



COSWB AGENDA

Associated Students

11/27/12, 6:00pm

SRB - Asian Resource Room

CALL TO ORDER 6:00 PM by Lisa Schwartz

A. MEETING BUSINESS

A-1. Roll Call

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		Diane Byun	excused
Brittany Natali		Hilary Kleger	Advisor
Rachel Frazin		Clare Elliot	neptuse@yahoo.com
Emily Lofthouse		Kelsey Trepas	Kst1994@aol.com
Mailynn Tran	tranmailynn@yahoo.com	Nicole Weise	Nicoleweise25@yahoo.com

B. PUBLIC FORUM

- 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

C-1. Advisor's Report

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

- spent \$626.99 total of budget
- \$22,473 remaining in operating and special projects
- \$2600 left of operating budget

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

D. ACCEPTANCE of AGENDA/CHANGES to AGENDA

E. ACCEPTANCE of ACTION SUMMARY/MINUTES

F. 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) Friends of Rachel

MOTION/SECOND: Frazin/Natali

MOTION LANGUAGE: I motion to spend \$100 for Friends of Rachel for promotional fliers and posters

ACTION: Approve by consent

Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through:

Additional approval required? Senate

b) Dog Therapy Day

- Brittany, Rachel can table
 - Fruit, cookies
 - Thurs, December 6: 11a – 2p @ Lot 22, SRB Lawn
- Advisor/Staff recommendation/instruction/request:
- Responsible for Follow-through: Lisa
- Additional approval required? No

MOTION/SECOND: Natali/Lofthouse

MOTION LANGUAGE: I motion to spend \$50 for food for Dog Therapy Day on December 6th, 2012

ACTION: Approve by consent

Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through:

Additional approval required? No

c) Make your own trail mix

- Tuesday, December 4th
- Fruit, nuts

MOTION/SECOND: Gutierrez/Lofthouse

MOTION LANGUAGE: I motion to spend \$100 for snacks for Make your own trail mix/tables event on December 4th, 2012

ACTION: Approve by consent

Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through: Lisa S.

Additional approval required? Senate

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. Guest lecture from the Baldwin's

- Postponed until next quarter

Advisor/Staff recommendation/instruction/request:
Responsible for Follow-through: Rachel Frazin
Additional approval required? No

b. Healthy eating workshop

- Try different location next time
Publicity: E-mail out to COSWB contacts
Advisor/Staff recommendation/instruction/request:
Responsible for Follow-through: Brittany, Diane to publicize and outreach
Additional approval required? No

c. Mental Health Summit

- First Friday, Week 1 of winter quarter
Advisor/Staff recommendation/instruction/request:
Responsible for Follow-through: Lisa D.
Additional approval required? No

F-2 New Business

a) Public Relations Info

- Suggestions for use at tabling
- Lisa will email out position details to board
Advisor/Staff recommendation/instruction/request:
Responsible for Follow-through:
Additional approval required? No

b) Student Health 101

- patient advocate at ucsb student health emailed regarding an online magazine whose goal is to help increase student mental and physical well being. They are offering customizable space in the magazine (short articles, advertisements, notices, etc.)
- recipes from healthy eating workshops
Advisor/Staff recommendation/instruction/request:
Responsible for Follow-through: Lisa S.
Additional approval required? No

c) Dodgeball Tournament

- Fri, Nov 30: 6:30-8:30 pm
Advisor/Staff recommendation/instruction/request:
Responsible for Follow-through:
Additional approval required? No

d) Winter Quarter Board Retreat

- First Monday or Tuesday after break
- Email tentative winter schedule to Lisa S.
Advisor/Staff recommendation/instruction/request:
Responsible for Follow-through:
Additional approval required? No

e) Meetings to attract more ppl?

- Nutritionist?
 - Announcement at nutrition class
 - Pass out fliers in classes
 - Rec Center
 - Psych list serve
- Advisor/Staff recommendation/instruction/request:
Responsible for Follow-through:
Additional approval required? No

G. 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.

- a) Valentine's Day—Healthy Baking
- cookies/pastries
 - Game or video during oven time

b) meditation

c) stress balls

- d) speaker on mental health
- Depression, anxiety
 - How to recognize signs
 - Help a friend out
 - Where to refer them

- e) AS video
- Next fitness event
 - Dog therapy day
 - Trail mix
 - Before and after COSWB

- f) workshop on how to communicate effectively with roommates
- Co-sponsor with IVTU
 - transitions

G-1. Tampon campaign

Advisor/Staff recommendation/instruction/request:

Responsible for Follow-through: Lisa

H. REMARKS

ADJOURNMENT 7:00 pm