## Commission on Student Well Being Minutes

## Associated Students

1/14/15, 7:00 pm

SRB: American Indian Resource Center

**CALL TO ORDER: 7:09, Lauren**

**A. MEETING BUSINESS**

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) |
| Nimrita Singh | present | Kareena Hundal | absent (excused) |
| Lauren Nagra | present |  |  |
|  |  | Marisa Pontrelli | absent (excused) |
|  |  | Ashley Rahbarpour | present |
| Lindsey Jesberg | absent (excused) | Joel Kim | present |
| Kim Liao | present | Bradley Whittaker | present |

1. **Acceptance of Excused Absences**

**MOTION/SECOND: Nimrita/Lauren**

**MOTION LANGUAGE:**  “I motion to excuse Lindsey, Kareena, and Marisa from today’s meeting.”

**ACTION: PASSED BY CONSENT**

**Acceptance of Proxies**

**B. PUBLIC FORUM**

1. Announcements/Information/Introductions
   1. Bike Fix It Station Request from Bike Committee
      1. Will be located at Pardall Center in IV
      2. $842
2. **REPORTS**
3. **Advisor’s Report**
4. **Chair's Report(s)**
   1. **Kathyrn Levine has resigned from Internal Coordinator**
   2. **Vice-Chair and Internal Coordinator Position is now vacant**
      1. **Applications should be open by end of this week**
   3. **Fitness Coordinator Hire should be complete by end of this weekend**
   4. **Elections are coming up to reaffirm student fees that go into COSWB** 
      1. **Every two years need to be reaffirmed, 2/3 of the student body vote against then COSWB doesn’t get funds**
      2. **care to know campaign**
5. **Group Project/Member Report(s)**
6. **ACCEPTANCE of AGENDA/CHANGES to AGENDA**
7. **ACCEPTANCE of ACTION SUMMARY/MINUTES**
8. **Approval of our Action Summary/Minutes from 1/7/15:**

**MOTION/SECOND: Nimrita/Ashley**

**MOTION LANGUAGE:**  “I motion to approve the minutes from January 7, 2015.”

**ACTION: PASSED BY CONSENT**

1. **ACTION ITEMS**

**F-1. Old Business:**

**F-2 New Business**

1. **Approval/Consideration of** Funds for Digiknow Advertising

**Event Name: Publicity**

**MOTION/SECOND: Brad/Nimrita**

**MOTION LANGUAGE: “I** motion to spend no more than $140 on digiknows to advertise COSWB events”

**ACTION:** PASSED BY CONSENT

**Advisor/Staff recommendation/instruction/request:**

**Responsible for Follow-through: Bradley**

**Additional approval required? Yes**

1. **Approval/Consideration of** New Speakers for Fitness Classes

**Event Name: Fitness Series**

**MOTION/SECOND: Lauren/Brad**

**MOTION LANGUAGE: “I** motion to spend no more than $150 on speakers for COSWB’s fitness series”

**ACTION:** PASSED BY CONSENT

**Advisor/Staff recommendation/instruction/request:**

**Responsible for Follow-through: Kareena**

**Additional approval required? Yes**

1. **Approval/Consideration of** Speaker fee for the Wellness Lecture Event

**Event Name: Wellness Lecture Event**

**MOTION/SECOND: Brad/Ashley**

**MOTION LANGUAGE: “I** motion to spend no more than $175 as the speaking fee for Professor Mrazek’s guest lecture.

**ACTION:** PASSED BY CONSENT

**Advisor/Staff recommendation/instruction/request:**

**Responsible for Follow-through: Bradley**

**Additional approval required? Yes**

**G. DISCUSSION ITEMS**

**G-1. Consideration of Fitness Series**

1. Fitness Series
   1. Are Digiknows running?
      1. Have been summitted
   2. Has FB Boost Feature been used?
      1. Joel and Bradley will complete it

**G-2. Consideration of** Wellness Speaking Event

1. Tentative Date Range: Feb 9-20th - 1 Hour Event
2. Topic: Living in wellness
3. Venue: Corwin Pavillion Booking - Bradley
4. Development of Resource Card to pass out to students at the end of the lecture

**G-3. Consideration of** Co-Op Collaboration Projects

A. Nutrition Workshops

B. Midterm Smoothies

- collab with blenders to get smoothies from them - Kim

C. Acai bowls - Ashley

Other Ideas:

Raffle at fitness events for a blenders gift card

Reopening coswb eats project

**G-4. Consideration of** Further Publicity of Events - Daily Nexus

A. Brad or Joel Develop Article

**G-5. Consideration of** Food demo with the Food bank

* 1. advocate using their food to make meals as a cheaper alternative for students

**G-6. Consideration of** Outreach Ideas

1. Movie Night: need to get movie rights (200-300)
   1. can get from RHA
2. Want to do Acai Bowls first
   1. Food Co-op

**G-7. Consideration of** Moving Fitness Classes closer to campus

St. Michael's Church - using their space

Hillel - can host 50

IV Clinic Building - can host 30 - Diana

**REMARKS:**

**ADJOURNMENT: 8:10 pm**

**MOTION/SECOND: Nimrita/Lauren**

**MOTION LANGUAGE:** “I motion to adjourn the meeting at 8:10 pm”

**ACTION:** PASSED BY CONSENT