



## COSWB Minutes

### Associated Students

1/14/12, 7:00pm

SRB - American Indian Resource Room

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## CALL TO ORDER

### A. MEETING BUSINESS

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#### A-1. Roll Call (Pre-entered Names)

Name	Note: absent (excused/not excused) arrived late (time) departed early (time) proxy (full name)	Name	Note: absent (excused/not excused) arrived late (time) departed early (time) proxy (full name)
Lisa Schwartz		Miwa Guitierrez	
Lisa Doan-Minh	Excused	Diane Byun	
Brittany Natali		Hilary Kleger	Advisor
Rachel Frazin			
Emma Lofthouse			
Diane Byun			

### B. PUBLIC FORUM

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- Announcements/Information/Introductions
- Testimony for items on today's agenda (out of order)
- Appreciations/Concerns
- Request to have item added to today's agenda

### C. REPORTS

#### D.

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##### C-1. Advisor's Report

##### C-2. Executive Officer's Report(s)

- Miwa: budget

##### C-3. Group Project/Member Report(s)

### E. ACCEPTANCE of AGENDA/CHANGES to AGENDA

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### F. ACCEPTANCE of ACTION SUMMARY/MINUTES

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### G. ACTION ITEMS

These are generally financial approvals. Detailed information and staff recommendations/reports are provided in attachments. Approvals of allocations of funds require Senate approval. Travel requests and exceptions to policy require Finance Board approval.

**a. Quick Copy Acct**

MOTION/SECOND: Emma/Brittany

MOTION LANGUAGE: I motion to allocate \$200 for publicity materials to the Quick Copy Acct for Winter Quarter 2013.

ACTION: Approve by consent

Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through:

Additional approval required? No

**b. Jan 15 - Guest lecture from the Baldwin's (6:00-7:30)**

a. Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through: Emma will pick up food from the co-op

Additional approval required? No

Pass \$50 for publicity

MOTION/SECOND: Brittany/Emma

MOTION LANGUAGE: I motion to allocate \$50 for publicity flyers for the Baldwin lecture on 1/15/2013.

ACTION: Approve by consent

Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through:

Additional approval required? No

**a. Elections petition**

a. Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through: Members will get signatures to try to get COSWB on ballot.

Additional approval required? No

MOTION/SECOND: Brittany/Emma

MOTION LANGUAGE: I motion to allocate \$20 for clipboards to help encourage petition signing.

ACTION: Approve by consent

Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through:

Additional approval required? No

**F-1. Old Business:** Items that were continued from some previous meeting date to this date for further discussion, usually after new research/information which was not available at the previous meeting.

**a. FFT update**

a. Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through: Emma

Additional approval required? No

**b. January 22 - VOX**

“Hello! My name is Tiffany Phan and I am a co-chair of VOX: Voices for Planned Parenthood. We are planning an event for Tuesday, January 22nd, 2013 to celebrate the 40th Anniversary of the Roe v Wade decision. We see the event as an all day festival with on-going programs in the MPR and interested orgs tabling on the SRB patio (possibly selling food) to support VOX in celebrating the landmark case. We think it would be awesome if COSWB could participate in some way. I’d be happy to attend a meeting to present this to your members. Please contact me with any questions! Thank you for your time!”

Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through: Lisa will send Beth factoids make graphically pleasing and will pick up hygiene products. Miwa will bring tampons. Who can bring food (under \$100)? Rachel will bring healthy snacks with a budget of under \$100.

Additional approval required? No

**c. March 1 - Food Demo Day (11:00-3:30)**

a. Publicity: E-mail out to COSWB contacts

Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through: Miwa will pick up the food

Additional approval required? No

National Eating Disorders Awareness Week  
Event is 12-3

**d. Mental Health Summit**

- a. Advisor/Staff recommendation/instruction/request:  
Responsible for Follow-through: Will be at Silvergreens. Miwa will contact other groups  
Additional approval required? No

12:30-2

**e. Santa Catalina collaboration**

- a. Advisor/Staff recommendation/instruction/request:  
Responsible for Follow-through: Collaboration in progress with Santa Catalina.  
Updates will be made when contact attends meeting or e-mails COSWB.  
Additional approval required? No

RA working to organize a Mental Health Awareness Week for the residents at Santa Catalina. .co-hosting a workshop or speaking at an event for the Mental Health Awareness Week, possibly hosting some form of exercise workshop or the Mental Health Mocktail Mixer.

In terms of the planning process, I would like to have residents themselves heavily involved with this planning process as a means of leadership development. To that end, while myself and a couple other RA's at Santa Catalina will be the head RA's for this planning committee, I will be having the residents themselves contacting you all further to solidify these plans

**F-2 New Business**

**a. Future event Brainstorming**

- Promoting public school system for UC courses without much publicity to students. Brittany will provide details and contact with professor. Possible guest lecture to inform students about where the UC is at this moment and where it is heading. May consider sponsoring this lecture with Mental Health Peers. (Theme: Reduction of Financial Stress)
  - i. Contact for Mental Health Peers:  
Erin\_winsor@umail.ucsb.edu
- Arts Therapy (e.g. Dance therapy + Music therapy) program.
  - i. Dark room with people dancing so you can't see each other. Promoting self-comfort. 'Dance Like No One's Watching' – Rachel is in charge of organizing this. Can talk about how dance and music affects your mood. Create brochure (get information from Arts professor?) to inform students about benefits of having time alone to let out your creativity.

- De-stress Fest (First week of March), four days. Sponsored by Mental Health Peers. Program possibilities include: Pot decorating to promote growth, massage school to get free massages, make your own trail mix, 'recess' time (time to relax), and lecturer to talk about the Rita Project (breaking objects to let go of stress). May co-sponsor this event. Waiting on update on budget to pass money for De-Stress Fest.
  - i. Laugh Yoga suggestion. Hire a Laugh Yoga instructor to promote happiness? COSWB part of De-Stress Fest.
  - ii. Laugh Fest = Comedies, comedians, etc.
- Invite owner of Co-Op
- Emotion Shifting
  - i. Presenting methods to shift anger, sorrow, or any other negative emotions to a more positive outlet.
  - ii. "You Are Not Alone" – writing about your fears or feelings and finding that you are not the only one.

## **H. DISCUSSION ITEMS**

Items on which we may make a decision in the future. Public testimony is welcome. We will not make decision motions but may instruct members/staff to do research and/or place item on future agenda.

## **ADJOURNMENT**