

Student Congress – General Meeting Minutes

Wednesday, February 20, 2019 @ 3:30 - 5:00 PM – 'Iliahi 123ABC

Student Congress Members:

Present	Absent	Congress Member	Club/Organization	Proxy
x		Allyson Villanueva (ambv42)	ASKCC Student Congress President	
x		Russia Famorca (dfamorca)	ASKCC Student Congress Vice President	
x		Dessa Lyn Millon (dessalyn)	ASKCC Student Congress Secretary	
x		Brissa Flores (brissaf)	ASKCC Student Congress Treasurer	
x		Griffin Jiroudek (jiroudek)	ASKCC Student Congress Public Relations	
x		Shannon Sakaue (sks78)	ASKCC Student Congress Faculty Advisor	
	x	<i>None</i>	Accounting Club	
	x	Carolyn Coke (ccoke)	Anime Club	
x		Sharick Ordillo (sharick)	Bayanihan Club	Emmanuel Pichay (epichay)
x		June Kapiere (wkapiere)	Board of Student Activities (BOSA)	
	x	Nicole Pomare (npomare)	Board of Student Publications (BOSP)	

	x	Jessica Elliot (jcelliot)	Ceramics Club	
	x	Portia Yee (yeep)	Chemistry Club: Ungraduated Cylinders	
	x	Frederick Thomas (fwthomas)	Cru Club	
	x	John Vo (johnvo)	Dental Assisting Club	
	x	Keanu Rochette-Yu Tsuen (keanuryt)	Ecology Club	Kyle Clarkin (kclarkin)
	x	Abigail Trowbridge (amt4)	Engineers for a Sustainable World (ESW)	
x		Maya Mendez (mayadm)	Health and Medicine Association KCC (HĀMA)	
	x	Charletta Wilson (wilsonc8)	Health Occupations Students of America (HOSA)	
x		Nesi Kaufusi (akanesi)	Health Promotion Team	
	x	Maverick Kaopio (mkaopio)	Hiking Club	
	x	Yuria Nakamura (yurian)	International Club	
	x	Sean Ahloo (ahloo7)	IT Club	
x		Lexus Yamashiro (lexusyam)	Kapio News	
	x	Jacinda Sampaio (jsampaio)	Math Club	

	x	Tia Chong Kee (tiack)	Movie Club	
x		Alex Lum (alexlum)	Na Hua O Papa	Zae F.P. Nauta (znauta)
	x	Romina Escano (raescano)	New Media Arts (NMA) Club	Annalea James (annalea) Tomy Takemura (tomyt)
	x	Savanah Mecchella (smecchel)	Occupational Therapy Assistant Club	
	x	Tengfei Shi (tengfei)	Pacific Islanders Unite	
	x	<i>None</i>	Phi Theta Kappa Honor Society	
	x	Mahealani Kini (mkini)	Physics Club	
	x	Ellis Guo (mguo)	Rad Tech Club at KCC	
x		Jessica Nelson (jcnelson)	Student Nursing Association	Trammy Yang (trammyy)
	x	<i>none</i>	Veterans Club	
x		Mizuki Ebihara (mizuki7)	Member-at-Large	
	x	Quinn Patrick O'Malley (qomalley)	Member-at-Large	

Guests		
Name	UH Email	Organization
Brenda Ivelisse	ivelisse	Vice Chancellor for Student Affairs (VCSA)
Cindy Mellim	cindymk	Mental Health & Wellness
Kara Plamann Wagoner	karapw	Spring Survey

