



STAIR CLIMBING CHALLENGE WINNERS!

**Clarissa
Jenkins**

Several of our CNU colleagues completed the 200 flights Stair Climbing Challenge last semester. Please join HR in congratulating them for taking *steps* to kick a start a healthy New Year!

**Vanessa
Sims**

**Meghan
Frum**

All Stair Climbing Challenge winners have been contacted and can pick up their prizes in HR!

**Christine
Bata**

Supporting CNU Student Athletes

The Office of Student Engagement hopes to have the Freeman Center filled in support of the student athletes. So let's come out to the Men's and Women's Basketball games on Wednesday, February 12th, and rock the Freeman Center as the Captains take on the University of Mary Washington Eagles. The Women's game is at 5:30 and the Men's game is at 7:30 p.m. Faculty/Staff receive one free ticket per game with their I.D. Additional tickets may be purchased between 9 a.m. and 4 p.m. at the ticket window in the Freeman Center.



Special Savings for CNU Employees



Carol Gardner with BJ's Wholesale Club will be in the HR Conference Room on February 18, 2014, from 10 a.m. to 2 p.m. offering a 15 month membership for \$40. Payments will be accepted by cash, check, or credit. If you have any questions, please contact Carol by phone at 757-717-8386 or by email at cgardner@bjs.com.

Special Thanks to All Who Worked During the Closings!

Ever wonder how the parking lots are cleared and the snow magically disappears; or, the dining venues open and students get fed; or, the buildings stay warm in these frigid temperatures; or, the residence halls are maintained? Hard work and dedication! Please join us in thanking our colleagues in Grounds, Dining, Auxiliary, Plant Operations, FCFTA, FC, Police and Housing for all that they have done to keep our campus safe, warm and beautiful.

Thank you for your amazing service to CNU!

Upcoming Trainings

Estate Planning

Presenter: Sharon Street, PNC
Location: Monroe Room, DSU
Date & Time: February 13, 2014, 12 - 12:55 p.m.

Hybrid Information Session

Presenter: Kay Shaw
Location: HR Training Room
Date & Time: February 17, 2014, 9 - 11 a.m. & March 5, 2014, 2 - 4 p.m.

Anger Management

Presenter: Bill Ritchey, Psy.D
Location: HR Training Room
Date & Time: February 18, 2014, 9:30 - 11 a.m.

Understanding VSDP

Presenter: HR Benefits Team
Location: HR Training Room
Date & Time: February 20, 2014, 11 a.m. - 12 p.m.

Retirement Planning

Presenter: Van Noland, Wells Fargo
Location: Madison Room, DSU
Date & Time: March 11, 2014, 12 - 12:55 p.m.

Strategies for a Successful Retirement

Presenter: Don Hannahs, CFP
Location: Madison Room, DSU
Date & Time: March 18, 2014, 5:30 - 7 p.m.
Complimentary Dinner

Understanding the Employee Grievance and Discipline Process

Presenter: Milton Brooks
Location: HR Training Room
Date & Time: March 27, 2014, 9 - 11 a.m.

