



November 2019



Classified Staff Council

"I can't give you a sure-fire formula for success, but I can give you a formula for failure; trying to please everybody all the time" - Herbert Bayard Swope

UPCOMING EVENTS

Yoga Flow & Compassion Meditation

11/1/2019

4:00—5:00 pm

Join FitWell for our FREE weekly Happy Hour Class. Campus Rec membership required, but open to all fitness levels.

Location: Campus Recreation Center, Lower Group Fitness Studio. For questions, please contact Fitness & Wellness 351-1893 or fitness.Wellness@unco.edu or see the Rec Center website for more events.

UNC Brazilian Jiu-Jitsu Club

11/4/2019

6:00—8:00 pm

We are starting up practice sessions on Wednesday evenings through the Fall semester. We'll be running 2 sessions each Wednesday evening from 6-7 pm and 7-8 pm. Our club welcomes all members of the UNC campus community, and of all fitness levels. Please come by for a FREE session and make sure to wear clothes that are comfortable, but not too baggy.

Location: Butler Hancock Wrestling Room. For more information, contact David Shimokawa at David.shimokawa@unco.edu

Personal Training Prep Course

11/5/2019

6:00—7:30 pm

Interested in becoming a Personal Trainer? This is an 8-week course designed to teach you all the skills necessary to become a certified personal trainer. Classes include lecture and practical skills training. Open to all campus community members.

Location: Campus Recreation Center. Register at the Front Desk. Email questions to fitness.Wellness@unco.edu.

CSC's and PASC's Chili Mac Cook Off

11/6/2019

11:00 am—1:30 pm

CSC and PASC are reintroducing the Chili Cook-Off, but this time with a twist! It is now going to be the Chili-Mac Cookoff!

Sign up to be a chef and bring your best chili, mac-n-cheese or a combination of the two. The entry fee for chefs is **\$10** and you will have a chance to win best chili, best mac-n-cheese, or most creative concoction. Sign up to be a chef at the following link: <https://www.signupgenius.com/go/60b0945afa92fa6f49-20192>

If cooking isn't your passion, sign-up to be a food taster! Entry for food tasters is **\$5** and includes refreshments and a sample of each food entry. Sign up to attend at the following link: <https://tinyurl.com/bearscookoff>

Location: Panorama Room. Questions, please contact Kim Lebsack or Melissa Hoffman.

Friends of the UNC Libraries Book Sale

11/6/2019

9:00 am—5:00 pm

Join us at the Michener Library for our annual Book Sale. A wide variety of books and music will be available for sale. Please bring cash or check only as payment. Proceeds benefit University Libraries projects and events.

Location: Michener Library. Questions, please contact Rachel Borum 351-2601 or Rachel.borum@unco.edu

Safe Zone 101 Series

11/12/2019

9:00 am—12:00 pm

This is a 3-hour training designed to educate and empower participants to be agents of change against issues faced by individuals across the gender, sexual, and romantic spectrums.

Location: Gender & Sexuality Resource Center. Register to attend here: https://unco.co1.qualtrics.com/jfe/form/SV_1CaAze8arMlvrhj

VetZone Workshop

11/12/2019

5:30 pm—7:30 pm

Providing information on the culture of veterans and other military-affiliated students and what you can do to make the transition to academic life easier.

Location: Campus Commons Rm 2201. For more info, please email arianna.weisen@unco.edu or call 351-1403.

Spectrum Concert Series: Carol Wincenc, flute

11/20/2019

7:30—9:30 pm

Hailed "Queen of the Flute" (New York Magazine) and delighting audiences for over four decades with her signature charismatic, high virtuosity, and deeply heartfelt musicality.

Location: Campus Commons Rehearsal Hall. Email the School of Music at music@unco.edu.

UNC Biometric Screenings

11/20/2019

7:00—11:00 am

Biometric Screenings, blood tests for all staff and flu shots provided free to all Anthem-covered employees. See attached flyer.

Location: UC Panorama Room. To register for an appointment, please visit: <https://CHEIBA.lifehealthevents.com>

Archive Tour

11/27/2019

1:00—1:30 pm

Visit UNC's Archives to see highlights from our collection such as our 16th century manuscript, posters from WWI, our bear mascot, a signed book from George R.R. Martin, notable pieces from the Pettey's Collection of Women Artists, and much more.

Location: Michener Library. Email jay.trask@unco.edu or call 351-2322 with any questions.

If you have an event you'd like to feature in the next month's newsletter, please email information to brooks.pardew@unco.edu no later than the 25th of each month.

OUTDOOR PURSUITS PROGRAMS

EVENTS	DATE	FEE
Climbing Gym Shuttle @ Earth Treks	11/1/2019	\$10
Stand Up Paddle Board Yoga	11/13/2019	\$5
Estes Park Cabin Retreat	11/15-17/2019	\$65
Thanksgiving Cabin Retreat	11/27-12/1/2019	\$275

For more information, contact Coordinator Whitney Dyer at 351-GEAR or email the department at 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.*

Gear shop hours: M&F 11 am—6 pm, T-Th 11 am—5 pm, Closed on University holidays and week-ends. Located on the west entrance of Harrison Hall.



