
Activity Updates:

September – December Activities

Line Dancing – Guy
Line Dancing will begin on Friday, September 18 at 4:30pm in Building 14, Room 210. Sharon Isa will be leading the dancing and offering instruction. Libby will send out an email to campus inviting faculty and staff to participate. Interested attendees should email Sharon Isa by the Thursday before so she will know what types of dances to prepare for, and how much she should prepare the night before.

Ukulele Making/Soundboard Theory Class – Guy
The next Ukulele Making class will begin on Friday, September 25 from 4:30 – 7:30pm in Building 14, Room 113. Guy will send out an announcement to the campus to invite people to participate. Sign-ups and confirmations of people who want to attend are needed for this workshop as participants need to pay for the cost of the supplies.

The Soundboard Theory Class was cancelled due to lack of interest

Eco Friendly Workshop – Lianne
Lianne spoke with Ken Johnson about presenting for about an hour prior on Salad Day to interested Faculty and Staff about basic principles of being eco-conscious and more energy efficient while at work. He will most likely be doing a PowerPoint and then providing a handout on basic tips that employees can easily integrate into their work practices. The presentation will be help from 10:00 – 11:00a (including time for questions and answers) and Salad Day will begin at 11:15a. Salad Day is scheduled for Thursday, October 1st.

Lianne is also considering a workshop on gardening that would fall into this category, but plans are still being developed. More to follow.

Bookmark Making/Book Exchange – Clara, Libby
Friday, November 20, 2009
This activity/workshop will have several different stations that faculty and staff can go through, enjoy each other’s company, create their own bookmark, and then have the opportunity to exchange books, talk about their favorite reads, and make reading recommendations to their colleagues. Books can also be donated at the
end of the event to the library or to another community agency that accepts book donations. Cost will be $3-4, depending on materials needed. Will also provide refreshments. Room needs to be reserved.

Don’t be a victim – Kathy
Bert S. spoke with someone about doing a workshop – this is still being developed.

Cardio and/or weights – Kathy
A friend of Kathy’s will most likely be offering this cardio workshop on Friday, November 13 around 12:30p. More details to follow.

Spring Activities and Other Items:
Mani-pedi update
Since the fall semester is already rather full with activities, and a foot reflexology workshop was conducted last year, the committee decided not to pursue this activity at this time. It can be reconsidered if another health and wellness type of event is proposed in the future where manicures and pedicures are more closely related.

Grace Ihara Scholarship - Guy/Lorri – this scholarship has ended and there are no additional plans to renew it at this time.

HCC Memorial Scholarship – Guy – this has been mentioned to the administrative team, at this time there has been no move to begin the process, Health and Wellness will just wait to see if anything comes of it and then offer assistance at that time.

Great Aloha Run, President’s 100 Club – Guy
Guy is still planning on organizing the President’s 100 Club. This will occur during the spring semester. Guy will look into website and then report more later.

Activity Proposal Forms/Approvals:
Please submit proposal forms for Line Dancing, Ukulele, Eco-Friendly Workshops, Cardio, Bookmark making and any other ideas that are being proposed for the committee to consider.

Workshop/Activity Days and Times: Committee discussed various times and days that make the most sense to schedule workshops and activities that would allow the most people to attend. It was mentioned that it really depends on the type of activity and the type of people that it would draw, as to when the best day/time would be. Lorri has added this as a question on the workshop evaluation to get the input from people that attend.

Next Meeting: October 14th 2:00p