

July 15, 2020 Students' Council Meeting - Audio Recording Transcript

Speaker Key:

CR	Chair
PR	President
VPA	Vice President Academic
VPE	Vice President External
VPF	Vice President Operations and Finance
VPS	Vice President Student Life
CC	Councillor Campbell
CD	Councillor Drummond
CK	Councillor Dykes
CF	Councillor Fallis
CO	Councillor Forbes
CH	Councillor Hassan
CJ	Councillor Johnston
CM	Councillor Mirza
CN	Councillor Newton
CS	Councillor Strayer
CT	Councillor Tesfay
CA	Councillor Tran
CU	Councillor Unera
CY	Councillor Yanish

00:00:00

[silence]

CR Okay, we'll call this meeting to order. Item one, Treaty Six Land Recognition. We would like to acknowledge that this meeting of the Students' Association of MacEwan University is taking place on the traditional territories of the people of the Treaty 6 region in Central Alberta.

The Students' Association of MacEwan University is situated in the centre of what we call the city of Edmonton, which is called Amiskwaciy Waskahikan or Beaver Hill House in Nehiyawewin (Cree). This is the traditional home of the Nehiyaw (Cree) and Michif

(Métis), and meeting place for many Indigenous peoples including the Nakawe (Saulteaux), Siksika (Blackfoot), Nakota Sioux (Stoney) and other nations.

00:03:08

Item two, approvals we have a motion, item two point one, can I get someone to make that motion. Vice President of Operations and Finance.

VPF Thank you Chair. I move to approve to approve the agenda for July 15th, 2020.

CR Thank you and can I get a second please. Thank you Councillor Dykes. It has been moved and seconded to approve the agenda for July 15th, 2020. Is there any debate? Vice President of Academic.

VPA Thank you Chair. I would like to make a motion to amend the agenda, or move to amend the agenda to include, to add three point one in mental health presentation.

CR Thank you and can I get a second on the amendment? Vice President of External. So, we're just talking about the amendment here to add an item three point one as a presentation. Is there any debate? Question is on the adoption of the motion to amend the agenda at item three point one, is there anyone opposed? Please speak now.

Motion carries.

So, we're back to the main motion as amended, is there any further debate? Question is on the adoption of the motion to approve the agenda for July 15th, 2020 as amended, is there anyone opposed? Please speak now.

00:04:42

Motion is carried.

Item two point two, we have a motion. Can I get someone to read that motion? Vice President of Operations and Finance.

VPF I move to approve the minutes of June 17th, 2020.

CR Thank you and can I get a second? Vice President of Student Life, thank you. It is moved and seconded to approve the minutes of June 17th, 2020. Is there any debate?

The question is on the adoption of the motion to approve the minutes of June 17th, 2020. Is there anyone opposed? Please speak now.

Motion carries.

Item three, presentations. Three point one, Vice President of Academic, I'll turn the floor over to you.

VPA Awesome, thank you so much. So, my apologies everyone for the late addition to the agenda today. Just before I start the presentation, I'll just give a little bit of a background. We did all of the process to get this approved by the Executive Committee on Friday, so they did miss the deadline unfortunately for things to be added to the agenda that you all received. We thought it was important for us to talk about. I've been wanting to do this presentation for some time for council.

00:06:06

Due to all of the resources that we have with SAMU or on campus and I'm really excited to do it for you today, especially with times of Covid, I think it's more important even now than before. So, with that said, I will share my screen.

Sorry this is the first time I've done a presentation like this, so we'll see how it goes. Hold on here, let's go back to the front. Awesome, everyone can see that okay. Thumbs up for the few people I can see. Awesome, thanks you guys.

This is just a quick Mental Health 101 presentation, because we do only have the 30 minutes here. If you have any questions, please leave them to the end but if you'd like, I just can't really see the chat right now. Hold on here. Let me pull that up.

If you do have anything you want to add, please feel free, there might be a point where we could utilise it more, but we'll see how it goes. This is kind of odd being online. We'll try our best.

As many of you might know, well I hope you all know, my name is Alycia Stewart, but maybe those tuning in on our Facebook live might not know that. My pronouns are she her and I am the Vice President of Academic for SAMU. I've also previously been an executive of our, that's my cat Furno [?] meowing. President of the jack.org which is a club on campus.

And I'm also a speaker with jack.org so, doing mental health presentations for, excuse any background noise, students, whether that be in high school, junior high as our main audience but then also sometimes co-secondary.

