Health & Wellness Subcommittee Meeting
Minutes for 7/10/15 – 1:30 p.m. to 2:30 p.m.
Apprenticeship Building 4, Rm. 018

Members present: Kyle Higa, Clara Iwata, Mario Medianti, Guy Shibayama

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

B. **Health and Wellness News of Interest from Honolulu Star-Advertiser (Clara)**
   - *Calorie counts on menus put off* – The FDA delays Obamacare labeling rules for chain eateries and pizza joints.
   - *Chocolate found to boost ardent consumers’ hearts* – New research has found that devoted consumers of chocolate—including some who eat the equivalent of about two standard candy bars a day—are 11 percent less likely than those who eat little to no chocolate to have heart attacks and strokes, and 25 percent less likely to die of cardiovascular disease.
   - *Climate change prompts gender switch in lizards*—Hotter temperatures are messing with the gender of Australia’s bearded dragon lizards. Dragons that are genetically male hatch as females and give birth to other lizards. And the way the lizards gender is determined is getting changed so much that the female sex chromosome could eventually disappear entirely, the study author say.
   - *With expiration dates, it’s best to play it safe*—Food expiration dates are generally guidelines rather than hard-and-fast rules.
   - *Lights out*—Teacher’s students dance in the dark in the GROOVE class at Still & Moving Center, 1024 Queen St., participants light up the room with the help of colorful lights worn around their fingers.

C. **Update on Website** (Nadine)
   No Update

D. **Update on Laulima** (Kyle/Clara)
   Clara will continue adding pictures, minutes and other information.

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

F. **Planning/Update/Report/Suggested Activities**
   - **Report** - *Hurricane Preparedness Presentation by Ken Arima, (Monday, June 29, 2015, 11:00 a.m. to 12:00 p.m.) (Clara)*
     Ken Arima thought that it was important to report to us what he had heard the day before regarding the situation in Europe and how it would affect us. This news was to appear the following day in the Honolulu Star-Advertiser. He gave us important information on how to prevent loosing money. Many of us took his advice and looked into this matter and checked on our investments after the meeting. Many, however, were disappointed that he did not spend time on hurricane preparedness. Evaluation will be reported at August 14, meeting.
Planning - *Cooking with Essential Oils* (Friday, July 10; 11:00 a.m. to 12:00 p.m.; 4-18) (Clara)

Sixteen people showed up for this event. Participants were disappointed that this was not a cooking demonstration on using essential oils in cooking but more on information on essential oils. Majority enjoyed the Herb Pasta Salad, Summer Sweet Citrus Berry Quinoa Salad and Power Bites that ended up being served as refreshment along with water that could be flavored with essential oil that you picked. Clara will tally evaluation and report at our August 14 meeting.

Planning - *Manoa Chocolate Tour* (Saturday, August 29, 2015; 1:00 p.m. to 2:00 p.m.; 315 Uluniu St., Suite 203, Kailua) (Clara)

Present members at this meeting agreed to go ahead with this event. Email will be sent out to faculty and staff. We need at least 14 bodies to make it a go. The cost for this event is $7.00. More information will be given at our August 14 meeting.

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)

Mama T. and Jordan will be helping us make our own Calzone and sushi to take home. Cost will be $20 and minimum participant is set at 15 and maximum is 25. Email will be sent out to faculty and staff. If we do not get the required 15 participants, this event will be cancelled and those who have signed up will be notified.

**G. Sharing Time**

Thank you Guy for sharing your experiences, stories, foods, customs, and pictures of Italy. It was an excellent overview of what Italy is like. That was a terrific idea to get your family together for a trip to Italy to celebrate your 50th wedding anniversary. Congratulations on being married for 50 years.

Next Meeting: Friday, August 14, 2015, 4-018
1:30 p.m. to 2:30 p.m.