



2018-2019 Executive Board Meeting

Topic: Executive Board Meeting 18-15

Date & Time: Thursday, November 1, 2018
11:30 a.m.

Place: MSU Boardroom, MUSC 201

- Items:**
- | | | |
|-----|--|-----------------------|
| 1) | Adopt Agenda | |
| 2) | Adopt Minutes EB 18-13, EB 18-14 | |
| 3) | Maccess Report | Hilary Zorgdrager |
| 4) | Maroons Report | Epifano |
| 5) | SCSN Report | Rohan Lohana |
| 6) | SHEC Report | Adrianna Michell |
| 7) | Spark Report | Jane Luft |
| 8) | SWHAT Report | Sowmya Karthikeyan |
| 9) | Committee of the Whole - Services | Epifano |
| 10) | Committee of the Whole – Organizational Updates (Campus Events) | Farah |
| 11) | Closed Session | Warwani |
| 12) | | |

- Objectives**
- 1) Adopt Agenda
 - 2) Adopt Minutes
 - 3) Report
 - 4) Report
 - 5) Report
 - 6) Report
 - 7) Report
 - 8) Report
 - 9) Approval/Discussion
 - 10) Approval/Discussion
 - 11) Approval
 - 12)
 - 13) Provide Information & Answer Questions
 - 14) Unfinished/Other Business
 - 15) Time of Next Meeting and Motion to Adjourn

Motions

9. **Moved** by Epifano, **seconded** by ____ that the Executive Board move into Committee of the Whole to discuss the Services that presented the meeting before. (MACycle)

Executive Board Meeting 18-15
Thursday, November 1, 2018 @ 11:30am
MSU Boardroom, MUSC room 201

Called to Order 11:35am

Present Epifano, Farah, Florean, Hackett, Roshan
Late Bertolo, Robinson, Warwani
Absent
Others Present J. McGowan (General Manager), V. Scott (Recording Secretary), M. Wooder (MCD), Jane Luft (Spark Coordinator), Hilary Zorgdrager (Maccess Coordinator), Sowmya Karthikeyan (SWHAT Coordinator)

1. Adopt Agenda

Moved by Roshan, **seconded** by Hackett to adopt the agenda, as presented.

Amendment

- Epifano – move the Spark Report to be after Maccess Report

Moved by Roshan, **seconded** by Hackett to adopt the agenda, as amended.

Passes Unanimously

2. Adopt Minutes

Moved by Roshan, **seconded** by Hackett to adopt the minutes from Executive Board meetings 18-13 – October 18, 2018, and 18-14 – October 25, 2018, as circulated.

Passes Unanimously

3. Maccess Report – Hilary presented

- Summarized the report.

Warwani, Robinson, and Bertolo arrived at 11:37am.

Questions

- Roshan stated that the services was doing really well.

4. Spark Report – Jane Luft presented

- Luft summarized the report.

Questions

- Roshan asked when registration opens for second semester. Luft responded that it will open in December.
- Roshan asked if it was possible for it to open this month. Luft responded that they could try, but they're currently focusing on first year formal promotions and involving the Spark Ambassadors.
- Florean asked if Luft considered increasing the numbers to take into account those students who might not show up. Luft responded that they won't be putting on a cap for second semester. They added that they will be looking into restructuring the groups to possibly have four groups per night.
- Warwani asked why the groups met weekly instead of bi-weekly. Luft responded that this was something discussed with the executive members, and while it's a valuable idea to consider, from experience it was helpful to have it be weekly for consistency as not every student will be able to attend the weeks chosen.

- Warwani asked if they have ever received feedback from those who came to one session and didn't come back. Luft responded that they haven't in previous years as it was hard to connect with those who dropped off. They stated it was a valuable idea to consider.

5. SWHAT – Sowmya Karthikeyan presented

- Karthikeyan summarized the report.

Questions

- Farah asked if the Board could participate in the walk-a-thon. Karthikeyan responded that they could.
- Warwani suggested that the email reminder gets sent out after training as a follow up. Karthikeyan responded that they were thinking that but wanted to address the issues as soon as possible due to training being later in the month.
- Roshan asked how many dispatchers they had. Karthikeyan responded that they had 12.
- Roshan stated that perhaps Karthikeyan could have a meeting with the dispatchers and have them navigate things. Karthikeyan responded that they could look into that.
- Epifano stated that if Karthikeyan was having issues with the email to feel free to send the draft over. Karthikeyan responded that they had sent a similar email earlier and wasn't sure if sending another one would look bad but didn't want anyone feeling uncomfortable in that space.

6. Maroons Report – Epifano presented

- Epifano summarized the report.

Questions

- Florean asked why SCSN didn't report about reaching out to volunteers on this co-event. Florean stated that they were surprised that there was nothing in the other report. Epifano responded that they will follow up with that. Florean would like for them to speak to it as it highlighted something they weren't aware of.
- Hackett stated that if they're having issues with Maroons showing up to events, they should have registration earlier for Spark formal to ensure that people are there. Hackett asked about the volunteer section, saying being transparent about hiring process with volunteers bringing concerns to TLs. Hackett asked if that with them bringing issues in general or about hiring. Epifano responded that it was in general.
- Florean stated that last time the Board spoke about a feedback form being submitted to the PTM about concerns brought up by other Maroon and asked if that was still happening. Epifano responded that they were in the process of creating the form and hasn't made the decision if they will keep it open and look through it or pass it on to the new PTM. They stated that they don't want to hold on to it but doesn't know what it would look like if they started it and then handed it off.

7. SCSN Report – report attached

- Epifano went over the report.

Questions

- Hackett stated that even though they understand that the service doesn't currently have a promo Coordinator, and that volunteer engagement was low, but they would like to see more engagement online with students. They stated that even if it was re-posting community events or things the Off-Campus Resource Centre was doing.
- Warwani asked why it was taking so long to hire the promotions coordinator as they felt that they had been hearing about this for awhile. Epifano responded that they don't have insight on this but would ask.

- Florean asked if the Coordinator could provide more detail on what they're doing for the services initiatives.
- Bertolo asked to make sure that SCSN was partnering with OCRC for the housing bootcamp, and perhaps Hackett as well.
- Florean asked if the pumpkins were provided by the community and if the partnership was 50/50, what was their job. To bring volunteers? Epifano responded that SCSN and Maroons were to provide volunteers for carving pumpkins and setting up the trail.
- Warwani asked about the Community Connector JD being updated, and when it was happening. Epifano responded that it was their fault as the SCSN Coordinator had sent it in October and it took awhile to give feedback.
- Warwani asked when the position will be hired. Epifano responded that it would be in time for second term.
- Bertolo asked if the re-design of the peer to peer program was being followed. Epifano responded that they were making sure it aligned.

8. SHEC report – report attached

- Epifano went over the report.