FREE JIU-JITSU INTRODUCTION & PRACTICE,
open to FACULTY, STUDENTS, AND STAFF

Jiu-jitsu is a ground-based/wrestling-type fighting system that utilizes a variety of holds and submissions (chokes, joint locks, etc.) and can be used in competition or for self-defense. Because we’re grappling and not punching or kicking anyone, we can practice at near 100% intensity without the type of injury or wear and tear on the body that you’d experience in other full-contact fighting arts. It’s great for all body shapes and sizes and a fun and exciting way to get a good workout.

We’re open to all UNC students, faculty, and staff and we hold drop-in practices on Mondays and Wednesdays from 6 – 8 p.m. in the UNC Wrestling Room in Butler-Hancock. All skills levels are invited and workout clothes are fine. There is no charge to practice at this time. If anyone has any questions, they can get in touch with me. Thanks!

For anyone who’s interested,
here’s a brief video of BJJ in action:
<https://www.youtube.com/watch?v=xqsATpRPNOE>

David Shimokawa
Director
UNC Graduate Student Association



Please call 970-351-1089 or email David.shimokawa@unco.edu if you have any concerns or questions.





Upcoming Colorado PERA Meetings Schedule

November 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:

Check out the PERA on the issues blog for articles on recent topics, including: Governance, Innovation, Retirement Landscape at www.peraontheissues.com.

LOVELAND

*Thompson School District Boardroom
800 S Taft Ave., Room 128*

Retire Process Group: November 4, 4:30—6 pm

PeraCare Group: November 4, 6:30—8 pm

GREELEY

UNC University Center, 2045 10th Street

Benefit Info Mtg: November 14, 5—7 pm

FORT COLLINS

Hilton, 425 W. Prospect Road

Retire Process Group: November 7, 4:30—6 pm

PeraCare Group: November 7, 6:30—8 pm

PeraCare & Medicare: November 19, 3—5 pm

Group Workshop: November 19, 5—6:30 pm

Energy Saving Ideas for a More Sustainable Workplace

Wondering how or where to get started in making your office more energy efficient and sustainable? Here are a few simple ways to start saving energy and bring positive changes to your working environment:

1. **Switch off artificial lights and use natural light.** Artificial lights consume power—natural light is free. Some offices don't have this capability as they are located inside buildings with no access to natural light, but if possible limit the use of artificial lighting to the dark areas of the work place that are out of the sun's reach. If not in use, switch off the lights in meeting rooms, kitchen, receptions or corridors that are not in use.
2. **Choose laptops over desktops.** Laptops and smaller monitors typically consume less energy compared to desktops, so keep this in mind when updating your workplace equipment.
 1. **Use Sleep mode on all computers.** Advise everyone to put their computers into Sleep mode if they take a break or go to a meeting.
 2. **Print only when necessary.** Avoid printing files that can be sent via email. There are many ways you can share or store important files.
 3. **Control your temperature.** Keep your thermostats at 68 degrees and keep doors and windows closed while air conditioning is on to help prevent wasting energy.

**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 April Crocket-Goad by email at April.CrocketGoad@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 April Crocket-Goad by email at April.CrocketGoad@unco.edu

Chili Mac

COOK OFF

A stylized illustration of a chili pepper in shades of orange and red, with a green leaf at the top, positioned to the right of the word 'Chili'.

2019 Chili Mac Cook Off

Bring your best chili or mac-n-cheese,
or a combo of the two!

Date: Wednesday, November 6, 2019

Location: Panorama Room

Time: 11:00AM—1:30PM

Cost: \$10 (cooks) and \$5 (tasters)
Payments need to be made in
cash at the door of the event.
Cooks need to pay ahead
of time. If you want to enter
two dishes, it will be \$5 for
each additional entry.

DEADLINE TO ENTER AS A COOK: NOV. 1ST

YOU MUST SIGN-UP IF YOU WANT TO ATTEND!

<https://tinyurl.com/bearscookoff>



UNIVERSITY OF
NORTHERN
COLORADO

2019 Biometric Screenings

UNIVERSITY CENTER
Panorama Room 3rd Floor
2101 10th Ave

November 20th
7:00 AM – 11:00 AM

Screening Includes: (Fasting Encouraged)

- ✓ Height
- ✓ Weight
- ✓ BMI
- ✓ Body Fat %
- ✓ Waist Circumference
- ✓ Blood Pressure
- ✓ Metabolic Blood Test Panel including Lipid Panel, Glucose, TSH, and CBC. (For complete list, please visit registration website.)

Additional Blood Tests Available for purchase:

- ✓ PSA
- ✓ A1c
- ✓ Expanded Thyroid
- ✓ Vitamin D
- ✓ Homocysteine
- ✓ Cardio Reactive Protein (CRP)

Flu Shots: (Quadrivalent)

- ✓ Free for Anthem Covered Employees
- ✓ Non-Anthem pay \$32

Additional Screenings:

- ✓ Bone Density
- ✓ Lung Function
- ✓ Skin Analysis

To register for an appointment please visit:
<https://CHEIBA.lifehealthevents.com>

LifeHealth®