



Susan Barber <sbarber@cnu.edu>

Campus Announcements - September 23

1 message

Office of Student Activities <osa@cnu.edu>

Fri, Sep 23, 2016 at 9:08 AM

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

Bcc: students@cnu.edu

Campus Announcements: Daily Digest

Friday, September 23[CAMPUS ACTIVITIES EVENT CALENDAR](#)**Today**

- **CAB Presents...Sign Ups for Bowling at AMF York Lanes: 11:00am-1:30pm**
- **Friday Peak Performance Workshops: Topics in Mental Health and Good Living...for Musicians: 2:00-2:50pm**
- **Headshot Session with American String Teachers Association: 3:00-6:00pm; and Saturday**
- **Free Meditation and Yoga: 5:30pm**

Upcoming Events

- **Home Athletics this Weekend**
- **Playing for Change Benefit Concert - Saturday**
- **Women's Club Volleyball Yogurtini Fundraiser**
- **IFC Lip Sync**
- **Alpha Phi Alpha Fraternity, Inc. Stroll to The Polls IV Interest Meeting**
- **Pre-Dental Club Interest Meeting**
- **Student Honor Council Information Sessions**
- **Pie-A-Pilam Fundraiser**
- **African Student Union's "Cultural Takeover"**
- **Black Student Union Presents: Karaoke Night**
- **Women's Soccer Chipotle Fundraiser**

Campus Programs and Announcements

- **CNU Student Sustainability Survey**
- **Cross- Cultural Leadership Study Abroad Info Session**
- **The L.E.A.D Challenge**
- **Managing Conflict**
- **The Office of Diversity & Inclusion Presents: Standing Solid**

Today

CAB Presents...Sign Ups for Bowling at AMF York Lanes: 11:00am-1:30pm

This Friday, come out with your friends to enjoy a night of free bowling! Sign-ups will be available in the DSU Breezeway Wednesday through Friday from 11am-1:30pm to bowl from either 9pm-10:30pm or 11pm-12:30am. There will be six people per lane at the bowling alley. CNU vans will be available for transportation starting at 8pm and will carpool throughout the event.

Friday Peak Performance Workshops: Topics in Mental Health and Good Living...for Musicians: 2:00-2:50pm

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

Session #1: "Getting Your House in Order"

2:00-2:50 on Friday September 23rd in the POPE CHAPEL (please note the room has changed from previous announcements)

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., Ed.S., LPC

Contact: kevin.joyce@cnu.edu

Attachment

Headshot Session with American String Teachers Association: 3:00-6:00pm; and Saturday

If you are interested in being involved in the world of entertainment, you need a quality headshot! Unfortunately for many of us, a headshot session is expensive. The American String Teachers Association has several incredible photographers who will be taking headshot photos this Friday, 3pm-6pm and Saturday 8am-12pm in the Ferguson. You can SIGN UP to reserve a slot in the music hallway in the Ferguson Tuesday through Friday, 11am-3pm in the Ferguson. The sessions are 20 minutes and cost \$25. They will receive edited copies of your photos a in the week following the fundraiser via email. Feel free to send any questions to sara.finley.11@cnu.edu.

Attachment

Free Meditation and Yoga: 5:30pm

Begin with 20 minutes of quiet meditation, and then flow into an energizing yet relaxing yoga practice.

Date: Friday, Sept. 23

Time: 5:30 – 6:30 p.m.

Location: The Freeman Center, Triesmann Health and Fitness Pavilion, Multipurpose Room 2

Instructors: Kevin Joyce and Kilee Kadrie Weiler

We look forward to seeing you!

<http://bit.ly/1yA1qW4> fitness@cnu.edu (757) 594-7882

like us on Facebook: <https://www.facebook.com/CNUFitness>

follow us on Twitter: @CNUFitness #GetFitCNU

Upcoming Events

Home Athletics this Weekend

- Saturday, September 24 at 5:00pm - Women's Soccer vs. York College
- Saturday, September 24 at 7:00pm - Men's Soccer vs. York College

For more information please visit cnusports.com

Playing for Change Benefit Concert - Saturday

Join the sisters of Nu Kappa Epsilon as we celebrate Playing for Change Day! Playing for Change foundation is a non-profit organization that aims to connect the world through music.

