**Recreation and Wellness Committee Meeting Minutes for January 11th, 2013**

1. CALL TO ORDER: Chair **Volk** calls meeting to order at 1:09pm.
2. ROLL CALL:

Members Present Absent Members Guests

Derek Volk Katherine Reed

Tasha Coleman Miguel Gonzalez

Heidi Jeschien Jankley Garcia

Yuchang Liu Jeanny Simon

Michelle Lowery Jerry Chang

Keiyon Bryant Rebecca Harper

Corey Gazay

Jennifer Miranda

1. ACTION ITEM **- Approval of the Agenda**

**Motion: (Lowery) to approve the Agenda.**

**Motion Carries.**

1. ACTION ITEM**- Approval of the November 30th, 2012 Minutes**

**Motion: (Lowery) to approve the November 30th, 2012 Minutes.**

**Motion Carries.**

1. PUBLIC COMMENT

**Public Comment is intended as a time for any member of the public to address the board on any issues affecting ASI and/or the California State University, East Bay.**

**No Public Comment.**

1. INFORMATION ITEM– **RAW Facebook Giveaway**

Corey **Gazay** highlights the following:

* Announces Cassie Valencia as the winner of the Facebook Giveaway.
* Since the Facebook Giveaway began, the total likes on their Facebook page went up to 50-60 more (totaling 1200 likes overall).
* Prize for Giveaway was a $50 VISA gift card.
* The committee discusses the prize wheel - #1 prize was ASI Rec. headphones.
* Discusses fitness passes and that faculty and staff have been signing up for them due to getting discounts with the LEAP program.
* Will announce Facebook Giveaway winner on Facebook and discusses posting a picture of her holding something to do with RAW on Facebook and in the RAW center.

Chair **Volk** states that they didn’t reach their anticipated goal and suggests that they come up with other ways to get people interested in RAW – asks about surveys and stats on visits.

**08:38**

1. INFORMATION ITEM– **Coaching Corps**

Chair **Volk** highlights the following:

* A Coaching Corp is a group that gets volunteered coaches together to coach the disadvantaged youth.
* The Coaching Corps would like to have a chapter at East Bay.
* He wants RAW to start the first ever chapter at East Bay, and he is going to try and get another chapter to attend one of the RAW meetings for further discussion.
* He wants to have the RAW committee become the Coaching Corps committee and they’d be two committees in one.
* Mentions that the idea is to get athletes to coach.
* Also mentions that ASI & the athletic department already want to build their connection with the community and that this would be a good way to do that.
* He wants to start the foundation for it so it will be easier later on.

**14:28**

1. INFORMATION ITEM– **Winter Quarter/Spring Quarter Plans**

Chair **Volk** highlights the following:

* Wants the Coaching Corps to be started by Spring Quarter.
* East Bay (Hayward) 5K Run needs the ASI board to help and they’ll be having a meeting next week. The 5K Run is set for May 11th.
* Pool party will be in the Spring Quarter.

Winter Quarter Events:

* Committee discusses an intramural event which will be on February 26th, and it will be a Glow-in-the-Dark Capture the Flag event. May need help with outreach and volunteers.
* Committee also discusses that the National Sports Rec. and Fitness day will be held on Thursday, February 21st; this will be RAW’s next big event.

Jennifer **Miranda** highlights the following:

* Will be holding wellness workshops throughout January. These workshops will be going back-and-forth between meditation style workshops (deep-breathing, acupressure, self-massage, etc.) and nutrition workshops (using Super tracker on choosemyplate.gov). Also will be having other various workshops.
* Mentions about being a part of a group that does the National College Health Assessment
* and them looking at the nutritional and fitness of Cal State East Bay Undergraduate students last spring. She proceeds to give stats of some of their findings.
* States that this will help in identifying areas that students need to work on and will help RAW create events that will be geared towards these areas – could do something for this in March?
* Annual “Keeping it Safe and Sexy Carnival” (8th Annual KISS Carnival) on Valentine’s Day (February 14th) from 11-2pm – discusses RAW board possibly coming and having a table at the event to connect with students.
* February 19th, 20th, and 21st – Tunnel of Oppression Event. It is an ASI sponsored event, RAW will be having a body image area – looking at body image in different cultures and genders, and how the media affects these ideas and how RAW can create an inclusive environment that continues to help students feel good about themselves.

Committee discusses possible women empowering events to encourage more women to work out at the RAW.

Committee also discusses getting a possible official tour of the RAW facility next week.

**39:25**

1. ROUNDTABLE REMARKS

Committee members discuss wanting to get more involved.

**Miranda:** Suggests that committee members use existing RAW programs that need more marketing and promote them.

**Tasha:** Discusses Greek Olympics and if RAW will be helping? – Chair **Volk** wanted to use the event for ASI to gain a better relationship with the Greeks.

1. ADJOURNMENT

**Meeting adjourned at 1:55pm**.

Minutes Reviewed by:

**ASI Chair for RAW Committee**

**Name: Derek Volk**

Minutes Approved on:

**1-18-13**

**Date:**