Health and Wellness Subcommittee Meeting

Minutes for November 13, 2015

1:30 pm – 2:30 pm

Apprenticeship Building, Room 018

Present: Bed Paudyal, Beng Poh Yoshikawa, Charles Miller, Clara Iwata, Derek Otsuji, Guy Shibayama, Kyle Higa, Shioko Yonezawa

A. Minutes
   October minutes approved and posted in Laulima.

B. Inviting Others to Join the Committee Update (Kyle)
   Letter written by Kyle and sent to hcc-staff-l@lists by Charles stating the Staff Senate Executive Committee to encourage staff members to participate. Thank you Kyle and Charles.

C. Health and Wellness News of Interest from Advertiser (Clara)
   **Tight Airline Seats Raise Fuel Efficiency** – Shrinking airline seat raise fuel efficiency but passengers’ comfort is sacrificed. **Research Favors Beef That is Grass-Fed** – Cows that have eaten nothing but grass and forage from weaning to harvest, have not been raised in confinement and have never been fed antibiotics or growth hormones have higher levels of beneficial fats such as omega-3 fatty acids and conjugated linoleic aid, more antioxidants and higher levels of beta carotene, a precursor to vitamin A that can give grass-fed beef a yellowish appearance. **Spots of Mold Signify Doom for Bread** – When you see a spot of mold on bread, you are just seeing the tip of the iceberg. Mold has long threadlike roots that invade food, and you might not be able to tell how far it’s gone. The USDA recommends discarding bread and other baked goods with mold, because fungi can cause allergic reactions and respiratory problems in some people. A few molds can produce hazardous substances called mycotoxins. The worst of these aflatoxins, might cause liver cancer. If you want to preserve some of the bread cut away a big section surrounding the mold with a healthy margin around it. Exceptions, where mold can be removed, include hard salami, hard cheeses and firm fruits and vegetables. (Mold used in the manufacturing of cheese like Roquefort and Brie are safe to eat.)

D. Website and Intranet and Laulima Update (Kyle and Clara)
   Nadine posted the September minutes and Kyle posted the October minutes to the intranet. October minutes and pictures of the Pacific Aviation Museum were posted to Laulima. Clara is still gathering the pictures from past events and will be adding them later. Kyle suggested that we look into adding photos to Flicker. We need to know whose in charge.

E. Health Center Update (Lorri)
   Email was sent out to announce HCC Blood Drive on Tuesday, November 17 from 8 a.m. to 1 p.m. Phone 848-4770 or email lorri@hawaii.edu to set-up an appointment.

F. Activity Proposal Form Review (Lorri, Kyle, Lianne)
   After using the forms for the Pacific Aviation Museum, Lianne said the forms are good, especially the Completion Report. Her suggestions—we include a comment on the
registration process and document it in Laulima. Documents will be added to the intranet if possible and in Lauiiiama.

G. Great Aloha Run (GAR) Update  (Guy)

Guy passed around design on HCC’s GAR T-Shirt. After the race food will be served in the Apprenticeship Bldg.

If you have not signed up yet, there is still time to meet the internal deadline to receive the HCC 2016 special edition t-shirt (see attached). By turning it in early, you will also meet the Great Aloha Run In Training t-shirt deadline of December 4, 2015. Just complete the registration form and turn it in to the Health Office by Monday, November 16, 2015. Don't forget to enter (47) on the "100 Club Code" line. Thank you, HCC GAR Coordinators, Sharon Isa, Lorri Taniguchi, Guy Shibayama

H. Christmas Party Update  (Guy)

What: HCC and ATCAH Christmas Gathering
When: Friday, December 4, 2015, 5:00 - 9:30 p.m.
Where: Honolulu Community College Cafeteria
Why: To promote good will & teamwork among the "HCC Ohana" & have fun
Cost: Still only $15.00

I. Activities

Report  - Pacific Aviation Museum Tour, (Saturday, October 24, 2015 from 9:00 a.m. to about 11:00 a.m.)  Jerry Cerny  (Lianne)

  Evaluations were all between Excellent and Above Average with 1 Average. Read - What did you like? What can be improved? and What other topics would you like to see offered? Lianne is willing to arrange another tour next year if the committee approves, since Loretta (tour contact) and Jerry both offered it on their own.

Planning -  Step-by-Step Making Ukulele  (Guy)

  This is scheduled for sometime this Summer. We are not sure whether to open it up to HCC students as well as HCC faculty and staff.

Committee Report -  Longevity Research  (Beng Poh)

  It will be a panel, with each person assigned a certain topic on health issues.

Suggested Workshops

Behind the Scene of the Arizona Memorial/Mighty MO Tour, Safe and Practical Use of Various Small Hand Tools (example: Electric Screwdriver/Drill (Guy Fo might be willing to do this), Small Electric Handsaw. Kimo's Home Tour (Read email from Lorri) Photography, Right Haircut For You, Bread Making

Next Meeting:  Friday, January 8, 2016, 4-018

1:30 p.m. to 2:30 p.m.