00:08:18

So, that's a bit of background. Jack.org if you don't know is a national charity focused on breaking the stigma around mental health. They do a lot of cool things which I might get into later on. I've adapted this presentation, so it's not quite the one I normally give.

So, chapters, I mentioned that I was part of the jack.org MacEwan chapter. This is the information here. Just a quick plug, they are looking for executives for the future, so if you are interested or you want to get involved, it's a great opportunity. We've tried to create a safe space where students can come in, drop-in weekly meetings, that sort of thing, we'll see how that manifests itself due to Covid and things being online.

We've also done things in the past like fundraising events with Rock Jungle Boulders and the climbing there, raising money for Movember as well as jack and all those kind of things, so that's really exciting. And also just a trigger warning I guess, or content warning, we will mention suicide and mental health and we'll be talking about it but not in any detail or anything that I would be concerned about but just to let you know.

If you do need anything please you can message me personally in the chat or the other executives. A little bit of background on mental health in Canada.

One in five Canadians will struggle with their mental health in any given year. A big thing you see on my button here is five in five, is a slogan that jack likes to use because five in five of us, so that's all of us, have mental health just as we have physical health. I think that's a really important piece to consider, that we all need to take care of it, just as we would go into the doctor's office, those kinds of things.

00:10:05

But only one in four will actually get the help that they need. And this is why it's so important for us to break the stigma around mental health in these conversations which we're hoping to do more today.

Suicide is the number one health related cause of death for young people in Canada. This results in the prairies [?] to be. Every year, approximately 93 young people die by suicide and that means around 418 000 are either expected to struggle with their mental health at some point. And this can be in different ways as well.

Some important questions in what this little presentation is hoping to cover. Is, do you know what mental health is? Do you know how to be there for yourself and others? And we won't get into it too much today, but do you know how to take action on mental health? Consider those questions as we're going through.

So, what is mental health? Mental health is about our thoughts, feelings, and behaviours. Mental illness on the other hand is a collection of those, there is a cluster of symptoms that impact one's mental health so there is a little bit of a distinction. I'll just be going through these here. I don't know, can you guys see my mouse? Okay cool.

00:11:35

At the bottom is our biology and our genetics. That is of course things that we can't necessarily change. I know there's a few psych students that are on council and people who are mental health advocates. So, this is kind of a things you trigger for. Bear with me, we'll see if we can get to some other stuff here. But I think it's a good starting point for everyone.

And our biology and genetics are somethings some people can be more predisposed to certain illnesses or health impacts. And that's not something we can't necessarily change. At least not yet, who know what the future holds with science.

Are individual environments, in a part we cannot do too much about. This is where trauma or abuse can sometimes stem from and you have to deal with it after the fact or obviously put preventative measures in place to make sure people's places are happy and healthy environments for growth and development.

Culture and society structures, these ones at the top are the ones you probably hear a lot about these days with the Black Lives Matter movement and socially conscious platforms and campaigns like that. Which are really awesome because it's targeting these areas where we can do something as a community about. These are ones like having limited access to resources, a lot rural places, they don't have access to mental health resources. It's important that we make that accessible.

00:13:06

When it talks about the stigma culture and how we view mental health and how we see people who share their stories and stuff like that. Those are things that we can address. So, I love these spectrums, these are my favourite things. How do we know when it's a struggle? I mentioned everyone has mental health. We have this lovely spectrum here, red is in crisis, green is healthy. So, we can vary along the spectrum every single day.

Maybe you were stressed coming to the meeting. You couldn't find the Zoom link or something and you were then maybe more in the yellow, but you could do things to help bring you back into the green. Whether that's some deep breathing or just reaching out to someone to make sure you had the right link or whatever the case might be.

These don't have to be for sure. They can be stagnant and moving thing and that's okay. Just if you do get more into the red there might be things that you can do. We can talk about them to get you in the green.

Mental illness also lies on a spectrum. So, you have been diagnosed with severe mental illness or you can have no diagnosable illness. And that just all depends, or it can be varying levels of severity too, or the way it impacts you. But what I love is the dual spectrum. Someone can have a severe mental illness, maybe they're diagnosed with schizophrenia. But with the proper treatment, medication they can be in the green still and have optimal health.