Come on out Saturday, September 24th at 2 p.m. in the Gaines Theater to listen to solos, duets, and an acapella group to celebrate this worldwide event. Donations are accepted throughout the concert along with the \$3 admissions fee donated to the Foundation.

Doors open at 1:30 p.m. Look for our table in the DSU, Monday through Thursday of this week for pre-sale tickets and performer sign ups.

This event also counts for the Honors Program. We cannot wait to see you there

Women's Club Volleyball Yogurtini Fundraiser

September 26, 2016 from 4pm-8pm at Yogurtini CNU Village. The club will receive 15% of all the proceeds. Come out and support!

Attachment

IFC Lip Sync

IFC Lip Sync registration is officially open! IFC Lip Sync is a philanthropic event where all proceeds go to Fear 2 Freedom which redeems and restores those wounded by sexual assault. This event will happen October 14th, parents weekend, at 8:00PM in the DSU Ballroom. For the first time ever it is officially on the parents weekend schedule also! One organization may pair with any other organization if you so please.

Registration is currently open on the compass with a link attached below. If you have any questions at all please feel free to reach out at ifc@cnu.edu and we'll respond as soon as possible. There are only a few slots so you would need to register sooner than later.

<https://cnu.collegiatelink.net/form/step/1?Guid=b7c3ef71-ab35-4af3-b014-e18b34b2a44d>

Attachment

Alpha Phi Alpha Fraternity, Inc. Stroll to The Polls IV Interest Meeting

I am very excited to announce to you all Stroll to the Polls IV: The Election. Stroll to the Polls is an annual event that we host where different clubs, organizations, and teams come out with set routines and compete for Stroll Champion. Voted Christopher Newport University's Best Program of the year in 2015 we're looking to again capture that title. But we need all of your help to do that. Stroll to the Polls is an event that all of us make special and having different clubs and organizations participate makes it that much better. The main purpose of the event is to promote one of Alpha Phi Alpha's national philanthropic programs, "A Voteless People, is a Hopeless People". This initiative was started over 65 years ago as a way to promote voter education, registration, and participation and it's something that we pride ourselves greatly on.

The date of Stroll to the Polls will be Friday November 4, 2016. Doors open at 6:30, show starts at 7:30! Tickets will be priced in three different ways! \$6 if you repost any flyer or advertisement to your social media, \$7 for regular admission (we will be tabling the week leading up to the performance), and \$8 at the door the day of the event! There will be 10 teams participating this year, so if you know you want your team in get that registration in as soon as possible. Teams are limited to 15 people per team, as well as a \$30 Registration Fee. Late sign up Fees will be \$40. Teams should choose Captains who can represent them because we will be having our official registration meeting this upcoming Friday September 23, 2016 at 5:00 PM. The meeting will be held in Forbes 2070D. This is where you'll receive your forms and information on length of the performance, music playlists etc. There have been updates to the voting system this year as well so we will have a panel of 5 judges well acquainted on strolling who will have a weighted vote in addition to the audience vote which we will have through an electronically administered system.

We look forward to seeing you all there, and we hope you are more excited than ever for the best Stroll the Polls yet.

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Student Honor Council Information Sessions

Student Honor Council will be holding two information sessions for students interested in joining the organization. The first session will be on Monday, September 26th from 12:00 pm to 12:45 pm and the second one will be on Thursday, September 29th from 12:30 pm to 1:15 pm. Both information sessions will take place in the Washington room on the second floor of the DSU. Please feel free to come to either session. We hope to see you there!

Pie-A-Pilam Fundraiser

Come pie the brothers of Pi Lambda Phi Fraternity next Monday and Tuesday, September 26-27 just for a dollar. We will be outside next to the DSU from 10:00am-2:00pm. All proceeds will go towards our philanthropy, the Elimination of Prejudice.

