Health and Wellness Committee Meeting
Minutes for 3/20/12 – 2 p.m. to 3 p.m.
Apprenticeship Building, Rm. 18

Members in Attendance: Chulee Grove, Marilyn Ito-Won, Clara Iwata, Nadine Leong-Kurio, Aileen Lewis, Lianne Nagano

A. Great Aloha Run Recap
They were 172 total paid participants, 73 students were sponsored by 49 people, and 91 attended the picnic. Check in for the picnic was done by William. The main dishes were donated by Guy. Some attendees also donated food.

B. Website (Nadine) – Would we want to seek web hosting elsewhere, such as with Hawaii.edu?
It was decided to house items such as minutes and planned activities on Laulima. Pictures may be put on facebook. Clara will ask Varouny if he can be in charge of inputting the pictures. (Varouny declined to input pictures) Nadine will check about seeking web hosting with Hawaii.edu.

C. Bulletin Board
Emily has agreed to put current health news on the HCC’s campus bulletin board. She will be responsible for putting them on and taking them off after 30 days. Clara will be collecting and handing the news over to Emily.

D. Result of Kale Demo for the Health & Wellness Members
Everyone enjoyed the Furukaki Kale Chips and Kale Soup that Derek made for the Health and Wellness people. Derek will give Clara the dates and times that he can do the Kale Chips and Kale Soup for the faculty and staff who are interested.

E. Activities Planned or Reschedule
Still on – The Ergonomics Workshop by Chulee Grove, April 27, 12 p.m. to 1 p.m. in the Computer Lab Classroom. Chulee will give Clara a description of her workshop so Clara can e-mail it out. Marilynn will be in charge of the RSVP’s. The limit for this workshop is 20.

Planning – Nadine will be explaining the library’s database for health information to the committee. Nadine will let us know the day and time.

Reschedule – Fish Demo by Peter Haliniak was to take place sometime in February. This was cancelled at the request of Peter until Fall 2012. Peter will let Clara know when he will be available to do the demo. We decided that $10 was not too much to charge for this since it included vegetables and starch.
Reschedule – Music Appreciation day that was scheduled for Wednesday, February 29 was cancelled. Should we combine it with ice cream day? We decided to call it Sharing Your Talent Day and schedule it with ice cream day which is usually held sometime in the summer. Chulee will help with obtaining talents from Tech I.

Next Meeting: Wednesday, April 18, 2012
2 p.m. – 3 p.m.