00:14:40

On the flip side someone might not be getting that support and maybe they're in poor health. But maybe someone has no diagnosable illness but they're under a lot stress, other things are happening in their life, they can be in poor health but still not have a diagnosable illness. So, it's good to keep that in mind because I think sometimes there's the idea that you have to be with something that's diagnosed. Or everyone who is diagnosed is in poor health but that's not the reality.

How do you identify if maybe you're more in the orange or in a struggle? And the rules are if it's intense, long lasting or it's making a big impact. So, intense, the feelings and emotions are quite strong. Long lasting, lasting usually for instances of depression usually if those feelings are lasting around two weeks or so, that's a benchmark that is commonly used. And big impact is just if it's having an impact on your life. Whether that be you're not going to meetings or hanging out with your friends as much as you used to.

That might be something to consider during Covid that our norm might look different and it might prevent us from going to those things that we used to do. But are you still reaching out? Are you still talking to friends whether that be on Zoom or on Facebook or I guess it could be live, but Facebook chat things or other Google meets I guess? Are you still doing those things or is it impacting our lives? And I think as we transitioned in Covid, it probably impacted a lot of us for some time. I know it did for myself. And that's okay.

But identifying crisis if you're a risk of harm to yourself or others and that's where things get a bit more serious and you have to take more immediate action.

00:16:34

So, how can we be there for ourselves? In the first view of this presentation, we focus more on how we can be there for others which we will get to but it's so important that we're there for ourselves because especially as student leaders. We need to take care of ourselves sometimes before we can be there for others. And be the leader we all signed up to be.

First thing is checking in with yourself and these don't have to be in order. Do what

you need to do and seek help when you need it. So, what does that look like? Well, checking in with yourself, I'm just moving the pictures over here. How are you practicing self-compassion?

Self-compassion we like to say is how you talk to yourself. Your internal dialogue I would say. Are you as kind as you are to other people because I know you all are lovely humans to everyone else but are you as kind to others as you are to yourself? I think that was a big question, at least for me when dealing with my anxiety and the way maybe some of us might be perfectionists. Being able to treat yourself kindly and give yourself room to breathe is really important.

And what does feeling unwell look like? You all take a second, I won't to ask you guys to share this, but think about what being unwell looks like. Sometimes, if we're stressed or caught up in this whole Covid situation, or norms can change, and our norms can become what was more stressful or one that we're actually not doing so well.

00:18:06

So, to give you an example from myself, and I include you all to think about this. For me it gets harder to get out of bed, I don't want to talk to friends as much. I'll get a lot of energy in my body in ways, I would call it my anxiety would start to build and when I notice these little things even in my body or even a heightened heart rate or something like that. If you notice these things then you can do something about it. Okay, I need to breathe, just take a moment.

Maybe I need to do something that fills me back up, which I'll get into in a second. So, I think about what physical signs you might have or behaviours that you do when you are feeling unwell so that you can address it and be like, hey, I'm not doing so hot, I need to take care of myself.

What happens then? Do what you need to do. How are you actively building your self-esteem? Self-esteem we like think about in the three Cs. That's community, competence, and control. I had to write these ones down because I almost always forget one of them. To build self-esteem, a person I was talking to once, they said they like cooking. And this is a great one because it targets all three.

So, they're really good at cooking so it's something they are competent at. They know they are good at it. They have control over what they make. Obviously maybe dependent on the ingredients they have. Maybe they couldn't get them. Whatever works. So, they have the control in the making it and that experience and also building community. Maybe you can't have people over right now to cook for them, but maybe you can bring things to them as a really nice gift. And you're helping build community.

00:20:00

Building community and having your supports can help you with your self-esteem. Doing things that you know you're good at and you can have control over because sometimes the uncertainty is what can hurt that piece of us. What sort of things to fill you back up? That would be a thing that fills that person back up is cooking.

For me, I'll be honest it's watching Netflix and playing with my cats. If you guys want to put in the chat what fills you back up if you're comfortable with sharing, that could be related to music, gaming, anything really. Hanging out with friends, feel free to add

that and then we can maybe get some ideas for people.

Seek help when you need it. These are ones that again I won't ask you to share but to think about. How open are you to reaching out for help? And who can you talk to if you're struggling? I'll give you a bunch of places and resources but it's important for us all to have someone because we can all use someone to talk to at some point. Just think about these ones.

Who can we reach out to? It can be a trusted adult or friend, other community leader. A counselling centre, a family doctor, anonymous helpline. I put a picture here of MacEwan University Health Centre because if you didn't know, right on, it has the address right here, that's handy. 109 Street.

