A. **Welcoming New Members**
No new members attended this meeting.

B. **Minutes**
October minutes done and approved but November meeting will be done later. Clara asked that everyone send in a summary to make it easier to do the minutes.

C. **Update on Website** (Nadine)
Nadine will post minutes.

D. **Health and Wellness News Update** (Clara)
Kyle mentioned that Derek did a terrific job of reporting the Health & Wellness Activities for Spring 2014 and mentioning upcoming events at the Health and Safety Committee end of the semester meeting in January.

E. **Health Office Updates** (Lorri)
Next blood drive is Wednesday, March 18. Recruiting will start in February.

F. **Response to Letter to Faculty/Staff Who May Be Interested Joining the Health & Wellness Subcommittee** (Lianne, Derek)
Derek reported that Marilynn Ito-Won and Iris Saito asked to be removed from the list. Derek will send another email to people who did not respond. Lianne will get in touch with Stella Akamine and Lynette Chin to see if they still want to be on our list. Derek will give the list of members to Chulee who will see if she can input it on the website.

G. **Making Strides Against Breast Cancer** (Lorri)
An initial “master plan” brainstorming meeting is scheduled for Thursday, 1/22/15 at Apprenticeship (?) room at 11:30 a.m. Open to those who want to be actively engaged and support fundraising efforts for Making Strides starting this Spring and running thru the summer. Since Aloha United Way is a big fundraiser for September for the campus, we are trying to do the bulk of any fundraising before that. Ideas can be suggested or come to the meeting...white elephant, bake sale, karaoke, ice cream social etc. Fun, sharing things could even be learning more about social media and using Facebook to get folks to donate. Also, wanting to use the concept of person or persons adopting something they’d like to take charge of like how we do Health and Wellness activities where other members can help, but different people actively take charge in things they are passionate about. Persons wishing to attend should
RSVP and let me know that they’re coming. It’s a manapua lunch that Guy Shibayama is graciously sponsoring, Thanks Guy.

H. **GAR (Guy)**
Chancellor will pay for the shirts. We will be having a picnic after at HCC—thank you Guy for coordinating this event every year. Nadine will send out folding of T-shirts instruction.

I. **Our Hokolea Our Ambassador to the World, (Thursday, February 19, 2015)**
(Derek/Shioko)
This proposal was written to follow the Hokulea’s journey by presenting the culture of the place visited. Derek will work on the poetry section. The date of this event was moved from February to March due to resubmitting of the proposal because of questions of the places visited being international. The committee is waiting for the response.

J. **Planning/Update/Report**

Report - **Yoga Relaxation Class Follow-Up (Friday, 12 p.m. to 1 p.m.; 72A Center Area)** (Lianne)
No Yoga classes are scheduled.

Report - **Using Recycled Materials for Christmas** (Friday, November 21, 2014, (Carol)
The DYI session started at 11:30 due to other meeting. Sixteen people came and 11 filled out the evaluation. The marks were excellent. Thank you notes uploaded.

Planning - **Rose Garden (Saturday, April 21)** (Lianne)
Lianne will send out HCC email.

Planning - **Family Caregiving Small Group - Medicare/Medicaid (March 2015)** (Nadine/Clara)
Clara is waiting for call to schedule meeting for March.

Planning - **Down to Earth Cooking Demo by Mama T. Gonsalves, (Spring 2015)** (Clara)
Clara will contact Mama T. to see if she can come in April to do a cooking demonstration for us.

Planning - **Aromatherapy** (Lianne)
Jessie Aki said the best time for her to do this workshop would be Thursday, April 9. Lianne will be keeping in touch with Jessie.

K. **Sharing Time**
Next Meeting:  Friday, March 13, 2015
Apprentice Bldg. 4, Rm. 18
1:30 p.m. – 2:30 p.m.