

UC Recreation and Wellness

MINUTES

OCTOBER 21, 2013

9:00 – 10:00 AM

RECREATION AND WELLNESS

MEETING CALLED BY	MEETING OPENED AT: 9:00 am
TYPE OF MEETING	Committee Meeting
FACILITATOR	Kris Kraft
NOTE TAKER	Mary Cooke
ATTENDEES	Kim Beyer (for Candace Campbell Jackson), Mary Cooke, Roberta DePompei, Mary Jane Grebenc, Kathleen Hurley, Kris Kraft, John MacDonald, Jamie Parker Excused: AJ Fosselman, Kent Marsden, Becky Gibson-Lee

Agenda topics

APPROVAL OF MINUTES FROM LAST MEETING

KRIS KRAFT

DISCUSSION	Kris presented the minutes from our September 23, 2013, meeting. A motion was made and seconded, and there was no discussion.		
CONCLUSIONS	The minutes were approved.		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE	

UNIVERSITY COUNCIL UPDATE

KRIS KRAFT

DISCUSSION	Stacy Moore is the Chair of University Council; Harvey Stearns is the Vice Chair, and Suzanne Testerman is the Secretary.		
University Council is still working on the by-laws for the council.			
CONCLUSIONS			
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE	

SECRETARY OF RECREATION AND WELLNESS
COMMITTEE

KRIS KRAFT

DISCUSSION	Kris Kraft proposed Jamie Parker to be our new secretary for our standing committee.		
CONCLUSIONS	A motion was made and seconded; Jamie is the new secretary for our committee.		
ACTION ITEMS		PERSON RESPONSIBLE	DEADLINE

QUESTION OF E-CIGARETTES IN THE
CLASSROOM.

KRIS KRAFT

	Kris raised the question of whether students could use e-cigarettes in class. A question was raised as to the definition of smoking, and if an e-cigarette fit that definition. It may be an item that an instructor needs to list on the syllabus as being unacceptable in that class.	
CONCLUSIONS	Suggested Action: Kris check with legal on the definition of smoking, Kris check if there is already a University policy on this, send to University Council, and if the policy needs to be re-stated for in the classroom, we should do so.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Kris will research any discussion or policies that may have already been discussed on the University level and report back to the committee.	Kris Kraft	11/18/2013

WELLNESS POLICY STATEMENT NEEDED

ROBERTA DEPOMPEI

DISCUSSION	<p>Roberta attended a presentation where the speaker stated that the University needs a wellness policy statement that comes from the faculty, the administration and approved By the Board of Trustees. The committee agreed, and felt this would help promote a culture of wellness, which is needed as well. The purpose is so the University states that wellness is a real Priority and that the University is committed to a wellness program on campus for faculty, students, and staff. Kris Kraft met with with Janine Janosky from the Austen BioInnovation Institute, and they discussed the same point and felt it was needed as well.</p>	
CONCLUSIONS	Action: our committee should write up a statement, send the statement through University Council and Candace Campbell Jackson's office (our committee VP). Coming from UC, the statement should go to the administration.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
We will discuss at our next meeting.	Kris Kraft (add to agenda)	11/18/2013

GOALS OF COMMITTEE

KRIS KRAFT

DISCUSSION	Drafts of our committee goals (based on the goals of our previous committee) were distributed for discussion. In discussion, it was asked if UA employees get a discount at memberships at gyms (other than the SRWC). The suggestion was made to have “How to Get Started” sessions that would teach newcomers how to use equipment and develop a routine with which they could begin. John McDonald said there are videos being prepared along these lines.
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Another question was raised on whether we could have “faculty/staff only” sessions because it is awkward for some people to exercise by students (who may be their students in class), particularly if the faculty/staff member is just starting to work out. Perhaps use the older equipment in the ONAT. The goal is to have everyone working out together on the newer equipment, but there may need to be some transitional training for those new to exercising or using weight machines, etc.

A suggestion was made for a launch event for the Rec Center to promote it for faculty/staff and others. A suggestion was made for Health and Wellness fairs at SRWC to have tour guides take small groups as they arrive on a tour as their first “event” of the fair. University Communications and Marketing is making short videos to promote the Rec Center to the campus community.

Roberta suggested we promote campus donations to the Student Emergency Pantry. She suggested we put an announcement in the Email Digest from our Committee to encourage departments to put a donation box in their department.

CONCLUSIONS	We will continue to discuss this at future committee meetings.		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE	

FALL 2013 MEETING DATES

KRIS KRAFT

DISCUSSION	The remainder fall 2013 committee meetings will be on the 3 rd Monday of November (11/18) and December (12/16), from 9:00 – 10:00 am in the SRWC Conference Room (Rm 233).		
CONCLUSIONS			
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE	
All members should make note of future meeting dates.			

MEETING ADJOURNED AT: 10:00 am