00:21:33

We do have access to a health centre and it's still open during this time, they've been doing online video calls and then they are still doing certain procedures if you need to have them look, they just do a Covid screening before you get there. Make sure you don't have any symptoms. That's really handy and I really encourage. They're also rainbow certified or pride certified, I forget the term but that's really awesome because they're LGBTQ plus friendly.

And also, I'd like to mention that the doctor I see, you see a lot of residents that come in so they're learning too. So, it's a neat environment, so I recommend. And the Kids Help Phone. We're not kids anymore I realise but they still have a lot of good resources if you look for resources around neatcab [?] and they have so many and you can target different areas too. So, if it's bullying or mental health stuff. There's all kinds of ones and they have the text line too.

But wait, there's more. The Primary Care Network is near and dear to my heart, I took some workshops there too. So, you can get referred to them and call they're still open and serving folks by your family doctor or your doctor. And a lot of doctors are registered with them. And you can get free covered counselling and they have also mentioned some workshops and some therapy sessions and different kids of opportunities like that. So, it's a really cool resource.

Our Vice President of Operations, Stephanie shared this really cool opportunity. Coursera psychological first aid. You can go on and it's free or you can pay a little bit to get a certificate and complete the psychology course. Or not psychology but first aid psychology mental health course and that's really neat. If you need a link to that I'm sure we could put it into the chat or up on our channel or reach out to us.

00:23:42

Insight psychology, they sometimes table at MacEwan because they have affordable assigning skills I believe. Or at least just affordable options for students when it comes to counselling. Access 247 is a fairly new to Edmonton. It's right across from the Royal Alex Hospital beside the High Centre and Orthopaedic Surgery Centre there if you know where that is. You can drop in and get an urgent mental health support.

I believe they have a text line as well but their number to call is there and that's a helpline. And if you do call, I was told that they'll actually keep things on file and then you can refer to your file. So, it's nice, you can have that consistency with a support person if you're ever in a crisis or just need support.

A distress line is also listed here as well. And again, there's more.

What does SAMU in particular provide? Well, we have our peer support live chat and it's available Tuesdays from 12 to 4pm. And I was actually getting this pictographic and they immediately messaged me because I guess I was on their page and they were very nice. So, they are there to help, just have their reduced times.

00:25:04

And our SAMU, my student plan. We have about \$500 if you haven't opted out of our health and dental plan to psych services which is really awesome. SAMU does provide this to students. And with that you can get the my wellness plan. So, with it you can get a mental health assessment for free, you can take it. They also have I believe, 24, not 247, I don't know their times, but they do weekend and evening counselling available as well to help supplement MacEwan's.

And as mentioned, my wellness and psych service centre is still doing online or is doing still appointments and still helping folks I see a councillor at McEwan, and they have been very helpful in my experience. And we also did a webinar with them. So, one of the SAMU staff, if you go so SAMU.ca/athome it's part of our webinar series, we did a great webinar, it was called Covid or routines and social connections during Covid 19.

So, that talks more about what student affairs has been doing since Covid happened. And also shares some of the stuff that SAMU does and again, going over routines and social connection as the title says. I highly recommend that. During this time, I don't believe there's any workshops, but you can check out MacEwan life on your my portal or on the student portal. And you can see it when you pop up there.

There's also the MacEwan confidence sign, this isn't really for mental health concerns, but I figured I'd add it because we do have our SAMU advocacy office. If you do have issues with individuals that might be impacting your mental health and want to disclose it confidentially that could be a place to do that, but that's just letting you know we have that service as well.

00:27:05

We've got a lot of resources. I'm sure many of you are aware of them but hopefully this has still been helpful. Some things to keep in mind is no problem is too big or too small. I can't stress this enough. I think a lot of times you think, well, it's not that bad yet or other people have it worse. So, you get into that mind set when we are all individuals and we all again can use someone to talk to at the end of the day. And as leaders I think we can be examples by doing that as well or doing things again that can help us do our best and support others.

And there are so many different types of resources as you probably saw. Mental health is complex and so is the different support so again, it could be therapies, it could be counselling or it could be different workshops that you go to or it could just be being part of a bowling league or something. Or paint nights at home. You can exist in all these different ways and it's really important to remember and don't give up.

There are so many different psychologists for instance out there maybe you don't mesh with one very well. But there's others and you have the right to get someone that you work well and most of them are still practising again if you do need any support right now. There's still those help lines available so please, please reach out if you are

struggling or it's good to remind others about these things as well.

