



Classified Staff Council

March 2018



UPCOMING EVENTS

Mindful Eating & Nutrition **3/1/2018** **10:00 —11:00 am**
 Come educate yourself on how to become aware of positive opportunities that are available through food preparation and consumption.
Location: UC, Columbine A. For more info or to register, contact Rosemary Assabil at 970-351-1490 or email assa2808@bears.unco.edu.

PASC/CSC Guest Speaker Series: Update on Campus Climate **3/7/2018** **11:00 am—12:00 pm**
 Katrina Rodriguez and Fleurette King will give a progress report on the 2017-2018 Campus Climate Initiative Action Items and discuss next steps in UNC's community building work.
Location: UC, Spruce A & B. For more info, contact Shawna Watson at 970-351-1189 or email Shawna.watson@unco.edu.

Inclusive Workplaces **3/12/2018** **1:30—4:00 pm**
 This workshop offers participants strategies and resources to create and maintain inclusive workplace environments and skills to create equitable work environments to develop and retain talented staff.
Location: UC, Spruce A & B. To register for a workshop, email cetl@unco.edu with your name, phone, and name/date of the workshop you would like to attend.

Food for the Soul: Chicken & Waffles at the Garvey Center **3/21/2018** **12:30 –1:30 pm**
 This is a first come, first serve event. Enjoy freshly made waffles and chicken at the Garvey Center and learn more about our upcoming events.
Location: Marcus Garvey Cultural Center/Davis House. For more info, contact Catelin Corbin at 970-351-2351.

PLEASE RSVP by March 9: Employee Banquet & Silent Auction **3/26/2018** **begins at 5:30 pm**
 Please come join us for a delicious dinner and honor our many staff members for their service and accomplishments, honor our retirees and award deserving individuals for Employee of the Year. FREE to UNC staff with RSVP and each honoree and Employee of the Year nominee will receive one complimentary meal for a guest. All other guests will have an additional charge. Payroll deduction possible (see attached form).
 Please RSVP at the following link: https://unco.co1.qualtrics.com/jfe/form/SV_0r2CFdxqBDUJSm1 **Location:** UC Ballrooms.

Diversity Basics **3/28/2018** **10:00 am—12:00 pm**
 This interactive session allows participants to learn about foundational concepts of diversity and about their own multiple social identities. Participants have space to ask questions and understand the evolution of empowering language in a judgement-free environment as they explore concepts and their own ways of knowing.
Location: UC, Spruce A & B. To register for a workshop, email cetl@unco.edu with your name, phone, and name/date of the workshop you would like to attend.

SAVE THE DATE: 9News Health Fair **4/21/2018** **begins at 7:00 am**
 Attend to get free health testing such as blood work, hearing/dental/skin checks, lung functions exams, and more health information. Lots of fun kids activities. FREE to UNC staff. **Location:** University Center. For more info, contact 800-332-3078 or visit www.9HealthFair.org

OUTDOOR PURSUITS PROGRAMS

EVENTS	DATE	FEE
Spring Cling Climbing Comp	3/2/2018	\$15 fee
Keystone Night Skiing	3/3/2018	\$70 fee
Copper Mountain	3/3/2018	\$70 fee
Spring Break, MOAB trip	3/10-3/17/2018	\$275 fee
Spring Break, Zion and San Diego trip	3/10-3/17/2018	\$550 fee
Kayaking Beginner Course	3/25/2018	\$5 fee
Colorado Wildlife and Landscapes	3/28/2018	\$5 fee

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.



Campus Culture Corner

The position of UNC President has been advertised in a range of higher education online publications. Additionally, the search firm Storbeck/Pimentel made 900 phone calls and initially received 400 responses to “cast a wide net” in developing a pool of diverse and qualified candidates. Then, in February, the 15-member [UNC Presidential Search Committee](#), which includes the Classified Staff Council Chair, reviewed candidate materials to decide whom to interview. The search committee is scheduled to conduct first-round interviews in early March. For more information about the UNC presidential position, see the [position profile](#) and [leadership characteristics](#).

The [Campus Community & Climate Professional Development Series](#) continues this Spring semester with the following workshop categories:

Coaching: Learning Effective Skills
Conflict Resolution Capacity Building Series
Equity & Inclusion Topics

Foundations of Team Building
Supervisor Development

To register for a workshop, email CETL@unco.edu. Include your name, phone number, and the name and date of the workshop.

Article written by Maggie Kinney, CSC Chair



Upcoming Colorado PERA Meetings Schedule

March 2018

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, RAMS room

425 W. Prospect Road

Group Wkshp: March 8, 4:30 pm

Purch Svc Cr: March 8, 6:30 pm

GREELEY

University Center, Aspen A/B

2045 10th Avenue

Bene Info: March 1, 4:30 pm

Bene Info Mtg: March 1, 6:30 pm

LOVELAND

Thompson School District, Board Room

800 S. Taft Ave.

Group Wkshp: March 22, 4:30 pm

HELP Wkshp: March 22, 6:30 pm

The Classified Staff Council is seeking nominations for Employee of the Year



Nominating an employee is simple, click [here](#), fill out your nominee's information and why you're nominating them and your contact information. If you would like to remain anonymous, that is okay too - the important part is getting the recognition to someone who deserves it!

So, do you know someone who deserves recognition for his or her work? We want to hear about employees who have:

- **Dedication:** Makes a difference at UNC, and for members of the campus community;
- **Professionalism:** Consistently goes above and beyond expectations;
- **Teamwork:** Excels as a team player;
- **Motivation:** Strives to bring out "Bear Pride" in others, and "Brings education to life".

Classified Employee of the Year Nominations are **due by 5:00 p.m., March 9, 2018**, so nominate someone who deserves it today!

