



Susan Barber <sbarber@cnu.edu>

Campus Announcements - November 30

1 message

Office of Student Activities <osa@cnu.edu>

Mon, Nov 30, 2015 at 9:25 AM

To: Association Office of Student Activities <osa@cnu.edu>

Bcc: students@cnu.edu

Campus Announcements: Daily Digest

Monday, November 30

[CAMPUS ACTIVITIES EVENT CALENDAR](#)

TODAY

- **SAI's Ornament Philanthropy Fundraiser: 11:00am-2:00pm**
- **Stress Less Week's One Smart Cookie: 11:00am-2:00pm**
- **Reiff Center Collecting Donations for Syrian Refugees: 11:00am-2:00pm**
- **A Diversity Profile: Racial and Ethnic Diversity at CNU: 8:00pm**
- **UCM Meets Today - Last Meeting of this semester: 8:30pm**

Upcoming Events

- **Candlelight Vigil for the Victims of the Paris Attacks**
- **CNU Fellows Holiday Ornament Decorating**
- **Colleges Against Cancer Spirit Night**
- **SFC Potluck**
- **Psi Upsilon Presents: NARCOS: The dismantling of Pablo Escobar and the Medellin Cartel**
- **Delta Gamma and Access Virginia co-host Sole 2 Soul shoe drive**
- **Cru Large Group**
- **African Student Union Announcement**

Campus Programs and Announcements

- **Stress Less Week**
- **R.A.D. Courses for Spring 2016**

Today

SAI's Ornament Philanthropy Fundraiser: 11:00am-2:00pm

Come out to the DSU this Monday, Tuesday and Thursday from 11am to 2pm and buy a Christmas Ornament, hand-painted by the sisters of SAI! All proceeds go to one of our National Philanthropies, People-to-People, which gives music supplies and aid to schools in developing countries!

Attachment**Stress Less Week's One Smart Cookie: 11:00am-2:00pm**

Monday, Nov 30th: 11am-2pm in DSU Street

Grab some FREE cookies, coffee, or hot chocolate, take a break, and talk to the University Fellows about all of the great Stress Less Week events!

Brought to you by the Center for Academic Success

Attachment**Reiff Center Collecting Donations for Syrian Refugees: 11:00am-2:00pm**

The Reiff Center will be collecting blankets and coats in the DSU between the times of 11:00 and 2:00 on November 30, December 1, and December 2. All donations will go towards Embrace Relief's Help Syrian Refugees Initiative. For more information on the initiative, visit <http://helpsyrianrefugees.us/syrian-blanket-coat-drive/>.

Attachment**A Diversity Profile: Racial and Ethnic Diversity at CNU: 8:00pm**

Monday, November 30, 2015 at 8 pm in Forbes 1022

Please join Senior Social Work students who will present a diversity profile exploring the composition and quality of racial/ethnic diversity here at CNU. Open discussion on a vision for the future will follow. Snacks provided!

Attachment**UCM Meets Today - Last Meeting of this semester: 8:30pm**

United Campus Ministries meets today, Monday, 11/30, at 8:30 p.m. in the Monroe Room of the DSU. This is our last meeting of the semester. Everyone is invited to join us for food, fellowship, discussion, and fun! If you have questions, please contact us at ucm@cnu.edu or Campus Minister Donna at donna.desarroyal@cnu.edu.

Upcoming Student Events

Candlelight Vigil for the Victims of the Paris Attacks

French Club will be hosting a candlelight vigil for the victims of the Paris attacks on Tuesday December 1st from 7:30 - 8:30 pm in the Tribble Plaza. All students and faculty are welcomed.

CNU Fellows Holiday Ornament Decorating

Get in the holiday spirit by signing up your club, organization, or even hall to decorate a holiday ornament to hang on the DSU tree! The decorated ornaments will be hung on Wednesday, December 2nd at 7 PM on the DSU tree. Sign up through the google doc below!

https://docs.google.com/a/cnu.edu/spreadsheets/d/1P_rkeqVMfNxuYEQldEFM_tm4yemr9dBUtiu7RIQxR0l/edit?usp=sharing

Attachment**Colleges Against Cancer Spirit Night**

Come out to Chick-fil-A in the Hiddenwood Shopping Center to support Colleges Against Cancer! We will be having a fundraising event from 5pm to 8pm on December 1st. 10% of all proceeds go to our organization. Hope to see you there!!

Attachment

SFC Potluck

Hello Everyone, glad you all are safely back from a wonderful Thanksgiving Break. Just a reminder: We will have our last Bible Study Tuesday, December 1st @ 730pm. Come join us as we eat, play games, and overall fellowship. If you would like to bring anything, please email us at sfc@cnu.edu or deborah.acheampong.13@cnu.edu. It's going to be fun; Don't miss out!

Psi Upsilon Presents: NARCOS: The dismantling of Pablo Escobar and the Medellin Cartel

December 3rd, 2015

7pm Ferguson Center, M&T Hall

DEA Agents Steve Murphy and Javier Pena will be here to tell their exhilarating story of how they tracked and took down the infamous Colombian drug lord, Pablo Escobar and dismantled the infamous Medellin Cartel.

