



INTRODUCING OUR NEWEST CNU COLLEAGUES



From left to right: Jill Fiorillo, Office of Counseling and Health Services; Alinka Pollock, Psychology; Zach Franklin, Dining Services; Bethany Doyle, Residence Life.

Hybrid Retirement Plan Calculator: Now Available!

You can access the Hybrid Retirement Plan Calculator in [myVRS](#). The calculator uses your member records to compare estimated retirement benefit amounts under the Hybrid Retirement Plan to estimated benefits under their current plan. Detailed instructions for the calculator are available once you login to [myVRS](#). Employees who decide to opt-in to the plan must fill out and print the Election of VRS Hybrid Retirement Plan (VRS-120). This form is available only through the calculator and is pre-filled with estimate your information from the calculator. For those who choose to opt-in, benefit coverage under the plan begins July 1.

Please reference the [Special Edition of VRS Member News](#), which explains the Hybrid Plan, eligibility, the opt-in election period and available resources. The first version of the Hybrid Retirement Plan Handbook for Members is available on the VRS website.

Inclement Weather Time Sheet Submission

If you have any questions about completing your time sheet for the two days of school closing due to inclement weather on January 29 and 30, 2014, please contact Human Resources at 4-7145 or hr@cnu.edu

Upcoming Trainings

Understanding Worker's Compensation

Presenter: HR Benefits Team
Location: HR Training Room
Date & Time: February 4, 2014 2 - 3 p.m.

***Rescheduled* Take 10 For You!**

Presenter: Mary Louise Gerdes, CommonHealth
Location: Monroe Room, DSU
Date & Time: February 6, 2014, 12 - 12:55 p.m.

Supervisor's Guide to the Employee Resource System and Employee Separation Procedures

Presenter: Stacey Carroll
Location: HR Training Room
Date & Time: February 7, 2014, 9 - 10 a.m.

Estate Planning

Presenter: Sharon Street, PNC
Location: Monroe Room, DSU
Date & Time: February 13, 2014, 12 - 12:55 p.m.

Hybrid Information Session

Presenter: Kay Shaw
Location: HR Training Room
Date & Time: February 17, 2014, 9 - 11 a.m.

Anger Management

Presenter: Bill Ritchey, Psy.D
Location: HR Training Room
Date & Time: February 18, 2014, 9:30 - 11 a.m.

Understanding VSDP

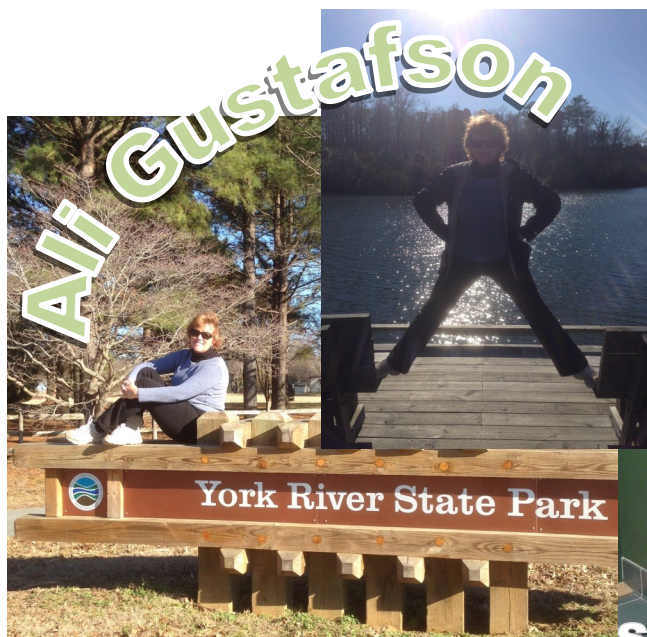
Presenter: HR Benefits Team
Location: HR Training Room
Date & Time: February 20, 2014, 11 a.m. - 12 p.m.

Contact HR to register for any of these trainings: 4-7145 or hr@cnu.edu



CNU Employees are on the Climb!

Pictures are only published with employee consent



HR Challenge: Virginia State Parks Trail Quest

How many of our CNU colleagues are Master Hikers?





Featured State Park of the Week:

False Cape State Park



False Cape State Park is located in southern Virginia Beach, just north of the North Carolina border. The drive is approximately an hour and a half to reach the park from campus!

Virginia Outdoors shares the following details about the state park:

“False Cape State Park is located in the Southeast corner of Virginia Beach and consists of a narrow strip of land that runs from North to South between the Atlantic Ocean and Back Bay. Despite being in the states largest city, it is one of the most remote state parks because one cannot access it by car. Those who wish to visit must drive to Back Bay National wildlife refuge or Little Island City Park, both located to the North, and then they can walk, bike, or ride a tram into False Cape. Both of the above parks require a parking fee and the wildlife refuge requires an entrance fee as well, depending on the time of year. False Cape can also be accessed by boat as there are several docks along the bay side of the park. False Cape is rich in history and had been inhabited for centuries before it became a park in 1980. Also in False Cape was the farming community of Wash Woods. Between the 1880s and the 1920s this community boasted 300 people but shifting sands and hurricanes prompted most of the people to leave in the 20s and 30s.”

False Cape State Park, the next stop on our Trail Quest!