## COSWB Agenda

## Associated Students

1/23/14, 8:00pm

SRB – Conference Room #2228

**CALL TO ORDER** Diane Byun and Emily Lofthouse at 8:00pm

**A. MEETING BUSINESS**

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) |
| Diane Byun |  | Natalya Asadulina |  |
| Emily Lofthouse |  | Lauren Nagra |  |
| Nimrita Singh |  | Tiffany Park |  |
| Emily Wood |  | Rogelio Gonzalez |  |
| Dillon Cao |  | Molly Nickelson |  |
| Michelle Chiou |  | Margaret Lumley |  |

Also present: UCen Conference Coordinator (Name: ), Carlos Lopez (EVPSA Liaison), Jake Orens (Senate Liaison), Ruth Garcia (Advisor)

**A-2. Acceptance of Excused Absences**

MOTION/SECOND: /

Motion language: I motion to excuse...

Passed by consent –

**A-3. Acceptance of Proxies**

**B. PUBLIC FORUM**

* 1. Announcements/Information/Introductions
     1. Kayla from Ucenn, here for Ucenn Study funding
     2. Total Budget: $4270
     3. COSWB funds massages
        + 1. Asking for $500 for massages
          2. Roger/Margaret: Tabling at event
          3. events@ucenn.ucsb.edu
  2. Testimony for items on today’s agenda (out of order)
  3. Appreciations/Concerns
  4. Request to have item added to today’s agenda

1. **REPORTS**
2. **Advisor’s Report:**
3. **Executive Officer’s Report(s)**

* Natalya Asadulina: Budget report for Winter Quarter.
  + $20,000 for special projects
  + Less money for Honoraria due to more board members
* Tiffany Park: Publicity efforts. Hand out business cards to everyone.   
  Facebook costs ever put into action?
  + Tiffany do Publicity costs on Facebook
* Make new business cards
  + Emma: Discussion on meeting food/FFT food budget

1. **Group Project/Member Report(s)**
   1. No more food at meetings unless special event
   2. No more than $5 per person per quarter
   3. Cut down on food at free fitness tuesdays?
      1. We never spend more than $10 per week on FFT food
   4. Watch out how much we spend on food for events in the future
   5. Attend finance meeting to inform them hoe we have actually been spending our money
2. **ACCEPTANCE of AGENDA/CHANGES to AGENDA**

The Chair may, with members’ consent, add items to the agenda for consideration at the current meeting if they meet one of the following criteria:

a) Emergency Situation -- the issue falls within ten days from this meeting.

b) Deadline -- if the issue arose after the agenda deadline and must be acted on before the next scheduled meeting.

1. **ACCEPTANCE of ACTION SUMMARY/MINUTES**
2. **ACTION ITEMS**

Event Name: Jennifer Tress Lecture Additional Cost

MOTION/SECOND: Michelle/Natalya

MOTION LANGUAGE: “I motion to spend no more than $83.75 for additional costs for renting Corwinn Pavilion”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Michelle

Event Name: Yoga Free Fitness

MOTION/SECOND: Molly/Dillon

MOTION LANGUAGE: “I motion to spend no more than $50 for the last session of the yoga seriest”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Molly

Event Name: Ucenn Study Hours, Massages

MOTION/SECOND: Natalya/Dillon

MOTION LANGUAGE: “I motion to spend no more than $500 on the UCenn Study Center for massages.”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Margaret/Roger

Event Name: COSWB eats

MOTION/SECOND: Diane/Emily

MOTION LANGUAGE: “I motion to spend no more than $50 on food and supplies for the COSWB eats blog.”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: All board

Event Name: Jennifer Tress Lecture Additional Cost

MOTION/SECOND: Diane/Emma

MOTION LANGUAGE: “I motion to spend no more than $50 for Digi-know for yoga series”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Lauren

**F-1. Old Business:**

1. **Jennifer Tress Lecture**
   * February 26th is a go! Time? Spoken to Jennifer Tress? Paperwork all done? Lecture starts at 7:00, Tress to arrive at 6:30
   * Wants to ship books to us so she can have them
     1. Michelle: check to see if she can legally sell her books
   * Event open to the public
   * Publicity + flyers must start → *Lauren*: Posters made?
     1. Tress offered to make her own posters
     2. Tiffany: Facebook event needs to be made
   * Start an advertising campaign
   * Early february to start distributing flyers.
   * Tabling at event, sign-ups, business cards, freebies (stress-balls)
   * Updates on Funding from other BCCs/Orgs: Solo event, Womyns Comm
2. **Catalyst Catharsis Competition** 
   * ONE Submission!
   * Possibility of repeat?
   * Give one submission a sweatshirt?

e. **Nutrition talk/demonstration with Joanna Hill** – possible dates, any specific

topics we want him to discuss, food we want to provide?