	Discussion	Time	Action
Meeting Called	Called to Order at 3:31 P.M. – President, A. Villanueva		
Approval of minutes	<p><i>Moderated by Ally Villanueva</i></p> <p>Minutes of February 06, 2019</p> <ul style="list-style-type: none"> ● Motion: Alex Lum ● Second: Jessica Nelson ● Voting: 6 passes, 1 abstain, 0 oppose 	3 minutes	
Pineapples and Sour Apples	<p><i>Moderated by Shannon Sakaue</i></p> <ul style="list-style-type: none"> ● We will be going around the room to read each other's Pineapples and Sour Apples aloud ● Give positive comments to each other or give something slightly different which is sour apples 	10 minutes	
President Updates	<p><i>Moderated by Allyson Villanueva</i></p> <p>U-PASS Event</p> <ul style="list-style-type: none"> ● Not really an event, more like an awareness/tabling. We are bringing awareness that U-Pass will be available next semester 	5 minutes	

	<ul style="list-style-type: none"> • \$40 for the U-Pass will be a mandatory part of your student fee <p>TMT & Mauna Kea Open Forums</p> <ul style="list-style-type: none"> • Our last open forum for TMT & Mauna Kea will be held this Monday, February 25 'Iliahi 123ABC from 1:30pm-3pm with faculty and students <p>Threat Analysis audit for campus</p> <ul style="list-style-type: none"> • We are getting audited and being checked for safety on campus 		
<p>Advisor Updates</p>	<p><i>Moderated by Shannon Sakaue</i></p> <p>Student Congress Elections</p> <ul style="list-style-type: none"> • Elections are open right now for next years' executive team <ul style="list-style-type: none"> ○ Shannon's goal is to build up the team for next year ○ She wants to have a full slate so they can work together in the Summer and be strong in the upcoming Fall Semester ○ No prior experience is required. All Shannon wants is commitment and she will teach you the rest ○ Nominations close and election packets are due on Wednesday, February 27th by 4:00 PM • If you are curious about Student Congress <ul style="list-style-type: none"> ○ It is a way of working on student campus ○ Paid position with a maximum of 20 hours a week, and minimum of 10 hours, depending on your position 	<p>10 minutes</p>	

- If you want to build up your resume, this is a good opportunity for you
- Please let Shannon know if you are interested or if you know anyone else that is interested

Dine & Develop

- Building Credit
 - After the General Meeting, there will be Dine & Develop with the topic of Building Credit
 - The guest speaker is someone from a business called Smart Money
 - He will be teaching about how to build credit as well as giving advice on building credit
 - Food is available, catered by Gina's BBQ
 - Building Credit is something you do not learn in the classroom but you will experience this in life
- Nutrition & Meal Prep
 - The next Dine and Develop is on Wednesday March 6 'Iliahi 123ABC
 - Grant Itomitsu from Culinary Department will be our guest speaker and he will be talking about food
 - Of course ironically we will have food available
- How to Continue Leadership
 - The last Dine and Develop will be on Wednesday April 17 in 'Iliahi 123ABC

- The guest speaker is still not confirmed but we want past execs to be the guest speaker to talk about how to maintain your leadership
- Food will be available catered by Serg's (Mexican Food)

Michelle Jay Bonilla, Member-at-Large:

- It's her second year being a student, currently working toward her credits in the pre-nursing program and hopes to be applied by by next next semester
- Inspiration
 - throughout high school, she's always been involved in teams. She is a graduate of Mckinley High School, a member of the Robotics Team, competed in HOSA and was Student Body Secretary in her senior year
- What she can bring to Student Congress and the future executive team
 - She'll be willing to listen to your opinions, and believes having open discussions with everyone else is important
- Discussions
 - Emmanuel went to Mckinley with her, and saw she did a lot of leadership. Believes she is a great candidate for Member-at-Large
 - Dessa Lyn has 100% support for her Voting
 - Motion: Dessa
 - Second: Emmanuel

