## COSWB Agenda



## Associated Students

2/27/14, 8:00pm

SRB – Conference Room #2228

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

**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 |  | Natalya Asadulina |  |
| Emily Lofthouse | Arrived Late (8:15) | Lauren Nagra |  |
| Nimrita Singh |  | Tiffany Park | Excused |
| Emily Wood |  | Rogelio Gonzalez |  |
| Dillon Cao |  | Molly Nickelson |  |
| Michelle Chiou |  | Margaret Lumley |  |

Also present: Simone Webster

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

MOTION/SECOND: Emily/Diane

Motion language: “I motion to excuse Tiffany from the 2/27 meeting.”

Passed by consent

**A-3. Acceptance of Proxies**

**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

**REPORTS**

**Advisor’s Report:**

**Executive Officer’s Report(s)**

**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: VOX March

MOTION/SECOND: Emily/Emma

MOTION LANGUAGE: “I motion to spend no more than $120 for food and a gatorade cooler for the VOX March event”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Roger/Margaret

Event Name: Flowers Event

MOTION/SECOND: Diane/Nimrita

MOTION LANGUAGE: “I motion to spend no more than $200 for flowers for our flower tabling event.”

ACTION: PASSED BY CONSENT

Advisor/Staff recommendation/instruction/request:

Responsible for follow-up: Roger/Margaret

**F-1. Old Business:**

* **Jennifer Tress Lecture**
  + Review
  + Overall did pretty well considering the rain, and the other events going on that night
* **Nutrition talk/demonstration with Joanna Hill**– possible dates, any specific

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

- April 15th

- Greek collaboration still possible. Need to contact greek groups in the community.

* Co-Op Food -- healthy foods and sweets (or not as healthy stuff)! (following the 80/20 rule )
* Possible speakers (or panel?):
  + Emily talk to Joanna Hill, Advisor: Health and Wellness Corps
  + Follow-Up Report:
    - Best to do event the week of April 15th
    - Collaboration with greeks? IV theater or Embarcadero Hall
    - Spring Quarter
    - Emma and Emily find contacts to collaborate with

**F-2 New Business**

* **VOX March**
  + A March on March 7th @ 7:30
  + Rally for IV Unity
  + Want to collaborate
  + March down DP to People’s park
  + Remind people we are a community, create an open forum and a safe space for survivors to talk about sexual abuse.
  + Have COSWB board tabling at the people’s park
    - CSO keychain? business cards
    - CARE Number and prior-to help resources
    - Crisis hotline, Care connect number
    - Nimrita order: Fruit Platter, brownies, buy a gatorade cooler
  + Michelle:
    - Look into key chains (like the Life of the Party ones)
    - Find out how much and go to Facebook to pass money
  + Lauren
    - Email logo to VOX
  + Roger, Margaret, Michelle, Possibly Nimrita and Lauren
  + Diane and Natalya, pick up food and transfer to Roger
* **Self Defense Series**
  + Dillon & Molly: Please contact [jeffcenoura@gmail.com](mailto:jeffcenoura@gmail.com) to arrange a self defense series for general campus public.
  + Start for spring quarter
    - Ask Jeff how much he wants
    - Pick a location on campus
      * Santa Rosa lounge
    - General self-defense, or kickboxing, maybe a mix of both.
  + Have yoga and self defense classes switch locations each week so both Santa Catalina and campus get equal opportunity to participate
* **BC4 Meeting** 
  + March 7th @ 5:30, GSA Lounge
  + Diane contact Rachel, let her know we can’t make it
* **Laura: LGBT resource center**
* March 4th @7:00-9:00
* Table at event
  + Who will be there:
    - Time slots → Margaret and Emma table at event
    - Swag
* Roger send logo
* **Bridge to Wellness**
  + Margaret & Roger:
    - Handing out stress balls and granola bars, make a sign in sheet and have them follow us on facebook
    - Roger and Margaret: Buying a spinning wheel for tabling.
  + Table Cloth:
    - Who has it?
* **COSWB Eats**
  + Food Demo? Next quarter?
    - Recipe/cookbook
    - Towards middle of quarter
    - New posts?
* **FoodBank Collaboration** 
  + Meeting Update from Emma: LOT 22 Lawn Friday March 7th, 12:00-2:00
  + Find recipe and pass money
  + 75 people, small portions and can be pre-made
  + Ingredients:
    - Mustard, balsamic vinegar, kalamata olives, feta cheese, veggie pasta
    - All utensils provided
  + Get them to collaborate with us on COSWB eats
  + Will send out Doodle if people want to get involved
  + Meet up on Thursday to make to the food
  + Follow-Up:
    - Set-Up 11:00/11:30: Roger
    - 12:00-12:50: Margaret
    - 1:00 Lauren, Nimrita
  + Diane will show how to make the pasta, Roger in charge of buying ingredients
  + Nimrita contact CAB for volunteers, Molly can ask sorority for volunteers
    - Follow-Up:
* **Psychology Department Collaboration with Furlong**
  + Review questions for survey for UCSB students on wellness
  + Possible date: ----
  + Audience should bring yoga mats for post-lecture mindfulness session
  + Do mindfulness without lecture with professor at first
  + Sponsor lecture on mindfulness, Mike Furlong
  + Training coach: Willing to do sessions for free
  + Nimrita in charge of mindfulness for Spring
  + Who is going to lead the mindfulness?
    - Emma: Update w/ Mark
* **Yoga Series**
  + Update required from Molly and Dylan
  + **Instructor asking for pay increase** to $150 (Responsible for follow-through: Molly)
    - Molly: Have you discussed the $75 with her?
  + Possibility of turning it into an on-campus series
    - Dillon talked to RA’s in Santa Rosa, seems like best location
    - Molly and Dillon: talk to RHA about bringing yoga to campus
  + Dillon buy speakers!
* **“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

* **Goodie Bags for Finals + Dog Therapy Day**
  + Date: March 12th
  + Supplies: Granola Bars, Scantrons, pens, stress balls, etc.
  + Responsible for Follow-Through: Margaret & Roger
  + Dates/Days: TBD: In Arbor / Tabling alongside Dog Therapy Day (Wed)
  + Make 300 goodie bags
* **Free fitness/yoga series punch cards**
  + COSWB stamp: Will arrive early March
  + What about water bottles?
    - -In IVTU (4 boxes?)
  + 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

**DISCUSSION ITEMS**

* Winter/Spring Events (e.g. Jennifer Tress Lecture):
  + “Large-scale” events -
* General Tabling Ideas (e.g. “Take a Smile” Campaign):
  + “Small-scale” events -

**REMARKS:**

**ADJOURNMENT** Time - 8:57