



## **Individual Consultations for the VRS Defined Contribution Plans**

Sign up for an individual consultation with an ICMA-RC Defined Contribution Retirement Specialist, Mackenzie Moss, to learn more about your:

- Commonwealth of Virginia 457 Deferred Compensation Plan
- Virginia Cash Match Plan
- Optional Retirement Plan for Political Appointees
- Optional Retirement Plan for School Superintendents
- Virginia Supplemental Retirement Plan
- Hybrid Retirement Plan (Defined Contribution Component)

Mackenzie will be in HR on August 7, 2014. To schedule an appointment time, please contact her by phone at 1-877-327-5261 or by email at [mmoss@icmarc.org](mailto:mmoss@icmarc.org).



## **Veteran Rights and Awareness Training**

**August 8, 2014 from 10 a.m. to 12 p.m.**

**David Student Union Ballroom**

HR is partnering with the Attorney General's Office to bring a special training opportunity to campus. Attendees will learn about post traumatic stress disorder (PTSD) and traumatic brain injury (TBI) as they relate to the workplace. Topics will include valuable information on the Uniformed Services Employment and Reemployment Rights Act (USERRA) (the federal law that protects the civilian employment of military personnel who are Guard, Reserve, or active duty personnel who do not spend a cumulative of more than 5 years away from their employer as a result of military duty) and a presentation on the Higher Education Opportunity Act of 2008 as it relates to military service-members. Moreover, the Executive Director of the Virginia Wounded Warrior Program will be a guest speaker.

If you are interested in attending this training, please RSVP for the training using the [online form](#), calling 4-7145 or emailing at [hr@cnu.edu](mailto:hr@cnu.edu). This training is open to all State agencies so reserve your seat early. Supervisors are highly encouraged to attend to ensure understanding of USERRA.



## **Introducing Our Newest CNU Colleagues!**

**Left to right: Albert Estrada and Rob Mays, Grounds; Shera Gholson, Plant Operations; and Katie Toomy, Athletics.**

## **Recognition Leave Submission for Fridays in July**

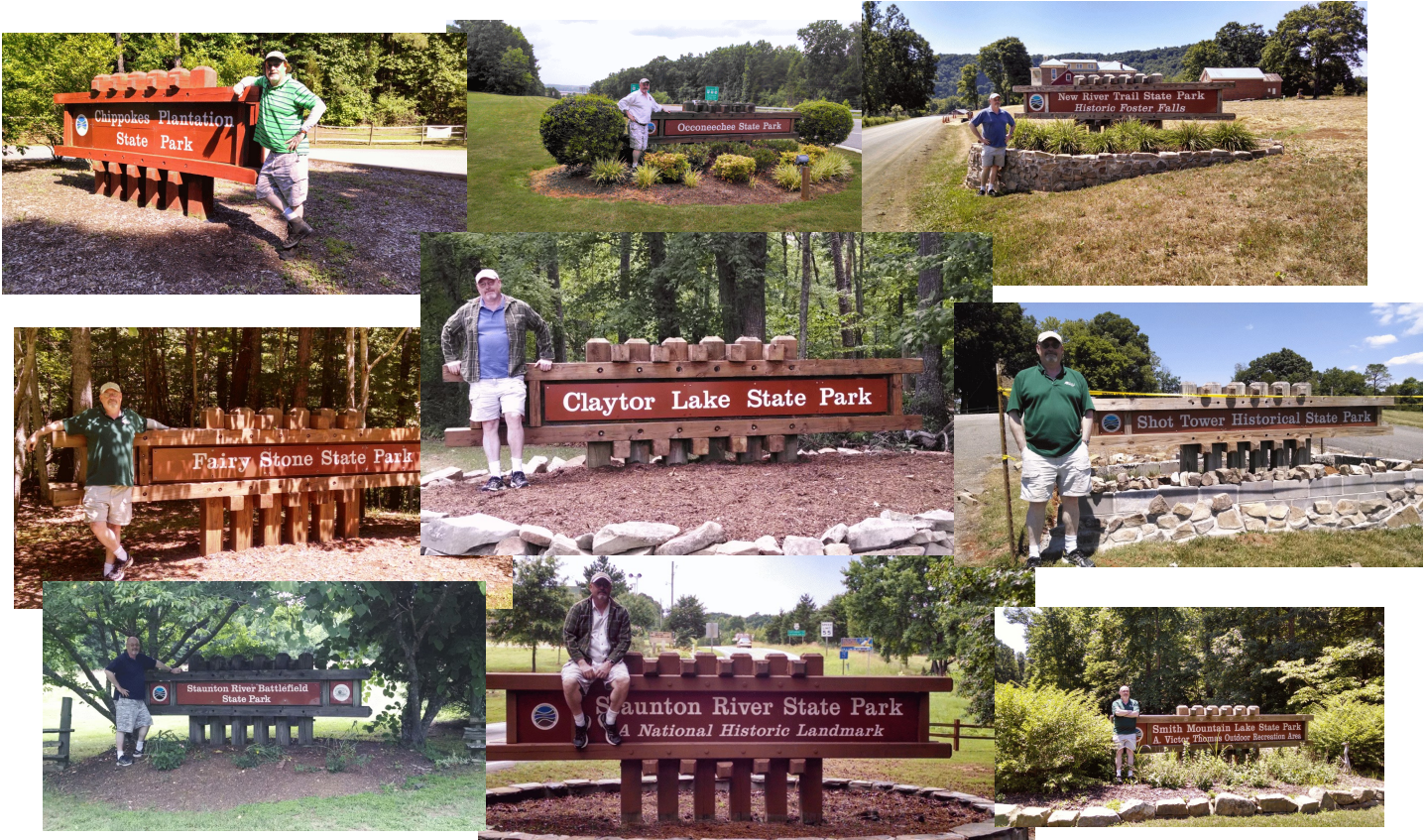
July 11, 18, and 25, 2014 were awarded as recognition leave to fulltime employees. Time sheets must be submitted if you are off for any or all of for the Fridays in July. The code for recognition leave in the time sheet system is RT. If you did not use the recognition leave, it remains available for 12 months to use on another day.