	<ul style="list-style-type: none"> ○ 8 unanimously pass 		
VCSA Updates	<p><i>Moderated by Brenda Ivelisse</i></p> <ul style="list-style-type: none"> ● Not present at the meeting because she is at a conference called “Achieving the Dream” ● She will be coming to our next general meeting and reporting what she learned 	2 minutes	
Mental Health Wellness Center	<p><i>Moderated by Ally Villanueva</i></p> <p>Guest Speaker: Cindy Mellim</p> <ul style="list-style-type: none"> ● She is the Mental Health Counselor ● Will be talking about Self Care <p>Powerpoint Presentation: It’s All About You</p> <ul style="list-style-type: none"> ● Adulting: Self Care <ul style="list-style-type: none"> ○ When you’re younger it was your parent’s responsibility to take care of you because as a child, you can't take care of yourself ○ When you reach the age of 17 years old and up, you need to learn how to take care of yourself physically and your kids emotionally (if you have kids) <p>Youtube Video: A Self-Care Action Plan</p> <p>https://www.youtube.com/watch?v=w0iVTQS8ftg</p> <ul style="list-style-type: none"> ● Step 1: It is okay to take care. <ul style="list-style-type: none"> ○ Self-care prevents burnout, reduce the negative psychological and physical effects of stress and helps you refocus on what is true and important. ○ It makes you more productive to set time aside for yourself 	20 minutes	

	<ul style="list-style-type: none">○ It is a thing to take care of yourself and as an adult, it's not really something we think about.● Step 2: What works? What Self-Care means and what works for you?<ul style="list-style-type: none">○ Everyone is unique so it's important to ask yourself "What actions make me feel better?"○ Start a digital "Warm and Fuzzy File" and fill it with compliments, kind words you recieved, good memories and favorite photos. Being able to look through this file when you are feeling down may bring you a long way to bringing you back up.○ There is no one way for everyone but there are some things generally that we know for some people is to get out into nature. Science shows that being out in nature is a key technique that can actually help. Another technique that Cindy uses is spending some quiet time; set your timer for 2-3 minutes and sit there and take deep breaths. You can google or youtube other things as well.● Step 3: Self-Care powers activates!<ul style="list-style-type: none">○ Recognize the warning signs that you could use some self-care before things go into the red zone		
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	<ul style="list-style-type: none"> ○ Keep an eye out for patterns in your behavior ○ Really know your warning signs, your yellow flags and red flags. ● Discussion/Sharing: One thing you do as a self care and one thing you know other people do. <ul style="list-style-type: none"> ○ Playing with hair, getting hair petted, ASMR ○ Playing with their dog (pet therapy), distancing themselves ○ Go to the fridge and eat (comfort eating), go to room and watch netflix ○ Foods that promote anxiety and foods that calm anxiety ○ Drinking ○ Music and Bad Karaoke ○ Dancing ● Discussion/Sharing: What are your red flags? <ul style="list-style-type: none"> ○ Emmanuel's red flag is when he stops studying ○ Maya's red flag is when she binge watch shows on Netflix ○ Cindy realizes that other peoples red flag is not going to class ○ Keep in mind that our body intuitively knows what we want and what we need <p>Levels of Relationship</p> <ul style="list-style-type: none"> ● You are in the middle and people in the outer boundaries who are your friends, classmates and 		
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other students and outside of that boundary is the community or those you barely know but still talk to

- Levels of relationships indicate ways of relating, ways on interacting, boundaries and learning what's ok

A way to help others is VAR (Validate, Appreciate, Refer)

- It's easy to understand, easy to do and easy to remember
- Someone doesn't need to be in a crisis to seek help. Your presence is always supported.
- Active listening helps cope them and prevents crisis from happening.
- Presence and compassion are the right things to say and do
- Validate their feelings
 - Example: During CPR training the first thing you ask is "Hey, are you okay?"
 - Let them know that you hear what they're saying and that whatever they're feeling is okay
- Appreciate their Courage
 - Speaking up can be a challenging step, let them know it's a good one.
- Refer to Skills and Support
 - Let them know help is available and refer them to resources you are comfortable with

