

NEWS & INFORMATION

Wednesday, Jan. 18, 2017 -- Volume 13, Number 24



A message from President Tim Sands in honor of Martin Luther King Jr. Day

The following is an open letter to the Virginia Tech community from President Tim Sands sent on Jan. 16.

As we take time this week to honor and reflect on the legacy of Dr. Martin Luther King, Jr., I ask each of you to consider what you can do this semester to bring our campus closer to his vision of community. Our Beyond Boundaries initiative asks us to imagine the university we could become a generation into the future. We cannot make that leap without thinking boldly about whom we will serve and how we will prepare our students for a dynamic, diverse and interconnected world. Through InclusiveVT, we are imagining that future for Virginia Tech, and we are engaging in the hard work it takes to put us on a trajectory toward that future.

Over the past year, under the leadership of Menah Pratt-Clarke, we've taken significant steps (<http://inclusive.vt.edu/about/Newsletter.html>), including the creation of diversity education programs for students and faculty, establishing scholarships for underrepresented students (<http://vtnews.vt.edu/articles/2016/11/development-beyondboundariesscholars.html>), and expanding our intercultural engagement center. We sought to facilitate difficult and meaningful conversations through #VTUnfinished (http://inclusive.vt.edu/VTUnfinished/_jcr_content.html), which featured an enlightening series of workshops with Lee Mun Wah. We're proud of our progress and our recognition by INSIGHT Into Diversity Magazine as a Diversity Champion (www.insightintodiversity.com/virginia-tech-fulfills-mission-through-service-to-community/), and we're excited to move forward. InclusiveVT (<http://inclusive.vt.edu/>) will continue to be a priority at Virginia Tech in 2017 and beyond.

Our weeklong celebration of Dr. King (<http://iec.vt.edu/Awareness/mlk.html>) is an excellent opportunity for you to engage, perhaps for the first time, in meaningful conversations about race, justice, lived experiences, and diverse perspectives. Let's make this a great semester by listening and learning from each other, practicing empathy, and affirming our Principles of Community (<http://inclusive.vt.edu/vtpoc0.html>).

Thank for your support of the Commonwealth of Virginia Campaign

The following is an open letter to Virginia Tech employees from Kevin L. Foust, chief of police and director of security. Foust is the honorary chair of the 2016 Commonwealth of Virginia Campaign.

Today, we have 344,013 additional reasons to smile; 344,013 additional reasons to be proud to be Hokies; and 344,013 additional reasons why Virginia Tech is a great place to work. Because together we raised \$344,013 for our community and those in need.

The spirit of Ut Prosim (That I May Serve) is truly alive and well here at Virginia Tech. When you were called to step up to the plate to help your friends, neighbors, and folks all across Virginia,

you knocked it out of the park.

Thanks to the generosity of more than 1,400 of our employees, we not only met our \$325,000 goal, we surpassed it, and in record-breaking fashion no less. This year's total is \$24,349 more than we raised last year and the most we have ever raised for the Commonwealth of Virginia Campaign.

Not only did employees make individual gifts, but departments and offices across the university hosted a variety of events to raise funds for the campaign as well. Photo galleries of some of these events can be viewed online at <http://cvc.hr.vt.edu/campus-involvement/2016.html>.

Of the \$344,013 raised, employees donated to more than 300 organizations. The three organizations that received the highest number of designated donations are:

- \$17,844 to the United Way of Montgomery, Radford, and Floyd
- \$17,543 to the Free Clinic of the New River Valley (Community Health Center of the New River Valley)
- \$16,712 to the Women's Resource Center of the New River Valley

I was honored to serve as the honorary chair for this year's Commonwealth of Virginia Campaign, and I am grateful to have witnessed first-hand the dedication of the steering team who organized the campaign, as well as the compassion of our employees who donated.

Just because the Commonwealth of Virginia Campaign has come to a close and the holiday season is behind us, it doesn't mean we should stop giving back. As we embark on a new year, let's strive to live out our motto, Ut Prosim (That I May Serve), each and every day.

Thank you again for your generosity and unwavering commitment to serving others. Every donation to the Commonwealth of Virginia Campaign will make a difference.

Seats available for January professional development workshops

To support the university's commitment to developing well-rounded employees who are active members of the university community, University Organizational and Professional Development offers a variety of professional and diversity development workshops.

Upcoming workshops in January include:

- Effective Meetings
Planning and executing productive meetings is an essential skill for every employee to master. Learn the keys to ensuring that meetings are well-organized and effective.
- Office Software Skills

An array of Computer Desktop Application classes are offered throughout the semester. Offerings include basic, intermediate, and advanced courses in Microsoft Access, Excel, OneNote, Outlook, PowerPoint, Project, Visio, and Word, along with Adobe Photoshop.

- Setting and Achieving Goals
Setting and achieving goals can increase confidence, improve

self-esteem, and bring a greater sense of satisfaction. Participants will learn how to set specific, achievable goals.

-- Time Management

It is important to have a good set of strategies and approaches to manage workloads with effectiveness and efficiency. This workshop focuses on providing best practices for analyzing and planning work in order to optimize overall effectiveness.

Workshops are open to all employees and are held in North End Center. Sessions fill up quickly and space is limited. View a full list of current offerings at www.uopd.vt.edu/workshops/current-offerings.html and register online at www.training.vt.edu.

