Health and Wellness Subcommittee Meeting

Minutes for March 11, 2016

2:30 pm – 3:30 pm

Apprenticeship Building 4, Room 018

Present: Bed Paudyal, Charlene Gima, Chulee Grove, Clara Iwata, Derek Otsuji, Guy Shibayama, Kyle Higa, Lorri Taniguchi, Shioko Yonezawa

A. Minutes – February minutes were approved.

B. Invitation to Staff to Join the Committee Update (Kyle, Charles)
The Staff Senate will send out invitation to the staff at the start of the next semester to join the Committee.

C. Health and Wellness News of Interest from the Star-Advertiser (Clara)
News items read by Clara – The possibility for using drones to check on the health of whales and free entangles whales, sunbathing on the wrong side of a window does not lead to more vitamin D in the body, and inadequate sleep time found to instill hunger.

D. Posting Photos (Kyle and Clara)
January and February minutes were posted on Laulima.

E. Health Center Updates (Lorri and Lianne)
Lorri mentioned that there is a 250 units deficit because the Blood Drives slated for Kailua-Kona was cancelled due to Dengue. Blood can be given at the Dillingham Blood Bank located across the OCCC prison on March 9, 10 or 11 or on our campus April 7 by calling 848-4770 for an appointment.

F. Great Aloha Run (GAR), 2/15/16 (Guy)
The Health and Wellness Subcommittee will like to take this opportunity to thank Guy and the Committee for putting so much time and energy to make this event a successful event.

Report from Guy:
We did it again; we were able to surpass our goal of recruiting 100 runners/walkers to join our HonCC “47” Presidents’ 100 Club. Thanks to your support and desire to join our HonCC GAR team, we had one hundred forty runners/walkers/sponsors. Out of the one hundred twenty-two runners/walkers signed up with the HonCC Presidents’ 100 Club, there were twenty-two students sponsored by eighteen employees. Many thanks go to Chancellor Erika Lacro for allowing us to continue this Presidents’ Day activity. Although there were some early morning showers, Monday turned out to be a perfect day for a picnic, and forty-five participants chose to show up to enjoy a hearty meal and great company. Also, many thanks to all the volunteers who staffed the grill and kitchen, brought food, and donated money.

G. International Education Events – The Himalayas: The Top of the World! (Thursday, March 17, from 10:00 a.m. to 1:30 p.m., HCC Cafeteria (Bed, Charlene, Derek, Shioko)
This event will feature songs, dances, and costumes from Bhutan, Nepal, and Pakistan; Mandala Coloring; and Henna Tattooing. There will also be a Poster Board Contest. In the days leading to the main event highly acclaimed movies featuring the Himalayan region will be shown – 3/14 The Cup, 3/15 Himalaya and 3/16 Bajrangi Bhaijan. All will start at 2:30 p.m. in Bldg. 2, Rm. 214. All events are free, no pre-registration necessary. Just come in and sign up on the days of the event.

H. Activities

Planning – Safe and Practical Uses of Various Small Hand Tools (Lianne)
Lianne will give us an update when she returns.

Planning – Down to Earth Bread Demonstration (Friday, March 11, 2016; 11:30 a.m. to 12:30 p.m.; 4-018 (Clara)
This demonstration had to be cancelled because only about 4 people were interested in attending. The cost for this demonstration was $10, which is higher than what we paid previously for demonstration done by Mama T. and Jordan. They were going to make Focaccia and Cornbread.

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

Planning - Ukulele Making (Summer) (Guy)
Chulee mentioned that you have to do a lot of work outside of class.

Planning – Longevity Research (Beng Poh, Charlene, Derek)
Update in April.

Planning – “How to Make Stress Your Friend (Derek)
It will be open to students also. Date to be determined.

Planning - Genealogy (Derek, Clara)
Sometime in the summer.

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

Adjournment: 3:45 p.m.

Next meeting: Friday, April 8, 2016 - 1:30 p.m. to 2:30 p.m., 4-018