Questions

- Florean asked for Epifano to let the Coordinator it was a nice report. Florean wanted to know how many students have been using the sun light in their space, and if people could book it out or if it could only be used in their space.
- Warwani felt that if the service looked into partnerships with condom companies it would improve the service. Warwani stated that the Coordinator stated that it was a lot of work to look into though. Wooder responded that Vlad from Underground might be able to look into this.
- Florean asked about the possibility of offering peer support in other languages if others are comfortable with it. Florean asked how it was working. Epifano responded that there are pamphlets in other languages, and there would be signage in other languages.
- Bertolo asked how they determined which language they were choosing. Wooder responded that they looked at the numbers, he added that the SAP does have 24/7 support in over 100 languages.
- Florean stated that the report mentioned that the first-year event hosted was successful and wondered if they will reflect on maybe applying a similar way of approaching other events. Epifano responded if they would like it to be emphasized in their report. Florean responded that they would.

9. Committee of the Whole – Services

Moved by Epifano, **seconded** by ____ that the Executive Board move into Committee of the Whole to discuss the Services that presented the meeting before. (MACycle)

Motion Fails due to no Seconder

10. Committee of the Whole – Organizational Updates (Campus Events)

Moved by Farah, **seconded** by Warwani that the Executive Board move into Committee of the Whole to discuss the topic on the agenda, as circulated.

Passes Unanimously

Moved by Farah, **seconded** by Robinson that the Executive Board move out of Committee of the Whole and to Rise and Report.

Passes Unanimously**Rise and Report**

- Farah stated that they spoke about a lot of things. The Board discussed TwelvEighty and Campus Events, and club nights. Farah stated that there are declining rates but looking into different ways to bring in revenue while looking into the reasons why. The Board spoke about financial viability concerns and analyzed why this would happen and discussed food sales and trivia night to see how they could be better. Farah reported that they are continuously looking at feedback for events and are gathering student concerns. Farah added that they will be discussing hiring next week.

11. Closed Session

Moved by Warwani, **seconded** by Robinson that the Executive Board move into Closed Session.

Passes Unanimously**12. Return to Open Session****Information and Questions**

- Florean asked Wooder if they could look into the TV in the Clubs Department to use for clubs, also the Underground hasn't given out the vouchers to clubs yet. Wooder responded that he had no information about the vouchers, that they should touch base with the Clubs Department. Wooder added that clubs keep unplugging that tv which was why it was constantly failing. He stated that one of the suggestions was to see if the MSU could finance an additional screen for clubs.
- Farah stated that they were working with the Pride Coordinator to work on a statement for the Pride Sidewalk. Farah stated that if anyone had concerns to bring it forward.
- Wooder reported that tax-free Tuesdays start next week and will be touched on in the Pres Page. Wooder announced that MAC Votes was up by 20%. TAC Nominations are open, Pride Week was this week, and SLEF was still open. Wooder added that elections had a record number of candidates with FYC.

13. Adjournment and Time of Next Meeting**Time of Next Meeting:**

**Thursday, November 8, 2018
11:30am
MSU Boardroom, MUSC 201**

Moved by Bertolo, **seconded** by Robinson that the Executive Board meeting be adjourned.

Passes by General Consent

Adjourned at 1:29pm

/vs



REPORT

From the office of the...
Maccess Coordinator

TO: Members of the Executive Board
FROM: Hilary Zorgdrager
SUBJECT: Maccess Report #4
DATE: November 1st, 2018

YEARPLAN UPDATE

As I'll talk about later, this has been a difficult month for me. Thus, unfortunately, a few community events fell through the cracks. My executive team is working hard to prepare for the rest of the community events we hope to run this year as well as planning for advocacy campaigns next semester.

SERVICE USAGE

Service usage has increased steadily since the beginning of the year, with the space frequently running out of available chairs by about 1PM. Our slowest days continue to be Fridays. However, a number of students have expressed they enjoy having the space open every day of the school week, especially as many students have appointments at the SWC or SAS on Fridays.

PAST EVENTS, PROJECTS & ACTIVITIES

Unfortunately, due to staffing concerns and a myriad of obstacles, we haven't hosted any events since my last report. The executive team has been focusing on preparing two advocacy campaigns for next semester. We intend to host a smaller week-long campaign in relation to #BellLetsTalk in addition to a larger scale campaign with Disvisibility Week, which was fairly successful last year.

UPCOMING EVENTS, PROJECTS & ACTIVITIES

On Monday, I met with Kate Brown from the Equity and Inclusion Office to discuss future Disability Discussions after the success of our first one this year. We have planned a discussion for November 29th focused on stigma as it relates to invisible disabilities. This event will also serve as an education piece for the upcoming International Day of Persons with Disabilities on December 3rd. We've reached out to the 'Crippling Grad School' reading group to co-facilitate the event with Kate and myself.

We have booked Haley Greene to take photos for Humans of Maccess in mid-November. These photos will be released at the beginning of the winter semester and will act as promotional materials for additional hiring in January,

as we have had a lot of interest from new users in applying to be a safe(r) space volunteer.

Additionally, a request for promotions for support groups has been sent to the Underground and as of the time I am reporting, all support group facilitators will be trained to start groups in the next two weeks. The groups we are running this year are: chronic illness, mood disorders, eating disorders, personality disorders, anxiety/OCD, self-care, ADHD and ASD (Autism Spectrum). Miranda (PCC) and I have also discussed the possibility of running a collaborative group between our two services regarding the intersections of LGBTQ2SIA+ and disabled identities.

BUDGET

We haven't spent much of our budget this year as the bulk of our events have been community-based and only required supplies we already owned or that were donated to us by campus partners.

I mentioned last time the intention of making a large order of fidget toys and I still intend to do this. However, as mentioned, with a number of obstacles in my way, this project was delayed.

In the next couple of weeks, I will also be buying a number of supplies for the self-care group being run by one of our volunteers including supplies to create 'coping boxes', more hot beverage supplies and journals for service users attending the group. I estimate this will cost about \$100.

| <i>ACCOUNT CODE</i> | <i>ITEM</i> | <i>BUDGET / COST</i> |
|--|---------------------|----------------------|
| 6501-0118 MACCESS - ADV. & PROMO | TOTAL SPENT IN LINE | \$555 |
| | REMAINING IN LINE | \$1445 |
| | TOTAL SPENT IN LINE | |
| | REMAINING IN LINE | |
| | TOTAL SPENT IN LINE | |
| | REMAINING IN LINE | |
| | TOTAL SPENT IN LINE | |
| | REMAINING IN LINE | |
| <i>TOTALS</i> | | |
| TOTAL BUDGETED DISCRETIONARY SPENDING | | \$8600 |

| | |
|-------------------------------------|--------|
| TOTAL ACTUAL DISCRETIONARY SPENDING | \$555 |
| REMAINING DISCRETIONARY SPENDING | \$8045 |

VOLUNTEERS

We have had two incidents of inappropriate comments from two different volunteers this year. However, both volunteers have learned from their mistakes and continue to be active and meaningful members of the Maccess community.

The executive team and I are planning on having an arts and crafts social at the end of November to act as both a volunteer social and appreciation. We are planning on giving each volunteer a fidget toy and a card written in and signed by members of the executive team.

CURRENT CHALLENGES

As mentioned previously, I've had slight difficulty keeping up with things as a result of a flare up with my disability and completing a difficult task which was discussed last time I reported in closed session. However, the Reading Week gave me adequate time to re-charge and my executive team has been doing an excellent job in their roles, which reduces the strain on me.