So, I talked a bit about this, but how can we be there for others? At jack.org we have the five golden rules and again we won't get into them too much today, but if you have questions, let me know and there'll also be a cool resource too.

00:28:54

First thing is say what you see. Second is show you care. Three, hear them out. Four, know your role and connect them to help. So, say what you see is clearly, let's say someone usually posts a lot of memes on Instagram or funny posts, maybe one day they have something that isn't so funny and maybe it's a little bit self-deprecating which isn't their normal humour.

Maybe it's having a hard time due to working from home. It's okay to send someone a message and be like hey, I noticed you posted this. How are you doing? Sometimes we feel like that might point things out or someone mentions if someone is at risk for being in crisis, you can mention, hey are you at risk of hurting yourself? That's okay, it's not ever going to put that, it's a myth that it would ever. Sorry, let me rephrase that to make it clear.

There is a myth that if you say something like that it will put it in someone's head but that is not the case. If anything, it will notice, maybe say, actually no I'm good. Or hey, actually maybe I do need some help and that goes into the second piece of showing you care. Reaching out to someone, letting them know that you're there for them. Even if they don't want to talk right now, that's okay. They know someone's there and that's the important piece.

Three is hearing them out. This one I need to work on for sure and I recognise that with myself. Take a step back and listen to the other person, it doesn't mean giving advice and talking about, I felt this or that. Maybe that is what they want from you, but you can ask them that. But just being able to be a listening ear is so, so important. And that goes again into knowing your role. We are not registered psychologists and even if you are, you shouldn't be counselling people, your loved ones, or your family friends. I would hope not.

00:30:50

And so, knowing role is getting people to support if they need it. And if you're capable of doing that and connecting them to help and just being there to support them. That's all that we can do. Okay, we're out of time.

And so, this lovely resource is called Bether.org. So, super easy to remember. It outlines all these five golden rules. It has frequently asked questions, it has videos of how you have some of these challenging conversations. It gives those basics and it's a really cool resource, so I highly recommend it.

So, just a reminder to everyone to be there for yourself and maybe think of some of these things if you haven't ever before that I've mentioned here today. Hopefully, some of this is useful. Be there for each other, we're all in this together, literally. Not just to quote High School Musical although I like that too and Bether.org is a really great resource. And during the revolution I kept this slide because we usually have this really uplifting, fun video maybe I'll share it in our own communication channels.

It's basically just saying, there is still a lot of stigma out there even though I think in universities we're trying to have these conversations more and maybe we see a better side of it. But I think in general in communities, although they're starting to have these conversations, we still sometimes don't know what to do about it and how to actually be there for ourselves and others. So, by sharing this message and continuing to have these conversations we are part of some greater change. At least I hope so.

00:32:29

Okay and thank you so much for letting me have this last-minute addition to the agenda. I don't know, there's isn't really time for questions but maybe if someone has something burning, you need to get that checked out, get some ice. No just kidding. Have a burning question or want something that they want to add about resources maybe put it in the chat quickly and then we can get to you.

CR I think we have five minutes if there are any questions or comments. Just go ahead and speak freely. We don't really have rules on presentations. Maybe I can speak on behalf of all of the councillors and say thank you for the presentation. I think it's important and probably no more important than what we've experienced in the last four months. So, timely.

VPA Thank you. Yes, councillor Unera I see you have a comment.

CR Go ahead councillor.

CU Yes, thank you for the presentation. I just want to ask if this presentation is going to be available to us for double checking say if we want to look at the resources that you presented again. Would it be available to us?

VPA I can definitely make that happen. I'm sure I can send the tech and they can send it out.

00:33:55

CU On Slack or something like that would be easy.

VPA Yes or even through email to be more efficient and accessible I guess. But yes, if you have questions about this or need someone to talk to or someone to help. Just so you know all of VC are really good at this, but I won't speak on their behalf. They will be willing to talk to you, again I'm not a professional but I do have some experience in this realm and want to be there to support you guys and that is a part of my job too. As a support resource for students but around other things.

I guess I can stop sharing now. If there's any other comments or questions, as Tim mentioned it's open.

CR Okay thank you Vice President. Oh, Councillor Tran go ahead.

CA Hello, sorry. I just wanted to chime in. Alycia I'm not sure if you know but outside of my role I work with the writing centre as a peer tutor and that's a really good resource for students to access too because we do help a little bit with academic planning. In terms of making a schedule, making a study plan, and those kinds of things. It might be something you want to add to your presentation in the future.

