Health & Wellness Subcommittee Meeting
Minutes for 8/14/15 – 1:30 p.m. to 2:30 p.m.
Apprenticeship Building 4, Rm. 018

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

A. **Minute**
July minutes were emailed out and no reply was sent back.

B. **Health and Wellness News of Interest from Honolulu Star-Advertiser (Clara)**

**Space Station Lettuce Gets Thumbs-Up** – The International Space Station crew harvested a crop of "Outredgeous red romaine lettuce Monday. Station Astronaut Kjell Lindgren pronounced the veggies awesome.

**Chimps Ingest Clay to Replace Minerals** – The researchers studied chimpanzees living in the Budongo Forest. Reynolds and his colleagues believe the chimps have turned to clay because of the widespread destruction of local raffia palm trees which are being killed by local tobacco farmers, who strip the trees of leaves for use in curing and drying tobacco.

**Coca-Cola funded Studies try to Shift Obesity Blame** – Coca-Cola is backing a new "science-based" solution to the obesity crisis: To maintain a healthy weight, get more exercise and worry less about cutting calories. The beverage giant has teamed up with influential scientists who are advancing this message in medical journals, at conferences and through social media. To help the scientists get the work out, Coke has provided financial and logistical support to a new nonprofit organization called the Global Energy Balance Network, which promotes the argument that weight-conscious Americans are overly fixated on how much they eat and drink while not paying enough attention to exercise.

**Carolyn Tada: Journey from Science Lab to the Sweet Life** – Clara showed pictures of cakes in the shape of a New York baseball cap, a pile of money and a slot machine created by Carolyn that appeared in the advertiser to the group.

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

D. **Update on Laulima (Kyle/Clara)**
Clara will continue adding minutes and pictures. Guy will look into making pictures easier to add.

E. **Health Office Update (Lorri)**
CPR classes were given for certificate. Blood Drive will be held Tuesday, September 15 from 8:00 a.m. - 12:45 p.m. and on Tuesday, November 17 from 8:00 a.m. - 2:15 p.m. Flu Drive will be held on Thursday, September 24, 11:30 a.m. - 2:30 p.m. and on Monday, September 28 from 11:00 a.m. - 1:00 p.m.

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)*
Eighteen signed up and 9 filled out the evaluation. Although the presentation was not what the group expected, the overall rating on the presentation, presenter, and other questions were between above average, and excellent. Most participants wanted future presentation on this topic to be 120 minutes. Under The Workshop lived up to my expectation? Out of 9 who answered, 7 marked Yes, 1 No, 1 Blank. Under what did you like? Information about money, Money, Very knowledgeable, Everything, Infor on what is needed during hurricane, Everything!, Conservation of food, Very practical, Money. Under what can be improved? Another class-would attend again. More facts on preparation for ordinary people who don’t have bomb shelters and an armory. Nothing. Nothing. Under what other topics would you like to see offered? More on being prepared. More food item smarts. Under comments: The speaker was spontaneous, smart, sensible, good hearted and personable leader. Thank you with evaluation were mailed.

Planning - Cooking with Essential Oils (Friday, July 10; 11:00 a.m. to 12:00 p.m.; 4-18) (Clara)
*Sixteen signed up and 13 filled out the evaluation. Even though this cooking demonstration did not turn out the way it was supposed to (it was more like a sales pitch with the food served after due to the need to refrigerate some of the recipes) the ratings were between Average, Above Average, and Excellent. Under the question, Both presenters should be invited to return? Out of 13 participants 9 marked Yes, 2 marked No, and 2 Blanks. Under the question, I plan to use some of the recipes and ideas presented at the workshop, 10 marked Yes and 3 marked No. Under the question What can be improved Stay on track, more handouts on information kits; Sounded like a sales pitch sometime; Nothing; Less talk about oil in general and more with cooking with oils. Under What other topics would you like to see offered? Therapeutic uses; Actually, applying the oils. Thank you letter with evaluation of event were given to presenters.

*Clara will make sure that no miscommunication happens as it did in the above two listed events by keeping in touch with the presenters.

Planning - Manoa Chocolate Tour (Saturday, August 29, 2015; 1:00 p.m. to 2:00 p.m.; 315 Uluniu St., Suite 203, Kailua) (Clara)
The minimum for this tour was 14, so far 12 people have signed up. Reservations were already made.

Planning - Hands-On Cooking at Down to Earth, Mama T. Jordan (Wednesday, September 30, 2015; 6:00 p.m. to 7:00 p.m.; Down to Earth Bldg., Rm. 302) (Clara)
The minimum for this event is 15, so far we have 5. Another email to faculty/staff will be sent out after school begins. If the required
amount is not reached by the 2 week of September, this event will be cancelled or a new day, date, and time will be set.

Planning -  DIY (November, 2015) (Carol)
Carol Hasegawa will be doing a DIY workshop in November. Day, time and place will be announced later.

Planning -  Frankie’s Nursery LLC Tour (41-999 Mahiku Pl., Waimanalo, Hawaii, 259-8738

G.  **Sharing Time**

Next Meeting:  Friday, September 11, 2015, 4-018  
1:30 p.m. to 2:30 p.m.