SUCSESSES

Overall, volunteer retention has been EXCELLENT. We have a number of volunteers willing to go above and beyond to keep the space and our community welcoming and inclusive. We've had a much simpler time than last year with staffing the space as a result of the community forming between the volunteers.



REPORT

From the office of the...

Spark Coordinator

TO: Members of the Executive Board
FROM: Jane Luft
SUBJECT: Spark Report #4
DATE: Thursday, November 1st, 2018

YEARPLAN UPDATE

Since last report, Spark has completed half of the term's weekly sessions which we have received a lot of positive feedback on. We released our second guidebook, "All Things Hamilton" and had a good level of engagement in this online resource. Spark also ran an event in collaboration with Macademics called "Back to the Grind" where we hosted a study session with snacks and upper year volunteers to provide first year students with a resourceful and quiet study space.

Some of our broader challenges have been with respect to budgeting, particularly planning for volunteer appreciation expenses. We also are still experiencing difficulties connecting with the Underground to clarify expenses and billings for the materials we have purchased.

Another significant change since last report is that we recently begun our Spark Ambassador program that offers first years that are involved in our weekly mentorship program the opportunity to be involved in some of the planning processes of Spark. We have scheduled weekly meetings where we plan to collect their feedback on Sessions, Events, Promotions and Publications. We also plan to involve them in promotional campaigns and event planning that might be interested in. We are really excited to continue with this program and see how our ambassadors shape Spark with their first year perspective.

Overall, Spark's operations have been smooth and exciting but we are experiencing a few difficulties within budgeting and communication with the Underground.

SERVICE USAGE

- **Second guidebook:** 5,294 people reached, 1078 engagements.
- **Weekly sessions:** Averaging 2-4 students per group (20 groups total); completed 5 weeks of the program (halfway through the term).

- **“Back to the Grind” study event (run in collaboration with Macademics):** Approximately 50 attendees.
- **Spark Ambassadors (new program):** 7 first year students joined the group.

PAST EVENTS, PROJECTS & ACTIVITIES

Sessions 1-5 Completed: We are halfway through the term of our mentorship program as we have completed the first 5 weeks of sessions. The session themes for these weeks have been: *Intro to Spark, Perspectives, Discover Your City, Academics & Resources, and Support & Wellness*. We have received positive feedback from these sessions and as well as some suggestions to improve them for next semester.

Back to the Grind: This even took place Monday, October 22nd in collaboration with Macademics. Held in MUSC 311/313, this event was quite successful as the room was nearly full for the whole 2.5 hours and included snacks, coffee and study space. We had upper years wearing nametags with their name and program available to help first years but we found that most people kept to themselves to sit and study.

Spark Ambassadors: We held our first Spark Ambassadors meeting on Tuesday, October 23rd and had quite a good turnout of students. Most of the students had signed up online prior to the meeting but we also had a few show up and sign up officially afterwards. In our meeting we went through some of the plans for the year as a group and chatted about why everyone wanted to be a Spark Ambassador. Our group seems very excited and keen to be a part of this program.

UPCOMING EVENTS, PROJECTS & ACTIVITIES

First Year Formal: Our biggest event of the year is quickly approaching as we are now less than a month away from the date (November 23rd). Through consultation with the newly elected First Year Council, we have chosen the theme for the event as “An Evening on the Red Carpet”. Ticket sales have just opened on the MSU website and we have promotions planned for the upcoming weeks.

Closing Ceremonies: As the mentorship program comes to a close at the end of November, we will host “Closing Ceremonies” for Spark where all students who have participated in Spark throughout the semester are invited to an event to close off the year. We have booked Bridges for November 28th and plan to have snacks and activities that our Events Committee is going to be helping with.

Second Term Registration: Last year Spark really struggled to register the typical number of first year students in our mentorship program for second semester so we are planning to start promo for registration a lot earlier than last year. We are aiming to start in early December and remain open until Sessions begin the week of January 21st. Some of our promotional strategies

we have planned will involve the Spark Ambassadors with a promotional video and spotlight features of Spark students.

BUDGET

| <i>ACCOUNT CODE</i> | <i>ITEM</i> | <i>BUDGET / COST</i> |
|--|---------------------|----------------------|
| 5003-0125 | TOTAL SPENT IN LINE | \$0.00 |
| OFFICE SUPPLIES | REMAINING IN LINE | \$60.00 |
| 6102-0125 | TOTAL SPENT IN LINE | \$2,605.82 |
| ANNUAL CAMPAIGNS | REMAINING IN LINE | \$394.18 |
| 6501-0125 | TOTAL SPENT IN LINE | \$1,700.00 |
| ADV. & PROMOTIONS | REMAINING IN LINE | \$1,300.00 |
| 6802-0125 | TOTAL SPENT IN LINE | \$690.00 |
| LEADER TRAINING | REMAINING IN LINE | \$60.00 |
| TOTALS | | |
| TOTAL BUDGETED DISCRETIONARY SPENDING | | \$6,810.00 |
| TOTAL ACTUAL DISCRETIONARY SPENDING | | \$4,995.82 |
| REMAINING DISCRETIONARY SPENDING | | \$1,814.18 |

We have spent a significant amount of our budget at this point in the year but this was expected due to the use of Underground designers to develop our promotional materials. As mentioned in my last report, we are experiencing difficulty getting exact numbers from the Underground about our expenses so it has been difficult to budget without knowing exactly how much we have spent so far.

The Annual Campaigns line is also fairly well spent at this point as we have paid for our biggest expenses of the year (venue deposit for Formal, bonfire pit at Altitude, and Discover Your City cash for Session groups). We plan to support the high cost of First Year Formal by doing some sponsorship and fundraising and we will also be receiving \$1000.00 from First Year Council. Although we don't have many high cost events in the remainder of the year, I do anticipate spending overages in this line as well seeing as previous years often used the Adv. & Promotions line to pay for Annual Campaign costs but we will not have extra money left in that line this year.

One challenge I am facing is deciding how to spend money on volunteer appreciation. At this point, we have only spent money on the pizza at our

training weekend and the other (approximately) \$500 was spent on Team Leader shirts. This leaves me with very little money to spend on team socials and volunteer appreciation even if the \$500 is moved into Adv. & Promotions (this is being discussed). Seeing as Spark volunteers maintain a very high level of commitment throughout the entire school year and we only had one Team Leader from last year re-apply, I feel it is very important for us to show adequate volunteer appreciation this year.

VOLUNTEERS

Our team of volunteers is really phenomenal, and we've had very few challenges in terms of volunteer dynamics.

One challenge has been budgeting for volunteer appreciation socials and small gifts/food/etc. as mentioned above in the "BUDGET" section. Another challenge has been supporting TLs if they are struggling with student retention since it can be discouraging to have little or no students attend your session. One way we are trying to support TLs through this challenge is by meeting 1-on-1 with every TL and strategizing with them ways to improve student turnout and hear about any other challenges they are facing.

