



Classified Staff Council



April 2019

"Success isn't about what you accomplish in life; it's about what you inspire others to do." - Unknown

UPCOMING EVENTS

Money Smart Week events

3/30—4/6/2019

varied schedules

Money Smart Week helps consumers better manage their personal finances. Programming is offered to all demographics and income levels and covers all facets of personal finance. Learn more about this national initiative at <https://www.moneysmartweek.org/>. For the events during Money Smart Week on the UNC campus and beyond, see [2019 Events](#).

Friends of the UNC Libraries Book Sale

4/3/2019

9:00 am—5:00 pm

A wide variety of books and music will be available for sale. This is the last book sale this semester; cash and checks only. This is the major fund-raising project of our organization and proceeds benefit University libraries support the library in a variety of ways.

Location: Michener Library, first floor. For more info, contact Debra Kinzer at 970-351-2640 or debra.kinzer@unco.edu

Lunch & Learn Forum: Creating Attainable Fitness & Wellness Goals

4/3/2019

11:30 am—1:00 pm

This interactive presentation will give you tips and tricks to set sustainable goals in order to make personal progress and achieve long-term behavior change to live your happiest and healthiest life. You are invited to bring your brown bag lunch to enjoy during the presentation.

Location: CAND 1375. To register and reserve your seat, please email cetl@unco.edu

Classified Staff Council Meeting

4/10/2019

8:15 am—9:45 am

We cordially invite anyone to attend our next scheduled CSC meeting. We are looking to fill out our team of council members and would love to have you join our Council.

Location: UC Council Room. For more info, email Heidi Romero at Heidi.romero@unco.edu or call 970-351-4714.

Presidential Investiture

4/12/2019

12:30 pm—2:00 pm

Join the university community for the investiture of the UNC's 13th president, Andy Feinstein, Ph.D. Ceremony followed by a community reception.

Location: CC Performance Hall. For more info, contact UNC Development & Alumni Relation 970-351-2551

UNC's 9Health Family Fair & VIP Lunch

4/13/2019

8:30 am—11:30 am

Now entering its 7th year at UNC, the fair engages students and faculty from multiple programs across campus, including Nursing, Audiology, Sports and Exercise Science, Business/Marketing and Education, to provide screening and health care services to create healthy families and communities. To register for screenings, please see the following link: <https://www.9healthfair.org/health-fairs/spring/179/index>

Location: UC. For more info, contact Deborah Romero 970-351-2458 or email Deborah.romero@unco.edu

Homebuying: Where to Start?

4/18/2019

5:30 pm—7:30 pm

This workshop is ideal for students, parents, faculty, staff and greater Greeley residents who are interested in home ownership.

Location: Kepner Hall 2035. For more info or for the registration link, please email Chad Pohja at chad.pohja@unco.edu

Women's Walk

4/20/2019

8:00 am—10:30 am

This event is a fun family-friendly way to connect with UNC's student athletes, coaches, staff and alumni. Join your fellow Bears for a short walk around campus as student-athletes take on the role of fan and cheer you on.

Location: Butler Hancock Athletic Center. To register and reserve your seat, please email Alumni Relations at alumni@unco.edu

Please check the UNC Calendar for more valuable training opportunities and events at <https://calendar.unco.edu/>

OUTDOOR PURSUITS PROGRAMS

TRIPS/EVENTS	DATE	FEE
Climbing Shuttle @ Whetstone	4/5/2019	\$10
Stand Up Paddle Board Yoga	4/10/2019	\$5
Wilderness First Responder Course	4/10/2019	\$650/\$700
Manitou Incline Hike	4/20/2019	\$15
Sky Diving	4/27/2019	\$200
Day Hike & Yoga	4/27/2019	\$15

For more information, contact Coordinator Whitney Dyer at 351-GEAR or email the department at outdoor.pursuits@unco.edu

***NOTE:** The Gear Shop is a great resource for all UNC outdoor enthusiasts with all sorts of equipment available for rent by the day, weekend, or week. The Gear Shop staff are also available to help you plan your trip.

All equipment rentals are free! Reservations can be made by using the online reservation form or just come by the Gear Shop.

Gear shop hours: M&F 11 am—6 pm, T-Th 11 am—5 pm, Closed on University holidays and weekends.





Upcoming Colorado PERA Meetings Schedule

April 2019

Colorado PERA offers a variety of meetings to members at various stages in their careers. It's your chance to hear about your benefits from those who know PERA best. Information about the different local meetings PERA offers is listed below:

FORT COLLINS

Hilton, 425 W. Prospect Road

Group Workshop: April 2, 4:30 pm

Benefit Info Meeting: April 2, 6:30 pm

GREELEY

UNC University Center, 2045 10th Street

Retirement Process: April 18, 4:30 pm

PERACare Info Meeting: April 18, 6:30 pm

LOVELAND

Thompson School District Boardroom

800 S Taft Ave., Room 128

Group Workshop: April 30, 4:30 pm

Benefit Info Meeting: April 30, 6:30 pm



April 15 - 18

It takes many different people to make UNC a great place to work and learn. During our annual Appreciation Week, we invite employees and students alike to express their gratitude to the individuals that make their UNC experience special.

