Health & Wellness Subcommittee Meeting
Minutes for 9/11/15 – 1:30 p.m. to 2:30 p.m.
Apprenticeship Building 4, Rm. 018

Members present: Kyle Higa, Clara Iwata, Lianne Nagano, Derek Otsuji, Guy Shibayama, Lorri Taniguchi, Shioko Yonezawa

Tour of Mr. Phil's Garden (1:30 p.m. – 2:00 p.m.) (Lianne)
We all enjoyed the stories and the way in which got the garden set-up. We especially liked the tour of his beautifully decorated office. Thanks to Lianne for coordinating Mr. Phil's Garden Tour. Fertilizer was given to Mr. Phil at the conclusion of the tour and a thank you email was sent.

Minutes
August minutes were emailed and one change will be made.

Health and Safety Meeting Report
The Health and Wellness Subcommittee would like to thank Derek for doing such a good job of reporting our goals, activities, and involvement in HCC sponsored events. This saying, “good eats, good tips, good vibes” that was mentioned by Derek at the Health and Safety Meeting was brought up by the members of the Health and Wellness Subcommittee.

Inviting Others to Join the Committee
It was suggested that we may want to invite others to join the committee if they are interested in supporting our activities. Staff currently are not provided a way to sign up for the committee as faculty are.

Health and Wellness News of Interest from Honolulu Star-Advertiser (Clara)
Gnarly (knobby, rough, and twisted) Workout – It's a total body workout that blends cardio and strength training. And it helps improve balance since the board is continually moving, which forces your muscles to stabilize your joints. The exercises are designed to build lean muscle, core strength, stability and agility. Stress can lead to poor diet decisions – Stress tinkers with your brain chemistry in ways that make it hard to make healthful food choices and maintain self-control according to this research.

Update on Website
No report. (Kyle will check with Nadine on how to update the website.)

Update on Laulima (Clara)
August minutes and pictures of Manoa Chocolate Tour taken by Lei Lani Hinds will be posted.

Pictures (Guy)
https://www.flickr.com/photos/honolulucc/albums
Guy suggested that we explore checking into a flicker page to post photos of activities.
Health Office Update (Lorri)
Beautifully designed and laminated bookmarks listing the dates and times of the Blood Drive and Walk-In Flu Shot Clinic were passed out along with a yellow sheet listing dates, times, what you need to have ready when taking the flu shot and listing the insurance companies that make the flu shot free. The first 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, and Monday, September 28 from 11:30 a.m. - 2:30 p.m. in the cafeteria.

Great Aloha Run (GAR) (Guy)
GAR will be held. T-shirts for participants are being explored. Picnic will be held.

Ukulele Classes (Guy)
Classes will begin Friday, September 18.

Revisiting Workshop/Event Form for Planned Activities (Lorri and Lianne)
A suggestion was made to use the worksheet activity sheet when proposing new activities since this will provide some approval and review process. One concern recently has been on the perceived focus that presenters are promoting a product/company. In addition, our activities should include a focus on health and wellness. (Lianne and Lorri will rework the form to include these aspects and present at the next meeting.)

Activities

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. The overall ratings were between Average, Above Average, and a few 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.

Manoa Chocolate Tour (Saturday, August 29, 2015; 1:00 p.m. to 2:00 p.m.; 315 Uluniu St., Suite 203, Kailua) (Clara)
14 signed up and 13 showed up and 12 filled in the evaluation. All questions were marked excellent. The only comments that were not positive were under “Did you like the way the room was set-up?” 11 marked yes and 1 marked “too small” and under the question “What part of this tour needs improvement?” one person listed “slightly smaller group.” Thank you letter and evaluation was sent out to Manoa Chocolate. Clara mentioned that practically everyone bought chocolates after the tour although it was pricey.
Cooking Demonstration by Mama T. /Jordan (Wednesday, September 30, 2015 from 11:00 a.m. – 12:00 p.m. in Apprenticeship Bldg. 4, Rm. 018 (Clara)
The group left it up to Clara whether to change the menu, cancel, or change the date of demonstration again. (Since few people signed up, the workshop was cancelled.)

Pacific Aviation Museum Tour (October 24) (Lianne)
Through former HCC employee Jerry Cerny, a tour of the Pacific Aviation Museum has been arranged.

DIY (November, 2015) (Carol and Clara)
Carol Hasegawa will be doing a DIY workshop in November. Day, time and place will be announced later. Clara will keep in touch with Carol.

Frankie’s Nursery LLC Tour (41-999 Mahiku Pl., Waimanalo, Hawaii, 259-8738 (Clara)
It was decided not to go since Frankie’s Nursery did not give tours but is a place where you can purchase plants.

Next Meeting:  Friday, October 9, 2015, 4-018
1:30 p.m. to 2:30 p.m.