In terms of successes, we've had great volunteer involvement in our Spark events so far which has been challenging in previous years. Josh Marando, our Volunteer Coordinator, and myself have been meeting with each of our 40 volunteers to check in and see how things are going with Spark so far. This has been really helpful in collecting feedback and has served to support TLs in their role. Another success we've had was a fun Executive Team bonding excursion to Halloween Haunt at Canada's Wonderland.

CURRENT CHALLENGES

Our main challenge is still student retention. We had full registration for the fall term (200 first year students) but we struggled to get high attendance even on the first week of sessions which is typically the week that we have most students come out. We averaged about 4-5 students per group during the first week (total 93) and 2-3 students per group during the second week (total 49) which is a lot lower than we'd hope for early in the semester. We know that midterm season also has an effect on student attendance so we have tried having TLs invite students to just come for a "study session" so that they are remaining connected to the program, even if they don't necessarily have time to break from studying. One strategy we have brainstormed to improve attendance within this semester is having a "Bring your friend to Spark" week which would help to create bigger groups in session and also expose new first years to our service. Strategies we plan to implement to improve retention for second semester are: allowing students to sign-up in groups, beginning registration very early, and making bigger groups of students to start.

Another challenge we are still facing is communication with the Underground. We have had good communication with the designer for our promotional material (Kayla DaSilva) but I am still having troubles getting quotes and bills for materials I have ordered that don't have a standard price (e.g. rave cards,

t-shirts, guidebooks, etc.) I understand that getting our bills requires the use of computers that designers use but it is getting really difficult to accurately plan the budget for the remainder of the year as I still have not seen any invoices or bills after asking and following up a couple of times. I am hoping to have improved communication in the future.

SUCSESSES

One major success within Spark has been student engagement, despite low student attendance at Sessions. Through meeting with TLs, we have heard that the students who have been coming consistently to their weekly sessions have been very engaged and are really enjoying the program. We also have had much better turnout at our events for all first years this semester compared with previous years.

Another success is our second beautiful guidebook, “All Things Hamilton”. We reached 5,294 people and had 1078 engagements with our Facebook link to the guidebook indicating that our reach is going beyond the students attending session every week.

OTHER

Nothing else to report. As per usual, feel free to reach out if you have any feedback/questions at spark@msu.mcmaster.ca or bring them up during Thursday’s meeting! Thank you for taking the time to read this report.



REPORT

From the office of the...
SWHAT Coordinator

TO: Members of the Executive Board
FROM: Sowmya Karthikeyan
SUBJECT: SWHAT Report 4
DATE: October 31th, 2018

YEARPLAN UPDATE

SWHAT Hiring is complete and we now have a full team! In terms of Website improvements, they are not yet complete. I am still working through some logistics, so we should have a running walk form on the website by Mid-November. At this time, we will be starting promotion of the new location of the walk form. Additionally, our full team training will take place in November (it will include AOP).

SERVICE USAGE

Our service usage is still strong. We average about 5-7 walks per night. Some nights are busier than others and we have had up to 15 walks in one night. Many of our walks are now of regular clients, for this reason, it is easier to anticipate nights that may be a little bit busier. For the most part, the weeknights are much busier than the weekday nights. As compared to last month, numbers have stayed fairly consistent.

PAST EVENTS, PROJECTS & ACTIVITIES

We had a very successful Hiking Social. A few of our execs and volunteers hiked up Dundas peak and went for Sushi after. Volunteers were very social and it was nice to see that they have become comfortable with the team. There was a lot of bonding and all-around good times! My project for October had been to improve our page on the MSU website so that it can be used more frequently for updates and promotion. Additionally, we have set up our Human of SWHAT campaign. Volunteer recruits have given us pictures and blurbs. This campaign will be one of our big platforms for promotion during Walk-a-thon. As mentioned earlier, our hiring is complete!! We should no longer have too many issues with respect to insufficient volunteer presence in this office. This is especially important for November as it is one of our longest months.

Unfortunately, I have not gotten a chance to complete this, I am still working through some of the logistics. Our month became quite busy with hiring and planning for the upcoming training and walk-a-thon, due to which I've pushed

the website improvement project to next month. My goal is to have a fully functional walk form on our page on the MSU website by mid-November.

UPCOMING EVENTS, PROJECTS & ACTIVITIES

We have few big things coming up in November. Our annual coffeehouse is scheduled for November 9th. In the past, we usually have at least half the team come to this event, and for this reason, it has always been a success. It involves a number of team games and coffeehouse performances, and volunteers are usually very interested and engaged. There is volunteer interest in performing so right now, we are in the process of recruiting performances and developing various activities for the night (eg. trivia).

November is walk-a-thon month!! Similar to previous years, November Walk-a-thon funds will be donated to SACHA. Our promotional scheme is made of a mix of the Humans of SWHAT posts and posts about SACHA. I hope that our busy shifts continue through November so that we are able to donate a large amount to SACHA.

We will have our full Team AOP training happen this month. This will be a good way for our new hires to get to know the team and a good way for the team to bond with each other. We have had a few issues surround gossip, confidentiality and how to speak on sensitive topics. My hope is that AOP training will help the volunteers better navigate those aspects of the service. Additionally, I will spend some time reminding the team on proper office etiquette and the importance of maintaining a safe space.

BUDGET

This past year we spent money on snacks, we will be doing that again for the upcoming month. On top of our regular spending, we will also be purchasing snacks for training, more board games for the office, and snacks for other small socials we may have time. We may also spend money on additionally promotion for Walk-a-thon. Currently, we are using our promo from previous years but should we need it, we may get more promotion made. We will also be ordering our winter swag soon.

| <i>ACCOUNT CODE</i> | <i>ITEM</i> | <i>BUDGET / COST</i> |
|---------------------|---------------------|----------------------|
| 5003-0117 | TOTAL SPENT IN LINE | 85.33 |
| Office Supplies | REMAINING IN LINE | |
| 5101-0117 | TOTAL SPENT IN LINE | 35.30 |
| Telephone | REMAINING IN LINE | 464.95 |
| 7001-0117 | TOTAL SPENT IN LINE | 526.54 |
| Wages | REMAINING IN LINE | 6473.46 |

| | | |
|---------------------------------------|---------------------|--------------|
| 7101-0117 | TOTAL SPENT IN LINE | 38.63 |
| Benefits | REMAINING IN LINE | 451.37 |
| <i>TOTALS</i> | | |
| TOTAL BUDGETED DISCRETIONARY SPENDING | | 15 040.00 |
| TOTAL ACTUAL DISCRETIONARY SPENDING | | 685.80 |
| REMAINING DISCRETIONARY SPENDING | | 14 354.20 |

VOLUNTEERS

Volunteers have continued to step up wherever they can. October went by well, despite many short-staffed shifts, again due to volunteers who give extra to the service. We have noticed that it is often the same volunteers who take on more shifts, and my execs have begun to worry that some of them may be overworking themselves. This was something that we saw last year, and it is something we want to avoid. In order combat this, we have decided to put an upper limit on the number of total shifts a volunteer per month. This should ensure that no one volunteers is taking on too much. Additionally, it will give other volunteers more space to step up as well.

