## COSWB Agenda



## Associated Students

4/8/14, 6:00pm

SRB – African Diasporic Room

**CALL TO ORDER** Diane Byun and Emily Lofthouse at 6:00pm

**A. MEETING BUSINESS**

**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 | Excused | Lauren Nagra |  |
| Emily Lofthouse | Excused | Rogelio Gonzalez |  |
| Nimrita Singh |  | Molly Nickelson |  |
| Emily Wood |  | Margaret Lumley | Excused |
| Dillon Cao |  | Tiffany Park | **Excused** |
| Michelle Chiou |  |  |  |

Also present: Because of Hope Representative

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

MOTION/SECOND: Nimrita/Emily

Motion language: “I motion to excuse Diane, Margaret, and Emma from meeting.”

Action: PASSED BY CONSENT

**A-3. Acceptance of Proxies**

**B. PUBLIC FORUM**

Announcements/Information/Introductions

* Because of Hope:
  + Non profit, mission is to empower orphans and widows in uganda
  + Budget
    - Jungle Run/World Culture Fair (May 17th)
      * On campus, starts and ends at Storke
      * Event starts at 12-2
      * Culture fair is free, mainly to help cultural orgs raise money
      * COSWB to table possibly?
    - Asking for $200 for printing and photocopying for fliers
    - Need by early May
* Qapi
  + Peter and Ahn
    - Delegation at UCB
      * learn about the queer Asian identity
    - May 2nd-4th
    - Money is used for Housing/Transportation
    - Need $100
    - [ucsbqapi@gmail.com](mailto:ucsbqapi@gmail.com)

Testimony for items on today’s agenda (out of order)

Appreciations/Concerns

Request to have item added to today’s agenda

**REPORTS**

**Advisor’s Report:**

**Executive Officer’s Report(s) -- New Financial Coordinator (Emily Wood)**

**Group Project/Member Report(s)**

**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.

**ACCEPTANCE of ACTION SUMMARY/MINUTES**

**ACTION ITEMS**

Event Name: Retroactive request for speaker money

MOTION/SECOND:

MOTION LANGUAGE: “I motion to spend no more than an additional $30 (for a total of $80) for speakers for fitness events”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Dillon

Event Name: Active Minds De-Stress

MOTION/SECOND: Nimrita/Roger

MOTION LANGUAGE: “I motion to pass no more than $305 for de-stress fest”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Emma Lofthouse

Event Name: Self-Defense Class

MOTION/SECOND: Molly/Michelle

MOTION LANGUAGE: “I motion to pass no more than $400 for instructor payment for the self-defense series”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Molly

Event Name: Dance For Fitness Tuesdays

MOTION/SECOND: Dillon/Nimrita

MOTION LANGUAGE: “I motion to spend no more than $360 on dance for fitness Tuesdays and advertising”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up:Dillon

**F-1. Old Business:**

* **Nutrition talk/demonstration with Joanna Hill**
* Co-Op Food -- healthy foods and sweets (or not as healthy stuff)! (following the 80/20 rule )
* Possible speakers (or panel?):
  + Emily Wood talk to Joanna Hill, Advisor: Health and Wellness Corps
  + Follow-Up Report:
    - Emily has a meeting with Wendy the Assistant Director for Fraternities and Sororities at UCSB. Meeting was moved to the week of April 14th.
    - Should be a collaboration with CPC, IFC and Health and Wellness
    - **Emily email Diane and Emma update**
    - Tuesday, April 23rd 6:00-7:15

