Health and Wellness Subcommittee Meeting

October 9, 2015

Present: Beng Poh Yoshikawa, Charlene Gima, Charles Miller, Clara Iwata, Derek Otsuji, Guy Shibayama, Kyle Higa, Lianne Nagano, Mario Mediati, Lorri Taniguchi, Shioko Yonezawa

1. October minutes were approved.
2. Invitation to Others to Join the Committee
   Faculty have a mechanism to volunteer for campus committees. Since staff do not seem to have a system to sign up for committees, Kyle wrote an invitation to staff to join the Health and Wellness Subcommittee which was forwarded to Charles, SSEC Chair. Request will be on the agenda at the next SSEC meeting. There was a question about whether there is a staff list serve.
3. Health and Wellness News of Interest from the Star-Advertiser (Clara)
   Clara shared recent articles on health and wellness from the Star-Advertiser.
   - Water Fountain Exteriors Pose Germ Risk
   - Pressure Study Pushes Goal Even Lower
   - Longer Lunch Times and Students’ Healthy Eating
   - Lined Streets Linked to Residents’ Better Health
   - Nitrogen Ice Cream Ready to Chill, Thrill Isle Palets
   - Scientists Discover How Elephants Resist Cancer
4. Update on Website and Laulima (Kyle and Clara)
   Kyle is in contact with Nadine who took care of the Health and Wellness website. He will work to post minutes to the website and check if there is a way to post photos. Clara mentioned that the minutes are also updated on Laulima and photos of the Chocolate Tour will be posted. Guy informed us that Billie will post photos for us to the campus site.
5. Activity Proposal Forms (Lorri)
   Lorri worked on draft proposal forms for presenters/committee member leads:
   Activity Proposal Form and Completion Form
   Committee members are being requested to review the forms so they can be finalized at the next meeting. For future activities, these forms should be completed so events are vetted and members are able to assist, if needed. It is meant to be a tool to assist organizers.
6. Great Aloha Run (GAR) (Guy)
   Our College will again have an HCC Presidents’ Club 100, so participants should complete the GAR form and indicate #47 to be part of the club. The picnic will be held after the run, and t-shirts are being sponsored by an anonymous donor.
7. Christmas Party (Guy)
   Guy announced that the Christmas Party will be held on December 4 in the HCC Cafeteria.

Activities

8. Hands-On Cooking at Down-to-Earth, Mama T and Jordan, 9/30/15, 4-18, 11-12 pm
   This activity was cancelled because of low response.
9. Pacific Aviation Museum Tour, 10/24/15 9:00 am, (Lianne)
   Jerry Cerny, former HCC employee, will be our tour guide. There are 16 participants scheduled to attend.
10. DIY November 2015 (Clara)

Clara reported that Carol Hasegawa will not be able to hold the workshop.

11. Beng Poh expressed an interest in finding out about longevity and asked if others are interested in helping her with exploring this idea. Derek and Charlene volunteered to help her.