CURRENT CHALLENGES

As our volunteers become more comfortable with each other, conversation flows more easily in the office. While this is an amazing thing, it has also caused some uncomfortable situations. We had an instance where a walker was made to feel uncomfortable due to the actions of another volunteer. This was because the topics that came up in the conversations were not an easy topic for both of them. In order to avoid this scenario again in the future, I sent out an email to the team, outlining that we need to be careful when bringing up sensitive or controversial topics and that unless it is clear that everyone in the room is entirely comfortable, such topics should be avoided. Since that email, I have noticed that conversation tends to cover much lighter topics.

Very recently, I had some more unfortunate situations. It came to my knowledge that walkers had been complaining about some clients and had also been very loudly complaining about having to walk so many people. Additionally, I was told that some volunteers were making very obvious their reluctance to go on walks, in front of clients. This is very disheartening news to here. While I think volunteers are fully justified in feeling tired and disgruntled about the large increase in walk numbers, they need to be careful about how and who they share these feelings. I know that I am going to be addressing this in our upcoming training and I would like to send an email about it. However, I would like some more assistance on figure out how to deal with this scenario.

SUCCESSSES

A huge shout-out to the Directors of Volunteers Logistics and Director of Dispatch services. They have made our short-staffed team work and have tried

their best to accommodate various volunteers request while also juggling the demands of the service.

The PR directors have been working so so hard on setting up the Human of SWHAT campaign and setting up a new promo points system. Their outreach to volunteers has been amazing.

The Volunteer Affairs director has been phenomenal with the social events that have been executed thus far. Volunteers have loved them, and they keep asking for more. Additionally, her plans for the coffeehouse look amazing.

The biggest success of this month has been the executive team. They have done wonderfully in keeping morale high during busy nights and they continue to inspire our volunteers to do their best. Additionally, hiring went smoothly because of their cooperation and effort. A huge huge shout-out to my executive team.



REPORT

From the office of the...

Maroons Coordinator (interim)

TO: Members of the Executive Board
FROM: Kristina Epifano
SUBJECT: Maroons Report 4
DATE: November 1st 2018

SERVICE USAGE

The maroons held a coffee house in conjunction with FYC called “Pumpkin Spice, Maroons and FYC” on October 17 2018 in Bridges. Attendance to the event was great, they had to go out and purchase more pumpkins, they purchased 140 pumpkins and all of them were utilized. There were more people interested in signing up to participate in the coffee house than they had number of available spots so they started earlier to accommodate all performers, there were 15 performers total.

PAST EVENTS, PROJECTS & ACTIVITIES

Pumpkin Spice, Maroons and FYC

The maroons held a coffee house in conjunction with FYC called “Pumpkin Spice, Maroons and FYC” on October 17 2018 in Bridges from 8-1030pm. Attendance to the event was great, they had to go out and purchase more pumpkins, they purchased 140 pumpkins and all of them were utilized. There were more people interested in signing up to participate in the coffee house than they had number of available spots so they started earlier to accommodate all performers, there were 15 performers total. This event was held collaboratively with FYC and they were able to utilize some of Service Special Project funding to purchase extra pumpkins.

Pumpkin Hike with Cootes Elementary School

This started at 1pm and ended around 930pm. The maroons went earlier to help carve pumpkins and set up the trail for the hike. They also played a role in lighting the path for community members and walking students through the trail and then take down at the end of the event. The event was very successful, a lot of community members came through and it was great to work with the event leads from Cootes Elementary School. There was good turn out amongst the maroons, around 10 were there throughout the entire event, alternating shifts. After the event some maroons helped out with activities that were being run by Smiling Over Sickness. This included arts and craft, a Halloween photobooth and additional pumpkin painting.

Municipal Election

Maroons worked with the Education Team to walk students to polling stations and worked at the #MacVotes Campaign table in MUSC. There weren't that many students who needed walks, so the Maroons walked around MUSC to raise awareness of the election and to encourage people to go out and vote.

Commit(men)t and Allyship

In partnership with SACHA, the maroons were able to lend a helping hand for this event that was hosted for male allies. Maroons helped with registration, selling raffle tickets, and directing attendees to their correct location - as they had different group discussions taking place in different rooms around campus.

UPCOMING EVENTS, PROJECTS & ACTIVITIES

Exam Destressor

The leadership team is currently brainstorming one destressor event to host during the exam period for students.

Exam Care Packages with SHEC

The maroons will be packaging and distributing exam care packages with SHEC during the month of December.

Spark Formal

The maroons will be helping to guide students to and from the Art Gallery of Hamilton. They will be taking HSR busses with first year students who are attending formal to ensure they are able to make it there and back safely

Holiday Social for Volunteers

The Leadership Team is going to be planning a social/appreciation event for their volunteers. They are looking at doing a potluck and gift exchange at the moment.

BUDGET

All looks good on the budget side. They are over in training, this is mainly because SACHA didn't end up getting paid for training last year so I had to process the invoice this year and take it from this years budget.

| <i>ACCOUNT CODE</i> | <i>ITEM</i> | <i>BUDGET / COST</i> |
|---------------------|---------------------|----------------------|
| 5003-0120 | TOTAL SPENT IN LINE | 65.76 |
| Office Supplies | REMAINING IN LINE | 94.24 |
| 6102-0120 | TOTAL SPENT IN LINE | 260.00 |
| Annual Campaigns | REMAINING IN LINE | 1,540 |

| | | |
|-----------|---------------------|-----------|
| 6804-0120 | TOTAL SPENT IN LINE | 2121.71 |
| Training | REMAINING IN LINE | -1,121.71 |

| | | |
|--|---------------------|-------|
| 6501-0120 | TOTAL SPENT IN LINE | 1,500 |
| | REMAINING IN LINE | 500 |
| TOTALS | | |
| TOTAL BUDGETED DISCRETIONARY SPENDING | | |
| TOTAL ACTUAL DISCRETIONARY SPENDING | | |
| REMAINING DISCRETIONARY SPENDING | | |

VOLUNTEERS

The leadership team has been great in keeping in communication with the rest of the volunteer team. We have been very transparent with the hiring process and the next steps with the service. Volunteers have been bringing concerns to the leadership team which is nice. It has been a busy first term so they are planning an appreciation event for volunteers prior to the winter holidays.

Engagement continues to be an issue, as there are lots of sign ups for shifts but then some volunteers end up not showing up or communicating last minute that they cannot attend.

CURRENT CHALLENGES

There were challenges with working with SCSN on the pumpkin hike. They were unable to acquire volunteers so they didn't participate as much as they maroons did, however it was still branded as being a partnership between the two services.

Meals for the pumpkin hike that were meant for the maroons ended up getting eaten by other individuals so the leadership team ended up ordering more pizza for their volunteers, this was taken out of the maroons annual campaigns budget.

SUCSESSES

The leadership team has been great throughout this whole process and have made this transition easy on me. We had a meeting to discuss how we would move forward working together and they have been working hard to keep spirits on the team high while also having to resolve some conflict or address volunteers concerns.

