



## Northland Community & Technical College Healthy Campus Committee

November 15, 2006

2:00 pm

Room #306B

Attendees: Peggy Rogers, Milt Kinzler, Ben Hunter, Diana Moncada, Diane Rapacz

Topic		Discussion/Outcome
1. Call to Order		2:05 pm
2. Approval of Minutes		Approved
3. Mission & Vision Statement		Tabled
4. HealthTrip 2007		HealthTrip is back for 2007! Altru and the YMCA are teaming up to make us healthier. The kick-off party is January 9 <sup>th</sup> at the Grand Cities mall. Diane will pick up the information for this promotion and send out an e-mail to the EGF employees informing them of the event. All decided that this will be a great winter fitness promotion along with the "Poker Walk".
5. Yoga – Update		The HPER Yoga course listed on the spring schedule is already full. The recreational yoga class is now canceled. Administration is currently in the process of finding an instructor to teach this course.
6. Frisbee Golf – Update		Nine clubs are needed to commit to sponsoring a golf hole @ \$250 per hole to pay for the frisbee golf course. At this time only four clubs have committed. Justin is contacting the club advisors. We were informed that even if we get nine clubs to sponsor, we are not able to make the local decision to have the golf course – it might have to go to the facilities committee first.
7. Smokeout – Update		Everything is ready to go for the "Great American Smokeout" tomorrow. The kits were put together on Monday by the Student Wellness club and advisor. Members of the club and students from the HPER Drugs and Alcohol class will be sitting at the table in the commons handing out the "Quit Kits" to those who wish to quit smoking. The college Marketing Director was notified of this event.
8. Student Wellness Club On-Line Survey		Ben met with the web master. Chad will install the survey on Ben's computer to put together the questions for the on-line survey that will be administered to NCTC students.  Ben Hunter also reported on the cross country skiing and snowshoeing event that will take place at Old Mill State Park on Saturday, December 9 <sup>th</sup> . He has reserved the 12 seat bus. Ben will contact the GF Park District about ski rentals and Peggy will contact TRF campus about equipment available to use for the day.
9. Adjourned		3:45 pm

**Next Meeting:**

**Wednesday, December 13<sup>th</sup> @ 3:00 pm in room #306B**