Members present: Charlene Gima, Carol Hasegawa, Kyle Higa, Clara Iwata, Lynnette F. McKay, Mario Mediati, Lianne Nagano, Lorri Taniguchi, Derek Otsuji, Guy Shibayama

A. **Minute**
   March meeting was passed around. When corrections and additions are made it will be emailed to members for approval.

B. **International Education Day (Our Hokule’a: The Ambassador to the World)**
   **Thursday, March 19 HC Cafeteria (Derek/Shioko)**
   Everybody had fun and learned from the activities that were presented (Star Navigation, Poi Ball Making, Bollywood, Jeopardy, Poetry Reading and Contest). Shioko relayed to Derek that 150 people showed up. Fumi is working on the analysis update. Other campuses have being having this kind of event – HCC is the only campus that hasn’t been having it. We hope to continue next year.

C. **Health and Wellness News Update (Clara)**
   Thought this article, “Farmers fund study to develop gluten-free wheat” in the morning paper might be interesting for us to read because so many people struggle to digest wheat.

D. **Update on Website (Nadine emailed to Clara)**
   Health and Wellness calendar is up-to-date with our current activities. We have minutes posted for January and February 2015. Today, I added Lianne’s Southeast Asian Cooking recipes to our “Good Eats” page. If there are activities or minutes to post the Intranet, send them to me and I will do so ASAP.

E. **Update on Laulima (Kyle/Clara)**
   Kyle and Clara worked on getting pictures transferred from her computer to Kyle’s computer. It seems to work so Clara will email what she has to Kyle so he can post it in Laulima. Lorri suggested that we make the pictures come out continuously like the way its done by Billy Lueder. Kyle and Clara will talk to Billy to see how it’s done.

F. **Health Office Update (Lorri)**
   Blood drive held on Wednesday, March 18 was a few pints short of the 30 pints goal. This was because of exams and projects, no-shows, and because the flow was affected when one of the donors took longer than usual to donate blood. Lorri also mentioned that CPR classes will be offered sometime in the summer likely in July or August. If interested, staff should request this through their Dean or Division Chair.

G. **Follow UP - Response to Letter to Faculty/Staff Who May be interested Joining the Health & Wellness Subcommittee (Derek/Lianne/Chulee)**
Health and Wellness website has been updated with the current membership list. Lianne will check with COC on updating the membership for this year and update the Laulima list so members receive H&W emails.

**H Planning/Update/Report/Suggested Activities**

**Report**

- **Family Caregiving Small Group Medicare/Medicaid (Friday, March 20, 2015, 11:30 a.m. to 1:00 p.m., 4-18)** (Nadine/Clara)
  Kimberly Oliver and Kats Borja of the United Healthcare gave this workshop. 17 attended and 9 responded to the evaluation form. Most of marks were excellent but one comments was read. The comment was “The speakers were good, but most of what they covered does not apply to state retirees,” The group agreed that it was informative but does apply to state retirees or what we wanted. The group suggested that we find somebody to take us through the entire process step-by-step - beginning to end. Kapiolani Community College might have a person.

- **Aromatherapy (Thursday, April 9, 12 p.m. to 1 p.m.)** (Lianne)
  Nine people attended the session. Evaluations are being compiled. So far many rated the workshop excellent. Jess Aki may be interested in doing a workshop on Do-Overs (creating a new dish from left overs).

**Planning**

- **Down to Earth Cooking Demo by Mama T. Gonsalves/Jordan (Friday, April 17, 2015, 12:00 p.m. to 1:00 p.m., 4-23B** (Clara)
  Email sent out and 9 responses have been received. Mama T. and Jordan will be making Raw Beet Sashimi, Spinach Strawberry Salad, Strawberry Mint Milkshake and Mexican Chocolate Chip/Carob Banana Muffins. Participants will be asked to bring their $5 payment to defray expenses (exact change) to the workshop.

- **Manoa Heritage Center** (Clara)
  Spoke w/Margo (988-2387). Set up Saturday, May 2, 10:00 a.m. Tours take about 1 hr. Free for faculty/staff of HCC but the group decided to charge $7.00 since the usual cost of the tour is $7.00. Margo will combine our group with another so we can have about 10-12 people sign up. Clara will email announcement to faculty and staff.

- **Lunch at the Newly Re-opened Treetops Restaurant At Paradise Park** (Clara)
  Spoke w/Chae (988-6828). Need 50 or more to make reservation. Lunch on Saturday only. Cost: $19.95
  The group decided to wait till the park is reo

Next Meeting:  Friday, May 8, 2015, 4-18 (?)
1:30 p.m. to 2:30 p.m.