## COSWB Agenda



## Associated Students

5/6/14, 6:00pm

SRB – African Diasporic Room

**CALL TO ORDER** Diane Byun and Emily Lofthouse, 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 |  | Lauren Nagra |  |
| Emily Lofthouse | Excused | Rogelio Gonzalez | **Excused** |
| Nimrita Singh | Arrived Late (6:14) | Molly Nickelson |  |
| Emily Wood |  | Margaret Lumley |  |
| Dillon Cao |  | Tiffany Park | **Excused** |
| Michelle Chiou | Arrived Late (6:11) |  |  |

Also present: A.S. Womyn’s Commission,

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

MOTION/SECOND: Emily/Diane

Motion language: “I motion to excuse Tiffany, Emma & Roger from the May 6th meeting.”

Action: PASSED BY CONSENT

**A-3. Acceptance of Proxies**

**B. PUBLIC FORUM**

Announcements/Information/Introductions

* Announcement: ADP is hiring new interns! Check the COSWB email
* Active Minds
  + Walk for Mental Wellness
* WGSE
  + Zumba/Yoga event

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: Mental Health Awareness Week Tabling Supplies

MOTION/SECOND: Emily/Dillon

MOTION LANGUAGE: “I motion to pass no more than $20 for tabling supplies for mental health awareness week.”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Diane

Event Name: Active Minds De-stress Fest

MOTION/SECOND: Diane/Michelle

MOTION LANGUAGE: “ I motion to ammend to spend the $150 orginally passed for Chilla Vista to use for supplies for the Active Minds De-stress fest.

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up:

**F-1. Old Business:**

**F-2 New Business**

* **Womyn of Color Conference on May 24th and 25th**
  + Asking for: $400 for speaker (black girl dangerous, queer black feminist)
  + Event Info: May 24th/25th, Self-care: day to day care, deal with the stresses of systemic oppression
  + Follow-Up: Diane should receive follow-up email
  + We are allowed to do workshops
* **Because of Hope:**
  + Were they contacted about us not funding them?
  + Michelle sent her contact an email to inform them
* **Mental Health Awareness Week**
  + “Get to Know Your Mental Health Resources”
    - Thursday, May 15th, 11-2, in front of CAPS
  + Who is free?
    - Set-up @ 10:30/40am: Diane
    - 11:00am- Emily, Roger
    - 12:00pm- , Margaret
    - 12:20-1: Lauren
    - 1:00: Clean up
  + What to table with? Activities? Goodies?
    - Activity: Interactive Board with mental health services, Drug & Alcohol, CAPS, etc. Ask questions about roommate problems, situational questions, if they answer right they get prizes. get 3 right get an extra stamp
    - Supplies: Tri-fold board, post-its, tanks, pens, stickers, business cards
    - Follow-Up: Who will buy + make this?
  + Margaret to set up doodle
  + Emily & Diane to make the board on Wednesday night
  + Emma: contact them and ask if we will have our own table or if we should bring our own
* **Active Minds De-Stress Fest:**
  + Event Info: “Plant in Recycled Cups”
    - May 22nd, 10:00am-2:00pm
  + Schedule:
    - Setup: Diane
    - 10:00-11: Diane/Molly
    - 11-12:00: Emily/Margaret
    - Clean Up: Margaret @ 12
    - Supplies:
      * Soil, red solo cups, seeds
  + Representative Contact Information: Antonio →
  + Responsible for Follow-Up:
    - Who will get supplies: Diane
  + $150 passed for supplies
  + Michelle email Antonio and ask if we will have a table or not
* **Active Minds Mental Wellness Center Walk**
  + May 17th 8:30-12:30pm
  + Bus for those who register → Online -- link will be e-mailed to us.
  + $10 for Students, t-shirt included
  + Counts for volunteer hours
* **CSO Keychains**
  + Any updates?
    - Should arrive within three weeks
  + Responsible for Follow-Up: Michelle
  + Everything ordered?
  + Req formed turned in → yes
* **Website Updates**
  + Any extra information?
* **Nutrition Talk**
  + Emily was contacted by Duncan Calvert to have COSWB have a speaker on a panel for Health and Wellness
  + Embarcadero Hall, May 13th, 7-8 pm
  + Joanna Hill is the main speaker
  + Open to having us do something different to collaborate
  + Must respond ASAP to get logo on flier
  + Table or maybe have Emma speak?
  + Emily forward email to Diane/Emma
* **Self Defense Series Transition into Yoga**
  + What needs to be done?
    - Lauren: Digi-knows, website info, banner, facebook event
  + May need to hire a new yoga instructor instead of self-defense
    - More popular
    - Molly look into new instructor
      * Update: May not be worth it, not many people go on campus workout events
* **Free Fitness Tuesdays**
  + How have FFT been? Dance updates:
    - Publicity is key so we can get a lot of people in attendance-evaluate FFT if this dance approach doesn’t work out
    - Only 2 people came for hip-hop
      * advertise it as “beginner or introductory”
* **COSWB Eats** 
  + New posts should be on COSWB Eats:
    - Follow-Up: Lauren
  + Publication will be for another time.
  + Lauren → bring flash drive to give to me.
* **Free fitness/yoga series punch cards**
  + How should we publicize this?
    - Diane needs some for Psi Chi presentation
    - Responsible for follow-up on Digi-Know (if we’re doing it): Lauren.
      * Sent out?
  + 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)
* **CoC Recruitment and 2014-2015 Board**
  + End of the year retreat/dinner
  + Will you still be involved?
  + Diane will receive updates from Aidan regarding the interview/election process for next year’s board.
  + Need to start hiring for next year so we can interview, train, and have people attend meetings.
    - Michelle applied to be Vice-Chair (may have conflict with mental wellness)
    - Lauren & Nimrita applied for Chair

**DISCUSSION ITEMS**

* **How to Better Improve COSWB**
  + Once we have the FFT, Yoga Series, COSWB EATS→ 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

**REMARKS:**

**ADJOURNMENT** Time - 6:48