Health and Wellness Committee Meeting
Minutes for 8/12/09

Members in Attendance: Guy Shibayama, Clara Iwata, Kathy Langaman, Wayne Sunahara, Charles Miller, Lianne Nagano, Libby Jakubowski

Activity Updates:
Relay for Life – Nadine (date: Sunday, July 12)

Ice Cream Social –
99 people showed up
110 signed up
Toppings were in abundance
Used 5 out of 6 ice cream tubs
Guy’s cooked toppings added to the ambience of it all (Cherries Jubilee and Caramel Bananas)
More people used the fruits before the candies
For next year, maybe consider more fruits with just the brownies and Guy’s cooking station as toppings instead of having too many candied toppings.
Maybe consider moving back to $5/person, although if it is run through Staff Development, this is something they may have to determine.

September – December Activities
Line Dancing – Guy
   Starting up in again September.
   Will need to select a day to do this (more than not it will be the last Friday of each month)

Ukulele Making/Soundboard Theory Class – Guy
   Those that are interested in learning more about ukulele making and soundboard theory class – see brochure (non credit – Tech I)
   Scheduled to start in September 2009

Eco Friendly Workshop – Lianne
   Consider making this a series
   Could this be a topic prior to salad day in the fall
   Green Advantage Training/Certification through carpentry – someone could present some information about this. (Norman and Guy)
   Gardening and sustainability
   Things you do to make your house more energy efficient

Bookmark Making – Clara
   October 2009
   Libby will work on the book exchange part and Clara will work on the bookmark making piece.
Don’t be a victim – Kathy
This may be brought up again at a later date, and it was suggested by Guy that maybe it could include a piece on scams, how to recognize and how to avoid them.

Cardio and/or weights – Kathy
Kathy’s friend to do presentation on Cardio – Kathy will check into doing it in November 09 (one Friday during lunch)

Mani-pedi update
Guy spoke to April – Thoughts stem around doing some afternoon activity during Wo Champions Day or Excellent in Ed day for a session. Doesn’t have to be free but at a reduced price possibly.

Grace Ihara Scholarship - Guy/Lorri

HCC Memorial Scholarship – Guy
Guy shared article about Fundraising back in 1998
Not a named scholarship, but used towards providing to a student attending HCC. Guy has recommended this idea to the appropriate HCC administration, and if it is something that is carried forth, Health and Wellness may be able to help in some areas.

Book Exchange – Libby (working with Clara on this, combining with bookmark making)

Great Aloha Run, President’s 100 Club – Guy
There was no penalty for not reaching the total of 100 individuals.
Guy will be doing the GAR again in February 2010

Other Items:
Laulima/Health and Wellness Website
Ice Cream social pictures – will see if they can be posted on the website
Donut pendant pictures are on the Health and Wellness Website

For workshops we need to fill out the proper proposal forms off of the Laulima site for approval through the channels

Preventing the flu flier
Pulled information off of the DOH website to potentially post in our classrooms and other areas.
Do we want to pursue having alcohol anti-bacterial dispensers at strategic locations on campus.

Other Activity Ideas:
None identified at this time
Next Meetings: September 9th 2:00