



Classified Staff Council



March 2019

"Really, life is about your resilience and your ability to go through your life and all the ups and downs with a positive attitude." - Jennifer Hyman

UPCOMING EVENTS

Purchasing and Contracts Spring Carnival Training

3/7/2019

12:00 pm—2:00 pm

Join the Purchasing office as you work your way through a unique carnival setting to learn policies, procedures and other facts about the areas of contracts, accounting, etc. Earn points and trade them in at the end for fun prizes.

Location: UC, Columbine A/B. For more info and registration, contact Cindy Vetter at 970-351-2711 or cindy.vetter@unco.edu

Classified Staff Council Meeting

3/13/2019

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.

First Time Home Buying: Where to Start

3/20/2019

5:30 pm—7:30 pm

PASC is proud to partner with a local real estate professional to offer this informative workshop to anyone who is interested in home ownership.

Location: Kepner Hall 2035. **Fee:** UNC \$10, Non-UNC \$15. For more info, contact Chad Podja at 970-351-1129 or chad.podja@unco.edu

Movie Night at the Kress

3/18/2019

7:00 pm—10:00 pm

Join the University Program Council at the Kress theatre for a showing of a movie picked by you! It is free and there will be complimentary snacks!

Location: Kress Cinema. For more info and registration, contact Imani Lindberg at 970-351-4109 or Imani.lindberg@unco.edu

Microsoft OneDrive, Best Practices, Tips and Tricks

3/20/2019

9:30 am—10:30 am

We will cover features such as syncing documents, accessing documents from multiple devices, as well as ways to use OneDrive to collaborate with others. This will be an interactive session, so please feel free to bring your laptop. Computers will be available for those without laptops.

Location: MICH L012. For more info, contact CETL at 970-351-2885 or ctl@unco.edu

Microsoft OneDrive, Best Practices, Tips and Tricks

3/21/2019

9:30 am—10:30 am

We will cover features such as syncing documents, accessing documents from multiple devices, as well as ways to use OneDrive to collaborate with others. This will be an interactive session, so please feel free to bring your laptop. Computers will be available for those without laptops.

Location: MICH L012. For more info, contact CETL at 970-351-2885 or ctl@unco.edu

UNC Recognition Banquet and Silent Auction

3/28/2019

5:00 pm—8:30 pm

Please attend to celebrate our employee honorees and participate in our silent auction to win some awesome and unique items. All proceeds go to assist our employees with valuable scholarships, training, speaker programs, etc. Andy has agreed to cover the cost of the meals for *all* staff plus one free guest per honoree. [If you submitted your RSVP for the March 5th date, you will need to RSVP again for the March 28th date. The RSVPs for March 5th have been deleted.](#) Meals for additional guests will be \$18/person. You may pay at the event with cash, card, or by completing a Payroll Deduction Form. Register to attend at the following link by March 15th: https://unco.co1.qualtrics.com/jfe/form/SV_bknzisHc4iosA7z

Location: UC Ballrooms. For more info, contact Heidi Romero at 970-351-2811 or Heidi.romero@unco.edu

SAVE THE DATE: UNC's 9Health Family Fair

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. More info in April newsletter.

OUTDOOR PURSUITS PROGRAMS

TRIPS/EVENTS

DATE

FEE

Climbing Shuttle @ Earth Treks Golden

3/1/2019

\$10

Ski/Board Lessons at Copper Mountain

3/2/2019

\$70

Spring Break Peru

3/9-3/17/2019

\$tba

Spring Break Moab

3/9-3/15/2019

\$250

Ski/Board Arapahoe Basin

3/30/2019

\$70

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.

Workplace Culture Corner



The 48th Annual Employee Recognition Banquet date is changing to Thursday, March 28. CSC has some good news about why the date has changed. Many of you spoke up about how UNC could better recognize all our staff at this event, so your CSC Chair took your concerns to President Feinstein. He listened and wholeheartedly agrees. He has some exciting ideas for future recognition of our staff. In the meantime, for this year, the university will cover the cost of the meals for all staff plus one free guest per honoree.

We have moved the banquet to **Thursday, March 28**, to allow time for everyone to RSVP. The event will still be held from 5:00 pm–8:30 pm in the University Center Ballrooms. If you would like to attend the banquet on March 28th, please RSVP by March 15th here: https://unco.co1.qualtrics.com/jfe/form/SV_bknzisHc4iosA7z. **If you submitted your RSVP for the March 5th date, you will need to RSVP again for the March 28th date. The RSVPs for March 5th have been deleted.** Meals for additional guests will be \$18/person. You may pay at the event with cash, card, or by completing a Payroll Deduction Form.

Thank you for letting us know how you felt. It has made a BIG difference for many!