Sincerely,

Kristina Epifano
 Vice-President (Administration) + the Leadership Team
 vpadmin@msu.mcmaster.ca



REPORT

From the office of the...

Student Community Support Network

TO: Members of the Executive Board
FROM: Rohan Lohana
SUBJECT: SCSN Report 4
DATE: October 30, 2018

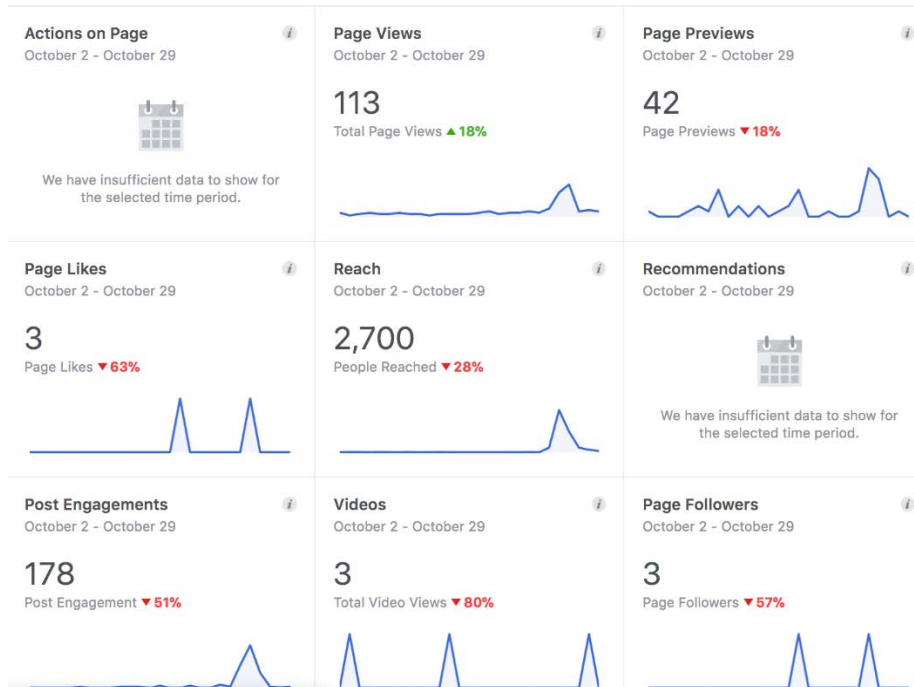
YEARPLAN UPDATE

The Student Community Support Network is currently working on some cool events and housing awareness campaign for the upcoming month. Within the past month SCSN focus was to hire and train the new Promotion and Events Coordinator, which was done so in timely manner (the Promotion Coordinator is subject to additional training this coming week). Besides that, SCSN successfully hosted two social events, and both were done in collaboration with different campus services. The Annual Pumpkin Hike was done in collaboration with Maroons and Cootes Paradise Elementary School and the for the Student Service Expo SCSN worked with Student Success Center. Currently, SCSN is planning Housing Awareness Bootcamp that is aimed to launch at November 25th-27th and the Westdale Food Tour for November 15th!

SERVICE USAGE

Since the week of September 25th, our Facebook Activity was moderate since we were mostly conducting interviews and training. However, there was rise in the Facebook outreach during the promotion for the hiring of Promo Exec and the Pumpkin Hike event! In the last 28 days, we have reached out to 2,700 people with 2 new likes, in comparison to last year promo, it has decreased from 7,2785 and 17 new likes around this time. It is possibly due to the lack of social events hosted by SCSN this year during the month of October.

Most of the promotional outreach for the Pumpkin Hike, Student Fair Expo and the Exec hiring was executed via Facebook. Currently, SCSN Facebook Page stands at 1,127 likes.



PAST EVENTS, PROJECTS & ACTIVITIES

Promotion and Events Exec Hiring

- After receiving the application Promotion Coordinator, 3 were invited for an interview, 2 interviewed and one candidate was ultimately hired.
- For the Events Coordinator, an alternative offer was sent to a really competitive applicant who was denied the position earlier in April when we already hired two Events Coordinator. The person had some questions regarding the position but later they accepted the role

Pumpkin Hike

- On Friday, October 27th, SCSN partnered with Maroons to help plan and execute annual Pumpkin Hike, which was led by Heather Harvey. Pumpkin Hike is a community based event where kids from Cootes Paradise Elementary School make Jack-o-Lanterns, which are lined at Cootes Paradise for a wholesome hike. There were approximately 100-150 people present throughout the event.

Spooktecular Student Service Fair

- SCSN was tabling at the MUSC Atrium for the Spooktecular Student Fair, which was hosted by Student Success Center. Our primary goal was to promote to educated people about their tenant rights, landlord responsibilities, and make people aware of the services that SCSN has to offer. Approximately 150 door hangers and information cards were distributed among the people who visited the table, and most of them were primarily first and second years!

UPCOMING EVENTS, PROJECTS & ACTIVITIES

Discover Your City - Westdale Version

- o This event is primarily directed towards first and second years. As most of the incoming students are busy settling into the on-

campus university services, it is also vital for them to explore other nearby off-campus commodities. It can anything ranging from food options to navigating different grocery stores.

Housing Awareness Bootcamp

- o Most of the students start looking for housing around this time. We believe it is vital to equip students with information regarding rental agreements, basic housing amenities, and their basic rights.

Community Connector Application

- o Once the amendments to the job description are approved, the community connector application will be released as soon as possible.

BUDGET

So far, only \$75 were spent for the promotional material provided by Underground for Promo Exec hiring. However, increased amount of money is subjected to be spent next week for the Discover Your City Campaign and the housing boot camp!

| <i>ACCOUNT CODE</i> | <i>ITEM</i> | <i>BUDGET / COST</i> |
|---------------------------------------|---------------------|----------------------|
| | TOTAL SPENT IN LINE | |
| | REMAINING IN LINE | |
| | TOTAL SPENT IN LINE | \$75 |
| | REMAINING IN LINE | |
| | TOTAL SPENT IN LINE | 0 |
| | REMAINING IN LINE | |
| | TOTAL SPENT IN LINE | 0 |
| | REMAINING IN LINE | |
| TOTALS | | |
| TOTAL BUDGETED DISCRETIONARY SPENDING | | 4500 |
| TOTAL ACTUAL DISCRETIONARY SPENDING | | 350 |
| REMAINING DISCRETIONARY SPENDING | | 4175 |

VOLUNTEERS

SCSN Core Executives are finally hired, and the team is ready to rock & roll!

CURRENT CHALLENGES

Over the past month and a half, I have had hard time managing my position due to unforeseeable loss of Events and Promo Coordinator. For this reason, at times, I had to juggle between those roles while also maintaining the PTM position. Due to this problem, I was held back from my year plan schedule which was really stressful. But now that the team is hired, I am hoping that things will work according to the Year Plan, and get the ball rolling. Personally, I like to create a solid team dynamics off the bat that's why I am going to have a team social this weekend to break the bubble and make everyone comfortable in their roles.