**F-2 New Business**

* **Active Minds De-Stress Fest:**
  + Event Info: “Make Your Own Stress Ball”
    - May 22nd, 10:00am-2:00pm
    - Supplies:
      * printed balloons w/ COSWB logo, red balloons w/ white markings
      * balloons, flour, funnel, scissors & permanent markers.
    - Asking for $305 for teddy bear suit and jump house
  + Representative Contact Information:
  + Responsible for Follow-Up:
* **Chilla Vista Tabling**
  + Date: Saturday, May 3rd, 1-6pm in People’s Park and Perfect Park
  + Do we want to table?
    - Jeopardy Board
    - Wheel Game
      * Spin the wheel and get and activity or question you have to complete (exercises/trivia)
      * Like us on facebook and get a chance to spin the wheel
        + Give away swag
  + Who is available? At least two people tabling at all times.
    - Lauren, Michelle, Emily, Roger, Molly
* **CSO Keychains**
  + Pricing: For 500, $300… For 1500 = $765 at $00.51 each
  + Quantity: 1500
  + Responsible for Follow-Up: Michelle
  + Everything ordered? Not yet, Req form needs to be turned it.
  + Should take about a week/week and a half to arrive
* **Bridge to Wellness**
  + Margaret & Roger:
    - Spinning Wheel
      * Bought!
    - Any other tablings planned? Have days for Bridge to Wellness been selected?. No new ideas for tabling presented.
    - Lauren: reference sheet explaining the rewards cards, COSWB, etc. typed up yet?
  + Past Ideas:
    - **“Take What You Need” Campaign**
      * Did really well, people loved them!
      * Make it a series
      * Put resources to achieve goal on back of cards
    - **Flower Event**
      * Talk to Trader Joes, and local flower shops for deals and discount rates
* **Yoga Series**
  + Invite all your friends on facebook
  + Make sure we have someone to cover Molly. Margaret will cover Molly.
  + Location, Time, Day: Thursday, 5-6, Santa Catalina Linda Vista Room (for first four weeks, switches with Self Defense after that)
  + Instructor: Stephanie
  + What needs to be done?-Need updates on all of this!
    - Lauren & Tiffany: Digi-knows, website info, banner, facebook event
      * One flier for both events
    - Stephanie wants her info on our website
* **Self Defense Series-Invite all your friends on FB!**
  + Location, Time, Day: Thursday, 5-6, Santa Rosa Lounge (for first four weeks, switches after that)
  + Diane will cover Molly this week
  + Instructor: MMA club
  + What needs to be done?
    - Lauren & Tiffany: Digi-knows, website info, banner, facebook event
  + Amount that needs to be passed:$400 for instructor payment
* **Free Fitness Tuesdays**
  + Any updates on dance instructors. We have enough instructors for seven classes, starting next week
    - Publicity is key so we can get a lot of people in attendance
    - Collab. with Polynesian and other UCSB dance groups
    - Classroom announcements in “artsy” classrooms
    - Put flyers in Rob Gym Rm 1430
  + Re-evaluate FFT if this dance approach doesn’t work out
  + Updates from finance board on payment?
    - only a conflict of interest if you can’t justify why you are hiring them.
  + Have class at 5-6
  + Only have class for six weeks
  + Pass money for instructor approval: $300, pay $60 per week.
  + Digi-know: $60
* **COSWB Eats**
  + **STILL NEED DOODLE FOR THIS!**
  + COSWB Eats Project Lead:
  + New posts should be on COSWB Eats:
    - Follow-Up: Tiffany/Lauren
  + Need more recipes before publication:
    - Food Schedule again! :) Can be done during food demo or at home.
    - Responsible for follow-up: Tiffany
* **Publicity Meeting/Training** 
  + Emma & Nimrita (if they can make it), Diane, Tiffany, & Lauren must set up meeting separate from meeting times b/c Tiffany cannot make regular board meetings. Lauren will get a chance to learn how to use wordpress and update the website as well.
    - Budget: Already emailed Cyndi, no response so I’m getting the budget from the AS office tomorrow.
* **Mindfulness Training w/ Lecture?**
  + Nimrita in charge of mindfulness for Spring
  + Who is going to lead the mindfulness?
    - Emma: Update w/ Mark
    - Nimrita will talk to Natalya
* **Free fitness/yoga series punch cards**
  + COSWB Stamp: Arrived?
  + How should be publicize this?
    - Digi-Knows maybe?
    - Responsible for follow-up on Digi-Know (if we’re doing it)
    - Responsible for follow-up on Rewards Card Banner/Art:
  + Reward Cards: Hand them out
    - Tiffany will be dropping them off to be later on
    - Who should have them?
      * Molly, Dillon, Margaret, Roger
  + Reward System:
    - 12 stamps: Water bottle
    - 10 stamps: Hoodie
    - 8 stamps: Pants
    - 5 stamps: T-Shirt or Tank
    - 2 stamps: Pens
    - 1 stamp: Stickers
    - (stamps roll over)
* **General Meeting Open to Students/General Public**
  + Chance for them to get stamps/get involved with COSWB
  + Who can help? Dates? Times?
  + Set up another meeting time for general members, or an extra half hour after board meeting
* **CoC Recruitment and 2014-2015 Board**
  + Will you still be involved?
  + Diane will receive updates from Aidan regarding the interview/election process for next year’s board.
* **Website Updates \*\*ATTN: TIFFANY**
  + Has everyone submitted an “about me”?
    - Emma/Margaret?
  + New FFT schedule, new recipes, yoga series, self-defense series → Banners/Cover Photos/Events must be made on Facebook.
  + “How to Request Funding” section should be made on website.

**DISCUSSION ITEMS**

* **How to Better Improve COSWB**
  + Once we have the FFT, Yoga Series & Self Defense series up → Tiffany or Lauren, please send out a campus-wide announcement about it. **Include the rewards cards and COSWB Eats blog.**
    - Make a graphic possibly to make the email more exciting
  + **Winter Quarter:**
    - What went well:
    - What could’ve been done better: Better publicity (classroom, fliers, etc.), for big events (i.e. Jennifer Tress).
      * Need more tabling events (and better)
      * Diane’s Notes: There should be better communication amongst the board members. PLEASE respond, even if you cannot make it, so that we can all plan accordingly. Check your e-mail, texts, and facebook diligently when you know that we have an event coming up. Try your best to be involved with us.
        + If you choose to head an event, **be organized**.

You should know who’s involved in planning, when the event is, who’s getting supplies, who’s going to be there at what time (e.g. time slot sheet), confirmation of event attendance, etc.

* + - Need better communication system among members
      * Plan ahead
        + **Note to Diane:** Make event planning guideline perhaps?
* Spring Quarter Retreat?
* Order new table cloth if we can’t find it.

**REMARKS:**

**ADJOURNMENT** Time - 7:00