

**Staff Association Area Reps Meeting
Minutes of April 14, 2016**

Present:

Annette Dietrich
Andrea Rose Santi
Andrew Urschel
Cathy Logan-Dickie
Christina Treusch
Darlene Stegner
Jenny Conroy
Jeremy Steffler
Lillian Liao
Luanne McGinley
Murielle Landry

Sue Oestreich
Steve Bradley
Tammy Vucicevich
Christine Gillis Bilton
Jason Gorrie
Lawrence Folland
Stephanie Filsinger
Terry Labach
Robyn Landers
Tim Ireland
Kathleen St. Laurent

Jackie Serviss
Guests:
Catherine Bolger
Aaron Pereira
Dobriła Scheifley
Ruth Knechtel
Bert Habicher
Che Tomdean
Jennifer Moll
Ralph Dickhout

1. Guest speaker Caryl Russell, Director of UW Fitness

Caryl gave some background on how our society has evolved to reduce not only obvious physical exercise but even small things that contribute to activity. Only 15% of adults get the recommended 150 minutes of moderate to vigorous activity per week; 70% of time is sedentary.

UW Fitness offers programs that supplement what you can get at gym memberships: small group and one-on-one personal training, fitness assessments, consulting. The signature programs are WELL-FIT (for those undergoing cancer treatment), Living Fit (follow-up to WELL-FIT), and Teens in Motion.

Discussion followed.

- These are fee-for-service programs, not free.
- Have applied for subsidy from the university to help make these programs more affordable for staff.
- Any suggestions for what to do in one's own office? Yes, take the short course and learn how to use a resistance band, for example.
- Maybe an open house would help increase familiarity.
- Some departments won't let staff take more than a one hour break at a time, so a one-hour training session is too long. Can the university encourage departments to be more flexible to support improved health?
- Can HIT (high intensity training) be offered? It's higher risk; would need thorough screening.
- Maybe facilitate a partnering program so exercisers with similar goals can pair up to help motivate each other.

Thanks to Susan Oestreich for organizing our guest speaker.

2. Approval of Minutes of March 10, 2016 Area Reps Meeting

Accepted.

3. Approval of agenda

Approved, with no president's report, because Michael Herz was not present.

4. Area Reps Membership Subcommittee update

The committee is working on clarifying guidelines; reviewing documentation to help guide planning and changes; thinking about an onboarding manual and a survey. Please pick up an "ask me" sign to put up in your area. Next meeting is April 26 if you would like to attend (you don't have to be a subcommittee member).

5. Discussion about UW Pension Management (Jackie Serviss)

Jackie gave an overview of Finance and Investment committee, Pension and Benefits committee, and an RPPI subcommittee that has some members from the first two acting as communications conduit between them. It's a bit awkward having this three-way subcommittee, so a proposal arose to eliminate the subcommittee and transfer some P&B power to F&I to consolidate some of the financial management activity. P&B stakeholders (FAUW, CUPE, UWSA) took concerns about this to the UW president. He agreed to review the proposal. The proposed change will not happen and did not even make it to the Board of Governors. Any future proposed change will include more consultation than did this one.

P&B and BoG meetings are open for the first part if you'd like to attend.

There are staff members on the P&B committee so please bring any concerns to them (Jeremy Steffler, Kate Windsor).

Chair: Christine Gillis Bilton

Minutes: RBL