Join in by sharing thanks for the members of the UNC community that matter most to you. Thank-you materials will be distributed and available at tables around campus during Appreciation Week.

Employees can contact Kelsey Crane at Kelsey.Crane@unco.edu or 970-351-2205 with questions.



Classified Staff Council

Date: Saturday, May 11, 2019
Time: 7:00 am-12:00 pm
Location: Gunter Hall Gymnasium

WE HOPE TO SEE YOU THERE!



The Employee to Employee (E2E) program is an initiative of UNC employees fostering a sense of community on campus by supporting peers' personal wellness through mindfulness, yoga, and other physical contemplative practices.

The Employee to Employee (E2E) program is a grassroots initiative that developed out of a desire to hold space for each other and offer grounding moments in the middle of our busy weeks and stressful worlds.

Come as you are.

Practice tools for stress-relief. Be in community with other UNC employees. No need to change clothes. All sessions are open to all fitness and ability levels.



TBD



TUESDAYS Two Mindfulness and meditation practice sessions (12:10-12:30 & 12:30-12:50)

THURSDAYS Wellness Practices including yoga, stretching, and guided walks



12:10 - 12:50PM

Upcoming Schedule

Tuesday April 2nd, 2019	UC Aspen A	Meditation	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday April 4th, 2019	Outside (Meet at the Bear)	Fit Outdoors	Katie Lundberg (Campus Recreation)
Tuesday April 9th, 2019	UC Aspen B	Meditation	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday April 11th, 2019	Outside (Meet at the Bear)	Mindfulness and Grounding Activity	Karen Eichel (Career Services)
Tuesday April 16th, 2019	Upper GF Studio (Campus Recreation)	Meditation	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday April 18th, 2019	UC Spruce A & B	Happy-U: Positive psychology & yoga	Stephanie Pitt (Biological Sciences)
Tuesday April 23rd, 2019	Upper GF Studio (Campus Recreation)	Meditation	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday April 25th, 2019	Outside (Meet at the Bear)	Trees of UNC walk	Pat McDonald (Facilities Management)

If you are interested in facilitating a future session or have feedback about the E2E program, please contact Dr. Tamara Yakaboski tamara.yakaboski@unco.edu with your skills and interest.

The Employee to Employee (E2E) program is coordinated by these UNC units:
HIGHER EDUCATION & STUDENT AFFAIRS LEADERSHIP PROGRAM
HUMAN RESOURCES
THE CENTER FOR APPLIED CONTEMPLATIVE STUDIES
CAMPUS RECREATION



Campus Recreation

Each year, Earth Day—**April 22**—marks the anniversary of the birth of the modern environmental movement in 1970. The height of counterculture in the US, 1970 brought the death of Jimi Hendrix, the last Beatles album, and Simon and Garfunkel's "Bridge Over Troubled Water". War raged in Vietnam and students overwhelmingly opposed it. At the time, Americans were slurping leaded gas through massive V8 sedans. Industry belched out smoke and sludge with little fear of legal consequences or bad press. Air pollution was commonly accepted as the smell of prosperity. "Environment" was a word that appeared more often in spelling bees than on the evening news. Earth Day 1970 gave voice to that emerging consciousness, channeling the energy of the anti-war protest movement and putting environmental concerns on the front page.

2020 marks the 50th anniversary of Earth Day. Earth Day has reached its current status as the largest secular observance in the world, celebrated by more than a billion people every year, and a day of action that changes human behavior and provokes policy changes. Today, the fight for a clean environment continues with increasing urgency, as the ravages of climate change become more manifest every day. We invite you to be a part of Earth Day and help write more chapters—struggles and victories—into the Earth Day book.



