

You Got

# TRUST ISSUES!



## WELCOME STUDENTS!

### WE ARE FALL-ING FOR YOU

As the new academic year begins, it remains important to take time for yourself. There are many different ways to indulge in self-care including: getting enough sleep, skin care, reading a book for leisure, going to the gym and so much more!

## LEAVES

-ELSIE N. BRADY

How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to sleep, their work well done,  
Colors gleaming in the sun.

At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.

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# The 2022-23 Board Representatives



**Brooklyn Broaders**  
Student Trustee  
NWPSA



**Tahniah Getson**  
Management Trustee  
NWPSA



**Candice Heigh**  
Management  
Trustee  
HCSU



**Tina Iannarilli**  
Management Trustee  
STUSU



**Himali Kadam**  
Student Trustee  
CBUSU



**Nate Lesser**  
Student Trustee, Co-  
Chair  
MASU



**Dawn MacDougall**  
Management Trustee  
CBUSU



**Paul John Martinez**  
Student Trustee  
SAITSA



**Jennifer McBride**  
Student Trustee  
MSVU



**Rebeca Rothfus**  
Management Trustee  
SAMHC

# What's New?

## BOARD OF TRUSTEES

*Met on June 20th-23rd, 2022 for APO*

- New Board of Trustees!
- Approved the restated Trust Agreement
- Approved 2022/23 operating budget

## COMMUNICATIONS COMMITTEE

*Met on July 20, August 17 and October 13th*

- Appointed chair for this committee
- Received a request for proposal (RFP) from the Durham College Student Association (postponed until later in 2022/23)
- Discussed the new Student Wellness program
- Discussed marketing for the Campus Trust

## GOVERNANCE COMMITTEE

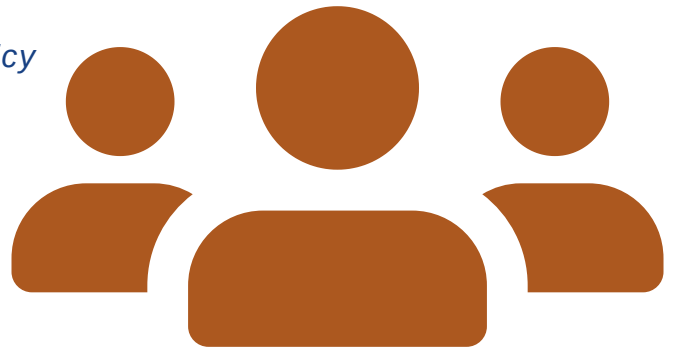
*Met on July 14, August 18, and October 19*

- Appointed chair for this committee
- Began the annual governance review
- Discussed data retention/destruction policy
- Finalized draft of a Student Trustee elections policy

## FINANCE COMMITTEE

*Met on July 19, August 23, and October 18*

- Appointed co-chairs for this committee
- Approved PBAS administration invoices
- Approved trustee reimbursements from the APO
- Approved PBAS consulting invoice
- Reviewed Trustee reimbursement policy





# Sweater Weather

## FALL WELLNESS CHECKLIST

### 1. Boost your immune system

- Drink lots of water
- Wash your hands
- Eat nutritious foods

### 2. Moisturize

- Wear sunscreen
- Use lotions, or other moisturizers

### 3. Keep Yourself On Track

- Use a day planner
- Create to-do lists

### 4. Give back

- Volunteer
- Donate to charity
- Organize a food drive







# STUDENT WELLNESS

# NEW!

Student Wellness provides students with free, confidential access to a professional counsellor any time, anywhere, via phone or internet.

Staffed by a team of highly trained and qualified professionals who are experts in fields such as well-being, family matters, relationships, debt management, employment issues and **much more.**

**In Canada 1-833-549-3281**

**[studentbenefits.ca/studentwellness](https://studentbenefits.ca/studentwellness)**

