



Susan Barber <sbarber@cnu.edu>

Campus Announcements - September 15

1 message

Office of Student Activities <osa@cnu.edu>

Thu, Sep 15, 2016 at 8:00 AM

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

Bcc: students@cnu.edu

Campus Announcements: Daily Digest

Thursday, September 15[CAMPUS ACTIVITIES EVENT CALENDAR](#)**TODAY**

- **L.A.D.I.E.S. Water Wars Sign Up: 12:00pm-2:00pm**
- **Non-Traditional Study Abroad Locations Interest Meeting: 12:30pm**
- **Orientation & Training to Volunteer in Newport News Public Schools: 12:30-1:15pm**
- **Wellness Presentation by Office of Counseling Services: 12:30-1:20pm**
- **CNU Farmers Market: 3:00-6:00pm**
- **Hypnotic Control Fundraiser at Pelican's Snowballs: 5:00-8:00pm**
- **Her Campus CNU Weekly Meeting: 8:00pm**
- **Thursday Night Trivia with Free Ice Cream Floats: 8:00pm**

Upcoming Events

- **Alpha Phi's Annual Red Dress Gala**
- **Playing For Change Benefit Concert**
- **Laugh Out presents: New Names, Same Games**
- **Kappa Kappa Psi presents Conduct Us**
- **Homecoming 101 - Student & Student Organization Involvement Information**

Campus Programs and Announcements

- **Paint the JR Benches**
- **Peak Performance Workshop Announcement**
- **Lucky Chops at the Ferguson Center This Sunday**
- **Free Pilates or Zumba**

Today

L.A.D.I.E.S. Water Wars Sign Up: 12:00pm-2:00pm

Interested in playing a fun twist of dodgeball mixed with a water fight? Stop by our table in the DSU Breezeway from 12-2 until Friday, September 16th to sign up. \$3 per solo players or \$5 per team of (minimum of 3, maximum of 5). If you have any questions contact Joelle Reed (joelle.reed.14@cnu.edu)

Attachment**Non-Traditional Study Abroad Locations Interest Meeting: 12:30pm**

Come to our interest meeting Thursday, September 15th in MCM 164 at 12:30PM! Hope to see you there!

Orientation & Training to Volunteer in Newport News Public Schools: 12:30-1:15pm

A required Orientation & Training for anyone interested in volunteering in the Newport News School System (NNPS) will be held on Thursday, September 15 from 12:30 to 1:15 in MCM 101.

Once this training is completed, you will have a volunteer position in a NN public school by the end of September.

For additional information, please contact the Center for Community Engagement at 594-7492 or via email at vanessa.buehlman@cnu.edu.

Wellness Presentation by Office of Counseling Services: 12:30-1:20pm

Title of Presentation: How to Love Yourself: Building Self-Esteem, Self-Confidence, and Self-Compassion

Date: Thursday, September 15th

Time: 12:30PM-1:20PM

Location: Forbes 2070C

Presenter/Contact: Office of Counseling Services 757-594-7047

Presentation Description: Struggling with what you think of yourself and/or what you believe others think about you?

Come join us to learn practical ways to regain power over your thoughts so that you can love yourself again.

Attachment**CNU Farmers Market: 3:00-6:00pm**

The weather for the second Fall market is looking good.. Join us tomorrow--Thursday, 9/15--in the street in front of the David Student Union between 3-6pm. The vendors we're expecting:

Allen's Farm

Artisan Bakery

Blue Crab Books

Broken Arrows Farm

The Bunny Hutch

Cheesecake and Pies

Creekside Catering

From the Hearth Pizza

Grumpy's

Irihana Arts and Yarnykins

Jimmy's Garden and Produce

Kathi's Clam Chowder

Kettle King

Kintsugi

MAO African Arts

MawMaw Stuff

Mother Earth Herbal Apothecary

Of the Earth Body Care

Sinful Treats

Smithfield Orchids

Southeastern Farms

Attachment

Hypnotic Control's Fundraiser at Pelican's Snoballs: 5:00-8:00pm

Hypnotic Control is holding a fundraiser on Thursday, September 15, 2016 from 5:00 pm - 8:00 pm at Pelican's Snoballs. Hypnotic Control will receive 20% of the profits received in the three hour time gap so we need everyone's help! If you have any questions, please contact our Fundraising Head, Emily Carrancho at emily.carrancho.15@cnu.edu.

Attachment

Her Campus CNU Weekly Meeting: 8:00pm

Her Campus CNU will be holding our second meeting on Thursday, Sept. 15th at 8pm in McM 112 (where we were for our interest meeting). We hope to see you there! Any questions can be sent to royallbryan@hercampus.com

Thursday Night Trivia with Free Ice Cream Floats: 8:00pm

Join the OSA for Thursday Night Trivia this week! Test your knowledge on Thursday, September 15th in the DSU Crow's Nest at 8 PM. The winning team (of up to 6 players) will go home with Captain's Cash and everyone in attendance will be entered into a raffle! Come out this week to also enjoy free ice cream floats!

Attachment

Upcoming Events

Alpha Phi's Annual Red Dress Gala

Join the sisters of Alpha Phi for a night of fun and philanthropy at Red Dress Gala!

Red Dress Gala will feature a silent auction, live band, catered desserts, a poker tournament, a photo booth, a wine pull, and much more! All proceeds benefit the Alpha Phi Foundation, which betters women's lives by furthering research and education on women's heart health and the prevention of Women's Heart Disease.

STUDENTS:

You can purchase your tickets at a discounted price of \$20 on Tuesday, September 13th in the DSU Breezeway. Just look for our table!

The sisters of Alpha Phi appreciate your support for a cause so dear to our hearts, and look forward to seeing our friends, family, and alumnae on September 16!