EATING RIGHT ISN'T COMPLICATED

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the *Dietary Guidelines for Americans* can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Minimize saturated fats, trans fats, salt (sodium) and added sugars.



Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

To help reduce your risk of heart disease, look for foods low in saturated fat and trans fat. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the [Nutrition Facts label](#) on food packaging.

For more information, view the infographic [Total Diet Approach to Healthy Eating](#).

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 indefinitely 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

YOU ARE INVITED to the

47th Annual

University of Northern Colorado

Classified and

Professional Administrative Staff

Employee Awards

And Recognition Banquet

We hope to see you there!

March 26th 5:30-8pm University Center Ballrooms

Honorees and one Guest no charge.

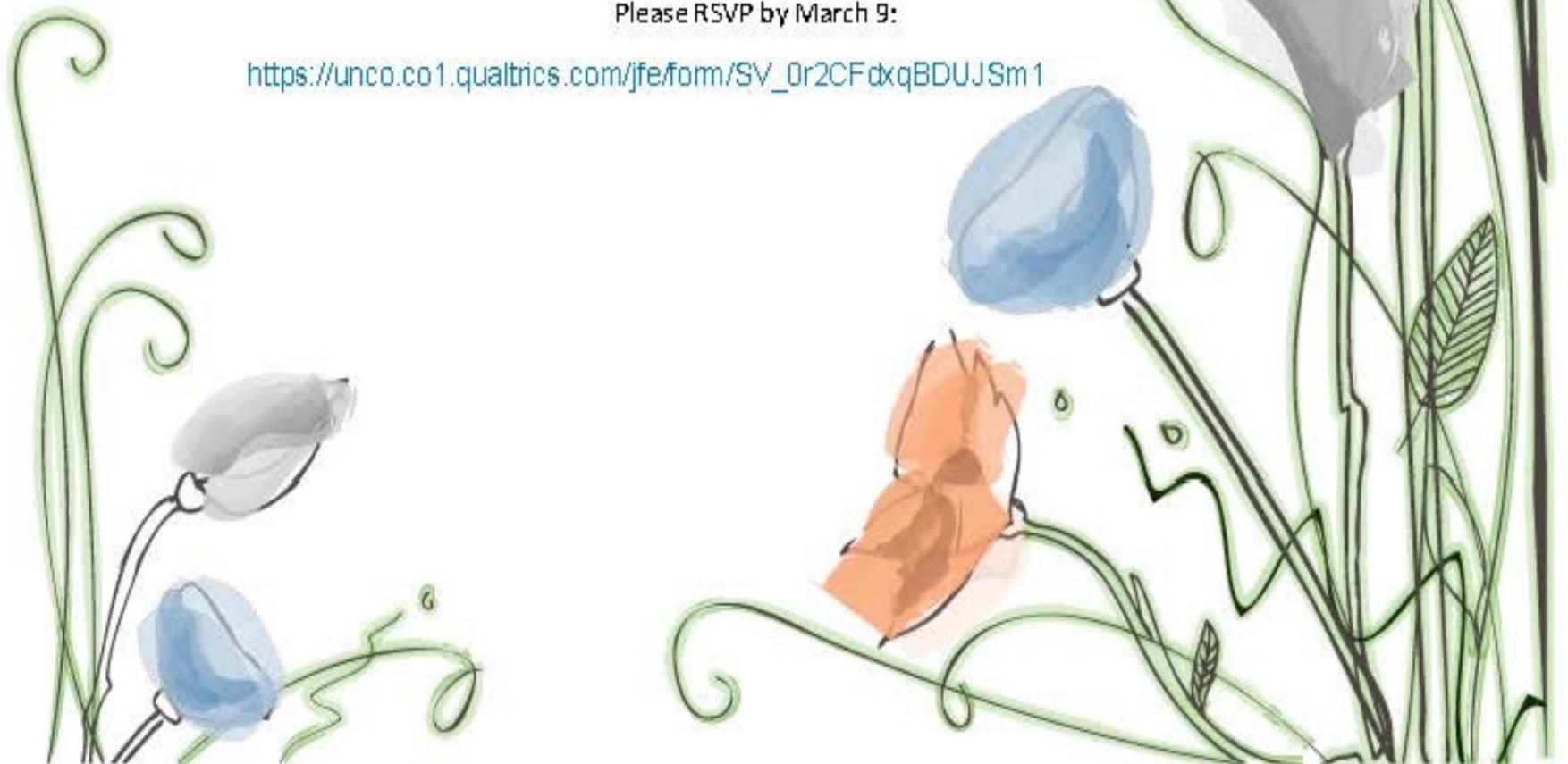
Additional guests:

Please fill out the attached payroll deduction

form and bring a printed copy with you

Please RSVP by March 9:

https://unco.co1.qualtrics.com/jfe/form/SV_0r2CFdxqBDUJSm1



47th ANNUAL EMPLOYEE RECOGNITION BANQUET
AUTHORIZATION FOR UNC PAYROLL DEDUCTION

Name: _____

Bear #: _____

Department: _____

Phone #: _____

Dinner Payroll Deduction:

Qty: _____ Sliced Roast Tenderloin of Beef x \$29.25 \$ _____

Qty: _____ Prosciutto Basil Stuffed Chicken Breast x \$23.50 \$ _____

Qty: _____ Vegetarian Risotto x \$19.25 \$ _____

Silent Auction Payroll Deduction:

Please indicate item(s) purchased and price(s) paid.

_____ \$ _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

TOTAL to deduct (meals *and* silent auction items purchased): \$ _____

I certify that I am a *current* UNC employee, and I authorize UNC Payroll to initiate a one-time payroll deduction for the item(s) listed above, to be effective with the April 30, 2018 paycheck.

Signature

Date