00:35:10

VPA Yes, that's a good one and as well there's also SSD. I think they're changing their names but Services to Student's with Disabilities if you need help with accessibility and stuff like that. There's a lot of resources on campus. Also, too, just a shout out, I know our Councillor Tran a peer health educator, so that's another important role at MacEwan that's helping to get more resources and share supports that are on campus and stuff like that. So, that's another one as well. There's tons. Thank you.

CR Okay, thank you Vice President. We'll move things along to item four, for information. Four point one, reports. Four one one, President any oral supplements?

PR Thank you Chair. I do have two quick oral supplements that happened in the last couple of days. So, yesterday we announced to the SAMU staff by email that we have a new General Manager. So, SAMU has hired a new General Manager. I'm very excited about that because having make do with four directors is good but not great so now that we have four directors and a GM, I think it's going to take a little bit of the workload off which is nice. His name Collin Steffes. He worked as a General Manager in a division of Sturgeon Country before coming to SAMU.

I wanted council to know that as soon as possible.

The second item is that two days ago on Monday, I had the first Edmonton Student Alliance meeting. It's the Municipal Advocacy and Information Sharing Group and it went very well and after hearing from our members, we're making a bit of a priorities document that I'm mainly the one working on. Thank you, that's all.

CR Thank you. Four one two, Vice President of Academic, any oral supplements?

00:37:05

VPA Thank you Chair, but no, it's as presented.

CR Thank you. Four one three, Vice President External, any oral supplements?

VPE Yes, thank you Chair. Just one thing that I think is probably worth mentioning. Yesterday, in my capacity as primary delegate to CAUSE [?] the Council of Upper University Students. We participated in a student leaders dialogue that took place with CAPPOA, the Council of Post-Secondary Presidents of Alberta. So, it's all of the Presidents of the various universities. We sat down with CAUSE and CAPPOA and the two other umbrella organisations for student advocacy in the province.

And discussed primarily the Alberta 2030 Post Secondary Review that's going to be taking place. The government just recently gave the contract out to a consulting firm named McKinsey and we are preparing for that it's going to be a big deal. They are basically restructuring all of the Albertan post-secondary system. And I'm very happy to announce that I think CAPPOA is going to be quite an ally of students in this process. It seems like the desires at universities and of their student unions are very eerily well aligned during this particular process.

But that's all I'll mention, so thank you Chair.

CR Thank you. Four one four, Vice President of Operations and Finance, any oral supplements?

VPF Yes, thank you Chair. I found this information after I made my report which is why I'm adding it as an oral supplement. As stated in the written question and I've had quite

a few questions with regards to the tenants in the building.

00:38:46

Currently, we will continue the construction once we start that soft opening of the building and they will have to follow the Covid regulations, but they will not be opening until campus is back to full-time on campus classes. Because if we only have a small percentage of our students on campuses not worth for them to be open and for paying rent and they will lose money and we will lose them. And the last thing we want to do is lose them.

The only tenant that will be staying open and operating is RBC, so we are very grateful for that.

Thank you Chair.

CR Thank you. Four one five, Vice President Student Life, any oral supplements?

VPS As presented, thank you Chair.

CR Thank you. So, we have items four one six, through four one eleven, the reports on the Board of Governors Student Rep Bylaws and Policy Committee cue four [?], budget and finance, cue four, appoint to Advisory Committee cue four. Executive Committee cue four. Leadership and Review Committee cue four all in your package for your information.

And importantly too, Executive Committee Minutes of June 10th, 17th, 24th and 30th 2020 are provided in your package for your information.

00:4014

Item five, question period. Five point one, written questions are in your package. Five point two, oral questions. If you have a question, just please type question in the chat and I will recognise you in the order in which they appear.

Vice President of Operations and Finance.

VPF Thank you Chair. This question is to Councillor Strayer and Councillor Campbell. As per your reinstatement, we had agreed upon you reading the presentations from the training as well as come back with feedback or any suggestions that you have. I'm just wondering how that's coming along.

Thank you Chair.

CR Thank you Vice President. Councillor Campbell.

CC I haven't sent a report into I guess Alan, but I have read through the presentations. I should be able to get that done by the end of the weekend.

CR Thank you. Councillor Strayer.

