



**IMSSA Executive Council Meeting #2 Agenda**  
**October 13th, 2016; 5:30 pm**  
**PMH Main Boardroom**  
**M-805**

- 1) Introductions**
- 2) Co-curricular record**
  - a. Send in the record soon
- 3) Communications/ Webmaster**
  - a. Send in bios and pictures
- 4) Social Events**
  - a. Hart House Farms
    - i. Booked November 12-13<sup>th</sup>; \$30 for food and stay
    - ii. Volunteer drivers needed (Melissa et al)
  - b. Holiday Party
    - i. Party is booked for December 2<sup>nd</sup>; less time to set up (location booked at 6pm; doors open at 8pm)
    - ii. Location is at Sick Kids PGCR
    - iii. Call for volunteers to help set up
    - iv. Think of themes for party
  - c. Thanksgiving Dinner follow up
    - i. Big hit; plenty of audience
- 5) Social event:**
  - a. Apartment crawl (November 4<sup>th</sup>, 5<sup>th</sup>)
  - b. Call for volunteer apartments
- 6) Community and Outreach**
  - a. Pen Pals: spots all gone
  - b. Michael: majority of events will be targeted in winter months
    - i. Clothing drive: November
    - ii. Care Packages
    - iii. Scott Mission
    - iv. Mentorship program within IMS (with incoming students, first years)
    - v. Making a mental health first aid program:
      1. Fundraise approximately \$3000 for faculty certified to teach course for mental health first aid
      2. Average cost/person in a mental first aid course is \$125, so it is a good investment and return.

## 7) Sports

- a. Ball hockey tournament: pay Swapna \$10; roster to be finalized next Wednesday.
- b. Winter intramural sports for IMS team; doodle poll with sport options to be sent out.
- c. Science in the 6ix: May 20<sup>th</sup> (arguably Victoria Day); give suggestions for charity to target; destinations to all major hospitals (start and end at Medical Science building).
- d. Volleyball: first game victory

## 8) Academic Events

- a. Seminar Series (how to be a graduate student; first PAC meeting; how to choose committee)
- b. Aiming for 1 event this semester; 2 each for Winter 2017 and Summer 2017 semesters.
- c. Ideas: grant, proposal, systematic review, PAC meetings, how to market yourself
  - i. Newsletter for events at each site (site directors to send events to occur to Nancy)

## 9) Wellness

- a. Brenda Toner- Mindful Moments drop-in classes follow up
  - i. Every Tuesday (4:10 to 5pm)
- b. Run Club
  - i. Janessa to start club (aiming for Monday or Wednesday); Janessa to send doodle
- c. Yoga Classes
  - i. Lauren can hold various yoga sessions/ week; sending out Doodle poll for availability

## 10) Site Directors: aim to have an event in this current semester!

- a. **TWH**: Pizza lunch on November
- b. **CAMH**: November 7<sup>th</sup> : event TBA
- c. **MSB**: pizza lunch: date TBA
- d. **St. Mikes**: games night in middle of December; date TBA
- e. **Mount Sinai**: Dinner and games night; date TBA
- f. **Sick Kids**: pizza lunch; date TBA
- g. **Sunnybrook**: exercise day; date TBA

## 11) IMSSA Apparel

- a. If someone wants to order, email for e-transfer will be sent tomorrow.
  - i. Final prices: zip-up: 37.57; crew neck: 16.xx

## 12) Other Business

- a. IMSSA Picture- Toronto Sign: plan time and date; to occur before meeting.
- b. Magazine update:
  - i. new issue is coming out in next couple of weeks
  - ii. Call for open articles ([imsmagazine@gmail.com](mailto:imsmagazine@gmail.com))
- c. IMS PodCast: next episode is out tomorrow