Health and Wellness Committee Meeting
Minutes for 11/4/09
Building 4, Room 23B

Members in Attendance: Nadine Leong-Kurio, Lianne Nagano, Guy Shibayama, Libby Jakubowski, Clara Iwata, Kyle Higa

Activity Updates:

September – December Activities

Gabbers, Gripers, Groaners... How to Bring Out the Best in Them – Kyle
Kyle asked the committee to encourage people to attend. This is a really fun workshop, an excellent speaker, organized by the WO Learning Champions. The session is Friday, November 6 at 11:30am in Building 27, Room 116.

Line Dancing – Guy
Guy will check on Line Dancing for November 20 and if they are able to hold it, will send out an announcement. October’s session was cancelled due to scheduling conflicts.

Ukulele Making – Guy
The fall ukulele class is in its 5th week and will run through December 18. Instructor Norman Takeya has graciously consented to continue teaching ukulele building. The spring class is scheduled to start on Friday, February 5, 2010.

Bookmark Making/Book Exchange – Clara, Libby
Friday, November 20, 2009
The committee decided to expand the workshop to include any multimedia in the exchange and other types of books besides novels, such as cookbooks, textbooks, dvds, cds, vhs movies, etc. This will be added to the flier and sent out by Friday morning to the list serves. Additionally, several hard copies will be made and distributed to the various departments so they can make copies and pass out. Set-up will begin on Friday, Nov. 20 at 10:00am. Libby will bring coffee and cookies and juice, Nadine, Lianne, and Guy volunteered to make some things as well. Will decorate the room and set-up the tables. Wayne will try to put together a mix of songs to play during that time.

Cardio and/or weights – Kathy
This workshop is still tentatively being held. More details to follow.

Spring Activities and Other Items:

Great Aloha Run, President’s 100 Club – Guy
Guy met with Emily, Sharon Isa and Jerry Cerny; they are distributing posters around campus. Students can turn in forms to Student Life. If students are not able to pay the fee, they will be told that they will have a sponsor. The deadline for the early application is December 4th. So far 6 participants have signed up. Ideally 100 candidates should
sign-up to have the benefits of being in the President’s 100 club (t-shirts, special acknowledgment, etc.)

**Spring Farm Tour - Lianne**  
Lianne will check with the farm to see if either Saturday, February 20th or Saturday, Feb. 27th would be a good time to organize a tour. Anyone will be able to sign up 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.

**Kaiser Permanente Exercise Street Team Campaign - Guy**  
Guy received an email from a Kaiser representative who would like to bring their mobile work out team to our campus on November 12, 2009. This is a roving unit that would speak to students, faculty, and staff as they are milling about on campus. Participants can try out a few of the exercises and equipment they bring on campus, and will then be given information on workouts and healthy recipes. They already received clearance from UH Manoa’s campus, they will be visiting other campuses too. We can help advertise once they have the final approval from Chancellor Rota. Guy will be following up on this.

**HMSA Workshops – Libby**  
Libby spoke with a person on campus who said they had been to some of the HMSA conducted sessions and the representative said they would be interested in coming on campus again as they had done a couple of years ago. Libby will contact HMSA to find out about their community workshop offerings.

**Don’t Be a Victim – Lianne**  
Lianne will speak with the presenter to determine if a time in late January would be good for this workshop. More to follow.

**Flier and Website – Committee thought it would be nice to start including the website address on any emails or informational materials, sign-up sheets, etc., so that people can become familiar with it and go there to see the schedule activities.**

**Soup Day – Lorri**  
More information to follow at next meeting

**Next Meeting: December 9th 2:00p**