



PLEASE WELCOME OUR NEWEST CNU COLLEAGUES TO CAMPUS!

Back row, left to right: Matt Allen, Ferguson Center; Wesley Everson, Plant Operations; David Shaw, Dining; Mary-Frances Parrish, Counseling Services; Tony Chen, Dining; Brian McGuire, Communications & Public Relations; Mikey Thompson, Athletics; Freddy Wilson, Freeman Center; Mike Query, Athletics; Middle row, left to right: Sineeta Flamer, Dining; Sara Weiss, Registrar; Heidi Rodenberger, Counseling Services; Briana Taravella, Theater & Dance; Laney Connolly, Communication & Public Relations; Daniel Mitteer, Student Affairs; Linda Zorumski, Molecular Biology & Chemistry; Stephanie Bernthal, Athletics; Faith Belote, Internal Audit; "AK" King, DSU; Seated: Tina Custis, Dining; Cliff Roebuck, Ferguson Center; Daphane Lane, Dining; Arlenda Anderson, Housing; Chris Inzirillo, Student Affairs; Erin Wojtkun, Athletics.



EMPLOYEE FITNESS CLASS REMINDER

The CNU Employee Fitness Class started back on September 12, 2011, and is free to faculty and staff. This program includes High-Low Aerobics, Body Sculpting and Zumba.

When: Mondays and Wednesdays

Time: 5:20 - 6:00 pm

Where: The Freeman Center Multipurpose Room #1

Instructor: Ada Badgley

Last Class: Wednesday, December 7, 2011

How to Register: E-mail or call Human Resources at hr@cnu.edu or 4-7145. Please provide your first and last name, the name of your department and your office phone number.

Coming Soon—New HR Training and Development Seminar Series!

We are in the process of finalizing training opportunities for this semester. If you would like to share your ideas for training, please contact Ali Gustafson, ali.gustafson@cnu.edu.

Moreover, we have great news to share—Information Technology Services (ITS) generously offered to provide training on a myriad of different computer topics. Thank you ITS!

So, stay tuned...

Save the date—October 19, 2011, for our annual Benefits Fair!

We have an array of vendors coming, great door prizes, flu shot clinic, health screening, etc. Look for more detailed information in our next edition of the Spinnaker.

