Health & Wellness Subcommittee Meeting
Minutes for 2/13/15 – 1:30 p.m. to 3:00 p.m.
Apprenticeship Building 4, Rm. 18

Members present: Charlene Gima, Chulee Grove, Clara Iwata, Nadine Leong-Kurio, Lianne Nagano, Derek Otsuji

A. Minutes
   January minutes were emailed out and changes were made and approved.

B. Our Hokulea Our Ambassador to the World, (Thursday, February 19, 2015) (Derek/Shioko)
   Resubmitted proposal was approved and grant was received from the Honda International Opportunity Fund. It will be called International Education Day at HCC. It will feature New Zealand (poi ball dance), India (bollywood dancing), and Indonesia (dance) with Kaiulani Murphy talking about star navigation. Included will be a poetry contest with the theme, “caring for the aina.” Derek, Shioko and Charlene are coordinating this event.

C. Response to Letter to Faculty/Staff Who May Be Interested Joining the Health & Wellness Subcommittee (Lianne/Chulee)
   Lianne will check with Derek on updating membership. Chulee is not able to edit the Health and Wellness membership.

D. Update on Website (Nadine/Clara)
   Nadine posted the minutes and events, but needs dates for March events. Clara will give her dates for March events.

E. Health and Wellness News Update (Clara)
   News in the Star Advertiser – Cannabis Cookery. Be careful on what you eat. Desserts are now made with cannable (marijuana) infused sugar and butter.

F. Making Strides Against Breast Cancer
   Erika emailed Guy saying, we cannot continue with this fundraising effort under the auspices of HCC. This is the ruling from our Attorney at the Hawaii State Ethics Commission. Use of our eMail listserves, eNews blasts and even our website, telephones, or any state resources to promote events such as the American Diabetes Association Walk, etc. is not allowed. The only exceptions involve the Hawaii Food Bank and the Aloha United Way, which they determined have been judged to be performing in the interest of the State. The group brainstormed on how we may still be able to do this fundraising without breaking this ruling. We will discuss this further at our March meeting.

G. GAR (Monday, February 16, 2015) (Clara)
   GAR training t-shirts and HCC t-shirts were picked-up or distributed. Packet pick-up from Neal Blaisdell will be this Friday, Saturday, and Sunday. Picnic after run at HCC apprenticeship building.
H. Planning/Update/Report

Planning - **Rose Garden (Saturday, February 21, 2015, 8:00 a.m.) (Lianne)**
Participants will meet at the Urban Garden at 8:00 a.m. For people with walking problem, there is a slight slope. Lianne will give Clara the address.

Planning - **Family Caregiving Small Group - Medicare/Medicaid (March 2015) (Nadine/Clara)**
It will be in March. As soon as the date is confirmed, invitation will be sent out. Clara is coordinating this with Kimberly Oliveira and Kats Borja of United Healthcare.

Planning - **Down to Earth Cooking Demo by Mama T. Gonsalves, (Friday, April 17, 2015, 12:00 p.m. to 1:00 p.m., Cost $5.00) (Clara)**
Mama T. and Jordan have agreed to give a cooking demonstration on Friday, April 17, 2015 from 12:00 p.m. to 1:00 p.m. Clara will ask Guy for room availability. Clara attended the cooking demonstration held the 1st Saturday in February at Down to Earth. The samples were delicious. She asked them if they could do the same for our cooking demonstration. Mama T. and Jordan will be preparing yummy Raw Beet Sashimi, Spinach Strawberry Salad, and Strawberry Mint Milkshake.

Planning - **Aromatherapy, (Thursday, April 9, 12. p.m. to 1 p.m.) (Lianne)**
The aromatherapy workshop with Jessie is schedule for Thursday, April 9 from 12 p.m. to 1 p.m. Lianne will be keeping in touch with Jessie.

Planning - **Manoa Heiau (Clara)**
Clara will find more information on this.

Planning - **Lunch/Dinner at the Newly Re-opened Paradise Park (Clara)**
Clara will get times that are available and the price of food.

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