



Susan Barber &lt;sbarber@cnu.edu&gt;

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## Campus Announcements - August 26

1 message

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**Frank Council** <franklin.council@cnu.edu>

Wed, Aug 26, 2015 at 10:17 AM

To: Association Office of Student Activities &lt;osa@cnu.edu&gt;

Bcc: students@cnu.edu

# Campus Announcements: Daily Digest

**Wednesday, August 26**[CAMPUS ACTIVITIES EVENT CALENDAR](#)

## TODAY

- **Happiness, Mindfulness, and Yoga in Costa Rica - Study Abroad May 2016 - 12:15pm**
- **Picnic with the Pi's: 2-4pm**
- **CAB 2015-2016 Street Team Interest Meeting - 3:30pm**
- **Cycling Club Interest Meeting - 7pm**
- **Interest Meeting for Special Olympics Gymnastics Club - 7:30pm**
- **Neuroscience Club Interest Meeting - 7:30pm**
- **American Red Cross Club Interest Meeting - 7:30pm**
- **Cru Large Group Gathering - 8pm**

## Upcoming Student Events

- **CAB Presents...Welcome Back Party: A Throwback to the 80s**
- **Campus Activities Board (CAB) 2015-2016 General Board Applications - NOW AVAILABLE**

- **CAB Presents... 2015-2016 Street Team Applications - NOW Available**
- **SDEC/PIER Open House**
- **Meet the Greeks: Captain's Cookout - Thursday**
- **Join PIER!**
- **CNU A Cappella Auditions**
- **Cookout and First InterVarsity Large Group: 5-7pm / 7:30pm**
- **Episcopal Campus Ministry Community Gathering and Prayer Station**
- **CNU Martial Arts Club Interest Meeting**
- **Zeta Tau Aloha Open Sisterhood Event**
- **Break the Ice with Alpha Phi - 1st Open-Sisterhood Event of the Semester**
- **Yogurtini Fundraiser for Special Olympics Gymnastics Club - Friday**
- **Spectrum's Information Session**

## **Campus Programs and Announcements**

- **On Campus Employment Open House**
- **10th Annual Out of the Darkness Community Walk**

# **Today**

## **Happiness, Mindfulness, and Yoga in Costa Rica - Study Abroad May 2016 - 12:15pm**

Information Session - August 26, 2015, DSU Madison Room, 12:15-2:00

I would like to let you know about an exciting course that I will be leading next May in a yoga spa on the Pacific Coast of Costa Rica: Happiness, Mindfulness, and Yoga in Costa Rica. I have attached a flier with all of the details, but, in a nutshell, from May 9 through May 27, 2016, we will learn how the practice of yoga and mindfulness can make us happier people. Your instructors are deeply acquainted with the theory and practice of yoga, happiness, and mindfulness, and Costa Rica has been named the happiest country in the world, so consider joining us for what will be a stimulating and fun course for which you will also earn academic credit.

Check out the following websites for more info or email me!

<http://cnu.abroadoffice.net/internal-program-description-Happiness-Mindfulness-and-Yoga-in-Costa-Rica--154611-0.html>  
<https://www.facebook.com/groups/1400912790233717/>  
<http://www.lifeforceyoga.org/>  
<http://www.costaricayogaspa.com/Events.aspx?id=4205>  
<http://cnu.edu/studyabroad/>

Prof. Ken Rose

**attachment**

## **Picnic with the Pi's: 2-4pm**

Come meet the sisters of Alpha Delta Pi at Picnic with the Pi's at our first Open Sisterhood Event of the year on the York Lawn from 2-4PM on Wednesday, August 26th! There will be refreshments and a great opportunity to learn more about our sisterhood! Hope to see you there!

## **CAB 2015-2016 Street Team Interest Meeting - 3:30pm**

Wednesday, 8/26, 3:30pm, CAB Office (DSU)

CAB Street Team Applications are now OPEN! We encourage any CNU student (Great for freshman!) who is interested to apply starting NOW! You can get your application from the CAB office or Office of Student Activities on the 3rd floor of the DSU or print one from below!

- Applications are due to the CAB office or Office of Student Activities on Monday, September 1st.
- Interviews will be held on Saturday, September 5th from 10am-2pm!

Interest Meetings:

You must attend one interest meeting (CAB Office) to be eligible to join. The dates are:

Tuesday, August 25th @ 5:30pm,  
Wednesday, August 26th @ 3:30pm, and  
Thursday, August 27th @ 7pm.

**attachment**

## **Cycling Club Interest Meeting - 7pm**

On August 26 and 27, the Cycling Club will have an interest meeting in DSU Madison at 7pm. All skill levels from casual to competitive are welcome. We do weekly rides as well as competitions. You only need to attend one meeting if you are interested.

## **Interest Meeting for Special Olympics Gymnastics Club - 7:30pm**

CNU's Special Olympics Gymnastics Club is holding two interest meetings that will consist of the same information in both. One is Wednesday, August 26th and the other is Thursday, August 27th. Both are at 7:30 PM in the Harrison Room of the DSU. Come find out more about our program and see if you want to join! (No experience needed.)

