



Northland Community & Technical College Healthy Campus Committee

February 28, 2007

3:00 pm

Room #106

Attendees: Margarita Bracamonte. Mary Fontes, Peggy Rogers, Ben Hunter, Diane Rapacz

Topic	Discussion/Outcome
1. Call to Order	3:10 pm
2. Approval of Minutes	Approved and posted.
3. Northland Inaugural 5K Run/Walk Race	<p>The volunteer Sign-up sheet for the May 5th run/walk race was passed around to the committee members. Items of discussion:</p> <ul style="list-style-type: none">• Race sponsors are TAHER, Inc., Pepsi-Cola Bottling Co., Inc., and Hugo's. They will be providing water, Gatorade, fruit, muffins, etc.• Lindsey is checking on t-shirts and awards/medals. The two-color t-shirts will include the sponsor's logos. There will be a total of 36 awards given out to 1st, 2nd, & 3rd place for men and women in each age category. A sweatshirt will also go to the overall men and women top finishers.• Stop watches will be needed at the finish line.• Set-up a sound system with a microphone to make announcements and present awards at the end of the race.• Will need poles/flags to mark the start/finish line.• Tables & chairs for registration and water stations.• Waivers will be filled out at the time of registration. The form is in the process of being approved by the Facilities Committee.• Lindsey will provide us with a draft of the brochure for our input. This brochure/flyer will include the registration form and all of the sponsor logos. The flyer will be given to the fitness facilities in the EGF/GF area and will be posted online on the Chamber of Commerce calendar and the Convention & Visitor's Bureau website.

	<ul style="list-style-type: none"> • E-mails will be sent out requesting volunteers to help with the race. The sign-up sheet will be posted on Diane's office door (#411H). • The Massage Therapy students on the TRF campus will be contacted to provide massages before and after the race. • A press release regarding the event will be sent to the media.
4. Nutrition Posters	Posters that show portion sizes of soft drinks will be posted on campus. How much sugar is in <i>your</i> soft drink?
5. Dance Class	A hand-out from a dance instructor who would like to teach an evening belly-dancing class was given to everyone. Discussion was to offer this class on the fall semester schedule. Peggy will talk with Brian Huschle about adding this class as an HPER Egyptian Dance course.
6. "Children's Day" Booth – April 28 th	<p>Volunteers will be needed to help with the Healthy Campus booth at the "Children's Day" event on April 28th. Some suggestions for booth display:</p> <ul style="list-style-type: none"> • Display flyers/Posters on healthy eating and fitness. • Portion control game with measuring cups to learn the correct portion size. • Animal crackers in small cups. • Water cooler filled with juice. • Give out stickers/stamps to children that stop by the booth.
7. Budget	Mary Fontes reported that we have a budget of \$425.98. This balance is expected to increase with the proceeds from the May 5th Walk/Run.
8. Adjourned	4:00 pm

Next Meeting: March 28th @ 3:30 pm in room #306B