REPORT

From the office of the...
SHEC Coordinator

TO: Members of the Executive Board
FROM: Adrianna Michell
SUBJECT: SHEC Report 4
DATE: 1 November 2018

YEARPLAN UPDATE

I outlined four broad objectives in my year plan, two of which we have made some valuable headway in. We are working to improve visitor experience and improve service visibility. Through the month of October these have been my primary objectives.

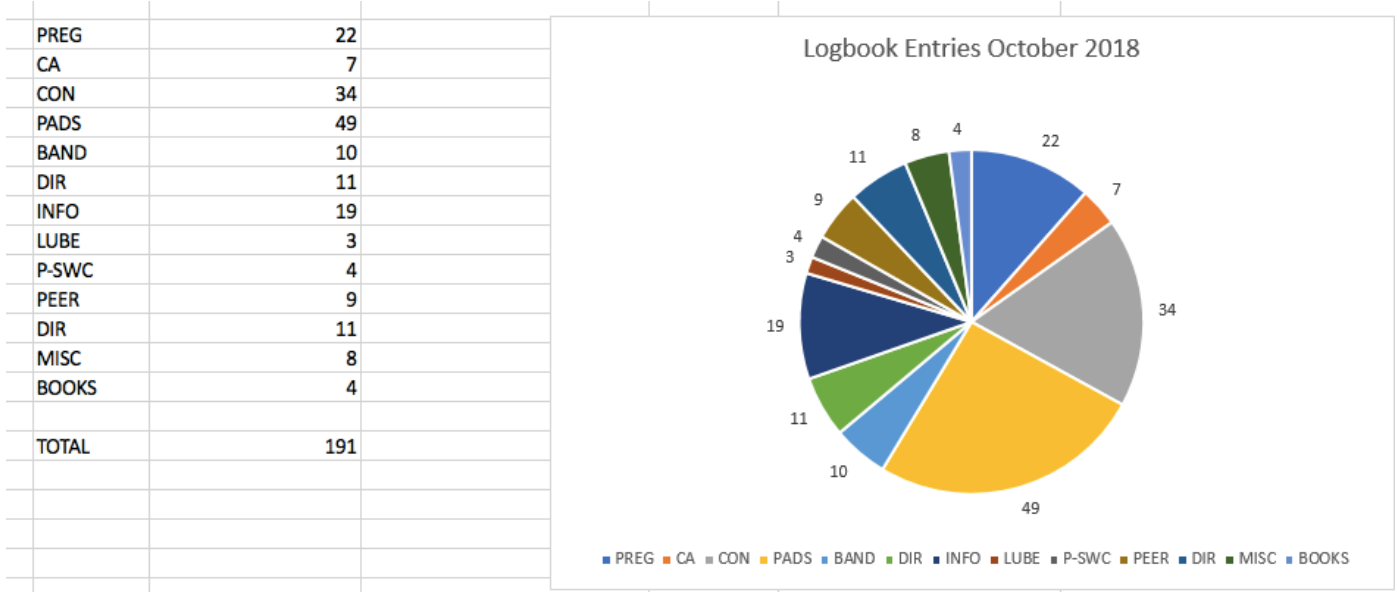
October objectives:

- ✓ Execute Sex 101
- ✓ Improve volunteer experience (ongoing)
 - Upcoming volunteer social (entire cohort)
 - Upcoming 'pod' socials (small group socials led by an exec member—8-10 volunteers each)
 - On shift tasks—checklist, increased volunteer activities
 - Had UM gift cards given out to a pod that completed a task
- ✓ Continue focus on advocacy (ongoing)
 - First campaign will be released this month

Other objectives achieved/ongoing:

- ✓ Collaborate with other MSU services and campus partners (November, ongoing)
 - Sex 101 with Reslife
 - Therapy dog sessions with Reslife (October 18—upcoming October 30, November 6!!)
 - Pride Week Sex Ed with Pride Community Centre
- ✓ Hold weekly executive team meetings
- ✓ Continue and improve data collection mechanisms
 - Event feedback forms distributed
 - Promotions feedback forms
 - Continually asking for volunteer feedback, opening channels of communication

SERVICE USAGE



As you can see in the above graphic, our service usage is going well. It is on par with service usage from last year. We have improved promotions for our general service and are working to get some advertising done for some of our staple services (as you can see, condoms and menstrual products are our most used services), which will hopefully bring more students in and inform them about our other services.

Not noted in the above figure is that we had 3 breast-feeding visits. These are the first uses of this service which was implemented last year. Also, it should be noted that while some visits are logged as only one thing (e.g. “condoms”) they may have accessed other supplies (e.g. chatted with volunteers, also grabbed lube, etc.).

PAST EVENTS, PROJECTS & ACTIVITIES

Just last week we had our first event of the year. Sex 101 is our first year focused event that happens annually. It was successful although turnout was not what we hoped. Together, we had about 40 attendees. This does give us something to think about around whether this event is the most effective way of communicating sexual health information to first years, and whether or not we should be running this event annually and how. Promotions were really strong and we tried some new avenues (giveaways), which did have good engagement (50+ comments). This social media traction did bring in new likes and engagements with our service page.

We just implemented some new volunteer expectations. (1) We now allow students to take home pregnancy tests! This is very exciting. We had feedback that students were uncomfortable completing the test in the space, which is totally reasonable, and so we have now changed how we do tests. There are instruction sheets for students to take home (currently being designed by underground), volunteers will instruct students on how to complete the test,

resources are provided on the info sheet, and volunteers are encouraged to still engage with the student and see if peer support is wanted. We are still using strips+ urine cups as a testing method as they are the cheapest option. (2) Volunteers are no longer allowed to have laptops on shift. This has been a long time coming, and we have been fazing it out for some time. Volunteers are encouraged to do on shift activities instead (restocking, learning, other tasks as assigned, etc.). (3) We now have a therapy light! Ion lights are proven to improve mood and are often used to treat Seasonal Affective Disorder, types of non-seasonal depression, sleep disorders, and more. The recommended time is 20 minutes, and students are able to come into the space and sit in front of the light. This is the perfect time to roll this out, as the season is changing and days are getting shorter. Feel free to stop by yourself! Just don't look straight at it 😊

UPCOMING EVENTS, PROJECTS & ACTIVITIES

Our next event will be our collaboration with the Pride Community Centre, doing an LGBTQ+ sex ed during pride week. At the end of the month, and will be a Substance Use awareness fair, with a large focus on harm reduction. We will have different stakeholders present. Our campaign for November will be about harm reduction, touching on different topics than we have before, specifically partying, cannabis, and more.

