



Northland Community & Technical College Healthy Campus Committee

September 14, 2006

11:30 am

Room #106

Attendees: Margarita Bracamonte, Richard Wills, Justin Berry, Bridget Harlow, Ben Hunter, Tony Sorum, Milt Kinzler, Diane Rapacz

Topic	Discussion/Outcome
1. Call to Order	11:35
2. Approval of Minutes	Approved
3. Yoga	<p>Patrick Anderson is the name of the Yoga instructor. He would like to start a beginner yoga class on September 19th, Tuesday and Thursday from 4:00 pm – 5:30 pm which would run for six weeks through October 26th. He would even be willing to start with a mini four week session starting in November. Depending on participation, he would like to continue classes into spring semester with a beginner and an advanced yoga class. The advanced class would run on Tuesday and Thursday evenings from 5:45 pm until 8:00 pm.</p> <p>Patrick would like to see the area he would be teaching in. He prefers a warm room with natural light if possible. He would also like to be able to soften the lights for a more relaxed atmosphere. He would look at cleanliness, environment and shape of room. He said that body odor should not be a problem unless someone has a hygiene problem. If that is the case, Patrick will talk to that person.</p> <p>Listed below is his suggestion for fees per session:</p> <ul style="list-style-type: none"> • Registered Students - \$5.00 • Registered Employees - \$7.50 • Registered Community - \$8.50 • Drop-In Students - \$8.00 • Drop-In Employees - \$11.00 • Drop-In Community - \$12.00

	<p>If students would like to participate and fees are prohibiting them from joining, Patrick will make arrangements with the student so they may participate.</p> <p>Peggy reported that Patrick has been wonderful to work with. He would like to see this expand into other offerings such as; Pilates, advanced yoga, etc.</p>
4. Mission Statement	There was discussion about working on a Healthy Campus mission statement. It was suggested that we bring thoughts and ideas to the next meeting. Our committee needs to work on guidelines and objectives.
5. Make-A-Difference Day	We need to be thinking about a project we can do as a college community on Make-A-Difference Day, Sunday, October 28 th . Bring your ideas to the next meeting.
6. Student Involvement	<p>Student Senate officers, Bridget and Ben, reported that they are looking at forming a student driven wellness club. The club would need to have at least 5 members. Justin will attend the next Student Senate meeting to speak about the Healthy Campus goals and purpose.</p> <p>The wellness survey that was administered to students last year indicated that the #1 need/interest was physical activity, weights/cardio machines. Student Senate would like to administer the survey to this year's students, also.</p>
7. Frisbee Golf Course	Kent and Mike thought this was a good idea and will bring the information to the next management meeting for approval. The suggestion was made to place the order now for the baskets so it is not forgotten by spring semester. Student clubs will be asked if they would consider donating money towards the gold course. The cost of the baskets will be approximately \$250 per hole. One suggestion was made to divide the number of students clubs interested by the total cost to set-up the course.
8. Intramurals	<p>Intramurals will be starting soon. Intramurals need to be promoted more – volleyball and basketball are on Wednesday's at the EGF Middle School, plus use of the weight room two days a week.</p> <p>Students would like to play indoor soccer, but the EGF District is uncomfortable allowing NCTC to use the gym for this sport when the middle school students cannot. Tony will discuss with EGF using a different ball and shoes for indoor soccer. We have the students and the need. The soccer students want to stay, but it is getting cold – where do we put them?</p>
9. Adjourned	12:45

Next Meeting: