



TEAM LIFE MINUTES

February 4, 2009

The meeting of the Team Life Committee was held on Wednesday, February 4, 2009 in room SSC-35. Patti Waterman called the meeting to order at 8:30 a.m.

Roll Call

Members Present: Scott Cathcart; Jayne Conway; John Emerson; Kelly Falcone; Lucy Nelson; Terri Wallace; Patti Waterman

Members Absent: None

Recorder: Shawna Hearn

I. Spring Projects

Biggest Loser: Team Life will sponsor another Biggest Loser event for Spring 2009, and the kick-off will be held on Wednesday, February 11, 2009 at 12:00 in the Faculty/Staff Lounge. Light refreshments will be served. Health Services staff will provide weigh-ins on Wednesdays. Participants will sign up and pay fees at the kick-off event. An email will be sent to the campus community to announce the event soon.

Weekly Walks: Team Life members will offer 45-minute walks for faculty and staff during Spring 2009 as follows:

Scott – Tuesdays and Thursdays at 7:30 a.m.

Kelly – Tuesdays at 12:00 p.m. and Wednesdays at 7:30 a.m.

John – Wednesdays at 4:45 p.m.

Terri – Thursdays at 12:00 p.m.

An email will be sent to faculty and staff inviting them to participate soon. Lucy will contact Keenan and Shawna will research purchasing possible giveaway items.

Pool: In March/April, Patti may offer evening pool activities again.

5K Walk/Run: Kelly suggested that Team Life hold a campus 5K walk/run event in April.

II. Equipment Purchased

Patti purchased the blood pressure cuffs and a heart rate monitor. Kelly suggested obtaining a Polar heart monitor, which may be available to purchase online.

III. Awards

Local businesses have not responded well to requests for donations for prizes for the Biggest Loser winners. Patti will check with a local sporting goods store on purchasing prizes and the Wellness Center will also be providing awards again.

IV. Team Life Room

The requests for Team Life to use SU-21 as its office space have been turned down; however, Patti will ask about the possibility again. Patti has also spoken with Berta Cuaron about using one of the vacant offices in the AA/ST building and Berta will contact her about the possibility soon.

Terri recently got a new printer for her office and will transfer the old one to Team Life for use with the Polar fitness testing equipment.

V. Website

Kelly has been updating the Team Life website with information about upcoming events. Shawna will be requesting access rights to the website so she can post agendas and minutes. Starting this semester, the website address will be posted on event flyers and other communications.

VI. Treasurer's Report

The trust fund contains approximately \$200.00. The committee will research how much is available in District funds.

VII. Other

Scott mentioned that a Palomar College basketball double-header will be held on Saturday, February 14, 2009. Jayne indicated that Health Services will provide cholesterol screenings this month.

VIII. Adjournment

The meeting was adjourned at 9:30 a.m.