* Possible speakers (or panel?):
  + Emily talk to Joanna Hill, Advisor: Health and Wellness Corps (Do you want me to try talking to Joanna? She can be hard to get a hold of. -Emma)
    - Follow-Up Report: She emailed me back, Nimrita and I plan to meet with her on Monday around 2-5, Emily will email her.

f. **Mindfulness/meditation training + Day of the week meditation sessions** - specific ideas, supplies?

* Alcohol and Drug counselors to guide mindfullness
  + Mindfullness courese offered through CAPS
    - Natayla emailed woman to see if she would be willing to lead minfullness for us.
* Weekly meditation sessions (one day a week for an hour), have mats set up, incense, and have an instructor guide people through meditation.
* Give out COSWB items at the event

**F-2 New Business**

* **Winter Retreat/Winter Meeting Times**
* Hike to Red Rocks on Saturday, February 1st at 9/10
* Individual Assignments:
  + Nimrita: in charge of icebreakers
  + Emily (or Jake?) Please inquire about any forms we need to fill out for the retreat since it won’t be on campus.
    - Talk to AS
  + Emma: in charge of Silvergreens food
    - Requires orders and invoice.
    - Get req form signed ASAP
  + Carpool Providers: Diane, Tiffany, Dillon
* Board Assignment: Please type up an e-mail on what you have done the past quarter, what you wish you had done better, and what you hope to accomplish. We’ll be inserting this into the chromebook, so you can just e-mail it to the coswb gmail account with the topic: “Goals for W14”
  + Diane send this out via email

* **Bridge to Wellness**
* “We've set up permanent outreach tables outside of Portola dining commons to connect almost 1,600 students to campus resources and orgs Mon-Fri from 5-8pm. Please see our schedule and email Cynthia, Sam, and I at wellness@sa.ucsb.edu to sign up for some slots!”
* Margaret & Roger: In charge of getting together and making sure that we table at these events. Can even table with yoga series.
* **Free Fitness Schedule**
* Update required from Dillon & Molly
* Allocations passed?
* **COSWB Eats**
  + Food blog/recipe page
  + **PUBLICITY EFFORTS: We want this to be a main staple of COSWB**
  + Do food demo in person, and then post those photos
  + Everyone in group should cook a recipe each quarter
    - Have four people going at a time
  + Cook food for students
  + Two demos per quarter →
  + Michelle talk to AS Food Bank and Eric about collaboration, and CAB
    - Coalition for houseless students
    - Possibly doing inventory on Food Bank items, and using recipes that incorporate them?
* **Psychology Department Collaboration with Furlong**
* Review questions for survey for UCSB students on wellness
* Sponsor lecture on mindfulness, Mike Furlong
  + Natalya: Furlong willing to do lecture but not lead minfullness
* **Health and Wellness** 
  + Field trip this friday for free food tasting at IV Food Co Op. Meet at 3pm.
* **Yoga Series**
* Update required from Molly and Dylan
* What can we do to better it? How was the first day?
* Lauren make Digi-know for series
* Possibility of turning it into an on-campus series
  + Anacapa or Santa Rosa
* GREAT turn out first week: 33 people
* Plenty of mats
* Speakers didn’t work
* **Tabling at Arbor**
  + Spin the wheel game (homemade) answer a question/like us on facebook/take a business card, or jeopardy board
  + Next week for midterms
* **Girvetz “Take a smile” Campaign**
  + Post posters on lockers in Girvetz (and other halls)
  + “Take what you need”
    - Confidence, inspiration, etc.
  + No problem posting things in Girvetz
  + Start week after retreat
* **SURF**
  + Nimrita to attend until 4
  + BC4
  + GSA from 3-4

SURF

Do you want me to update/discuss SURF and BC4?

1. **DISCUSSION ITEMS**

* Free Fitness Schedule for Winter
* Food?
* Goodie Bags for midterms
* Winter Events
* Outreach Event Ideas:
  + Margaret & Roger:
    - Margaret and Roger to meet to discuss ideas for winter tabling
* General Event Ideas:
  + Hot cocoa station with marshmallows
    - Lemonade with the hot weather
  + Valentines day card making
  + Trip to the Rock Climbing wall at the MAC → possible funding?

1. **REMARKS**

**ADJOURNMENT** Time- 9:03 pm