Meeting called to order at 1:00pm by meeting co-chair Clara Iwata.

Members in Attendance
Stella Akamine, Kyle Higa, Marilynn Ito-Won, Clara Iwata, Nadine Leong-Kurio, Lianne Nagano, Guy Shibayama, Lorri Taniguchi, Shioko Yonezawa

A. Minutes
September minute was approved.

B. Charter
The charter version on the Intranet (Committees) and on the Laulima had slight differences, so Lianne, Lorri and Kyle went over the two versions. The Laulima version reflects the original charter, so it was reviewed at the meeting. Members voted unanimously to approve the charter which will be posted on the Intranet (under Committees) and Laulima (under Health and Wellness Subcommittee for members). At the suggestion of Marilynn, the date of review and approval will be added to the charter. Lianne will check with Sterling (FSEC) to see if he had wanted to have all charters updated.

C. Update on Website (Nadine)
Since we have new members, Nadine went over intranet and Laulima for all. Nadine added the minutes on the intranet, and she will also be adding Tai Chi/GiGong (10/16/13) and Extension Southeast Asian Cooking (11/06/13) on the upcoming events section. Clara will be posting the Ka‘Ikena pictures and the approved September minutes to Laulima.

D. HCC Bulletin Board (Clara)
Although the Health and Wellness Bulletin Board near the former entrance to the Library is cleared, Emily has not said anything on when the nutrition information will be posted. They already have the nutrition cutups ready to put up. Clara will follow through on this.

E. Great Aloha Run (GAR) (Guy)
GAR is held on Presidents Day, Monday, February 17, 2014 from 7:00am till whatever time you finish. Cost $35 for individuals from 13-64, $5 for babies 4 yrs. and younger, $25 for children between the ages of 5-12 yrs., $25 for seniors 65 and older or $30 if you’re in the military. The race is from Aloha Tower to Aloha Stadium. You can register on-line (greataloharun.com) but should put HCC’s Club 100 number 47 on or you can also get the registration form from the Health Center, fill it out, attach payment and return to the Health Office. Announcement flyers and the chart of participation will be distributed later. For those who would like to get in shape, a walking map is available on the intranet. After completing the race, participants can go to HCC Apprenticeship bldg. to enjoy mouth watering food prepared by Guy and his chefs. HCC runners will be getting a free HCC GAR tee shirt (ok’d by Chancellor) and they will also qualify to receive the training shirt, and a finisher’s shirt given by GAR.
F. **Flu Shot & Blood Drive (Lorri)**

**Flu**

Wednesday, September 18, 2013  
Time: 10:00am – 1:00pm

Lorri reported that approximately 100 got the flu shots and 74 filled out the evaluation. Consider begin planning earlier and to make more “connections” with neighboring businesses. Because flu shots are more readily available at convenient locations, this is impacting our numbers as well.

**Blood Drive will be held:**

Date:  
- Thursday, October 17, 2013, 8:00am – 1:00pm
- Wednesday, November 13, 2013, 8:00am – 1:30pm

Donated Refreshments will be served. Lorri will update us on email on details of refreshment donations.

Place:  
Bloodmobile will be parked on the Mall near Bldg. 2

Lorri mentioned that appointments are strongly encouraged to minimize delays. Call 845-9282 for more information.

G. **Planning/Update/Report/Suggested Activities**

**Update -**  
**Ka‘Ilkena Restaurant at Kapiolani Community College, 9/21/13 (Kyle)**

The evaluation was given to all attendees with 14 responding. The majority thought the event was worth their time, most wanted to do this again choosing Leeward, Windward and Kapiolani as the next to try. Some could hear the CD music provided by Mele and some couldn’t. Kyle did a great job Most of us couldn’t see the tip box and the group decided that on the next restaurant experience, we would include the tip with the cost of the meal. Clara will post the complete evaluation on Laulima. Pictures taken will also be posted.

**Update -**  
**Tai Chi and Gi Gong, 10/16/13 (Beng Poh)**

The date (10/16/13), time (12pm –1pm) and place (4-18) have been set. Email announcing the event was sent out to the campus with 18 people responding. On Monday Clara will send out reminders to all who signed up with the following “flat footwear instead of heels recommended.” Clara will take care of getting the Boom Box.

**Update -**  
**Extension Southeast Asian Cooking, 11/06/13 (Lianne)**

Rose Saito of University Extension Service will provide recipes for healthy eating and she will also show us how to prepare them on Wednesday, November 6, 2013 from 12pm – 1pm in 4-18. Cost will be $7. Email will be going out announcing this event soon.

**Planning -**  
**Caregiving, Spring 2014 (Nadine and Derek)**

Stella will begin gathering materials on caregiving and put them in a binder.
Clara will get in touch with Shelly Wong to see if she can arrange someone to talk to us on caregiving.

Suggested - Skin Care, Spring 2014 (Stella)
Stella is thinking about it.

Suggested - Lunch/Dinner at Greens & Vines: Raw Vegan Gourmet
(Derek and Clara)
This will be brought up at the next meeting.

Next Meeting: Friday, November 8, 2013
1 p.m. – 2 p.m.
Apprenticeship Building Rm. 18