



## INTRODUCING OUR NEWEST AND NEWLY PROMOTED CNU COLLEAGUES



*From left to right: Dee Baker, Police (Promoted); Greg Harris, Dining Services; Penny Taylor, Lifelong Learning Society; Becky Palalay, Business Office; Jasmine Blair, Police (Promoted).*

### **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).

### **Virginia Credit Union Spotlight of Employee Benefits**

Virginia Credit Union offers [benefits](#) and [discounts](#) to members, along with several other offers:

- ♦ Apply for a loan by 3/31/2014 for a chance to win a \$5,000 savings deposit
- ♦ Low [mortgage rates](#)
- ♦ Ways to [save using tax refund](#)
- ♦ Credit union [membership](#)

If you would like more information about Virginia Credit Union, visit the [VACU website](#), call (804) 323-6800, or visit a [branch](#).

### **Upcoming Trainings**

#### **Hybrid Information Session**

Presenter: Kay Shaw  
Location: HR Training Room  
Date & Time: March 5, 2014 2 - 4 p.m.;  
March 20, 2014 10 a.m. - Noon

#### **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\***

#### **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)**

## Don't forget to take a hike!