## **Neuroscience Club Interest Meeting - 7:30pm**

The Neuroscience Club of CNU will have an interest meeting this Wednesday, August 26th at 7:30PM in Forbes 2070E. This will be a short meeting to discuss upcoming events as well as discuss any ideas you may have. The club has recently re-started, so this is a great way to get involved on campus and work towards a possible leadership semester next semester! Please direct any inquiries to [neuroclub@cnu.edu](mailto:neuroclub@cnu.edu)  
We look forward to seeing you there!!

## **American Red Cross Club Interest Meeting - 7:30pm**

Interested in joining the American Red Cross Club? Please join us for pizza and good company as we discuss our upcoming events for the fall semester. The meeting will be in MCM 114 at 7:30 today, August 26th.

**attachment**

## **Cru Large Group Gathering - 8pm**

August 26th in the Pope Chapel

8pm to 9:15pm

Come out to an awesome time of friendship, music, teaching, and laughter. This is an awesome way to get connected with Cru and to meet people at CNU! Oh yeah and we talk about Jesus too!

## **Upcoming Student Events**

### **CAB Presents...Welcome Back Party: A Throwback to the 80s**

CAB welcomes you back to campus with our annual welcome back party! The theme is throwback to the 80s...think cassette tapes, rubiks cubes, leggings, pacman, and anything neon! Bring your friends to this fun packed night!

Date: Friday, August 28, 2015

Time: 9:00pm-12:00am

Location: Studio Theater (Blackbox)

### **Campus Activities Board (CAB) 2015-2016 General Board Applications - NOW AVAILABLE**

CAB General Board Applications have re-opened! This is the first time we have tried this so take advantage of this opportunity! We encourage any CNU student who is interested to apply starting NOW! You can get your application from the CAB office or Office of Student Activities on the 3rd floor of the DSU or print one from below!

Applications are due to the CAB office or Office of Student Activities on Monday, September 1st and interviews will be held on Saturday, September 5th from 10am-2pm!

**attachment**

### **CAB Presents... 2015-2016 Street Team Applications - NOW Available**

CAB Street Team Applications are now OPEN! We encourage any CNU student (Great for freshman!) who is interested to apply starting NOW! You can get your application from the CAB office or Office of Student Activities on the 3rd floor of the DSU or print one from below!

Applications are due to the CAB office or Office of Student Activities on Monday, September 1st. Interviews will be held on Saturday, September 5th from 10am-2pm!

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Wednesday, August 26th @ 3:30pm, and  
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**attachment**

## SDEC/PIER Open House

Welcome back Captains! The Student Diversity and Equality Council (SDEC) and Peers for Inclusion, Empowerment and Respect (PIER) invite YOU to our open house on Thursday, August 27th 12-1:30p on the third floor of the DSU (371). Stop by to grab lunch, meet our officers, and learn about to get involved with us! We're here to spark dialogue, build relationships, advocate for others, and break down barriers between us. We raise awareness around issues of human difference, equality and respect of all forms in order to strengthen our CNU community.

## Meet the Greeks: Captain's Cookout - Thursday

August 27, 5-7pm - York Lawn

Welcome back Captains!

CNU Greek Life is hosting our annual Meet the Greeks event on August 27th from 5-7 on the York Lawn. This event is the perfect opportunity to meet all of the Greek organizations on campus in one place. We will be grilling out and playing lawn games, so come and join us!

Check out our [EVENT PAGE](#) on The Compass.

Questions? Email us: [cnu.phc.recruitment@gmail.com](mailto:cnu.phc.recruitment@gmail.com), [william.pell.13@cnu.edu](mailto:william.pell.13@cnu.edu), [calvin.stanford.11@cnu.edu](mailto:calvin.stanford.11@cnu.edu)

**attachment**

## Join PIER!

Peers for Inclusion, Empowerment, and Respect (PIER) is a group of facilitators trained to guide conversations around issues of diversity, inclusion and social justice. We're here to spark dialogue, build relationships, advocate for others, and break down barriers between us. We raise awareness around issues of human difference, equality and respect of all forms in order to strengthen our CNU community.

Apply to become a PIER apply by Wednesday, September 9th. An application is attached to this email. The GPA requirement is waived for incoming first year students.

Learn more by attending our Open House on Thursday, August 27th anytime between 12:00-1:30p!

**attachment**

## CNU A Cappella Auditions

Love to sing? We do. And we want YOU to come out and audition for CNU A Cappella! CNU A Cappella Fall auditions are happening SATURDAY, AUGUST 29TH @ 10:00am in the Ferguson Center! Head to the Blackbox Theatre to audition for any of the following groups: The Newport Pearls (all-female), CNU University Sounds (mixed), Take Note (all-female), Expansion (all-male), Trebled Youth (mixed), and Extreme Measures (mixed). Please prepare a verse and a chorus of 2 contrasting songs (not musical theater or choral pieces).

Join the Facebook event here: <https://www.facebook.com/events/863728513711086/> and pre-register to help cut down on lines!

Thanks, and we can't wait to hear you!

