

### Fall retirement planning seminars now available

It is never too early or too late to start planning for retirement. The Division of Human Resources is hosting free retirement planning session on Virginia Retirement System and Optional Retirement Plan benefits. Topics include retirement options, calculating monthly benefits, increasing retirement income, life insurance, health insurance, and other retirement benefits and resources. All employees are welcome to attend; however, the information presented will be especially helpful to employees who plan on retiring within the next six years. The following sessions are available:

- Friday, Oct. 12, 10 a.m. – noon, North End Center, Room 2420
- Tuesday, Oct. 23, 10 a.m. – noon, North End Center, Room 2420
- Monday, Oct. 29, 1 – 3 p.m., North End Center, Room 2420

Please register at [training.vt.edu](http://training.vt.edu). For more information about the seminars, visit [calendar.vt.edu](http://calendar.vt.edu) and search keyword “retirement,” and for additional information on retirement planning, visit [bit.ly/2OTG001](http://bit.ly/2OTG001).

In addition, a representative from ICMA-RC will be on campus to talk about the following topics. Registration is not required for the sessions listed below.

- Overview of the Commonwealth of Virginia 457 Deferred Compensation Plan and Virginia Cash Match Plan: Friday, Oct. 5, 1 – 2 p.m., North End Center, Room 2420
- Hybrid Retirement Plan: Features and benefits: Monday, Oct. 15, 10:30 a.m. – noon, North End Center, Room 2420

Remote sessions are available via Zoom during the same times. For questions or more information, contact Dani McNiel at [dmcniel@vt.edu](mailto:dmcniel@vt.edu) or 540-231-3425. Learn more: [bit.ly/2O6nfcX](http://bit.ly/2O6nfcX).

### Join Hokie Wellness for a fall cooking class to learn how to make healthier desserts

Learn how to create a healthier spin on your favorite sweet treats at the Healthy and Delicious Desserts cooking class set for Friday, Sept. 28, from noon-1:30 p.m. in Wallace Hall, room 405.

Participants will improve cooking skills, learn new techniques, and develop healthy cooking and eating strategies – all in a fun, social environment. The cost is \$10 and includes a meal and recipe booklet.

Registration is required and space is limited. For more information, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or by calling 540-231-8878.

### Homecoming Week is Oct. 29-Nov. 4

Virginia Tech will celebrate Homecoming with a week of activities for students, alumni, and friends. Start the week with the Campfire Kickoff and don't miss the Homecoming Parade, tailgate, football game, and more! Learn more: [vt.edu/homecoming.html](http://vt.edu/homecoming.html).

### Fireworks notice for Oct. 9

On Tuesday, Oct. 9, the university will host fireworks near the Drillfield as part of the Ring Premiere celebrations taking place in Burruss Hall. The campus and surrounding community should be aware of potential noise amplification around 10 p.m.

## Campus community invited to take advantage of upcoming emergency response training

Virginia Tech Emergency Management invites all students, faculty, and staff to attend upcoming fall Campus – Community Emergency Response Team training (C-CERT). Attendees will get an inside look into responding to disasters in their communities, as well as about the first response and community service opportunities available in the New River Valley area.

The C-CERT training course is designed to provide volunteers with a broad overview of disaster preparedness and response skills in a team-based environment. The course involves both hands-on and lecture opportunities to learn skills and knowledge associated with emergency response.

The course is offered free through Virginia Tech Emergency Management. For questions, email [oem@vt.edu](mailto:oem@vt.edu) or call 540-231-4873. Learn more: [bit.ly/2Oam7Vr](https://bit.ly/2Oam7Vr).

## Optional benefits open enrollment through Sept. 28

Open enrollment for optional benefits, including Legal Resources and New York Life Insurance is available until Friday, Sept. 28. During open enrollment, employees can enroll in, drop, or change coverage without experiencing a qualifying event. Learn more: [bit.ly/optional-benefits-open-enrollment](https://bit.ly/optional-benefits-open-enrollment).

## University offices to close at 3 p.m. for Oct. 25 football game

President Tim Sands has approved the closing of all university offices at 3 p.m. Thursday, Oct. 25, with the exception of faculty and staff directly supporting classroom instruction and other critical university operations. The closing will help the university facilitate traffic and other operational procedures for the football game that night against Georgia Tech. Kickoff for the game will be at 7:30 p.m.

Classes will not be cancelled. Employees who are departing campus are strongly advised to remove their vehicles from the parking lots by 3:10 p.m. in order to avoid traffic and parking challenges associated with the game.

## Swim lessons available for all ages

Experienced instructors provide children with instruction while also making them feel welcomed and helping them become comfortable in water. Each class is led by a certified instructor with a ratio of 1:6 (instructor to participants). Session II runs Oct. 1 through Oct. 26 and session III runs Oct. 29 through Nov. 29. Cost is \$55 per session. Registration is now open for a variety of sessions. Learn more: [bit.ly/2QYtluh](https://bit.ly/2QYtluh).

## Fall Family Weekend: a time to reconnect and experience Virginia Tech's rich traditions and new initiatives together

This year's Fall Family Weekend is Oct. 12-14. Special events include athletic competitions, exhibitions, featured dining events, information sessions, open houses, performances, presentations, outdoor activities, and tours.

The Fall Family Weekend schedule offers something for everyone. Learn more: [bit.ly/2DwXrT0](https://bit.ly/2DwXrT0).

## Focus groups provide ways to learn more about diversity development programs

Have you wondered what happened to the Diversity Development program? Have you wondered what happened to the Diversity Development program? Are you curious about what's next for diversity education at Virginia Tech? Do you want to have a say in its future?

Join others from across campus in a structured focus group. These meetings will help the office gather information on the needs of individuals and units across campus as they work toward achieving diversity strategic goals. There are currently five sessions open for participation and all are in 2420 North End Center. Register at: [bit.ly/2ObCS2D](https://bit.ly/2ObCS2D). Sessions should only last 90 minutes, but are scheduled for two hours just in case it runs over its allotted time. Learn more: [bit.ly/2Q8cW5j](https://bit.ly/2Q8cW5j).

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