approach Nida to find out what suggestions they (Brian and Nida) as well as UH Foundation may offer in light of fundraising, etc. for this type of transition.

- **Book exchange** - Libby suggested a book exchange or book club type of event as a way to recycle books, and share and trade books with other individuals. Nadine shared that the library does accept book donations which could be another option. The committee thought maybe a book exchange, coupled with Clara’s bookmark-making workshop could be an option in the fall. Any books that are not exchanged, could go into the Libraries donation stack.

Next meeting: *Wednesday, August 12, 2009 at 2:00p in Building 4, Room 18.*