Health & Wellness Subcommittee Meeting
Minutes for 9/21/12 – 2 p.m. to 3 p.m.
Apprenticeship Building, Rm. 18

Members in Attendance: Monir Hodges, Clara Iwata, Lianne Nagano, Derek Otsuji, Kathleen Saiki, Guy Shibayama, Lorri Taniguchi, John Vierra

A. Minutes
August 24, 2012 minutes was approved.

B. Update on Website
Nadine added a link to Honolulu magazine’s Best Doctors site to the Resources web, uploaded photos from Share Your Talent night to Laulima. To see the photos:
(1) Log in Laulima
(2) Select the Health and Wellness Subcommittee tab,
If you don’t see it, look under “My Active Sites”
(3) Select “Resources,” then “Photos,”
then “Share Your Talent.”
Photos were taken by Marilynn Ito-Won.

C. HCC Bulletin Board
The HCC Health Bulletin Board hasn’t changed it’s location from the front of the Library. The fence has moved a little so the bulletin board can now be easily seen. The topic will change soon. Hillary has smoking as the next topic.

D. Snack and Food Choices
Andrea hasn’t been able to find any reasonably priced healthy pastry or bars. She will be still looking around for something that the Hub can carry.

E. Report/Update/Planned/Suggested Activities

Report - Sharing Your Talent Day Potluck, Friday, September 14, 2012, 4:30 p.m. to 6:30 p.m., Apprenticeship Bldg. 4-23B
(Clara)
We had about 10 adults and 2 children show up for the talent night. Kathleen Saiki did a wonderful job as MC for the night. The talent night began with Scotty Rhode and David Medeiros playing America, The Beautiful on his guitar with the rest of us singing along. We also had Derek Otsuji reading poems which we all enjoyed, Erica Balbag-Gerard did the candle dance. This dance was done holding a candle in both hands plus a candle balanced on her head. She did it without dropping the candle! We all enjoyed Jeannie Shaw’s hula accompanied by David Medeiros. Scotty Rhode did a funny hat fashion show and Dean Arashiro sang a song for us.
The meal turned out to be completely vegetarian. Spinach pizza, kale salad, mixed vegetable platter, cookies, taro chips and lemon water for drink. Conversation was strained, partly because of the sitting arrangement and because the attendance was so small. Suggestions: advertise more, send out reminders close to the date, have a mike in reserve, follow the check off list and delegate more work.
Report - Flu Shot, September 19, 2012, 10 a.m. to 1 p.m. in 4-18 (Lori)
About 80 participants. Last year we had about 127. Not sure if turnout was less
because of location (farther away from Music Room where it was held last year or
if Kaiser not participating played a role. In addition, student email was accidentally
put in SPAM and was delayed in being sent originally even if reminder one went
out on Tuesday. Flyers taken to Student Life were not put up in time (we took it to
them last week). Most of the evals were very positive and most had an excellent
experience. Next year we will consider whether it should be adjunct/associated with
or without the Health & Wellness Fair. Volunteers were much appreciated and did
an excellent job! If anyone has any added comments or concerns that we can
improve our flu shot clinic in the future, we welcome them (send anonymously to
our mailbox or feel free to email lorri@hawaii.edu).

Update - Ordering of Otsuji Farm Product  (Derek)
This will be done in November.

Update - Borscht  (Derek)
This will be done in November. Borscht is a Russian or Polish soup made with
beets. Lianne made a comment that everyone enjoyed the informative information
that Derek gave at his Kale demo. The cost to attend the Borscht demo will be
$4.00.

Planned - “Truths and Lies About What We Eat” Workshop
     Friday, April 5, 2013  (Monir and Clara)
Monir reported that Faculty Development will help with some of the travel cost for
the speakers and that she also planned to ask Administration for help. With the
current procurement process unsure, Lianne told Monir that The Health & Wellness
Subcommittee will not support this workshop.

Suggested - Honey Bee Excursion  (Lianne)
Lianne will go on Saturday and give us more information. At the next meeting, we
will decide on the date, time and cost.

Suggested – Karaoke Night  (Clara)
After the Talent Night, Dean Arashiro asked me if we could have a Karaoke Night.
It was decided that since Nida is doing this already, we should let her continue.

Suggested – Craft Workshop  (Nadine and Clara)
Nadine and Clara will think of a craft to do. Date and time will be set later on.

Next Meeting:  Friday, October 19, 2012
     2 p.m. – 3 p.m.
     Apprenticeship Building Rm. 18