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African Student Union's "Cultural Takeover"

Instead of having our normal meeting time next Tuesday (September 27th), we will be having a "Cultural Takeover" event in the David Student Union (DSU). We will have a table set up and bracelets and some other jewelry will be on sale. Come by and learn what our club is about and what we have to offer. Again, you do not have to be a specific ethnicity or race to join ASU :) ! We cant wait to see you there

Black Student Union Presents: Karaoke Night

The Black Student Union will be hosting a Karaoke Night on Monday September 26, 2016 at 7:30pm! The event will take place in the Crow's Nest. Please email bsu@cnu.edu if you have any questions.

Attachment

Women's Soccer Chipotle Fundraiser

Come support the CNU Women's soccer team on Monday, September 26 from 4-9pm at Chipotle. Come hangout, eat some great food and support the team! Either print out the flyer or show it to the cashier on your phone.

If you have any questions please contact Dan Weiler at daniel.weiler@cnu.edu

Hope to see everyone there!

Attachment

Campus Programs and Announcements

CNU Student Sustainability Survey

CNU's University Sustainability Committee would like to invite you to participate in our second annual sustainability survey: <http://bit.ly/2cCZh5X>

Please note you must be signed into your CNU Google account to access the survey.

This short survey takes about 5 minutes to complete and will help CNU Green better serve you. This survey is also an opportunity for you to share your green ideas! Please feel free to explore green.cnu.edu and to contact us, cnugreen@cnu.edu, with any questions.

Cross- Cultural Leadership Study Abroad Info Session

Interested in taking Cross- Cultural Leadership in the Netherlands?? Come to Luter 137 at 12:30PM on Tuesday, September 27th to find out how! You don't want to miss this opportunity!

The L.E.A.D. Challenge

This is a challenge for all students interested in gaining the knowledge, awareness, and skills to successfully engage in campus life-regardless of previous involvement or leadership experience. Through participation in the program, students

will learn more about themselves and the critical skills needed to become Captains who engage in lives of meaning and purpose.

You can get more information by [clicking this link](#). You can join this experience by [clicking here!](#)
If you have any questions please contact Office of Student Activities osa@cnu.edu

Attachment

Managing Conflict

Join Dr. Hannon from the Office of Counseling Services and she explores productive ways to manage conflict.

September 27
3:30 - 4:30
DSU Harrison

Contact the Office of Counseling Services for any questions you may have.
757-594-7047

The Office of Diversity & Inclusion Presents: Standing Solid

Standing Solid

Luter Atrium, Tuesday (9/27), 12:30pm-1:30pm

The Office of Diversity & Inclusion will create a safe space for expression within the CNU Community in the Luter Atrium this upcoming Tuesday. In the midst of this hour we will have an interlocked moment of silence, with sixty seconds of the day dedicated to the lives taken and the leadership necessary to create a campus and nation "of respect and mutual trust." This is the opportunity for expression is for students to come share moments of fear and discrimination, and for all Captains to join in a moment of solidarity in recognition of pervasive racism.

This is not a debate, but the place to recognize the problems and dangers faced in our own country and campus, and stand in solidarity together!

"Life's most persistent and urgent question is, 'What are you doing for others?' "

- Martin Luther King Jr.

Attachment

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Office of Student Activities
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www.cnu.edu/studentactivities/

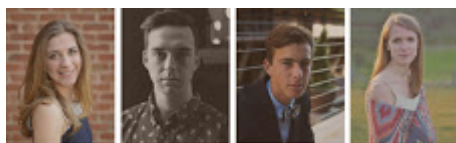
Follow us on Twitter [@CNUOSA](https://twitter.com/CNUOSA) or like the [CNU Office of Student Activities](#) on Facebook!

10 attachments

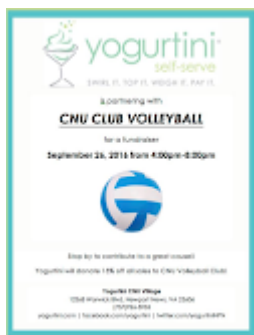



IFC LipSync.jpg
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Headshots.jpg
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Adelyn Finley | Jonathan Rodgers

**Volleyball Fundraiser.png**
246K**StrollToThePolls.jpg**
440K**Pie-a-Pilam**
23K**BSU Karaoke Night**
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 **Overview and Calendar L.E.A.D.**
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 **Women's Soccer Chipotle Fundraiser**
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 **Standing Solid**
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