



**TO:** UMSU Board of Directors  
**FROM:** VP Community Engagement, Elishia Ratel  
**DATE:** January 26, 2023  
**RE:** **Report to the Board, January 2023**

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## New Updates

### Wellness Week

- In collaboration with VPSL, Tracy, we have been planning our Winter Term Wellness Week. This will take place from February 6-10. We will be posting information about building healthy routines, physical health, eating, sleep, and meditation and mindfulness. In addition we will be tabling on the 1<sup>st</sup> floor of UC handing out information and an interactive poster board of what wellness looks like to you. We will also be featuring two giveaways; one will be in person on our tabling day and the other will take place via Instagram. Stay tuned to our social media for more information in the coming weeks.

### Justice for Women Colouring Book

- In collaboration with Justice for Women, we are supporting their "Your Voice Matters" Colouring Book. This is a partnership project that has been in the works for several years, which we are continuing to foster this year. Students will have the opportunity to submit artwork to be featured in the colouring book. It will contain several pages of student submissions as well as information and support resources. If you would like to submit artwork for the colouring book, please contact Justice for Women. More information can also be found on their Instagram page.

### Karaoke Nights at VW Social Club

- VW Social Club will be hosting weekly Karaoke Nights every Tuesday from 8pm-12am. I will be hosting karaoke night every Tuesday for the winter term, so come on out and have a great time!

### Transportation Survey

- This January, UM needs your help to improve your campus commute and help inform future transportation planning. Fill out the Campus Commute survey between January 16 and 31, 2023 for a chance to win a \$500 grocery store gift certificate or one of ten \$50 gift vouchers for Degrees, Campo or Starbucks.
- This year's Campus Commute Survey includes questions to better understand our greenhouse gas emissions from commuting and air travel and inform strategies connected to the UM Climate Action Plan. The new UM Climate Action Plan is a framework to help us halve our greenhouse gas emissions by 2030 and become carbon neutral by 2050. In 2019, 29% of our total emissions were generated from transportation related to commuting, business and research travel, and fleet vehicles. The results of the Campus Commute Survey will inform strategic planning around transportation related infrastructure, education and peer-based programs in support of climate action, sustainability and wellness goals.
- We encourage you to take the Campus Commute survey now: [umanitoba.ca/campuscommute](http://umanitoba.ca/campuscommute)
- To ensure confidentiality, the survey is being administered by the Green Action Centre, who only reports the results of the survey in an aggregated format to the University. If you have any questions about the survey, please contact the Office of Sustainability.

### Annual Member Survey

- We have put out our Annual Member Survey to gather feedback from students on a variety of member experiences throughout this year. The survey contains questions about the UPASS, Health



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and Dental, Events, and Advocacy. The results of this survey will better inform our actions and decisions for the remainder of the term and in the coming year. You can find the link to the survey in the UMSU Newsletter, website, or at the link in our Instagram bio. Fill it out for a chance to win Apple AirPods or 1 of 3 UMSU gift cards. The deadline for submissions is January 31<sup>st</sup>.

### **Continuing Updates**

#### Winter Orientation

- Thank you to everyone who attended our Frost Fest Winter Orientation events. Overall, these events were very successful.
- Free breakfasts are always favorable among students and we will be making recommendations to continue this in the coming years.
- The Snow Sculpting Competition winner has been announced and contacted. If there is interest in continuing this next year, recommendations for how to optimize this process will be given to marketing.
- Karaoke Night was highly successful once again! We are continuing to better the system and process for signing up for karaoke utilizing a QR codes for the song list and slips of paper for song submissions.
- Shut Up and Dance, our Silent Headphone Disco was a truly unforgettable night! We featured 3 DJs playing a variety of music from House, EDM, Bollywood, and Pop Hits. Our overall attendance was approximately 300 participants. I would like to thank our marketing staff and volunteers for all their hard work to make this evening possible. In the future, we would like to remind students to be conscious of masking during social events to keep each other safe.

#### Skating Rink

- In collaboration with UMSU and departments in the UM Administration, the Quad has been turned into an ice rink for the remainder of the winter season. The rink is currently open and free for all students to use. Bring your own skates and skate at your own risk.

### **External Events & Meetings Attended**

January 13 – Interview with the Manitoban

January 13 – Residence Speed Friending Event

January 14 – New Year, Same Me Social

January 14 – Eat Yer Hat Social

January 16 – Mental Health Working Group

January 17 – Meeting with JFW

January 17 – Meeting with the Centre for the Advancement of Teaching and Learning

January 17 – Karaoke Night

January 16 – CFS Closing Plenary