

NEWS & INFORMATION

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Staff Appreciation Day scheduled for May 20

All staff and non-student wage employees are invited to participate in this year's Staff Appreciation Day activities on May 20, from 10 a.m. to 3 p.m. at Rector Field House.

Staff Appreciation Day is Virginia Tech's way of recognizing staff for their contributions to the university. This year's event will offer a wide range of activities to include campus tours, bingo, stress-relieving massages, team competitions, and more.

A complete list of activities and a schedule of events is available online at: www.hr.vt.edu/employeescorner/staff-appreciation/index.html. Please note: This event is for employees only and does not include family members.

Supervisors are encouraged to allow all staff employees to attend for a minimum of several hours to participate in the special activities planned for the day. The President's Office recognizes there are certain departments that require varying levels of support throughout the day; therefore, we are suggesting that offices stay open to receive visitors and phone calls, but with the minimum of rotating staff required.

Staff Appreciation Day cannot be considered a substitution for leave. Employees are asked to report to their normal work location that morning and return in the afternoon. Employees on sick leave or planned annual leave on this date should record the full eight hours as leave.

Faculty members who wish to volunteer during the event are asked to register online, send an email to events.president@vt.edu, or call 540-231-7111. For more information, contact Margie Murray at 540-231-5637.

Free assistance available to help veterans obtain benefits, services earned through military service

Students, employees, and community members looking for information about the veteran rights and benefits they earned by serving their country can meet with representatives from the Disabled American Veterans April 13 on Virginia Tech's campus. The event is 9 a.m. to 4 p.m. at Squires Student Center - West Wall Plaza, 290 College Avenue.

This event gives veterans the opportunity to meet with Disabled American Veterans representatives in the New River Valley instead of traveling to Roanoke.

Registration is not required and services are free, but individuals who plan to participate should bring their claim number, social security number, and other pertinent documents such as their DD Form 214.

The Disabled American Veterans Mobile Service Office will provide free professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government.

In 2014, about 50,000 people applied for jobs at the university. Approximately, 2,100 of those applicants indicated

they are veterans. Today, Virginia Tech employs more than 300 veterans and has more than 200 student veterans enrolled in classes. The university is fully committed to equal employment opportunity and affirmative action for covered veterans.

Nominations for McComas Staff Leadership Award due April 22

Nominations are now being accepted for the 2015 McComas Staff Leadership Award. The award recognizes non-student wage and staff (classified and university) employees who regularly demonstrates the behaviors of a strong leader in support of the goals of the university, college/VP area or department. Employees who work at any Virginia Tech location are eligible.

Self-nominations will be accepted. The nomination deadline is April 22. The winner will be recognized at the annual McComas Staff Leadership Seminar on April 27 where he/she will receive a framed certificate and \$500. Past winners are not eligible for five years following the receipt of the award.

The award is sponsored by University Organizational and Professional Development in the Department of Human Resources and the Commission for Staff Policies and Affairs.

For more information, contact Ross Mecham, Director of Organizational Development, at 540-231-5092 or visit www.hr.vt.edu/compensation/employaward/staff-awards/mccomas-staff-leadership-award/.

Attend the first annual Virginia Tech Award for Safety Excellence

Keynote speaker Caryl Griffin-Russell from the Elizabeth R. Griffin Research Foundation will highlight the first annual Virginia Tech Award for Safety Excellence. The event will be held in the Latham Ballroom at the Inn at Virginia Tech on April 13 from 9-11 a.m.

The event will recognize members of the university community whose safety efforts or initiatives have resulted in a safer work environment or substantially helped to eliminate or minimize loss or injury. Light refreshments will be available. Space is limited. Please register on the event website by April 6. For more information contact Anna Kroner at 540-231-1122.

Voluntary contributions crucial to Hybrid Retirement Plan

Employees enrolled in the Hybrid Retirement Plan who would like to increase their voluntary contribution must do so by June 15. Participants are only permitted to change contributions quarterly.

The Department of Human Resources strongly encourages employees to participate in the voluntary contribution portion of the plan in order to be fully prepared for retirement.

In addition to the plan's required contributions, employees have the option to contribute up to an additional 4% (in .5%

increments) into the defined contribution portion of their retirement account. Virginia Tech will match the first 1% of voluntary contributions with a corresponding contribution of 1% of the employee's annual creditable compensation. For each additional voluntary .5% contribution, Virginia Tech will match at a contribution rate of .25%.

