



A&P Assembly Meeting Minutes
Student Center – Room 2222
Wednesday, October 3, 2018 at 3:00 P.M.

Order of Business

Call to Order

I. Roll Call

Present: Mark Bransby, Lawrence Hamberlin, BreAunna Mckenzie, Claire Wilson, Brooke Patton, Anna Thompson, Joy Vrbka, David Bess, Torey Palmer, Joshua Henderson, Shelly Nemeroff, Branden Farmer, Stephen Gulley, Jeanie Harry, Robert Holm, Tyler Adams, Katie Lee

Absent: Robert Kulick, Paige Patterson, Mike Stover, Tim Blackmon, Clint Lovelace, Shirley Carter, Angela Chandler,

II. Approve Minutes

- A motion to approve the minutes was made by BreAunna Mckenzie and seconded by Mark Bransby

III. Speakers

- **Reita Clanton**
 - She is the current Director of performance and health optimization, a former Auburn athlete, and Olympic Handball Player
 - Teaches a course on stress reduction for the School of Kinesiology
 - This course helps students manage their stress load and focus on mindfulness
 - She emphasized the following:
 - Problems arise when we get out of balance

- We must learn how to make better choices so that we can create better balance in our lives
 - Having self-awareness is the most empowered place you can be because then you can make choices that serve your highest good or to direct your energy in a way that helps you perform at your best
 - In the School of Kinesiology mindfulness is defined as the cultivation of present moment awareness in order to direct our energy in a way that serves our best performance
 - Your body must stay in balance by how you nourish, move your body, and give it adequate sleep
 - I don't do these things your body is in constant low grade stress by trying to balance what you are not giving it
 - We must take the responsibility to be our own primary healthcare provider
 - How we start our day is important to the energy that we carry into the day
 - Do things in the morning that allow you to be centered and focused
- Seminars are available for faculty and staff to request
- **Joyce Thomas-Vinson – Campus Kitchen**
 - She is the advisor for campus kitchens
 - The Campus Kitchens Project is led and operated fully by Auburn students
 - They focus on resourceful anti-hunger programs for the community and fellow students
 - This was started from a hunger studies course service project by students
 - Auburn is the 17th branch to open for Campus Kitchens
 - This organization receives left over food from several campus dining facilities and Golden Coral restaurant
 - The student volunteers recover the food from the businesses, take it back to their Toomers residence hall kitchen, and then the students package the food
 - The students take the food to 18 community partners which includes kid programs, elderly homes, church food pantries, etc...
 - This organization prepares 800-1000 meals each week
 - Financial assistance is provided by private donations and Publix every semester

- From August 2017 until August 2018 this organization collected 33,000 pounds of food that would have normally been thrown away
- Every Friday afternoon Campus Kitchens offers the Auburn family meal where food is given out to any student in need on campus
- Donations and volunteers are always needed by this organization

IV. Topics

- **Employee dining plan**
 - Dining services is still trying to work on how to get the money from faculty and staff to pay for the meal plan
- **Hardship Fund**
 - We are working on getting a policy created for the general counsel's office
 - Raising money for the hardship fund is still a priority
 - Currently creating a publication that outlines the purpose of the hardship fund and how to apply
- **Strategic Planning Committee**
 - The executive committee met with the strategic planning community
 - Employees is one of the main focuses for the strategic plan
- **Insurance and Benefits Committee**
 - A&P will have a table at the benefits fair on November 14, 2018 to promote the purpose of A&P and the hardship fund
- **Regular meetings**
 - **President**
 - **COO/Chief of Staff & CFO**
 - **Human Resources:** October 31, 2018 in CASIC building room 109
- **Employee Shuttle Services**
 - For service between 9–11 a.m. and 1-6 p.m. call (334) 844-8600 and a shuttle will quickly pick up at any on campus location for transportation to any other on-campus location
- **Committee Chairs Report**
 - **Professional Development**
 - The new co-chair will be nominated soon
 - They are focused on finishing the tuition and benefits project

V. Open Forum

VI. Adjourned: 4:10 pm