

Call to Order 6:00 pm

Attendance:

Miwa Gutierrez: Financial Coordinator

Emma Lofthouse: Fitness Coordinator

Diane Byun: External Coordinator

Brittany Natali: Event Coordinator

Rachel Frazin: Outreach Coordinator

Lisa Schwartz: Chair

Lisa Doan-Minh: Internal Coordinator

Business:

RETREAT FOR BOARD POSITIONS

- Monday, October 8th from 7-9 pm at Lisa's house, 6763 Del Playa, downstairs unit

Lisa S. motions to spend no more than \$100 on dinner for board retreat on October 8th. Lisa D. seconds. Brittany calls to question. Miwa consents. Motion passes by consent.

Summer recap:

TWO FRESHMAN FAIRS

- Received many names of students hoping to get involved in COSWB

DISCOVERY WEEK YOGA

- outside DLG
- good freshmen turnout

Fall events:

FALL USTUDY CENTER

- Funding request from Morgan Carpenter
- Open 24 hours during finals week, Saturday through Thursday
- Free midnight breakfast
- Coffee, tea, snacks
- Massages
- Budget of \$7500 for food, wellness services, building costs
- Requested \$250 from COSWB to pay for massage services

Lisa S. motions to spend no more than \$250 for massage services for the UStudy Center for Fall quarter finals week. Emma seconds. Brittany calls to question. Motion passes by consent.

PARDALL CARNIVAL

- Saturday, October 6th, 12-4pm
- Make your own facial scrub to take home
- Honey, oatmeal, sugar
- List of what each ingredient does for your skin
- Brittany, Rachel Lisa S are able to work the booth
- Lisa D and Diane are going to Costco for supplies

Lisa S. motions to spend no more than \$100 on items for the facial scrub station for Pardall Carnival. Emma seconds. Lisa S. calls to question. Motion passes by consent.

FREE FITNESS Thursday

- Local Santa Barbara fitness instructors
- 5-6:30 pm on Thursdays
- Location TBD
- Inform them about COSWB

Lisa S. motions to spend no more than \$1000 for free fitness Monday instructors and room reservations for the fall quarter. Lisa D. seconds. Brittany calls to question. Motion passes by consent.

Lisa S. motions to spend no more than \$100 for Digiknows for advertising free fitness Monday for the fall quarter. Emma seconds. Diane calls to question. Miwa consents. Motion passes by consent.

Lisa S. motions to pass no more than \$200 on food for free fitness Monday for fall quarter. Lisa D. seconds. Diane calls to question. Miwa consents. Motion passes by consent.

HEALTHY SEMINARS

- Miwa will attend Megan Lim's office hours on Tuesday, October 9th from 11:30 to 12:30 pm at the CAB office to speak to her about a speech on nutrition and healthy food project

Lisa S. and/or Diane will attend 2 leg council meetings on Wednesdays at 5 pm to report on COSWB events.

Emma motions to pass no more than \$200 on food for weekly meetings for the entire Fall quarter. Lisa D. seconds. Miwa calls to question. Brittany consents. Motion passes by consent.

FOOD DEMO ON HEALTHY COOKING

- Annex or dorms

HEALTHY FOOD VS. UNHEALTHY FOOD

- Show things that are healthy
- Digiknows
- Dart board
- Inform at dorms

Involvement with more clubs:

- Diane will talk to CAB
- Brittany is on Active Minds and Women's Commission boards
- Wellness with Hillel

MAKE YOUR OWN STRESS BALL

HALLOWEEN

- Work with women's commission to hand out pepper spray on 10/24
- Self-defense with take back the night

Meeting Ends 7:09