For more information contact the Human Resources Service Center by sending an email to hrrservicecenter@vt.edu or call 540-231-9331.

Research reveals how inability to value future events can lead to addiction

At noon on May 5, Virginia Tech employees are invited to talk with colleague Dr. Warren Bickel, professor and director of the Addiction Recovery Research Center at the Virginia Tech Carilion Research Institute.

As part of the brown bag webinar series "Our VT: Building community at Virginia Tech," Bickel will talk with participants about how his research has led him to believe that many of the problems individuals face (addiction to drugs, gambling, internet, videos games, and escalating debt, global climate change and obesity) are the result of a person's inability to value future events.

Bickel will explain his belief that "human history and our collective future is about whether we consider the future or will only consider the present and, in doing so, be trapped by the Tyranny of Small Decisions."

Participants will be invited, and encouraged, to ask the speaker questions during the one-hour discussion. Registration is required by 5 p.m. Monday, May 4.

For more information contact the Human Resources Service Center at 540-231-9331.

Registration open for swim lessons

Recreational Sports will be offering its final session of swim lessons beginning April 6. Registration for Swim Session 3 will close April 12. Swim lessons will be available for swimmers at all levels, adults and children included. No university affiliation is needed to register.

Children younger than 3 are welcome to participate in Parent & Child swim lessons, where they will become acclimated to the water and learn vital safety skills. Preschool I and II will teach children water safety and basic swimming skills, while Levels 1-6 will teach students a variety of swimming techniques.

Beginning adult classes are offered for adults who want to become comfortable in the water while learning basic swimming skills. Adults who possess beginner swimming skills are invited to take Intermediate Adult classes, where they will learn front crawl, back crawl, and other essential swimming techniques.

The cost for Swim Session 3 is \$55 for the full session. Pay in-person at 142 McComas Hall before the first day of class, or pay online. Cash, check, and credit cards are accepted.

For more information visit www.recsports.vt.edu/instruction/swim or all 540-231-6184.

Power your Tuesdays with a lunch hour walk

Getting out of your office and join other Hokies for a lunch time walk every Tuesday from 12 – 1 p.m. at the walking loop meet-ups. Walking just 20 minutes a day can cut your risk of dying prematurely by 16 to 30 percent according to a new study published recently in the American Journal of Clinical Nutrition.

During inclement and cold weather, the group meets inside Cassell Coliseum. Weather permitting, the group meets at various locations around campus to enjoy the outdoor Virginia Tech walking trails.

3.2-Mile Run in Remembrance to affect campus parking and traffic

Parking and traffic on campus will be affected by the 3.2-Mile Run in Remembrance scheduled for Saturday, April 18:

Traffic impacts:

The following roads will be closed to traffic beginning at 8 a.m., April 18. Police will gradually reopen the roads as the run progresses.

- CRC Trail
- Drillfield Drive
- Duckpond (between West Campus and Grove)
- Grove Lane
- Kent Street
- Oak Lane
- Spring Rd
- Sterrett Drive
- Washington Street SW (between West Campus to Kent)
- West Campus Drive

Parking impacts:

Beginning at 7 p.m. Friday, April 17, new parking will not be allowed in the following areas:

- Drillfield
- Washington Street
- Spring Road
- Golf Course Lot along Duck Pond Road
- Kent Street
- Clay Street House (formerly the Cranwell house)

All vehicles must be removed from these areas by 10 p.m. Friday, April 17, or be subject to towing. These areas will be restricted until the end of the 3.2 Run in Remembrance at about noon Saturday, April 18.

Vehicles parked in the following lots will not be allowed to exit until the end of the run:

- Wright House Lot
- Hahn Lot
- Duck Pond Overflow Lot
- Price Hall Lot
- Engel Lot
- Coliseum Lot
- Coliseum East (Basketball Practice) Lot
- Basketball Practice Ext. Lot
- Northern part of Stadium Lot
- Owens Lot
- Bookstore Lot
- Grove Lane
- Duckpond Overflow Lot
- Smithfield Road Lot

General Parking

Public parking will be in the large commuter lots between Prices Fork Road and Perry Street.

The Rec Fields and Health and Safety Lots (off Tech Center Drive), will be available for media vehicles.

For information about bus routes and schedules visit Blacksburg Transit or call 540-961-1185. For more parking information call 540-231-3200.

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