By Maggie Kinney, CSC Chair



Upcoming Colorado PERA Meetings Schedule

March 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

RetireProcess: March 14, 4:30 pm

PERACare Info: March 14, 6:30 pm

GREELEY

UNC University Center, 2045 10th Street

Benefit Info: March 5, 4:30 pm

Group Wkshp: March 5, 6:30 pm

LOVELAND

Thompson School District Boardroom

800 S Taft Ave., Room 128

RetireProcess: March 5, 4:30 pm

PERACare Info: March 5, 6:30 pm

March is World Sleep Month. A good night's sleep is just as important as regular exercise and a healthy diet. Research shows that poor sleep has negative effects on your hormones, exercise performance and brain function. Over the past few decades, studies have proven that sleep quality and quantity have declined.



Here are 17 evidence-based tips to sleep better at night:

1. Increase bright light exposure during the day.
2. Reduce blue light exposure in the evening.
3. Don't consume caffeine late in the day.
4. Reduce irregular or long daytime naps.
5. Try to sleep and wake at consistent times.
6. Take a 1-5 mg melatonin supplement.
7. Consider other supplements such as ginkgo biloba, valerian root, or magnesium.
8. Don't drink alcohol.
9. Optimize your bedroom environments by blocking out noise or external lights.
10. Set your bedroom temperature.
11. Don't eat late in the evening.
12. Relax and clear your mind in the evening.
13. Take a relaxing bath or shower.
14. Rule out a sleep disorder such as sleep apnea by seeing your doctor.
15. Get a comfortable mattress and pillow.
16. Exercise regularly, but not right before bed.
17. Don't drink excess liquids right before bed.

You're Invited

to attend the

48th Annual Employee Recognition Banquet

March 28, 2019 / 5 to 8:30 p.m.

University Center Ballrooms

All classified and professional
administrative staff are invited and will need
to RSVP at bit.ly/unco-banquet by March 15.



UNIVERSITY OF
NORTHERN COLORADO

Professional Administrative
Staff Council



UNIVERSITY OF
NORTHERN COLORADO

Classified Staff Council



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 March 5th, 2019
Thursday March 7th, 2019
Tuesday March 12th, 2019
Thursday March 14th, 2019
Tuesday March 19th, 2019
Thursday March 21st, 2019
Tuesday March 26th, 2019
Thursday March 28th, 2019

UC Aspen A
UC Spruce A & B
UC Aspen A
UC Columbine B
UC Spruce A
UC Columbine B
UC Aspen A
UC Columbine B

Meditation
Desk Stretching & Movement at Work
Meditation
Happy-U: Positive Psychology & Yoga
Meditation
Mindfulness Through Music
Meditation
Chair Yoga

Mike Kimball, PhD (Center for Applied Contemplative Studies)
Katie Lundberg (Campus Recreation)
Mike Kimball, PhD (Center for Applied Contemplative Studies)
Stephanie Pitt (Biological Sciences)
Mike Kimball, PhD (Center for Applied Contemplative Studies)
Karen Eichel (Career Services)
Mike Kimball, PhD (Center for Applied Contemplative Studies)
Tamara Yakaboski, PhD (Higher Education & Student Affairs Leadership)

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

The Daniels Fund Ethics Initiative

In collaboration with

the Gender Studies Program and the College of Humanities and Social Sciences
Presents

The Bystander Approach, Sexual Harassment, and Sexual Assault in the Workplace

DANIELS FUND ETHICS INITIATIVE

Monfort College of Business
University of Northern Colorado

Daniels Fund Ethics Initiative Principles

Integrity

Act with honesty in all situations

Trust

Build trust in all stakeholder relationships

Accountability

Accept responsibility for all decisions

Fairness

Engage in fair competition and create equitable and just relationships

Transparency

Maintain open and truthful communications

Viability

Create long-term value for all relevant stakeholders

Respect

Honor the rights, freedoms, views, and property of others

Rule of Law

Comply with the spirit and intent of laws and regulations

Open to all

March 5, 2019, 7-9 pm

UC Panorama Room

The Gender Studies Program

offers interdisciplinary courses that explore the making and meaning of gender across cultures and social formations, past and present.

<https://www.unco.edu/hss/gender-studies/>

<https://www.facebook.com/genderstudiesunc>



by DR. JACKSON KATZ

Persons requesting disability accommodations should contact Disability Support Services at (970) 351-2289 at least 3 days in advance.



College of Humanities
and Social Sciences

The College of
Humanities and Social
Sciences
offers a wide range of
disciplines as
cornerstones of a liberal
arts education.

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

**Self-belief and hard work will
always earn you success.**

Virat Kohli

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>



Classified Staff Council