



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

Monday, June 13, 2005  
 Room 106, 10:00 am – Noon

Members: **Mary Fontes, Bob Gooden, David Christian(A), Kit Brenan, Jennifer Moreland(A), Diane Rapacz(A), Marna Klug, Milt Kinzler, Tony Sorum(A), 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>		
<b>Committee Members Update</b>	Tony(Mary)	Kim Lee had stated she would like to be a member and so did Margarita. The meetings may need to be switched to Tuesday or Thursday for the summer to accommodate schedules.
<b>Association Membership</b>	Diane(Mary)	Mary checked with Diane and the association fees ACHA (American College Health Association) was \$1880 per year. That cost would not be feasible at this time.
<b>Survey of Needs - Top Three Update</b>	Diane, Mary, Jen	<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. Milt distributed a few examples of questions he found of questions to ask. Jen will drop off a copy of the survey used at UND.
<b>Tobacco Free Message Update</b>	Mary	Mary sent a notice to Mary Jo to place our committee's recommendation on the next Management Team meeting. The Management Team will not meet until fall.
<b>High/Low Ropes IMAPCT BNW</b>	Jen	Tabled until Jen can attend.
<b>Healthy Eating</b>	Mary	An email was sent to Mary Jo Bydal to bring the item regarding the <b>healthy eating options</b> when events are planned for employees and students to the next Management Team meeting. Not all employees or students eat meat and when food is served <b>it was</b>

<b>Memberships/Discounts</b>	Milt	<p><b>recommended that a vegetarian option is served.</b> The next meeting will not be until fall.</p> <p>Milt provided information on discounts at health clubs for students around the community. He received two quotes from Select Therapy and Center Court. The committee was looking at options off campus for students to use due to liability issues and facility use issues on campus. <b>Milt will add YMCA/Anytime Fitness/Galstads/The Rehab/and Curves to the list.</b></p> <p>Milt will also explore the dollars that may be available to help cover costs.</p>
<b>Intramurals (Open Gym)</b>	Mary	<p>Promotion is key with this opportunity for students in the fall. Two people have stepped forward to assist for the year to cover the hours at the EGF Middle School – <b>Tony Sorum</b> and <b>Diane Rapacz</b>.</p>
<b>Grants</b>	Tony (Al)	<p>Tony was not in attendance but <b>Al stated he would check on a grant for the Obstacle Course.</b></p>
<b>Walking Route</b>	Diane (Mary)	<p>Diane worked with Scott to get the “Walking Route” on campus map together. The committee reviewed the map and added a few suggestions. <b>Mary will give the suggestions to Diane.</b> When we post around the campus, the committee felt it be best at the corners and with a “You are Here” message on the poster so a person would be able to start the route at any location on campus.</p>
<b>Classes</b>	Al	<p>Should have survey results first before start classes and find a room to use. Discussion was on using room 422 but that shop will be redesigned so no classes can take place there. Perhaps <b>room 404</b> (old firefighting and paramedicine shop) could be an option. What size room? If we run out of room, we may need to limit the courses. It was suggested that we could use either room 315 or 404 but the optimal location would be farther away due to possible noisy classes and loud music. It was suggested that we start with a few courses that are in demand: As per Jen, the most popular classes are yoga and kickboxing. Some others mentioned were: pilates, aerobics, step, and belly dancing.</p> <p><b>It was suggested that if we hold courses that we offer one lower impact and one higher impact – so we would offer one yoga or pilates course and one Step, Kickboxing, or Aerobics course for fall.</b> We would need the participants to sign “Liability Waivers” in order to participate. The committee also recommended that we sell a punch card for a small fee and then when the participants use them we can keep track of useage.</p> <p>We may need to acquire some equipment to hold the courses. If we require mats, some people may be able to furnish their own mat or we may have to purchase some. Mats may cost approximately \$9/each. A few recommendations came forward from the committee, a) We need to add a question to the survey regarding additional charge for a facility and equipment for future use, b) How much space are we talking about needing?, and c) <b>we would not be able to provide shower facilities at this time.</b> Discussion revolved around the future building plans for the college and with a possible expansion slated for FY08. We would need to make suggestions so we could add some project with that expansion.</p> <p><u><b>Things to check on:</b></u></p> <p>Instructor Pay? Equipment purchases? Would we be able to use the money set aside from the health service fee account? <b>Mary will check on this with Kent.</b></p> <p>A Student Club could be initiated through Student Senate and be funded with some startup money \$1000. This would need to be initiated through a group of students.</p>
<b>Next Meeting</b>		<p><b>Tuesday, July 19, 2005</b> <b>Noon Room 106</b></p>