Contact HR to register for any of these trainings: 4-7145 or hr@cnu.edu

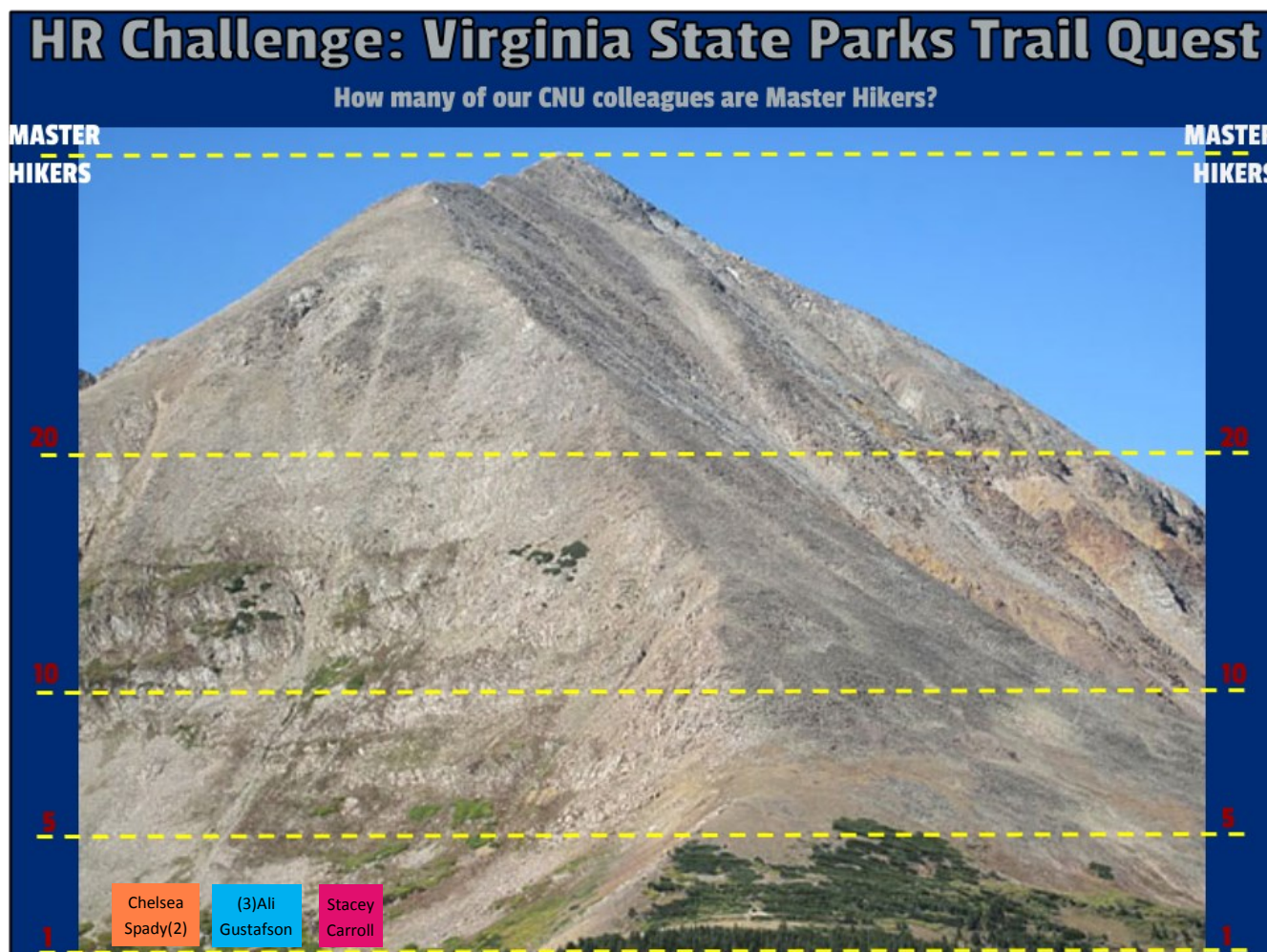


Do you know which State Park this is?

The first person to call Stacey at 4-0673 with the correct answer will receive a prize and the first person to show us their picture at this Virginia landmark will win a prize. So, who wants to win a prize? - we've got the goods!



IT'S ALI, SENDING HER LOVE!





Featured State Park of the Week:

Bear Creek Lake State Park



Bear Creek Lake State Park is located in central Virginia. The state park is approximately 2 hours from campus and about an hour away from Richmond.

Virginia Outdoors shares the following details about the state park:

“Bear Creek Lake was built in 1938 as a project of the Virginia Department of Agriculture through the State Forestry Division. Although this project was undertaken during the closing days of the Great Depression, the 100 men who built the lake were not members of the Civilian Conservation Corps. They were simply carpenters, farmers and un-skilled laborers seeking jobs. Along with the lake, these men built two pavilions, a concession stand and six fireplaces. The land was given to the Division of State Parks in 1940, and it was operated as a day-use recreation area. In 1962 the division added campgrounds and the area’s name was changed to Bear Creek Lake State Park.”

Bear Creek Lake State Park, the next stop on our Trail Quest!