Health and Wellness Subcommittee Meeting
Minutes for February 12, 2016
2:30 pm – 3:30 pm
Apprenticeship Building, Room 018

Present: Bed Paudyal, Charlene Gima, Clara Iwata, Guy Shibayama, Lorri Taniguchi, Shioko Yonezawa

A. Minutes - February minutes were email out on Wednesday and if approved it will be posted to the website by Kyle and Laulima by Clara.

B. Invitation to Staff to Join the Committee Update (Kyle, Charles)
In absence of Charles and Kyle, this topic was postponed till the March meeting.

C. Health and Wellness News of Interest from the Star-Advertiser (Clara)
Clara shared news items regarding a cockroach-inspired robot, a flower blooming in a spaceship, and an emotional screening for teens. Bed shared a news story of the relation of healthy eating habits and relative wealth of parents. Shioko pointed out the many medicines we consume have bad health effects.

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

E. Health Center Updates (Lorri and Lianne)
Lorri shared news about the recent blood donations event/initiative. She also mentioned that the Health Center is helping with the Great Aloha Run.

F. Activity Proposal Forms Review (Lianne)
Clara mentioned that she will be using the forms on the next activity planned.

G. Great Aloha Run (GAR), 2/15/16 (Guy)
Guy said there will be a picnic in the afternoon after the run is finished.

H. Activities

Planning – Safe and Practical Uses of Various Small Hand Tools (Lianne)
Update will be presented at the next meeting.

Planning – Down to Earth Bread Demonstration (Clara)
Clara will send out an email to see how many would be interested.

Planning – Kimo’s Home Tour (Lorri)
Lorri will consult with Kimo to finalize an event possibly during the next semester.

Planning - Ukulele Making (Guy)
Clara will not be able to reach the workbench at the carpentry shop so she asked Guy if he is still willing to go through with it. He said he can
Planning – Longevity Research (Beng Poh, Charlene, Derek)
   Beng Poh was not able to attend this meeting.

Planning – “How to Make Stress Your Friend” (Derek)
   Derek was unable to attend this meeting.

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

Shioko proposed an informational event about the history of sugar plantations and continued slavery of people who work for sugar plantations in Dominican Republic.

Bed thank you for taking the notes for the meeting.

Adjournment: 3:45 p.m.

Next meeting: Friday, March 11, 2016 - 1:30 p.m. to 2:30 p.m., 4-018