For more information, or to inquire about bringing organizational and professional development services directly to your team or department, contact University Organizational and Professional Development at 540-231-5100 or uopd@vt.edu.

Improve your health and wellness this spring with Hokies Live Well

Hokies Live Well is an on-going program that encourages employees to participate in wellness activities throughout the semester. The Hokies Live Well spring program will run from Jan. 17-Apr. 21.

Hokies Live Well activities are divided into four categories that incorporate moving well, eating well, relaxing well, and being well. Participants who complete 10 different activities, a minimum of two from each category, will receive a free stainless tumbler that keeps beverages hot or cold.

Eligible activities include participating in the Tuesday walking group, getting a massage, receiving a vaccine, attending a cooking class, visiting a farmer's market, completing a 5k, or going on a hike. Grab a co-worker, friend, or family member, have fun and live well.

To participate:

-- Register online for Hokies Live Well at

https://virginiatech.qualtrics.com/jfe/form/SV_eRkvKAtc4Hb11dj

-- Print out a Hokies Live Well tracking log to record your activities at

http://hokiewellness.vt.edu/content/dam/hokiewellness_vt_edu/doc/hlwtracerspring2017.pdf

-- Participate in the activities listed on the tracking log

-- Turn in completed tracking log

Completed tracking logs can be turned in on Apr. 21 at North End Center (suite 2300) from 8 a.m.-1 p.m. or on Apr. 21 at McComas Hall (room 194) from 12-5 p.m. Extended campus participants should email their tracking log to hokiewellness@vt.edu by Apr. 21.

Tumblers can be picked up at the Hokie Wellness table at Staff Appreciation Day on May 17. Tumblers will be mailed to extended campus participants.

For more information, visit http://hokiewellness.vt.edu/Employees/Programs/hokies_live_well.html or contact Hokie Wellness at hokiewellness@vt.edu or 540-231-8878 (employees) or 540-231-2233 (students).

Martin Luther King Day events and programs planned

In commemoration of Martin Luther King Jr., Virginia Tech has a weeklong schedule to remember and honor the man who drove out hate and darkness through love and light.

This year's celebration theme is "Injustice Anywhere is a Threat to Justice Everywhere: The Legacy Between Two Movements." The events will reflect on the Civil Rights Movement and the Black Lives Matter movement.

The annual keynote address will be delivered on Wednesday, Jan. 18 at 7

p.m. in the Graduate Life Center auditorium by Opal Tometi of Black Lives Matter. Tometi is a dedicated activist who has worked at the intersection of racial injustice and immigrant rights for more than a decade. The originator of the Twitter hashtag #BlackLivesMatter, Tometi and a few others prompted activism nationwide and introduced the banner under which this generation's civil rights movement marches. Tometi serves as the executive director at the Black Alliance for Just Immigration.

In her keynote, Tometi will be interviewed by Ellington Graves, director of Africana Studies; Malik Keaton, president of the Black Organizations Council; and Meriam Nure, vice president of the Black Organizations Council. Funds from the Elizabeth A. (Betsy) Flanagan Women in Leadership and Philanthropy Endowed Lecture Fund support this event. Also sponsoring the Martin Luther King celebration events is the Black Organizations Council, Intercultural Engagement Center, the Office of Inclusion and Diversity, and the Virginia Tech Women's Center.

The schedule of events is evolving and subject to change. The Martin Luther King Celebrations website <http://iec.vt.edu/Awareness/mlk.html> will be updated to include the most current information.

Archival Curation on the History of Protest

-- Tuesday, Jan. 17

-- Black Cultural Center

-- On display through Friday, Feb. 17

Keynote: A Conversation with Opal Tometi from Black Lives Matter

-- Wednesday, Jan. 18; 7 p.m.

-- Auditorium, Graduate Life Center

Faculty discussion panel on International Protest Demands and Black Lives Matter

-- Thursday, Jan. 19; 6 p.m.

-- Brush Mountain A, Squires Student Center

Ethnoracial Diversity in Posttraumatic Stress: Epidemiology, Assessment, and Treatment

-- Thursday, Jan. 19; 3:30-4:30 p.m.

-- Pamplin 1045

-- Part of the Psychology Colloquium Series in honor of Martin Luther King. Nnamdi Pole will present.

Memorializing MLK: Identity and Representation in Cultural Heritage Design Debate

-- Friday, Jan. 20; 11 a.m.

-- Art + Architecture Library, 100 Cowgill Hall

-- With special guest Ed Jackson, executive architect of the Martin Luther King Memorial Foundation and executive producer of the memorial effort.

Rev. Dr. King Reflection Chime

-- Friday, Jan. 20; Noon

From Silent Spring to Silent Night: A Tale of Toads and Men

-- Friday, Jan. 20; 12:20 p.m.

-- Auditorium, Biocomplexity Institute

-- Sixth annual Martin Luther King Seminar from the Biological Sciences department. Tyrone Hayes will present.

VT Expressions presents: Speak Your Peace, Art for Action

-- Friday, Jan. 20; 6 p.m.

-- Location TBA

Virginia Tech News is published weekly during fall and spring semester and bimonthly during the summer sessions, by the Department of Human Resources and the Office of University Relations as a service to university employees who do not have computer access on campus. For more information, or to discuss submission of items call 540-231-7643.