CS Sorry, I just had to unmute there. Yes, likewise I hadn't made a presentation, but I have read through the training materials. It's very worthwhile, it's why we do it twice a year. I'm happy to write a report up if councillors are inclined to read it.

00:41:46

Thank you Chair.

CR Thank you. Vice President of Finance and Operations, anything further?

VPF Thank you Chair.

CR Thank you. Other questions.

Last call for questions.

VP Point of personal privilege.

CR Go ahead Vice President.

VP Has Councillor Strayer flipped his camera or is it only me that he's upside down for?

CS Sorry, pardon me, in my struggle to get on this call, I had to flip my phone and I'm using my old phone. Is this better?

CR No, you're still the Batman. You're upside down still. Maybe someone can message him when he's finally got it right, but we'll move on. Any other questions?

Okay, we'll move onto item six, in camera period. Nothing there. Item seven, motions, and business orders of the day.

Seven point one, Student's Council Meetings Policy. Vice President of Operations and Finance.

00:43:12

VPF Thank you Chair. I move to approve the Student Council Meetings Policy to the recommendation of the Bylaws and Policy Committee.

CR Thank you and a second please. Councillor Dykes, it has been moved and seconded to approve the Student Council Meetings Policy on the recommendation of the Bylaws and Policy Committee. Because this is a pretty needy motion and quite a number of changes, Vice Presidents of Operations and Finance, would you like to speak to the motion first?

VPF Yes please. Basically, coming back from the last meeting, we had quite a few recommendations or concerns such as wanting to name the members who are voting for or against or abstaining as well as wanting the agenda package beforehand and all that. And I believe that in this version we have captured all the main concerns that were brought up.

Thank you Chair.

CR Thank you. Let's move onto the debate. If you would like to ask a question or make a comment during the debate portion, I just ask that you indicate as such in the chat please. So, you can type in question or comment. Councillor Strayer.

CS Thank you Chair, the other thing that was also addressed as an area of need was the General Manager's reporting, once every quarter. That was a concern of many councillors and not just myself. That wasn't adjusted. Just that, thank you Chair.

00:45:00

CR Thank you. Other debate. Vice President of Academic.

VPA Thank you Chair. I just wanted to share my support for this policy. I think it addresses the main concerns that we did actually have. I got to attend as a guest, the Bylaws and Policy meeting or one of them where this was discussed and one of the things was as Councillor Strayer mentioned. It was mentioned around the General Manager reports as well as the EC reports and having it mentioned in this policy, all the reports that councillors should get but we were reminded that these exist in other policies.

So, there is that reporting structure in our committee's policy, whether it be for EC and other committees to submit their reports to council, so that it was not necessarily needed for the running for the minutes that this policy talks about. As well as the GM position, it is within our bylaws that the GM does report to the Executive Committee and then the Executive Committee reports to SC.

If that's something that if we ever wanted to change, that would have to be a bylaw change. And then we could go in and change policy if there are questions around if SC, student council is happy with the amount of reporting and trust that they have in the Executive Committee that seems to work. If there's ever issues with that, that can be brought up as something separate or maybe looking at the rules and responsibilities of the executives and the way that we report things such as the General Manager.

But to have that in this policy do not seem to make sense upon further consideration. I also just want to mention that there was some talk brought up in the last meeting around the Chair, if the Chair was not present having it be considered that it's the longest serving member.

00:47:11

And I guess this is something the Vice President of Operations was going to say, so sorry to do this to you but this was not seemed to be because there could be cases where there are multiple people that are the longest serving members. And so, it's up to the Chair to consider who would be comfortable doing it, who would be present at the meeting, those kinds of things. That may help to address some of those concerns and I really think the Bylaws and Policy Committee did a great job in capturing all that.

Thank you.

CR Thank you, Vice President of Operations and Finance.

VPF Thank you Chair and thank you VPA for the comments. You covered most of what I was about to say and thank you for capturing what I forgot. I keep forgetting that one part but what I was going to add on is if we wanted to change the reporting structure that is something we would have to change in the bylaws. We can't change that in the policy right away. So, that would take over a year to do or around a year to do. So, I suggest passing this for now and if that's something we want to review then we can review that further on.

00:48:24

As well as VPA said in her comments, it's in the bylaws that the General Manager reports to EC and EC reports to SC. If EC so chooses to, they can ask the General Manager to submit a report to SC and if any SC members or any of our SAMU members have any questions, they are welcome to come to EC at any time and we will answer them. We are open. We just want to limit what operational information is going into

the SC meetings because that's what it's about.

