Health and Wellness Subcommittee Meeting

Minutes for January 8, 2016

1:30 pm – 2:30 pm

Apprenticeship Building, Room 018

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

A. November minutes were approved with the addition of Charlene Gima in attendance and will be posted to the website by Kyle and Laulima by Clara.

B. Invitation to Staff to Join the Committee (Kyle, Charles)
   Charles, SSEC Chair, emailed the staff listserv inviting them to join the Health and Wellness Subcommittee. An announcement will be made to inform staff of the next meeting in February.

C. Health and Wellness News of Interest from the Star-Advertiser (Clara)
   Clara shared recent articles on health and wellness from the Star-Advertiser.
   - Rudolph’s Shiny Red Nose Might Be Tied To Blue Eyes
   - Jogging Good For Bones – Sometimes
   - Sit Underweight Models, Experts Say

D. Posting Photos (Kyle and Clara)
   Clara will post photo on Laulima, and Kyle will check on how to post photos using Flickr.

E. Health Center Updates (Lorri and Lianne)
   Blood Drives are scheduled for February 4 and April 7 from 8:00 am – 1:00 pm.
   Appointments may be made by calling 845-9966.

F. Activity Proposal Forms Review (Lianne)
   Using the forms were helpful, so others are encouraged to use them when they are organizing activities.

G. Great Aloha Run (GAR), 2/15/16 (Guy)
   109 people have signed up with 21 sponsors covering the entrance fees for students.
   The picnic is also scheduled for that day.

H. Christmas Party Update (Guy)
   143 guests enjoyed the Christmas party! It was a good time to talk with colleagues from different disciplines.

I. Activities

   Report – Pacific Aviation Museum Tour – Clara read some positive comments by participants.

   Planning – Safe and Practical Uses of Various Small Hand Tools (Lianne)
   Update will be presented at the next meeting.
Planning – Kimo’s Home Tour (Lorri)
Update will be presented at the next meeting.

Planning Ukulele Making (Guy)
Guy is planning the workshop for the summer with a slide show and show-and-tell.

Planning – Longevity Research (Beng Poh)
Update will be presented at the next meeting.

Planning – “Under Planning- How to Make Stress Your Friend” (Derek)
Derek shared his conception of this workshop. He is willing to offer it in February.

Planning – Preparing for GAR (Clara)
Clara will check on scheduling one in January.

Other Possible Workshops:
   Visiting the Might Mo (Clara)
   Bread Making (Clara)
   Making Yogurt (Charles)

J. Announcements
   Derek encouraged people to attend the workshop series on “Awareness Never Ends Film Festival,” a series of 3 films related to Title IX, sponsored by the Committee on Social Equity.

Adjournment: 2:45 p.m.

Next meeting: Friday, February 12, 2016 - 1:30 p.m. to 2:30 p.m., 4-18