



## Northland Community & Technical College Healthy Campus Committee

August 22nd  
12:00 pm  
TRF Campus – Room #601

Attendees: Mary Fontes, Justin Berry, Tony Sorum, Peggy Rogers, Erin Almlie, Cindy Cedergren, Sue Field, Kit Brennan, Betty Carlson, Richard Wills, Mei Sather, Margarita Bracamonte, Susie Dowers, Kathy Olson, Anita Lizakowski, Travis Ryder, Diane Rapacz

Absent: Bob Gooden, David Christian, Dennis Labahn, Jennie Olson, Marna Klug, Milt Kinzler

Topic		Discussion/Outcome
1. Call to Order		12:00 Noon
2. Approval of Minutes		N/A
3. "National" Months		<p>There was discussion to recognize and obtain a list of all the "National" months of the year. Peggy Rogers has a resource for the national months and will e-mail this web-site information to all members of the committee. It was noted that every month does not have a national designation. It was suggested that one or two committee members be in charge of one month during the year to focus on and promote a dimension of wellness.</p> <p>Erin talked about Rainy River's health promotion. They received points for being healthy and doing healthy things every day. Incentives would be given out along the way.</p> <p>TRF campus would like do promotions together with EGF:</p> <ul style="list-style-type: none"><li>• Great American Smokeout</li><li>• Fitness Walking program through the winter months</li><li>• 10,000 Steps-A-Day – Anita is looking at ordering a kit and possibly obtaining some grant money.</li></ul>

	Kit talked about having a bike race between the campuses. We would leave our campuses at the same time and meet at the park in Warren. Taher could possibly cater a picnic or snacks. We would then turn around and bike back to our campuses. It was suggested that this might be a great kick-off event for September.
4. Poker Fitness Walk	Diane explained how this event could be done on both campuses. 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) around 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!
5. Spring Road Race	The TRF campus has a TRF Community triathlon every spring. A suggestion was made to piggy-back a family road race with "The Day of the Child" event on the EGF campus in April.
6. Activity Nights	No Discussion
7. Joint Meetings: <ul style="list-style-type: none"> <li>• How Often?</li> <li>• Campus Focus?</li> </ul>	<p>The EGF campus hopes to have some type of health fitness facility on campus in the future. Until then EGF plans to do things on campus that do not include equipment, such as Yoga, Pilates, and Aerobics. Employees and students are included in campus events and promotions.</p> <p>The TRF campus would like to see their campus as the center for the community healthy efforts. TRF campus focus is mainly on employees at this point because of the availability of sports programs and facilities for students on the TRF campus.</p> <p>The Healthy Campus Committee's on the TRF &amp; EGF campuses will meet once a semester. Our next joint meeting will be in January.</p>
8. Budget	There is not a budget for either campus. Mary reported that the EGF campus is almost at the end of their money that was left over from student fees when we were a part of NWTC. Talk to student senate to acquire some student driven grant money
9. Other	TRF Healthy Campus Co-Chairs appointed: Anita Lizakowski and Kathy Olson