Health and Wellness Committee Meeting
Minutes for 10/14/09
Building 4, Room 18

In Attendance: Lianne Nagano, Lorri Taniguchi, Nadine Leong-Kurio, Kyle Higa, Guy Shibayama, Libby Jakubowski, Clara Iwata

Activity Updates:

September – December Activities

Line Dancing – Guy
About 6 people attended and they danced for about an hour and a half. Per Sharon Isa, most participants are interested in coming back for other sessions. The line dancing for Friday, October 16 has been rescheduled to Friday, October 23.

Ukulele Making/Soundboard Theory Class – Guy
Soundboard theory class cancelled, Ukulele making had the first session on Oct. 9.

Eco Friendly Workshop – Lianne
Ken Johnson presented prior to Salad Day on 10/1/09. The session was scheduled to being at 10:00a but actually began around 10:30a. Ken discussed the Sustainable Saunders project at UH Manoa and some of the things they learned from this project that could be implemented at HCC. He gave some practical tips on how people at work can be more efficient and eco-conscious. Ken also showed the Story of Stuff video.

The committee reached the conclusion that having a workshop prior to the Salad Day or Soup Day may not get as much as participation as we would like as most people have a hard time leaving their work for two hours. They usually would have to choose to do either the workshop, or participate in Salad Day, and more than likely they will choose the option with food. This will be under consideration when helping to plan workshops with the Staff Development Committee for future Salad and Soup days.

Lianne will check with Ken to see if he can make his PowerPoint available on the Health and Wellness website.

Bookmark Making/Book Exchange – Clara and Libby consulted with the committee on Bookmark Making and Book Exchange. Clara presented the bookmark that she will help people make. The committee reviewed and gave feedback on the flyer that was submitted. Clara will submit the facilities use form. Libby completed the workshop proposal sheet and will finish the flyer to be distributed for RSVP. The workshop will charge $1 for those who just want to participate in book exchange and refreshments, and $3 for those who would also like to create their own bookmark. The fees will help to cover the costs of the supplies and materials.
Nadine offered to bring some bookstands from the library to help with the book display table. Libby and Lianne volunteered to bring in coffee, Libby will bring in some baked goods as well. Set-up for the event will occur Friday morning at 10:00a.

Don’t be a victim – Kathy/Lianne
This activity will be moved to the spring semester, Lianne will ask Bert S. about doing a workshop in the spring.

Cardio and/or weights – Kathy
Kathy is working on getting a room and confirming the Friday, November 13 around 12:30pm date/time with her friend who can do the instructions.

Spring Activities and Other Items:

Great Aloha Run, President’s 100 Club – Guy
Guy met with Emily, Sharon Isa and Jerry Cery; they are distributing posters around campus. Students can turn in forms to Student Life. They don’t need to pay as they will be sponsored. The deadline for the early application is December 4th. Ideally 100 candidates should sign-up to have the benefits of being in the President’s 100 club (t-shirts, special acknowledgement, etc.)

Spring Farm Tour - Lianne is working on organizing a tour of a farm in the spring to learn more about cultivating plants, fruits, and vegetables. At this particular farm, you can also purchase a crate of plants, fruits and vegetables for $10.

Other activities for consideration in the spring semester include:
The Visitor Walk which is scheduled for Saturday, May 15, 2010.
WILD Day on March 3

Flier – committee is considering doing a flier for next semester to advertise the campus and community activities that might be of interest to members of the campus community

Next Meetings: November 4, 2:00p