



Northland Community & Technical College Healthy Campus Committee

Wednesday, July 26th
3:00 pm
Room #106

Attendees: Justin Berry, Diane Rapacz, Bob Gooden, Richard Wills, Tony Sorum, Cheryl Iverson, Milt Kinzler, Mary Fontes

Topic		Discussion/Outcome
1. Call to Order		3:05
2. Approval of Minutes		Changes made and approved
3. Road Race		UND has suggested to have a road race in the spring instead, since there are so many around town in the fall. All agreed that this would make it easier to plan. Altru said they would be happy to give some advice in setting up a road race. Mary F. checked on taking in a fee to participate in the race and reported that we can charge a nominal fee of \$5.00 to \$10.00 to recoup the cost of a t-shirt. Closer to the event we will need to send a report to Risk Management to see if we have everything covered.
4. Frisbee Golf Course		The committee would like to bring the idea of having a Frisbee golf course on campus. Justin tried out the yard in the front NW corner of property. He said there would be plenty of room – this location would draw interest and draw people on campus, since it is located right next to Hwy 220. Bob agreed that this would be the best area for the course. The next step will be to check on prices then bring to a management meeting. Diane and Justin will contact Brian Suckow, the welding instructor. This might be a great project for his students. They will gather some estimates.
5. Yoga/Pilates Classes		The Pilates instructor will not be starting until January. The instructor will have some mats available for purchase.
6. Campus Intramurals/Activity Nights		Suggestions for activities: <ul style="list-style-type: none"> • Kick-ball • Soccer • Norwegian Golf • Baseball/Softball

	Bob has suggested that we talk to Jesse regarding hazards. He also suggested that we stick with golf for now, because there may be plans for a baseball diamond, soccer and kick-ball in a field to the east of NCTC.
7. Healthy Campus Event Ideas	<ul style="list-style-type: none"> • <i>Fitness Poker Walk</i> – the goal is to increase fitness during the winter months. A playing card is received every time the participant walks the 9 laps (2 miles) in the halls of the EGF campus. Participants with the best poker hand at the end of the 2 weeks receives an incentive prize. The more times you walk, the more cards you get to choose for your best hand! • <i>De-Stress Zone</i> – The goal is to give staff time and a place to relax and “de-stress”. Set-up a small room early in the morning and left open for staff throughout the day and evening. Allow staff to use the room whenever they wanted to. Equip room with a comfortable chair, low lights (table lamps), relaxation or meditation music played continuously, table top fountain, aroma scents. Staff would be encouraged to register for prizes. This would allow us to estimate usage of the room. • <i>Alternative Therapy Seminars</i> – The goal is to inform staff and students other alternatives to health. Seminars might include “Aromatherapy” which would focus on how it works and also the dangers that can occur with essential oils. “Herbs and Tinctures” which would inform us of the good and bad that can come from using different herbs.
8. Joint Meeting	Anita Lizakowski has been contacted to meet with TRF in August or September. Justin has not heard back from them. A suggestion was made to meet with the committee in TRF on the August 22 nd faculty in-service day. Anita knows the “National” months. We should start at the beginning of the year and focus on that month in publications and newsletters.
9. Biker Bob	On August 29 th , Biker Bob (Robert Erickson) will be biking from TRF to EGF on his 5 th Annual Scholarship Challenge Bike Tour. This is a scholarship fund raising effort. Everyone is invited to ride. They will be departing from the TRF campus at approximately 8:30 am. A lunch will be served upon arrival on the EGF campus.
10. Meeting Adjourned	3:45 pm