25 Different Ways to Celebrate Earth Day

1. If you are in a situation where you can actually **walk, ride your bike, or carpool in order to get from place to place**, then it may be time for you to consider that. The fewer cars on the road, the better off that we will be when it comes to our atmosphere.
2. You can **volunteer your time to organizations** (local or national) that put effort into making the world a better place and helping the environment. There are a lot of great things that you can do, and on Earth Day, there are usually local activities as well.
3. Did you know that **switching all of your bills to e-bills and online invoices** can save millions of trees every single year? It's true! If you are in a position where you can do that without making everything more confusing and stressful, then you definitely want to look at the different things that you can do in the long run.
4. **Education is the key to everything** that you do for the environment. If you know more about what you can do to protect the environment, then you will be able to use that knowledge and share it with others who may be interested in it as well. And that, in the long run, can make a big difference.
5. Do you want to **encourage others to get in on the celebration**? Then consider putting together what is known as a pledge board at work, school, or your place of worship. You can leave post it notes there so that people can write down the activities that they pledge to do for the environment throughout the next year or so.
6. Do you **have a recycling plan in place**? If you already do, start looking into what you have in order to expand what you're recycling. If you do not, then you want to take a look and see what you can recycle in your local area and if you can work to make a difference in that way.
7. **Do your faucets leak**? If so, did you know that this wastes a lot of water on a yearly basis? If you haven't done so yet, then you may want to look into how you can go ahead and get started with it during the next year.
8. **Plant a tree**. Trees are a big part of our earth, and planting one will just add to the health and wellness of the world that we live in.
9. **Join a group that is focused on taking care of the environment** and see how you can help. It can get your family involved and excited about everything that is available.
10. **Go to a local event**. A lot of communities will have an "Earth Day fair" or something similar that your family can enjoy together and learn from.
11. **Stop drinking bottled water**! There are plenty of alternatives out there and, if you stop drinking bottled water, you can save a lot of plastic that would, otherwise, be filling up landfills and dumps.
12. **Consider making your yard an oasis for birds and other creatures**. You can put in a bird feeder, install birdhouses, put in a bird bath, and more. By making it comfortable for them, they will be more likely to stick around.
13. **Help kids learn about the environment by installing a play garden**. These can help children to start to fall in love with nature while also being a lot of fun and helping them to get their hands a little bit dirty at the same time.
14. **Consider putting together your own garden in your yard**. This can save you money, help enrich the area, and it can make it so that you can get more out of what you're doing on a regular basis.
15. Are you concerned about legislation at the state or national level when it comes to the environment? Then now may be the time for you to **write an email or letter to your representative, senator, or whatever official that you may be looking to talk to about environment**.
16. **Have you updated your light bulbs yet**? There are a lot of different options out there that you can choose from, and most of them are much more environmentally friendly than what we grew up with. Changing them can save you a lot of time, money, and energy.
17. **Put together an activity for your community if there isn't one going on**. Organize an event, do a community clean up, or put together a fair in your community.
18. **Consider adopting a highway**. Our roads get a lot of litter and junk on them on a regular basis, and there are highways all over the country that do not have what they need when it comes to people that can clean them. Go with your work or group of friends to take care of things.
19. **Take some time to work with your local school**. Local schools need all of the help that they can get when it comes to figuring out the best way to get kids more interested in the environment and its care.
20. **Take initiative to make sure that your workplace is more environmentally friendly**. See what you can do in order to make it just a little bit easier on everyone when it comes to getting involved with caring for the environment. Do research on recycling and get everything in order so you can all do your part.
21. **Go and enjoy nature in a special way. Go on a hike. Go to the park**. Do something that gets you in touch with nature and that helps to remind you exactly why you're going to want to go ahead and put so much time, effort, and energy into what you have to offer here.
22. **Put together a list of goals for the following year**. What do you want to do throughout the year? What steps are you going to take in order to make sure that you can get everything that you need without a lot of hassle? Focus on those things above everything else.
23. **Consider finding a way to help an environmental organization financially**. If you have additional finances, there are all sorts of organizations out there who will need a little bit of help with money. Most are nonprofit organizations, so look into the ones that work on the things that you are most concerned about or most interested in and consider donating to them.
24. **"Adopt" a creature at a wildlife preserve**. There are a lot of them out there that need sponsoring, so consider finding a rescue that takes care of your favorite animals, then see how you can adopt and help pay for the care and such that one of these beautiful animals needs.
25. **Don't just leave it to Earth day**! If we can do a myriad of things when we are celebrating Earth Day, imagine just how much more that we could do if we took care of the environment every other day during the year. So, why not look into what can be done through the whole year and make taking care of the environment a regular part of how you live.

There could be number of other ways to celebrate Earth day. These are just 25 ways by which you can celebrate Earth day and make a small contribution to the global campaign.

Attn: Classified Staff

Scholarship Money

Available

Do you have a
dependent student?

Are you a student?



Could they, or you,
use some
extra money for
books,
transportation, etc.?

For more information or to apply, visit the CSC website:

<https://www.unco.edu/classified-staff-council/what-we-do/scholarships.aspx>



Our PizzaPalz are still
selling like hot cakes!!
Order some for
your favorite students
or staff members as
holiday gifts today!



These PizzaPalz cards sell for \$11 and you can present your card at any Old Chicago to purchase up to a \$25 pizza. They are available for special occasion gifts for all those hard-to-shop-for people on your list.

For more information or to purchase these cards, call Kristina Burton at 351-1973 or by email at Kristina.burton@unco.edu

Each **\$5.00** King Soopers
gift card you purchase
can be reloaded indefi-
nitely and are very easy
to load with funds at
Checkout!



These funds can be used to buy groceries, gas, etc. for your own family, favorite student, or to give as gifts to your friends, family, and neighbors.

(King Soopers gift cards are accepted at most Kroger affiliated stores throughout the US, such as Kroger, Fred Meyer, Ralphs, Fry's Marketplace, Dillons, Smith's Food and Drug, City Market, Food 4 Less, Owen's and Loaf and Jug)

For more information or to purchase these cards, call Kristina Burton at 351-1973 or by email at Kristina.burton@unco.edu