Health and Wellness Subcommittee Meeting
Minutes for April 8, 2016
1:30 pm – 2:30 pm
Apprenticeship Building 4, Room 018

Present: Beng Poh Yoshikawa, Chulee Grove, Clara Iwata, Guy Shibayama, Kyle Higa, Shioko Yonezawa

Guest: Connie Montero, Lauren Prepose-Forsen

A. Minutes
March minutes will be sent out with the May agenda and April minutes for review and approval at the May meeting.

B. Invitation to Staff to Join the Committee Update (Kyle, Charles)
The Staff Senate is working on the wording that will be sent to the staff at the start of the Fall semester inviting them to join the Committee.

C. Health and Wellness News of Interest from the Star-Advertiser (Clara)
Articles that were read were: Even Active People Can Be Sedentary, Athletic Ability Rises in Dark-Chocolate Test, Nutrient-Rich Diet Staves Off Cararacts, Street Food Stadium to Freature Rotating Mix of Vendors and Hawaii’s Natural Environment Could Hold Key to eventual Cures. Please see Clara if you would like to read the article.

D. Posting Photos (Kyle and Clara)
Tried to label photos with names of people in the photos or at least “Group Photo” for those. It would still be nice to explore how easy it is to put our photos out in a layout like Flickr eventually. Kyle will look into this.

E. Health Center Updates (Lorri and Lianne)
Blood Drive April 7, Thursday was relocated to the Loui Conference Room due in part to the great response at the February blood drive. Goal is to get 31 pints. We have 40 people signed up. Our main worry is that people are used to using the Blood Mobile and not seeing it many affect our turnout. Because of that, signage and other efforts in communicating the relocation via email, etc. hopefully pays off.

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

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) It was a great success. A more detailed report will be coming.

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)
Kimo’s still thinking of what we might do. Lorri will continue to check with him, but there’s nothing upcoming for Summer or Fall at the moment.

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)

Planning - **Genealogy** (Derek, Clara)
Derek will give a talk on genealogy and if faculty/staff are interested, Derek and Clara will help them get on a genealogy program and start their own.

Beng Poh mentioned that retirees are not able to be chairs of a committee. This will be looked into and reported at our next meeting.

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

**Adjournment:** 2:45 p.m.

Since graduation will be on the second Friday in May our next meeting will be:
Friday, May 6, 2016 - 1:30 p.m. to 2:30 p.m., 4-018