Resources

	<ul style="list-style-type: none"> ● Crisis Text Line 24 hr National, Free, Confidential Text 741741 ● Crisis Access/Suicide Line 24 hour local (808) 832-3100 ● KCC Mental Health Counselor- ('Iliahi 118 in TRiO center) kapmhw@hawaii.edu ● Title IX - Gender Equity, Sexual Harassment, Stalking, Sexual violence devon@hawaii.edu ● Student Affairs: Academic Counselors, DSSO, Veterans, Employment Prep, Native Hawaiians, TRIO ● Health Insurance Behavioral Health Department (see back of your health insurance card) <p>Talk Story Tuesdays 11:30am-1pm</p> <ul style="list-style-type: none"> ● 1st Tuesday in Manele/Forgot Lunch Building ● 2nd Tuesday outside 'Ilima Building ● 3rd Tuesday in Lama Library ● 4th Tuesday in 'Iliahi outside of Subway <p>Wellness With...</p> <ul style="list-style-type: none"> ● Essential Oils at Lama Lobby and Mid-Day Mele (music) at Great Lawn on Mondays from 12pm-1pm ● Meditation at Char Room located in the second floor of Lama Library on Tuesdays and Wednesdays from 11am-1pm ● Mind Body Exercise at Char Room located in the second floor of Lama Library on Thursdays from 12pm-1pm <ul style="list-style-type: none"> ○ 1st Week: Yoga by Star Fitness Hawaii 		
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	<ul style="list-style-type: none"> ○ 2nd Week: Tai-Chi or Qigong by KCC's Mark Moran ○ 3rd Week: Yoga by Star Fitness Hawaii ○ 4th Week: Tai-Chi by Kaimuki Body and Brain ○ 5th Week: Tai-Chi or Qigong by KCC's Mark Moran 		
Spring Survey	<p><i>Moderated by Russia Famorca</i></p> <p>Kara Plamann Wagoner had us take a sample/practice of the Spring Survey today.</p> <p>During our last Meeting we piled the survey with the Commuter Survey and today will be the Spring Survey Practice Link: bit.ly/askcc220</p>	25 minutes	
RIO Updates	<p><i>Moderated by Russia Famorca</i></p> <p>Kapio News- Lexus</p> <ul style="list-style-type: none"> ● Still looking for one more person for their paid position, and if know anyone who is interested in writing send them they're way. As a reminder, if you have any upcoming events let them know and they will put on their Kapio News Event Calendar <p>Bayanihan Club- Emmanuel</p> <ul style="list-style-type: none"> ● Still looking for someone to fill their Secretary and Treasurer position <p>Health Promotion Team- Nesi</p> <ul style="list-style-type: none"> ● There will be a Blood Drive on Friday, April 12 ● Disaster Preparedness Training at Waikiki Community Center Auditorium 310 Paoakalani Ave on Thursday, February 28 from 1:30pm-3:30pm 	10 minutes	

	<p>Na Hua' Papa- Alex</p> <ul style="list-style-type: none"> • New plants on Campus <p>BOSA- June</p> <ul style="list-style-type: none"> • On Monday March 4, there will be an Ice Cream Social. BOSA is looking for volunteers to help them with scooping • Cactus and Coffee will be on Saturday March 9. At this event, you will be cleaning the cactus garden. There are actually 5 gardens total that need to be "malama-ed". • RIO Field Day will be on Monday April 1. Keep a lookout in your emails and let BOSA know if you want to reserve a table to table for your club. <p>SNA- Jessie</p> <ul style="list-style-type: none"> • There will be a fundraiser coming up. Just waiting on details on where, what and when but will have the details by the next general meeting 		
Closing Announcements	<p>Next week Monday, the last open forum for TMT and Mauna Kea will be held in this room from 1:30-3:00pm. It is a discussion about the other two forums we had this past Tuesday and Wednesday with the KCC Faculty.</p> <p>Reminder: Next General Meeting is March 6, 2019</p>	5 minutes	
Adjournment	4:52 PM		
Upcoming Meeting	<p>March 06, 2019</p> <p>'Iliahi 123 ABC @ 3:30-5:00 PM</p>		
Minutes Taken by	<p>Dessa Lyn Millon</p> <p><i>2018-2019 ASKCC - Student Congress Secretary</i></p>		