Attachment

Playing For Change Benefit Concert

Nu Kappa Epsilon presents Playing For Change Benefit Concert. Playing for Change is a nonprofit organization that travels the globe, recording performers in their communities, and unites the world through music.

This benefit concert will be held on Saturday, September 24th at 2 p.m. in the Gaines Theater.

\$3 admissions

Honors Event

If you would like to perform for this concert, please contact Tori Rehder at victoria.rehder.13@cnu.edu. Be on the look-out for our tables in the DSU starting September 19th for performer signups or pre-sale tickets. Tickets will also be sold at the door.

Laugh Out presents: New Names, Same Games

The troupe formerly known as A Troupe Called Quest has changed their name to Laugh Out! Our first show is this weekend!

WHEN: SATURDAY, SEPTEMBER 17th @8PM

WHERE: GAINES THEATER

We're the same improv troupe playing the same games (mostly) as before! Come out and see all of your favorite, only slightly stale, faces returning with the same names:

-Crosby "Slightly Fresh" Reed

- Dylan "Might Expire Tomorrow" Landes
- Nick "Just a little mold on the top" Barker
- Bonnie "Not entirely Gone Bad" Newton
- Glenn "Just eat around the brown spots" Abernathy
- Kyle "Just a little crunchy" Horowitz
- Will "Over Ripe" Craun
- Hogan "The expiration date was only yesterday" Holt

And introducing the newest improv babies that just joined the troupe this semester:

- Hannah Czarnaski
- JP Havranek
- Annie Taylor
- Anneliese Coffin

Please come out to the first show and support these wonderful performers! It's free as always!

Kappa Kappa Psi presents Conduct Us

The brothers of the Mu Nu Chapter of Kappa Kappa Psi present their fall Conduct Us! At 12:00 p.m. high noon in the Tribble Plaza on Friday September 16th, a band of brothers will be ready to make music under YOUR direction. So bring a great attitude and lots of energy to conduct our band through some of your favorite pop tunes! No conducting experience is necessary, all you need is a smile!

Attachment

Homecoming 101 - Student & Student Organization Involvement Information

Homecoming is right around the corner! If your organization would like to participate please have at least one member attend Homecoming 101, Tuesday, 20th, and Thursday, 22nd, at 12:30pm in Monroe, or Wednesday, 21st, at 5pm in Monroe! We will be going over the Homecoming Participation form as well as the Homecoming Court application and process! If your organization would like to have a candidate run for Homecoming Court, start thinking about who your candidate is going to be because applications will be out in just a few days!

If your organization does not have a candidate on the court we still encourage you to participate! You can sign up for the events held throughout the week where you will have opportunities to earn points. The organization who earns the most points will win this year's "Captain's Cup", which will be announced during half time along with the King and Queen. All organizations must sign up through the compass to participate! That Homecoming Participation form, along with the Homecoming Court application, will be available Sept. 19th on the Class Council's Compass page, and must be completed by Noon on Oct. 5th.

Campus Programs and Announcements

Paint the JR Benches

Hey everyone! Your 2016-2017 University Fellows wanted to give you and your organization the opportunity to Paint the Benches on the JR Courts! Here's how it works:

1. Fill out this form (<https://goo.gl/forms/OwyWmSw7xWZgKlrA2>) to place your name in Captain Chris' hat to see if you'll get picked. You'll need to fill out the form by the 4th Monday of the month prior to the month you wish to be featured (e.g.: If you want to be featured in October, you'll need to complete the form by the fourth Monday in September.)
2. We (the University Fellows) will notify the selected groups on the 4th Monday of the month, and then you get to paint the benches!
3. The process repeats the next month, so stay tuned!

Look out for more awesome initiatives being brought to you by the University Fellows this year!

Peak Performance Workshop Announcement

Friday Peak Performance Workshops: Topics in Mental Health and Good Living...for Musicians

Although designed for music majors, this workshop series is open to any who wishes to manifest their highest creativity and fullest potential.

Session #1: "Getting Your House in Order"

2:00-2:50 on Friday September 23rd in FERGUSON A183

This workshop series will kick-off with this vitalizing session dedicated to setting yourself up for success in the upcoming semester, and beyond. Time will be dedicated to discovering intrinsic sources of motivation and inspiration, establishing a sense of creative purpose, and getting organized both "inside and out." This session will serve as the foundation and guiding force for future sessions.

Presented by Kevin Joyce, M.M., M.Ed., LPC

Contact: kevin.joyce@cnu.edu

Attachment

Lucky Chops at the Ferguson Center This Sunday

Two bands for ten bucks this Sunday @ The Ferg!

Come see Lucky Chops this Sunday, Sept. 18 @ 7 p.m. This cutting-edge brass band captures the energy of a rock band and fuses it with the danceability of an EDM DJ. Amateur video of the group's legendary performances in the NYC subway went viral (40 million views and counting), planting them firmly on the worldwide stage.

Opening set by Lawrence.

Student Tickets:\$10! Bring your CNU I.D. to the Ticket Office to purchase tickets.

Free Pilates or Zumba

Friday, Sept. 16 @ 5:30 p.m.

Pilates on the Barre w/ Danielle in MPR 1

Zumba w/ Christian in MPR 2

#GetFitCNU! <http://bit.ly/1yA1qW4>

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



Red Dress Gala.jpg
461K

Hypnotic Control Fundraiser
59K



Kappa Kappa Psi
519K



L.A.D.I.E.S. Water War
64K



Exercise to Have Fun
99K



Fall 2016
8 market days!
Thursdays, 3-6pm
September 8th through October
27th
Where: the street in front of the
David Student Union

CNU Farmer's Market.jpg
269K



How to Love Yourself
291K



Peak Performance Poster
311K



Thursday Night Trivia.pdf
177K