



Los Angeles Harbor College Staff Development Committee Minutes

Wednesday September 21, 2016

1:00 PM

NEA 165

- I. Call to order @ 1:05
 - a. Colleagues present: Lucille Acquaye-Baddoo, Shazia Khan, JP Joson, Angie Crum, Cynthia Caloia, Frederick Ho, Amarylles Hall, Daryle Nagano-Krier, Son Nguyen
- II. Evaluation of August FLEX events
 - a. Based on feedback from Shazia Khan and FLEX committee, all events were a success in terms of attendance and evaluations
 - b. Yoga, Black jockeys, and workshop with Stephanie Brown were very well-received. Yoga should be considered for a repeat.
- III. Winter FLEX 2017 scheduling
 - a. Winter FLEX will be Jan. 31, February 1, and February 2
 - b. Here are some ideas: Yoga, PLC workshop, technology workshop, cultural event focusing on Asians, Natives, or African Americans as a lead-in to BHM
 - c. An Art Gallery, self-defense class
 - d. Mary Copeland and Dr. Steve Morris have volunteered to do something
- IV. New Business
 - a. Employee Health and Wellness Initiative
 - i. Will be officially called the Harbor College Fit Club
 - ii. "Leaders" for certain days; Son Nguyen (Mondays), Amarylles Hall (Tuesdays), Lucille Acquaye-Baddoo (Thursdays)
 - iii. Holistic approach: not just physical health, but mental
 - b. Cultural Events and Celebrations
 - i. Hispanic Heritage Month is ongoing, Filipino Cultural Month (Oct)
 - ii. October is also Disability Awareness Month. There will be ongoing events to celebrate this.
 - c. Technology Academy
 - i. Tabled until the next meeting
- V. Old/Recurring Business
 - a. N/A
- VI. News and Updates
 - a. The next FLEX Meeting is September 28 at 1:00 p.m. in NEA 295
 - b. The next SD Meeting is October 19 at 1:00 p.m. in NEA 165.
- VII. Floor Items
- VIII. Adjournment @ 1:50 p.m.