



***Don't just sit there...  
~ ~GET YOUR BODY MOVIN' MOVIN'! ~ ~***

Looking for a fun way to incorporate exercise into your weekly routine? Why not join us on Tuesday and Thursday evenings for the CNU Free Fitness Exercise Class? It's fun! It's convenient! It's free! It's a great way to get fit and enjoy the company of your CNU colleagues. Classes are held in the Trieshmann Health and Fitness Pavilion, Multipurpose Room 2 from 5:15pm until 6:00pm.

To sign up for classes, please call the Office of Human Resources at 594-7145. You'll be glad you did!



## **So Many Retirement Decisions! How Do You Decide What's Right for You?**

Donald Hannahs, CFP with Planning Solutions Group, can help you make sense of all the retirement choices that are available to you! Don has offered to facilitate a free 2-night seminar for all interested CNU faculty and staff. Topics will include:

- The new 3.8% tax on investment earnings to pay for the Obama Administration Healthcare program
- The "All Star" investment choices in your ORP
- How to avoid the 65% tax on large retirement plans and delay income taxation across the next generation
- The Wills, Trusts and Estate Planning essentials
- Planning for a "Stretch IRA" and how this strategy may delay income taxation over 2 generations
- The special rules affecting TIAA balances and the 9 year Transfer Rule
- Why you should not rollover your VRS into an IRA
- How to qualify for a Roth even if your income is too high
- How to utilize charity to avoid taxes



This 2-night seminar will be presented from 5:30pm to 7:00pm and will include a complimentary dinner! The dates are yet to be determined. If this is something that interests you, please call 4-7145 or email [hr@cnu.edu](mailto:hr@cnu.edu). If enough people are interested, we will schedule and announce the dates in our next newsletter.

## **VRS Retirement Plan Changes**

Did your retirement benefits change on January 1, 2013? VRS members may recall that Non-Vested Plan 1 members were moved to Plan 2 as of January 1, 2013.

A new VRS Hybrid Retirement Plan is slated to start in January of 2014. This new retirement plan combines the features of a defined benefit plan and a defined contribution plan. Employees hired on or after January 1, 2014 will automatically be enrolled in the new plan. Current VRS plan members will have a one-time opportunity to enroll in this new plan.

To find out what this may mean to you, please read the [Winter 2013 Member News](#) from VRS.

## **TORNADO DRILL!**



**CNU will once again participate in the Governor's annual State-wide Tornado Drill on March 12, at 9:45am. All building occupants are to evacuate to the identified "safe shelter in place" location within the building. The drill will last three (3) minutes. For more information, please contact your emergency building coordinator or floor monitor.**