



Run, Hide, Fight Video now available - We should all know what to do just in case...

Virginia's Public Safety Secretary Marla Decker recently posted the "Run, Hide, Fight" active shooter video on [Virginia's Public Safety's web site](#). This video was funded by the Department of Homeland Security and produced by the City of Houston's Mayor's Office of Public Safety and Homeland Security. This video presents "active shooter" information in a simple and concise manner to better prepare individuals who might encounter such a situation.

Secretary Decker was interviewed on the local television news last weekend and recommends that we all view the video. The Department of Human Resources Management (DHRM) encourages us to consider and follow the advice provided should we encounter an "active shooter" in the workplace, home, or any location where people may gather such as malls, theme parks, theaters, places of worship, etc.

University Police also placed a link on the [CNU alert website](#).

Made a New Year's Resolution to get healthier?

Lisa Wingfield, our Triesmann Health and Fitness Director has graciously agreed to teach an employee fitness class from 5:15 pm to 6 pm, on Tuesdays and Thursdays in the Freeman Center multipurpose room 2, beginning January 29, 2013. Thank you Lisa! To RSVP, call HR at 4-7145.

Attention COVA Connect members...

Given the dreadful flu season and the increasing cost for medical treatment, Optima Health developed an [information sheet for COVA Connect members](#) that may save you money and help determine when a visit to the ER is necessary.

Attention Hiring Managers - Do you know the rules for enrolling new employees in our health care program?

Newly eligible employees (new hires) now have up to 30 calendar days to enroll in a state employee health plan and/or flexible reimbursement accounts (FRA). The 30-day countdown period begins on the first day of employment and ends 30 days later. If the enrollment action is received within the 30 calendar day time frame, coverage will be effective the first of the month coinciding with or following the date of employment.

If an employee starts work on the 2nd of the month because the 1st is a holiday or weekend, and the agency receives the enrollment action within 30 calendar days of the hire date, then the employee's coverage goes into effect the first of the following month of employment.

Bow tie Tuesday - Let's start a new Tradition!

Did you know that, according to *Wikipedia*, during the Prussian wars of the 17th century, Croatian mercenaries would wear colorful 'scarves' around their necks to, among other things, denote rank and distinguish officer from enlisted man. The French, who were fighting alongside the Croats, were mightily impressed with this fashion innovation, and took the idea back home with them; adopting it as their own.

Wear your snazziest bow tie on Tuesdays and we'll come over to your office and take a picture to share with your colleagues in the *Spinnaker*! Just call us at 4-7145.

