



## Classified Staff Council

*"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand." - Vince Lombardi*

### UPCOMING EVENTS

#### 49th Annual Staff Recognition Banquet

3/5/2020

5:00 pm—7:00 pm

Join us for a silent auction and to celebrate the milestones and achievements of our fellow staff members.

**Location:** UC Ballroom. Questions or to register, please contact [Victoria.niccum@unco.edu](mailto:Victoria.niccum@unco.edu) or call 351-1152.

#### Classified Staff Council Meeting

3/11/2020

8:15 am—9:45 am

This council meeting occurs on the second Wednesday of each month, location subject to change. All are welcome to attend and we are always looking for more classified personnel to join our fun council group!

**Location:** Campus Commons, Room 2200. Email questions to [Heidi.romero@unco.edu](mailto:Heidi.romero@unco.edu) or call 351-1569.

#### Safe Zone 101 Training

3/17/2020

1:00 pm—4:00 pm

This is a 3-hour training designed for Faculty, Staff, and Graduate students to educate and empower participants to be agents of change against issues faced by individuals across the gender, sexual, and romantic spectrums. Our program works to inspire folks to craft their own strategy for being affirming and inclusive for others. By doing so, we hope to create a network of folks who are dedicated to creating and sustaining a long-term safe community.

**Location:** Please register for location. Questions or to register, please contact [stephen.loveless@unco.edu](mailto:stephen.loveless@unco.edu) or call 353-5055.

### SPRING BREAK, March 16—March 20

#### Safe Zone 201 Training-History of Queerness Across Cultures (Japan)

3/24/2020

1:00 pm—2:00 pm

This program dives deeper into specific topics about queer life. These special workshops are each an hour long and are open to anyone who has finished a Safe Zone or Straight Facts about Queer Life training.

**Location:** GSRC Bonnie House. Questions or to register, please contact [stephen.loveless@unco.edu](mailto:stephen.loveless@unco.edu) or call 353-5055.

#### Food for the Soul: Chicken and Waffles

3/25/2020

12:30 pm—2:00 pm

This event is a first come, first served event, so come early to socialize and learn of the Garvey's upcoming events and enjoy the food. Hope to see you there!

**Location:** Marcus Garvey Cultural House. For questions, please contact [catelin.corbin@unco.edu](mailto:catelin.corbin@unco.edu) or call 351-2351.

*If you have an event you'd like to feature in an upcoming newsletter, please email all information to [brooks.pardew@unco.edu](mailto:brooks.pardew@unco.edu) no later than the 25th of each month.*

### OUTDOOR PURSUITS PROGRAMS

#### CHECK OUT OUR FEBRUARY EVENTS!

	DATE	FEE
Ski/Snowboard Keystone	3/7/2020	\$80
Spring Break in Moab	3/15-3/20/2020	\$250
Spring Break in Patagonia *NEW*	3/13-3/22/2020	\$TBD
Climbing Gym Shuttle at The Spot	3/6/2020	\$10
Ski/Board Copper	2/29/2020	\$80

For more information, contact Coordinator Whitney Dyer at 351-GEAR or email the department at [outdoor.pursuits@unco.edu](mailto:outdoor.pursuits@unco.edu).

*All equipment rentals are free! The Gear Shop is a great resource for all UNC outdoor enthusiasts. Reservations can be made by using the online reservation form or just come by the Gear Shop. All equipment is reliable and in great condition to allow users a fun outdoor experience free of charge. Choose from Hiking/camping equipment, snow or water sports gear, biking and climbing equipment, and even camp games! At least 2 days notice required to reserve by the day, over the weekend or by the week.*

**\*NOTE:** The Gear Shop staff are also available to help you plan your trip.





## Upcoming Colorado PERA Meetings Schedule

### March 2020

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 to the right:

#### GREELEY

*UNC University Center, 2045 10th Street*

**Retirement Process Mtg:** March 10, 4:30-6:30 pm

**PERACare Info:** March 10, 6:30 pm

#### LOVELAND

*Thompson School District Boardroom*

*800 S Taft Ave., Room 128*

**Retire Process Group:** March 11, 4:30 pm

**PeraCare Info Meeting:** March 11, 6:30 pm

#### FORT COLLINS

*The Lincoln Center, 417 W. Magnolia Street*

**Purch Service Credit:** March 9, 4:30 pm

**Benefit Info Meeting:** March 9, 6:30 pm

**Retirement Process Mtg:** March 24, 4:30 pm

**PeraCare Info Meeting:** March 24, 4:30 pm

*Check out the PERA blog for articles on recent topics, including: Governance, Innovation, Retirement Landscape at [www.peraontheissues.com](http://www.peraontheissues.com).*

# Keep working. Don't wait for inspiration. Work inspires inspiration. Keep working.

Michael Crichton

**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 \$12.50 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, contact Kristina Burton by email at [Kristina.burton@unco.edu](mailto: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, contact Kristina Burton by email at [Kristina.burton@unco.edu](mailto:Kristina.burton@unco.edu)



# Messin' with Stressin' Tip – Yin Yoga

Unsettling times can trigger anxiety, especially when there is uncertainty or changes regarding your future. The best thing you can do to manage the stress and anxiety is to make sure you are implementing daily stress preventative activities such as eating right, getting enough quality sleep, eating nutritionally, drinking lots of water, and exercising.

On a normal basis that might be enough to manage your stress, but what if you still experience anxiety? There are many stress relief techniques available such as meditation, exercise (which is both a preventative activity as well as one to use when stressed), aromatherapy, journaling, deep breathing exercises, qigong/tai chi, laughing, and more - including yoga.

Recently a friend of mine shared a link on Facebook, 7 Soothing Yin Yoga Poses to Calm Anxiety. With recent events one weekend I found myself catastrophizing (magnifying everything to worse case scenario). I remembered seeing the post about the yoga so I went and I hunted it down. At this point I was in major anxiety mode. As I practiced the yin yoga stretches I literally felt the anxiety draining from my body, bit by bit. I was amazed at how well they worked! More than likely your version of the pose will not quite match the one in the picture. If someone would have taken pictures of my version of the poses, laughter as another stress relief technique would have been added as my poses mostly looked NOTHING like the ones in the picture (except, perhaps, the corpse pose)!! Even though I was unable to do the poses as reflected in the pictures, they still worked on greatly reducing my anxiety.



If you want to give them a try, here is the link to the article as well as the picture showing the poses.

[https://blog.paleohacks.com/yin-yoga-to-calm-anxiety/?fbclid=IwAR1CH1ur6oTC\\_eki8ODhJipiyQXIVQqyvExbfNoQ5jm6n-In-6nt5SWB0hQ#](https://blog.paleohacks.com/yin-yoga-to-calm-anxiety/?fbclid=IwAR1CH1ur6oTC_eki8ODhJipiyQXIVQqyvExbfNoQ5jm6n-In-6nt5SWB0hQ#)

*Article submitted by Lisa Finley, B.A. Journalism*