## **Cookout and First InterVarsity Large Group: 5-7pm / 7:30pm**

Thursday, August 27

Come join us for a cookout on the JR courts on Thursday from 5-7 pm! There will be free burgers, hot dogs, chips, drinks, as well as volleyball, basketball, Frisbee, and more! Come hang out, make some friends, and enjoy free food!

Then join us at 7:30 pm in the Gaines Theater for our first large group meeting of the year!! Come and see what InterVarsity Christian Fellowship at CNU is all about. All are welcome!

For more info check out [www.cnuiv.com](http://www.cnuiv.com) and join our Facebook group at [www.facebook.com/groups/cnuiv/](https://www.facebook.com/groups/cnuiv/).

***attachment***

## **Episcopal Campus Ministry Community Gathering and Prayer Station**

Episcopal Campus Ministry will have it's first Community Gathering on Thursday, August 27 at 7:30 p.m. in Chapel Conference Room A. Come join us as we get to know incoming members and make plans to grow in fellowship and faith this semester. ECM will also be sponsoring the Plaza Prayer Station each Thursday at lunchtime. Stop by to meet Chaplain Lauren and receive a prayer or blessing or simply enjoy a chat. All are welcome at ECM events.

## **CNU Martial Arts Club Interest Meeting**

Join us and learn about what we do at CNU Martial Arts Club!

Thursday August 27th at 8:00pm in Freeman 202

Contact [cnumac@cnu.edu](mailto:cnumac@cnu.edu) for more info!

## **Zeta Tau Aloha Open Sisterhood Event - Friday**

Friday, 8/28, 1-4 pm on the JR Courts (Rain: Freeman 101)

All women interested in Greek life are invited to join the sisters of Zeta Tau Alpha for our annual luau! End the first week of classes right with some tropical refreshments and fun conversation! We hope you stop by to say "Aloha!"

Facebook Event: <https://www.facebook.com/events/829543563807801/>  
Questions? Email [ztakappaphi@gmail.com](mailto:ztakappaphi@gmail.com)

We look forward to meeting you!

**attachment**

## Break the Ice with Alpha Phi - 1st Open-Sisterhood Event of the Semester

Thursday, August 27th, from 1-4pm on the JR Courts

Enjoy a snow cone and meet the sisters of Alpha Phi at our first event of the semester!  
Contact [aphi.thetaphi.vprecruitment@gmail.com](mailto:aphi.thetaphi.vprecruitment@gmail.com) with any questions!

**attachment**

## Yogurtini Fundraiser for Special Olympics Gymnastics Club - Friday

Friday, 8/28, 11:30am-10:00pm

CNU's Special Olympics Gymnastics Club is partnering with Yogurtini for our second fundraiser on August 28th from 11:30 AM to 10 PM. 15% of sales go to Special Olympics Gymnastics at CNU, but you must mention that you are there for the fundraiser for Special Olympics in order for the club to receive a piece of the sale. Walk right across the street and contribute to a great cause, and get some yummy Yogurtini in the process!

## Spectrum's Information Session

Hello CNU family! Welcome back Captains!

A new year has started, and thus a new semester! SPECTRUM will be having our information session Thursday August 27, 2015 at 8:00 pm. The meeting will be held in Luter 242. Come out, meet your SPECTRUM executive board, see what we will be up to this year, and prepare for a wonderful semester with us!

**\*\*snacks will be offered\*\***

We are excited to meet you all! Hope to see you there!

**\*\*If there are any questions please contact SPECTRUM at [spectrum@cnu.edu](mailto:spectrum@cnu.edu) for any questions or concerns.**

# Campus Programs & Announcements

## On Campus Employment Open House

Speak to campus hiring managers about matching your skills to their employment needs and getting a job on campus.

Monday August 31st 11:30 AM -2:00 PM DSU 2nd Floor, contact Kirstyn St. Pierre or Libby Westley

## 10th Annual Out of the Darkness Community Walk

September 12, 2015 (severe weather date: September 13, 2015)



Mt. Trashmore, Virginia Beach

**2015 Out of the Darkness Community Walk** - Sponsored by The Hampton Roads Survivors of Suicide Support Group

**REGISTRATION** is now active!

Walk with thousands across the country in recognizing THE NATIONAL SUICIDE PREVENTION WEEK! Come in the name of raising awareness of depressing and suicide; come in the name of remembering a loved one lost to suicide; come in the name of supporting this critical cause

For more information about the Walk, you may call Chris Gilchrist, LCSW, founder and facilitator of the Hampton Roads S.O.S. Group for over 27 years and a member of the American Association of Suicidology. (757) 483-5111.

Together we can save lives!

To find out what is happening on and around CNU, go to **The Compass** and check out the **CAMPUS ACTIVITIES EVENT CALENDAR!**

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**Frank Council**  
**Director, Office of Student Activities**

Christopher Newport University  
(757) 594-7260  
franklin.council@cnu.edu

*What you do speaks so loud, that I cannot hear what you say.*  
- Ralph Waldo Emerson

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**9 attachments**



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Alpha Phi\_break\_the\_ice\_flyer.png





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 captains\_cookout.pdf  
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 Study Abroad\_summer 2016\_costa\_rica\_flier\_d2.pdf  
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