

Executive Council Minutes
Open Session
August 14, 2009

Officers present: President Marc Houle, Middle School Vice President Greg Strachan, Elementary Vice President Stephanie Martin, SPED Vice President Jan Van Horne, Secretary Naomi Lukaszewski, , 6-12 Director Candy Smiley, K-5 Director Karen Wusthoff
High School Vice President Peter Califano & Treasurer Kelly Logan were unable to attend for personal reasons.

Reps: None

Meeting called to order: 10:10 a.m.

Handouts: Per Caps Spreadsheet

I. Weight Loss Program Presentation

A. Presented by Jill Simpson & Karen Anderson, PUSD teachers

1. Participated in Medifast weigh loss program

a. No fees, no meetings

b. Pay for food purchased online

2. They and colleagues at their sites have enjoyed great success.

3. Would like to suggest Medifast to teachers as an alternative to Weight Watchers via

PFT.

4. Weight Watchers offered through district through funds provided by HealthNet

a. Funds are to be used specifically for preventative health maintenance.

Discussion: Can PFT provide information about Medifast as an alternative to Weight Watchers?

- PFT will stipulate that Medifast is a program with a proven success record and that it would be valuable for teachers to know that this is an available option.
- PFT cannot endorse any weight loss program due to liability issues.
- If we do host a presentation on Medifast do we open the door to other “sales pitches”?
- Can we do a flyer through the reps?
- By law we cannot use the e-mail or teacher mail boxes for anything but union related business.
- We could host a PFT HealthFair as part of a Wellness Initiative.
- That would work. We could send out an e-mail to all teachers inviting them to participate in the Health Fair.

B. Timeline

1. August 20: 1st day of school.

2. August 28th email all teachers asking for participation in Health fair

3. September Rep Meeting

a. Flyers with Health Fair info distributed at September 10 Rep meeting

b. Require RSVP in order to estimate number of handouts/flyers needed

4. September 22: Health Fair at PFT Offices

II. Open Items

A. PFT Secretary will no longer print hard copies of e-mails for archiving purposes.

1. E-mails will be stored on pin drives in order to reduce paper costs and space.

B. Red, White and Green fundraiser for Pomerado Foundation

1. Extra ticket to J. Van Horne

C. Logo Shirts

1. Will poll reps at September meeting to gauge interest.

Open Session closed. Confidential Session opened: 11:00 a.m.

- IBPS debriefing
- Board meeting announcements
- PFT Lease Negotiations

Confidential Session closed. Open Session resumed: 11:25 a.m.

III. Meeting Calendar

A. Meeting Dates

1. August 31
2. September 14
3. September 21
4. September 28
5. October 12

B. Site Visits

1. October 5

Meeting adjourned: 11:40 a.m.

Next meeting: August 31, 2009

Submitted by Naomi Lukaszewski, PFT Secretary