



Northland Community & Technical College Healthy Campus Committee

September 28, 2006

11:30 am

Room #411A

Attendees: Ben Hunter, Justin Berry, Bob Gooden, Diane Rapacz, Margarita Bracamonte, Clinton Castle - Guest

| Topic | | Discussion/Outcome |
|---------------------------------|--|--|
| 1. Call to Order | | 11:30 am |
| 2. Approval of Minutes | | Approved |
| 3. Poker Walk | | This October event will start on Monday, October 2 nd beginning with a registration. Participants can start walking on Wednesday, October 4 th to draw cards for their best poker hand. The event will continue through December with incentive prizes given for the best poker hands every two weeks. An e-mail that includes the rules will be sent to all employees and students. Margarita will contact the Pioneer News and put posters up around the halls of NCTC advertising the "Poker Walk". |
| 4. Yoga | | Peggy Rogers will be contacted to find out the details of the Yoga classes. Has the instructor looked at the room where yoga will be taught? This is the only room that will be available. |
| 5. Student Health/Wellness Club | | It was reported that the club has started – five members have joined. Their next meeting will be October 4 th @ 10:00 am. Justin will be the advisor for the student club. |
| 6. Mission Statement | | Tabled - Bring ideas to the next meeting. Mary Fontes submitted information regarding nationwide health promotion standards to assist us in the development of our mission/purpose definition for the committee. |
| 7. Make-A-Difference-Day | | Tabled - Bring ideas to the next meeting. |
| 8. Healthy Campus Survey | | A request was made to update and administer the survey to the students again this semester. Diane will make any changes/additions needed, print copies and give to Ben as soon as possible. We need to think about securing an outdoor multipurpose area, about the size of a football field, for soccer, volley ball and baseball. This item needs to be on the Management agenda for approval. |

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| 9. Frisbee Golf | <p>Justin will contact student club advisors about sponsoring a hole on the Frisbee golf course. We will work on this project over the winter and hopefully will have up and running by April.</p> <p>Mary Fontes supplied us with information from Risk Management regarding signage that would state rules, regulations, and cautions.</p> |
| 10. Adjourned | 12:00 noon |

Next Meeting: