



Northland Community & Technical College Healthy Campus Committee

October 18, 2006

2:00 pm

Room # 306B

Attendees: Marna Klug, Peggy Rogers, Margarita Bracamonte, Kit Brenan, Mary Fontes, Diane Rapacz, Justin Berry

Topic	Discussion/Outcome
1. Call to Order	2:10 pm
2. Approval of Minutes	Approved
3. Yoga	<p>The yoga instructor thought that room #315 will be O.K. for yoga, but he is concerned about the lighting – can the lights be dimmed? The rooms looked clean, but they should be vacuumed before each class. He would like to have a water cooler available in room #315. A suggestion was made that Taher could supply ice water for a fee. Will check on the cost.</p> <p>Beginner yoga will start on January 25th for 6 weeks. It will run 4:00 pm until 5:30 pm on Thursdays through March 1st then start again on March 29th for 6 weeks through May 3rd. The first sessions will be assessed – can we support an advanced yoga class?</p> <p>Peggy will take care of the appropriate facilities forms that are required to be filled out for the class to begin. It was decided that since it was an invitation to the instructor to teach at NCTC, the fees will be waived. Participants will need to fill-out a waiver.</p> <p>Yoga will be promoted via campus teleprompter, signs around the campus, Grand Forks Herald, Pioneer News, electronic billboard, etc. Can we open this up to the community? Mary will check on this. Another suggestion was to keep it in-house the first year to start. The instructor suggested giving away an organic mat to those participants that attend the whole 6 week session.</p> <p>The instructor expressed interest in teaching yoga on campus as an HPER course.</p>
4. Breast Cancer Awareness Day	<p>October 25th is Breast Cancer Awareness day. Student Life will be setting up a table in the commons area. They will administer a cancer quiz in return for a prize of a pink rubber duck, pink ribbon note pads, and candy. Posters will be displayed around the campus and info sent to the Pioneer news. Margarita is looking for volunteers to work at the table on Wednesday. Wear pink!</p>
5. Great American Smokeout	<p>The Student Wellness Club will take over the promotion of the "Great American Smokeout" for this year. Diane will attend their next meeting to explain to them how it has been promoted the past few years.</p>

6. Frisbee Golf	<p>The following clubs have expressed an interest in sponsoring a hole on the future frisbee golf course:</p> <ul style="list-style-type: none"> • Arts club • Multicultural club • Early Childhood club • Phi Beta Kappa • Trades clubs - maybe • NCTC vendors/suppliers
7. Student Wellness Club	<p>There are only 4-5 members right now in the Student Wellness club, but they are actively recruiting. The members know they need to get active to qualify for the \$1,000 for fall semester and then another \$1,000 in the spring.</p> <p>A wellness survey was administered to the students on campus – only 30 students responded. A survey will now be administered on-line. Ben will be working with the web master to get the information out to the students.</p>
8. Mission & Vision Statement	Tabled
9. Poker Walk - Reception Desk @ 3:00pm	The first 2 week period for "Poker Walk" ends today. Meet at reception desk to determine the best poker hand.

Next Meeting:

Wednesday, November 15th @ 2:00 pm in room #306B