You don't need to know that the stairs are halfway, I don't know what an example is but either way, I know you want to know, and you're welcome to come and ask us. But again, we're not trying to hide anything from you, so thank you Chair.

CR Thank you. Other debate. Councillor Strayer.

CS I would likewise suggest passing this. This policy has gone on long enough and I think we're all a little bit tired of it. This has gone through numerous reviews and a lot of just prudence in order to get it to the way it is now. It got sent back to Bylaw and Policy for review, this is good policy. My issue remains with the reporting structure for the General Manager. It's the highest paid non-elected official from the organisation. I completely agree that the information we get from the EC is important and valuable and we do trust them.

At that, when I look back in prior meeting reports, I had to go back to 2017 to be able to find a report from the General Manager. That was actually the General Manager's report. In this December, I had to specifically ask when there was new news on the new building that was supposed to be open in September. I just came out and asked for the General Manager to come and report to Student Council. This is valuable information that we need to know.

00:51:07

So, I highly recommend that we look for some sort of solution in the future for some sort of General Manager reporting with caveats that allow us to hear things that are important for decision making without treading on the lines of operational information. This is important for our decision making and for the student body. Thank you Chair.

CR Thank you. Councillor Unera.

CU Yes, thank you Chair. I'm just going to speak on behalf of being in a Bylaws and Policy Committee for little over two months now. Should the motion be defeated again, and it gets sent back to our committee, I would encourage those who have any ideas to come and join as a guest in our meeting such as what our VPA and VPE did. It was extremely helpful. That's all, thank you Chair.

CR Thank you. Vice President of External.

VPE Thank you Chair. Picking up on that, I would say that if anyone has any changes that they believe still need to be made to this piece of policy, I would really encourage all of the councillors and executives present to not shy away from making amendments and proposing amendments. Because we all might have some different ideas about certain things that we'd like to tweak here and there but no one person should have an outsized say on this.

00:52:38

I would just say to Councillor Strayer that if it is a big topic, the reporting structure of SAMU and I think that if you feel strongly about it then submitting a future motion to address that or a consultation item on his own behalf. Would I think be a great step forward so that we could address those concerns. Thank you Chair.

CR Thank you. Other debate.

The question is on the adoption of the motion to approve the Student Council's Meeting Policy on the recommendation of the Bylaws and Policy Committee. If you are in opposition, can you please indicate such in the chat right now. I'm going to give you an extended period of time only because we need to capture these votes.

Okay, motion carries.

Item eight, consultation. Councillor Strayer, can I just get you to mute yourself please. Thank you.

Item eight, consultation, nothing there. Item nine, evaluation. The link for the evaluation form is in your package, so I'll direct you there right now.

[silence]

I'm told we're waiting on two more to complete.

One more.

01:00:31

All right, it looks like we're all done. I can never tell if you're still typing or snapping each other. Is that the appropriate verb for using Snapchat? Who knows? We'll never know.

Item ten, recognition. If you would like to recognise someone or the group something, please indicate as such in the chat please. Vice President of Operations and Finance.

VPF Thank you Chair. I would like to thank the VP of Academic for her presentation. It was very informative, and I thoroughly thought it was great. I can't talk, I apologise. I also wanted to thank VPC for working on this policy and for all the work you put into it, I know it's been a while and I know some of you are new and you just got thrown into it but we really appreciate your work and your help. Thank you Chair.

CR Thank you. Other recognition.

Vice President of Academic.

VPA Thank you Chair. I just wanted to recognise our marketing team for doing such an awesome job and for putting this together to make our meetings more transparent and accessible to our members. To our students, hello if you're watching. Thank you so much. And our marketing team as well, for all the support you might have noticed in our reports talk about surveys and we go back and forth with our marketing team about them and I just wanted to give them a shout out for all of their hard work. Thank you so much.

01:02:22

CR Thank you. Any other recognition?

Last call for recognition.

I would like to recognise council for another effective meeting over Zoom. I think these go really smoothly and so I commend you for that. I've also never Facebooked live before so I can check that off my bucket list and that ran really smoothly so congratulations to the marketing team.

So, item eleven. Adjournment, can I get a motion? Vice President of Operations and Finance.

VPF I move to adjourn.

CR Thank you. This motion only requires one mover and is not debatable. Is there anyone opposed? Speak now please.

Motion carries, this meeting is adjourned. See you everyone.

UM Bye.

01:03:28