



INTRODUCING OUR NEWEST CNU COLLEAGUES



From left to right: Zbig Kepa, Athletics; Scott Mann and Symone Taylor, Dining Services; Katherine Fox, Tribble Library; Jessica Dorsey, Dining Services; Will Kramer, Athletics; Joey Policarpio, Plant Operations.

The Best Way to Stay Warm This Winter is to Get Moving!

These discounts apply to all state employees and are right around the corner, so be sure to take advantage of them.

- 10% off all Yoga packages and 15% off all massages at Hot Yoga & Massage Studio, 33 Hidenwood Shopping Center
- 18% discount on monthly dues at Riverside Wellness and Fitness Center, 12650 Jefferson Ave.
- No joining fee with proof of state employment at the YMCA, 7827 Warwick Blvd.

Find these discounts and more on the [CommonHealth website!](#)

WE HAVE A WINNER!



Amber Holland from the Office of the Registrar was the first person to call HR with the answer to "Where is Ali?" She called THREE MINUTES after the release of *The Spinnaker*! Thank you to everyone who participated in the challenge. Don't forget another prize is up for grabs! See page 2 for details.

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

For more details and registration, please contact Tammy Waldroup by phone at 594-7428 or email at tammy.waldroup@cnu.edu.

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 learning more about these trainings, please contact Stacey Carroll by phone at 4-0673 or email at 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



Virginia is For Lovers and Kiptopeke State Park has the *LOVE* Chairs to prove it!

Amber Holland knew where the LOVE Chairs were, but we have not received another picture of our colleagues at the park. Be the first to send HR a picture of you with the LOVE Chairs to win the next HR prize! Check out page 3 for locations and details about Kiptopeke State Park.



Don't forget to submit your State Park Checklist when you visit your first state park to receive one of these unique Virginia Trail Quest Lapel Pins!



Visit I love Virginia State Parks!

HR Challenge: Virginia State Parks Trail Quest

How many of our CNU colleagues are Master Hikers?

MASTER
HIKERS

MASTER
HIKERS





Featured State Park of the Week:

Kiptopeke State Park



Kiptopeke State Park is located on Virginia's Eastern Shore and is approximately an hour from campus.

Virginia Outdoors shares the following details about the state park:

"Kiptopeke State Park is located on Virginia's Eastern Shore three miles north of the Chesapeake Bay Bridge Tunnel Cape Charles Toll Plaza. It has extensive camping opportunities for RVs and tent campers. The park also offers a swimming beach, hiking trails, picnic area, playground, boat ramp, fishing pier and bird watching. In addition, many types of birds nest in the park permanently or temporarily in the fall as they fly south for the winter. This is why the Eastern Shore Birding Festival is so popular every October at Kiptopeke. The park property was originally purchased by the Virginia Ferry Corporation for the northern terminus of the Virginia Beach to Eastern Shore Ferry. In 1949, when the terminus was moved from Cape Charles, the site was named Kiptopeke Beach in honor of the younger brother of a king of the Accawmack Indians who had befriended early settlers to the area. Kiptopeke means Big Water. In 1950 the terminus opened after the completion of a \$2.75 million pier, promoted as the world's largest and most modern ferry pier. Ferry service was discontinued in 1964 with the opening of the Chesapeake Bay Bridge Tunnel. In May 1992, the Virginia Department of Conservation and Recreation purchased the 375 acres from John Maddox, who operated the property as Kiptopeke Beach Family Resort. The park was opened to the public on Memorial Day weekend of 1992. In 1999, an adjacent 160 acres known as the Parson tract was purchased on the South end of the park. Later an acre was purchased next to the park's contact station in 2000. The TAVI property was the latest purchase. It added 26 acres in 2009 to the East side of the park. This brought the park's total acreage up to 562 acres. A total of 126 acres has been reforested in the park."

Kiptopeke State Park, the next stop on our Trail Quest!