



**Northland Community & Technical College  
Healthy Campus Committee Meeting**

Wednesday, May 11, 2005

Room 106(Kent's Office) 10:00 am – 11:00 am

Members: **Mary Fontes, Bob Gooden(A), David Christian(A), Kit Brenan, Jennifer Moreland, Diane Rapacz, Marna Klug(A), Milt Kinzler, Tony Sorum, and Al Gunderson**

Possible New Members: Rob Jung, Richard Wills, Brian Huschle, Kim Lee, and Todd Anvinson

Topic	Responsible Party	Discussion/Outcome
<b>BUSINESS</b>	Mary	
<b>Adding Committee Members Update</b>		Al Gunderson came to the meeting as a new member. Mary heard from two other possible members who said to keep them informed with the information from the meetings but they may not be able to participate: Brain and Richard. Kim Lee said she was interested. She hasn't heard from Rob or Todd yet. The committee recommended inviting Margarita Bracamonte to become a member of the committee. <b>Mary will send an invitation to her.</b> It was also recommended that we add more students. We may have to wait until fall to add more students.
<b>Committee Chair</b>		<b>Tony Sorum was elected as Chair</b> of the Healthy Campus Committee. Tony will need someone else to help with covering the hours that the Open Gym is available at the EGFMiddle School once per week. <b>Mary will send a notice</b> out to all employees requesting assistance with covering the Open Gym hours.
<b>Survey of Needs - Top Three Update</b>		<b>Diane, Jen, and Mary will develop the Survey</b> over the summer to target the top three health issues of the college community for fall distribution. <b>Milt will conduct research</b> for surveys to use.  <b>Diane will explore Healthy Campus Memberships</b> or National Associations to coordinate efforts with.
<b>Tobacco Free Message Update</b>		<b>Mary sent a reminder</b> out to all employees and students regarding the Tobacco Policy as requested by the committee. She received a response from a student that was very disturbed with the smoking that is occurring at the non-smoking entrances and the cigarette butts that litter the walkways. The committee made a recommendation that they will forward to the campus Management Team.  <b>The Healthy Campus Committee does not support a college policy that allows the use of tobacco products on the college premises. The Healthy Campus Committee recommends prohibiting smoking and the use of tobacco products on the</b>

<p><b>UND Health and Wellness Center (Update)</b></p> <p><b>Where do we Start?</b></p>		<p><b>campus.</b></p> <p><b>Mary and Kent met with Laurie Betting and Bob Boyd from UND</b> regarding the use of the Wellness Center as a fitness center option for our students. The university wants to take the first year 2006-07 to see what the useage will be and build relationships between our campus and the university prior to opening up the center to any other parties. Laurie and Bob stated that they would be willing to lend us their expertise in getting our own Healthy Campus initiatives off the ground. We will stay tuned and use the services they will be providing to us and continue to build relationships where we can.</p> <p>The Committee brainstormed for more ideas for improving health and wellness.</p> <p><b>Jen Moreland will check on information about High/Low Ropes, IMPACT, and the BNW software.</b> Jen also mentioned another idea regarding a possible competition of a bike race between the campuses of NCTC similar to the bike race between NDSU and UND. We need to research an hospitable roadway.</p> <p>An email was sent to Mary regarding the <b>healthy eating options</b> when events are planned for employees and students. Not all employees or students eat meat and when food is served <b>it was recommended that a vegetarian option is served. Mary will bring that agenda item</b> to the next Management Team meeting.</p> <p><b>Prioritized Action Items:</b></p> <ol style="list-style-type: none"> <li>1. <b>Membership Discounts for Students: Milt will check</b> with the YMCA, Center Court, Select Therapy, and Anytime Fitness (get the information from Jen) for discounts available. Milt will also explore the dollars that may be available to help cover costs.</li> <li>2. <b>EGF Middle School: Mary will send</b> and email to all employees asking for assistance in covering the hours for Open Gym at the EGF Middle School.</li> <li>3. <b>Grants: Tony will research for grant opportunities.</b></li> <li>4. <b>Walking Route: Diane will work with Scott</b> to get the "Walking Route" on a campus map and communicate to the campus community.</li> <li>5. <b>Classes: Al will work with Bob</b> to get some classes organized for students and employees to participate in. As per Jen, the most popular classes are yoga and kickboxing. Some others mentioned were: pilates, aerobics, and step. We may need to acquire some equipment to hold the courses.</li> </ol>
<p><b>Next Meeting</b></p>		<p><b>Monday, June 13, 2005</b>  <b>10 am      Room 106</b></p> <p><b>Mary will send the minutes out by June 1, 2005</b> so the members will be reminded of the tasks they are to accomplish.</p>