Members present: Carol Hasegawa, Clara Iwata, Mario Medianti, Beng Poh Yoshikawa

A. **Minute**
May minutes approved with changes.

B. **Health and Wellness News of Interest from Advertiser** (Clara)
These articles were discussed: Artificial ingredients being kicked off Subway, San Francisco gets tough on soda ads, Brain may benefit the most from exercise, 7 hours’ sleep needed to be sharp, healthy.

C. **Update on Website** (Nadine emailed to Clara)
No Update.

D. **Update on Laulima** (Kyle/Clara)
Minutes and pictures of our tour to the Manoa Heritage Center was added and also Derek Otsuji’s poem “Bees” which was inspired by our Urban Garden Honey Tour and was published in Crack the Spine, Issue 70. I will go through my pictures on my i-pad and enter those that have not been entered from previous tours.

E. **Health Office Update** (Lorri)
No Update.

F. **Follow UP - Response to Letter to Faculty/Staff Who May be interested Joining the Health & Wellness Subcommittee** (Lianne/Chulee)
Lianne will report at next meeting.

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

Planning - Hurricane Preparedness Presentation by Ken Arima, (Monday, June 29, 2015, 11:00 a.m. to 12:00 p.m.) (Clara)
Ken Arima an energetic, creative and a well-known expert in hurricane preparedness in the community as well as in the Mormon community will be the presenter. So far, about 17 people have signed up for this no charge presentation.

Planning - Cooking with Essential Oils (July ?) (Clara)
Clara will be receiving the date soon from the presenters.

Planning - Hands-On Cooking at Down to Earth, Mama T. Jordan (Saturday, August 29, 2015; 11:00 a.m. to 12:00 p.m.; Down to Earth Bldg, Rm. 302) (Clara)
This workshop needs more than 10 people in order for it to happen. The cost will be $20. Since it’s a hands-on cooking class,
Mama T. and Jordan will decide what we are going to make. Jordan mentioned that pizza and salad were made in the other class. Mama T. is on vacation so as soon as the menu is decided, Clara will send out email to find out how many would be interested.

Next Meeting: Friday, July 10, 2015, 4-18
1:30 p.m. to 2:30 p.m.