BUDGET

At this point our budget is on track and I don't foresee any constraints for the near future.

| STUDENT HEALTH EDUCATION CENTRE 2018-2019 | | |
|--|--------------------------------------|----------------------|
| <i>EXPENDITURE</i> | | |
| ACCOUNT CODE | ITEM | BUDGET / COST |
| 5003-0116 | SHEC - OFFICE SUPPLIES | \$110.00 |
| | Utility cart, volunteer mailbox bins | \$65.52 |
| | Ikea | \$51.91 |
| | | |
| | TOTAL SPENT IN LINE | \$117.43 |
| | REMAINING IN LINE | -\$7.43 |
| 5951-0116 | SHEC - REFERENCE LIBRARY | 350.00 |
| | Books--Come as you are | 64.64 |
| | | |
| | | |
| | TOTAL SPENT IN LINE | \$64.64 |
| | REMAINING IN LINE | \$285.36 |
| 5102-0116 | SHEC - ANNUAL CAMPAIGNS | \$2,000.00 |
| | Sex 101 (food) | \$83.51 |
| | | |
| | TOTAL SPENT IN LINE | \$83.51 |
| | REMAINING IN LINE | \$1,916.49 |
| 5494-0116 | SHEC - VOLUNTEER RECOGNITION | \$2,500.00 |
| | Exec Training 2.0 Lunch--Fortinos | \$44.36 |
| | SHEC tumblers | 411.7 |

| | | | |
|--|---------------------------------------|-------------|------------|
| | SHEC tumblers | | 411.7 |
| | misc. food (WW, concert snacks) | | \$70.00 |
| | TOTAL SPENT IN LINE | | \$526.06 |
| | REMAINING IN LINE | | \$1,973.94 |
| 6101-0116 | SHEC - HEALTH SUPPLIES | | \$1,500.00 |
| | Menstrual Products | | 85.00 |
| | Ion Light | | 126.06 |
| | Pregnancy Tests | | 237.30 |
| | TOTAL SPENT IN LINE | | \$448.36 |
| | REMAINING IN LINE | | \$1,051.64 |
| 6501-0116 | SHEC - ADV. & PROMO. | | \$2,500.00 |
| | misc. summer | | \$247.50 |
| | door sign | | \$45.00 |
| | design cost | | \$110.00 |
| | rave cards (300) | | \$37.50 |
| | design cost | | \$110.00 |
| | General Promo Assets–Digilite package | | \$75.00 |
| | Sex 101–Standard package underground | | \$200.00 |
| | SAD light promo | | \$175.00 |
| | TOTAL SPENT IN LINE | | \$1,000.00 |
| | REMAINING IN LINE | | \$1,500.00 |
| 804-0116 | SHEC - TRAINING EXPENSE | \$1,500.00 | |
| | UM coffee, coffe cards | \$130.00 | |
| | Pizza and snacks | \$337.19 | |
| | TOTAL SPENT IN LINE | \$467.19 | |
| | REMAINING IN LINE | \$1,032.81 | |
| TOTALS | | | |
| TOTAL BUDGETED DISCRETIONARY SPENDING | | \$10,460.00 | |
| TOTAL ACTUAL DISCRETIONARY SPENDING | | \$10,460.00 | |
| REMAINING DISCRETIONARY SPENDING | | \$7,752.81 | |

VOLUNTEERS

Volunteer management is going well! We had volunteers engaged during our events and feedback was good! Volunteers have also been covering one another's shifts well and reaching out if they are unable to make it. One

challenge is volunteer buy in. Since volunteers aren't mandated to volunteer at events, sign up has been difficult. We have been trying to reward them and promote events to them but it has been tough. Also we are trying to get volunteers to be more engaged on shift, which we have tried to remedy with a formal checklist of required tasks and no laptops.

CURRENT CHALLENGES

I don't have any at this time!

SUCSESSES

We just rolled out a new aspect of our service—after receiving requests from students and volunteers, we are increasing the multi-lingual resources in the space. We are working with a student group to review and create health pamphlets. We also have a board where students can write the languages they are comfortable speaking to space users in, and it sits outside the space. Now students can access *some* of our resources in other languages. We don't encourage peer support in other languages unless the volunteer is comfortable and comfortable in their proficiency.

Sex 101 went really well! We had first years come out to both, and they were engaged and we had meaningful conversations about sexual health. My Events exec did an amazing job! We had partnered with a group of Med students who were really helpful—they ended up being awesome partners.

Everything is going really well! I wish I had more to report but things are going really well ☺

Have a lovely day!!

OTHER: PROMO STATS

| Published | Post | Type | Targeting | Reach ⁱ | Engagement |
|------------------------|---|---|---|--|--|
| 10/29/2018 6:19 PM |  It's MAC PRIDE WEEK! Check out this whole WEEK of |  |  | 215  | 17 2  |
| 10/28/2018 6:04 PM |  Go follow us on our new Instagram (@msu_shec) for |  |  | 772  | 26 10  |
| 10/27/2018 6:30 PM |  Need a study break? Feeling stressed? Want to get spooky? |  |  | 969  | 41 17  |
| 10/25/2018 7:10 PM |  SEX 101 is still happening until 8:30 tonight in the Hedden Hall |  |  | 769  | 53 14  |
| 10/25/2018 4:31 PM |  SEX 101 is happening in 2 hours in the Hedden Ravine |  |  | 172  | 10 0  |
| 10/25/2018 12:25 PM |  New to our service: a light ion therapy lamp! This lamp mimics |  |  | 985  | 88 29  |
| 10/24/2018 7:33 PM |  Take a look at all of the events MSU Pride Community Centre |  |  | 233  | 14 2  |
| 10/23/2018 8:04 PM |  Come by SEX 101 now for some rad prizes (Starbucks gift |  |  | 1.1K  | 93 15  |
| 10/23/2018 12:25 PM |  Today's the day! https://www.facebook.com/even |  |  | 203  | 3 2  |
| 10/22/2018 12:25 PM |  There's currently a Drug Use Study going on for McMaster |  |  | 1.3K  | 121 5  |

| | | | | | | | | |
|------------------------|---|--|---|---|------|---|------------|---|
| 10/21/2018 6:32 PM |  | Just a few more days until our first night of SEX 101 🎉 Come |  |  | 267 |  | 15 0 |  |
| 10/20/2018 12:12 PM |  | Check out these awesome events MSU Pride Community |  |  | 303 |  | 28 3 |  |
| 10/18/2018 6:29 PM |  | Hey Mac! Here's a really cool resource where you can |  |  | 546 |  | 20 3 |  |
| 10/16/2018 6:34 PM |  | This may be a stressful time of the year for some (and if that's |  |  | 736 |  | 18 9 |  |
| 10/16/2018 12:26 PM |  | SEX 101 is coming up! To celebrate, we're giving away a |  |  | 513 |  | 57 2 |  |
| 10/15/2018 9:30 AM |  | SHEC is back from Reading Week! It may be a stressful |  |  | 1.5K |  | 41 8 |  |
| 10/14/2018 9:00 PM |  | 🎁 GIVEAWAY TIME! Want to win a \$25 Campus Store gift |  |  | 6K |  | 841 208 |  |
| 10/10/2018 8:15 PM | | It's World Mental Health Day! SHEC is still closed for Reading |  |  | 406 |  | 13 4 |  |
| 10/10/2018 12:00 PM |  | #Tbt some of the exciting programming we ran during |  |  | 600 |  | 91 6 |  |
| 10/05/2018 6:23 PM |  | SHEC is now closed for Reading Week, but we'll be |  |  | 560 |  | 17 8 |  |
| 10/04/2018 7:29 PM |  | It's Food Literacy Month! The McMaster Student Wellness |  |  | 247 |  | 30 6 |  |