

UC Recreation and Wellness

MINUTES

SEPTEMBER 23, 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, Mary Jane Grebenc, Kathleen Hurley, Kris Kraft, John MacDonald, Kent Marsden, Jamie Parker Excused: Roberta DePompeii, Becky Gibson-Lee, Sharon Logue, Vicki Rostedt

Agenda topics

NEW MEMBER INTRODUCTIONS

KENT MARSDEN

DISCUSSION	Kris led introductions of all committee members to one another since there were many new members present.		
CONCLUSIONS			
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE	

APPROVAL OF MINUTES FROM LAST MEETING

KENT MARSDEN

DISCUSSION	Approval of minutes of June 13, 2013		
	There was no discussion on the minutes, and they were approved.		
CONCLUSIONS			
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE	

OVERVIEW OF UNIVERSITY COUNCIL

KENT MARSDEN

DISCUSSION	Kent Marsden gave an overview of University Council and the Standing Committees, including a brief history, the purpose, and that UC is all about communication and open communication of the campus community. Kent also said there may be a change to make a direct line from each standing committee through its Vice President to the President’s Council. This would eliminate everything going through the whole University Council first and would streamline communication.		
CONCLUSIONS			
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE	

OVERVIEW OF SHAREPOINT

MARY COOKE

	Mary gave a brief overview of SharePoint as it is used by University Council. She highlighted that the UC SharePoint is a place where information on the work of all committees, including the large UC and Steering Committee may be found.		
CONCLUSIONS			
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE	
Mary will send an email to Kathleen and Jamie with links to the UC web page and SharePoint login and information. Jamie and Kathleen may contact Mary with any questions.	Mary Cooke	September 27, 2013	

NEED TO UPDATE COMMITTEE GOALS

KRIS KRAFT

DISCUSSION	With the new focus of our committee on recreation and wellness, we need to redefine the goals of our committee. Kris asked John MacDonald to give a presentation on SRWS. The Powerpoint presentation was very complete and informative, listing clear statistics regarding the Rec Center, the challenges identified by the Rec Center’s leadership team, and their goals. Kent said our committee is charged with the challenge to bring together all the individual wellness programs on campus and make one comprehensive program. We want to encompass students, faculty, and staff – everyone in the campus community.		
CONCLUSIONS			

ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE

SUCCESSFUL U APP - COMMENTS

COMMITTEE DISCUSSION

DISCUSSION	As we were finishing the presentation, the comment was made that many students do not know or use the “Successful U” app on their phones. An excellent discussion ensued. The point was made that the app does not justify the amount of storage space it takes up on a phone, so it is not of interest to students. It was also mentioned that many students find the app very cumbersome and time consuming to use.
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An example was giving of another university’s advising structure, and undergraduate students receiving each semester a letter outlining what courses remained in their progress towards their degree. Many students at UA do not know where they are in their progress, and they have not been shown how to use DARS other than with a brief overview.

Another comment was made that there are successful programs and initiatives already in place on campus, and the successful components of these could be implemented for areas in need of improvement. The example given was Assoc. VP Adam Smith’s initiative with African-American male students and the difference it is making in student’s lives.

In terms of wellness, the new healthy Zee’s is a step in the right direction, but when almond butter, for example, sells for \$16, it is cost prohibitive for students. It was also mentioned that even costs of healthy foods were excessive compared to that of unhealthy food. Wellness initiatives need to be affordable.

CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE

AGENDA ITEMS FOR NEXT MEETING

KRIS KRAFT

DISCUSSION	Kris suggested we make Setting our Committee Goals the main topic of our next committee meeting.	
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Kris will make our Committee Goals the main topic for our next meeting.	Kris Kraft	

FALL 2013 MEETING DATES

KRIS KRAFT

DISCUSSION	Kris gave the dates of our fall 2013 committee meetings. Meetings will be on the 3 rd Monday of each month, from 9:00 – 10:00 am in the SRWC Conference Room (Rm 233).		
Dates: Oct. 21, Nov. 18, Dec. 16.			
CONCLUSIONS			
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE	
All members should make note of future meeting dates.			

MEETING ADJOURNED AT: 10:00 am