If you have any questions, please contact HR by phone at 4-7145 or via email, [hr@cnu.edu](mailto:hr@cnu.edu).



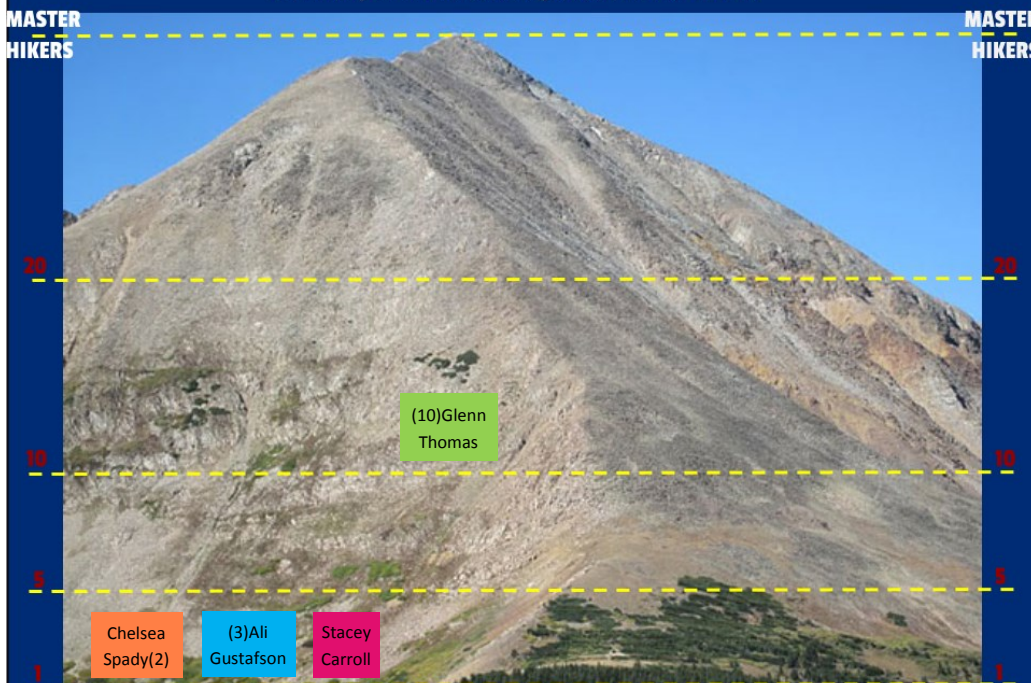
## Explore Virginia State Parks!

Glenn Thomas visited 9 state parks in July! Explore Virginia through the beautiful state parks as part of the [Virginia Trail Quest!](#) For more details, go to [HR's website](#) or contact Stacey Carroll at 4-7145 or [stacey.carroll@cnu.edu](mailto:stacey.carroll@cnu.edu)



### HR Challenge: Virginia State Parks Trail Quest

How many of our CNU colleagues are Master Hikers?



Don't forget to contact Stacey Carroll after you visit each state park so that your progress can be tracked for the HR Challenge: Virginia State Parks Trail Quest to becoming a

**Master Hiker!**

