



## Upcoming Trainings

### **Retirement Planning**

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

### **Online Recruitment System**

Presenter: Stacey Carroll  
Location: HR Training Room  
Date & Time: March 13, 2014 1 - 3 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\***

### **Hybrid Information Session**

Presenter: Kay Shaw  
Location: HR Training Room  
Date & Time: March 20, 2014 10 a.m. - Noon

### **Understanding the Employee Grievance and Discipline Process**

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

### **Getting the Most Out Of The CNU Tribble Library**

Presenter: Amy W. Boykin  
Location: Tribble Library Room 170  
Date & Time: April 2, 2014 12 - 12:55 p.m.

### **Are You a Victim or Creator?**

Presenter: Michelle Moody  
Location: HR Training Room  
Date & Time: April 3, 2014 2 - 3:30 p.m.

**If you are interested in knowing more about any of these trainings, please contact Stacey Carroll by phone at 4-0673 or email at [stacey.carroll@cnu.edu](mailto:stacey.carroll@cnu.edu).**

**Complete the [online registration form](#) or contact HR to register for any of these trainings: 4-7145 or [hr@cnu.edu](mailto:hr@cnu.edu)**



Do you need to complete a training in the CNU Knowledge Center (CNUKC), but aren't sure where to begin? Visit [HR's website](#) for the [CNUKC link](#) and step by step [instructions](#).

VRS Defined Contribution representative Mackenzie Moss is in HR on Monday, March 24, for individual counseling. To make an appointment, email [mmoss@icmarc.org](mailto:mmoss@icmarc.org).

Open enrollment for health insurance and the flexible reimbursement plans is May 1 through May 23rd. We hope to have more information soon.

## **CNU's Office of Emergency Management Presents: Campus-Community Emergency Response Team Training (C-CERT)**

Training is offered free of charge to Faculty and Staff and teaches participants:

- \* Effective handling of emergency situations and disasters
- \* Lifelong preparedness skills
- \* How to be ready and remain safe in the event of an emergency

The training sessions are offered from 5:30 - 10 p.m. on each Thursday from March 6, 2014 to April 3, 2014. For more details and registration, please contact Tammy Waldroup by phone at 594-7428 or by email at [tammy.waldroup@cnu.edu](mailto:tammy.waldroup@cnu.edu).



## **VRS February 2014 Issue of Member News**

Virginia Retirement System has posted the November 2014 issue of Member News on the [Member News website](#). Information in the February 2014 Member News includes:

1. Hybrid Retirement Plan Now Effective For Most New VRS Members
2. Expecting to Add to Your Family? Think About Optional Life Insurance Protection
3. How to Update Your Beneficiary Designation
4. Resetting Your *myVRS* Password Online
5. 2013 Annual Financial Report Available Online
6. Virginia General Assembly 2014 Session Underway
7. Focus on Finances During America Saves Week
8. Featured FAQ: I am a Plan 1 or Plan 2 member. I may want to opt into the Hybrid Retirement Plan. What steps should I take to decide?