<https://www.facebook.com/events/418756991648653/>

Delta Gamma and Access Virginia co-host Sole 2 Soul shoe drive

Delta Gamma is excited to co-host a month long campaign (Nov 19th-Dec 19th) with Access Virginia, a nonprofit organization that provides open captioning and audio description for the Deaf and the Blind to attend live theatre performances! The campaign is called Sole 2 Soul and it requires the donations of wearable, clean shoes to help provide to people in third world countries. Please bring back old shoes from home during break to help raise money for Access Virginia to provide accessibility! There will be a box in the DSU to drop off shoes in till the last day of the semester

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Cru Large Group

Come join us in the Chapel Wednesday at 8pm for worship, a message, and a great time with our community!

Don't forget to sign up for our winter conference, Radiate, before December 4th (THIS FRIDAY) to get the early bird price. Check out www.RadiateDC.com for more info or email Kathleen.Layman.12@cnu.edu with any specific questions!

If you can't make it to large group, be sure to check out our small groups that meet during the week:

Women's Small Groups:

Monday: 7pm Wilson 321 -- Meet in the DSU (Peyton & Lindsey A.)

Monday: 7:30pm Wilson 431 -- Meet at Tropical Smoothie (Jodie & Michaela)

Monday: 9pm DSU Stairs (Melissa & Cara)

Tuesday: 7:30pm Warwick 4018 (Julia & Lindsey T)

Thursday: 7:30pm Wilson 431-- Meet outside Tropical Smoothie (Victoria & Haley)

Men's Small Groups:

Monday: 7:45pm DSU Stairs (Henrique & Grant)

Tuesday: 7pm Rapp Courtyard (Graham & Jordan)

Thursday: 7:30(ish)pm Tyler Hall --Meet outside Moe's (Michael & Nathan)

Thursday: 8pm Harrison 101 (Tim & Tyler)

African Student Union Announcement

Hey Everyone, ASU has had a successful semester ! We want to thank everyone who came out to them. We want to send out a reminder that on January 23rd, 2015, ASU will be putting on a BIG showcase. Come experience a night filled with dancing, music, food and MUCH MORE. You'll even have the chance to win some nice prizes from the MOTHERLAND ! SHARE THE FLYER WITH ALL YOUR FRIENDS ! SEE YOU THERE!

Attachment

Campus Programs & Announcements

Stress Less Week

Final exams...papers....projects...it's that time of the year. As the semester draws to a close, it's important to begin thinking about end of semester assignments and preparation for Finals week. We know Finals week is a busy and stressful

time...BUT... we've got some help coming your way!

Mark your calendars for these opportunities to decompress and find balance during this busy time! All events are open to all CNU students!

Brought to you by the Center for Academic Success

- Monday, Nov. 30th - One Smart Cookie: FREE Coffee, Hot Cocoa & Cookies - 11am-2pm - DSU Street
- Tuesday, Dec. 1st - Anxiety 101 Workshop - 1:15-2:15pm - Freeman 101
- Wednesday, Dec. 2nd - Stress Relief Dodgeball Tournament - 7-9pm - Freeman Auxiliary Gym
- Thursday, Dec. 3rd - Annual Pillow Fight - 12-2pm - Great Lawn
- Friday, Dec. 4th - Holiday Cards for the Troops & Coloring Workshop - 1-3pm - DSU Harrison

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R.A.D. Courses for Spring 2016

With the interest in R.A.D continuing to grow, we have planned for more classes in the New Year.

For those of you who are not familiar, the R.A.D. Program is a self-defense class specifically designed to help women protect themselves against abduction and sexual assault. All R.A.D. techniques are easy to learn and are designed for individuals who have no previous self-defense experience. The program requires a 12 hour time commitment for instruction. We ask that you attend all sessions to attain maximum benefits.

Our first offerings will be held in January, with two different course instruction options from which to choose:

Four (4) days, with three (3) hour sessions
January 19, 21, 26, & 29
6:00-9:00 p.m.

Three (3) days, with four (4) hour sessions
January 17, 24, & 31
1:00-5:00 p.m.

What you can expect from participating in the R.A.D. classes:

- 1) To learn the profile of a potential attacker, as well as various crime prevention strategies.
- 2) To learn and develop numerous techniques used to defend against an attacker and ways to escape when presented with a threat.
- 3) To apply the learned self-defense techniques through a dynamic simulation, in which the student will complete scenario based exercises to escape a simulated attack.

These classes are open to all female students, of any physical fitness level, and they are completely FREE.

Please email RAD@cnu.edu and indicate which course you would like to attend. If you cannot attend either of these, but are interested in scheduling a course (and have at least 10 women), please email us; we will attempt to accommodate your group or organization.

Attachment

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Office of Student Activities
DSU 330
Christopher Newport University
757-594-7260
osa@cnu.edu

www.cnu.edu/studentactivities/

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9 attachments

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