
SUBJECT: UC SAN DIEGO VETERANS STAFF ASSOCIATION VETERAN OF THE YEAR CEREMONY

Deadline Date: 11/1/2016

Plan to attend the 17th Annual UC San Diego Veterans Staff Association Veteran Recognition Ceremony to honor our veterans and members of the Armed Forces. Join your colleagues as UC San Diego celebrates the contributions of these outstanding veterans, active military, retired military, reservists and military affiliates who add so much value to our campus community. The event is open to the public and light refreshments will be served immediately following the celebration. The theme of this year's ceremony is "Service After Serving."

DATE: Thursday, November 10

TIME: 11:30 a.m. to 1:00 p.m. in

LOCATION: UC San Diego's Supercomputer Center Auditorium.

Our UC San Diego Veteran of the Year, Frank Montoya, will be honored and thanked for his service, and each veteran and military service member in attendance will be recognized.

If you plan to attend the event, please **RSVP by Tuesday, November 1**, at

<http://veterans.ucsd.edu/2016/09/22/2016-voy-rsvp-is-open/>

To support the recognition of veterans and members of the Armed Forces on campus, Chancellor Khosla has approved 90-minutes of administrative leave with pay. He asks supervisors to allow employees to attend as long as the absence does not infringe upon the performance of required duties or patient care.

Inquiries regarding the event or requests for a sign interpreter may be directed to Joanna Boval at jboval@ucsd.edu in advance of the event.

SUBJECT: PAIN AWAY CLASS

Event Date: 11/2/2016

Are you a UCSD campus employee who is experiencing muscular tightness and discomfort?

Sign up for Pain Away Classes hosted by Environment, Health and Safety And learn effective methods to manage pain by using a foam roller and a softball.

DATE: November 2nd

TIME: 12:30pm – 2:30pm

LOCATION: University Center Building 401

For a quick video clip or more detailed information, please

visit: <http://blink.ucsd.edu/go/painaway>

As always, there is NO CHARGE to UCSD Campus Employees. Pre-registration through UC Learning Center preferred; Walk-ins welcome subject to room capacity and course enrollment.

If you have any questions please contact: ehsih@ucsd.edu. If you have taken the class before, you are more than welcome to take it again. Please register on the UC Learning Center and encourage your friends to join as well!

SUBJECT: HOME CARE CHALLENGES AND SOLUTIONS WITH CINDY WILSON

Event Date: 11/2/2016

Current and retired staff and faculty are invited to attend a FREE seminar hosted by the UCSD Retirement Association. Join us as our speaker, Heritage Senior Care Professional Cindy Wilson, gives an in-depth look at the common challenges associated with Home Care and the expert solutions.

DATE: Wednesday, November 2

TIME: 12:00 PM – 1:15 PM

LOCATION: [UCSD Retirement Resource Center](#), 400 University Center

For an informative event flyer, please see: http://retire.ucsd.edu/pdf/16/Homecare_11-2-16.pdf

Please use the online RSVP system to register for this event: <http://hrweb.ucsd.edu/ra> or call the center at (858) 534-4724

(The offering of this seminar does not represent an endorsement of the presenter's services by UCSD or the UCSD Retirement Assn.)

SUBJECT: SEXUAL HARASSMENT PREVENTION - LIFE THEATRE'S SURVIVAL GUIDE

Event Date: 11/3/2016

Sexual Harassment Prevention, presented by Life Theatre and the Office for the Prevention of Harassment & Discrimination for Faculty and Supervisors will be offered

DATE: November 3, 2016

TIME: 1-3 pm

LOCATION: Price Center East Forum located on Level 4 of Price Center East

To register for this class, go to UC LEARNING CENTER <http://uclearning.ucsd.edu>. Log on using your single sign on (new users please start here:

<https://a4.ucsd.edu/selfreg/supplyemail.do>)

SEARCH keyword: shplife

Click REGISTER in the lower right hand corner of the screen. Select the location for the class you would like to attend.

Click SUBMIT

SUBJECT: SEXUAL HARASSMENT PREVENTION FOR SUPERVISORS -- LIFE THEATRE PROGRAM

Event Date: 11/3/2016

Attention Supervisors and Academic Appointees! We are pleased to announce that the Sexual Harassment Prevention for Supervisors – Life Theater Program will be presented for all who are required to take the 2-hour sexual harassment prevention course.

DATE: Thursday, November 3rd

TIME: 1p – 3p

LOCATION: Price Center East Forum (4th Floor).

For information about how to sign up, please see the attached flyer:

http://ophd.ucsd.edu/_files/LifeTheatreNov2016.pdf

Office for the Prevention of Harassment & Discrimination (OPHD)

(858) 534-8298

ophd@ucsd.edu / <http://ophd.ucsd.edu>

SUBJECT: “ARE YOU HUNGRY?” AN INTUITIVE EATING-BASED STAFF SEMINAR

Event Date: 11/3/2016

What kind of "hungry" are you? This seminar is will explain how to tell when you're physically or emotionally hungry... because we all eat for both reasons. Presented by Miriam Jirari, HDH Wellness Dietitian.

DATE: Thursday, November 3rd

TIME: 12-12:45pm

LOCATION: Women's Center Small Meeting Room, Student Center West, Bldg. 290, above Hi-Thai, across from the Main Gym.

For a map and directions to the Women's Center, please visit: <http://women.ucsd.edu>

How to enroll: Please email mjirari@ucsd.edu if you wish to attend (webinar option available).

SUBJECT: PREVENTING ELDER ABUSE WITH ATTORNEY HEIDI KLIPPEL

Event Date: 11/3/2016

Current and retired staff and faculty are invited to attend a FREE seminar hosted by the UCSD Retirement Association. Join us for this informative seminar to discuss issues surrounding elder abuse, including strategies on how to identify and prevent it.

DATE: Thursday, November 3

TIME: 11:45 AM - 1:15 PM

LOCATION: [UCSD Retirement Resource Center](#), 400 University Center

Don't miss this opportunity to learn more about this pressing issue. For an informative event flyer, please see: http://retire.ucsd.edu/pdf/16/ElderAbuse_11-3-16.pdf

Please use the online RSVP system to register for this event: <http://hrweb.ucsd.edu/ra> or call the center at (858) 534-4724

(The offering of this seminar does not represent an endorsement of the presenter's services by UCSD or the UCSD Retirement Assn.)

SUBJECT: NUTRITION CLASS WITH VICKY NEWMAN - DETOXIFICATION FOR A HEALTHIER BODY AND MIND

Event Date: 11/4/2016

Current and retired staff and faculty are invited to attend a FREE seminar hosted by the UCSD Retirement Association. Learn how to reduce exposure to toxins, minimize production of toxins in your body, and help your body eliminate toxins to support your physical and mental health with dietician Vicky Newman.

DATE: Friday, November 4

TIME: 11:45 AM - 1:15 PM

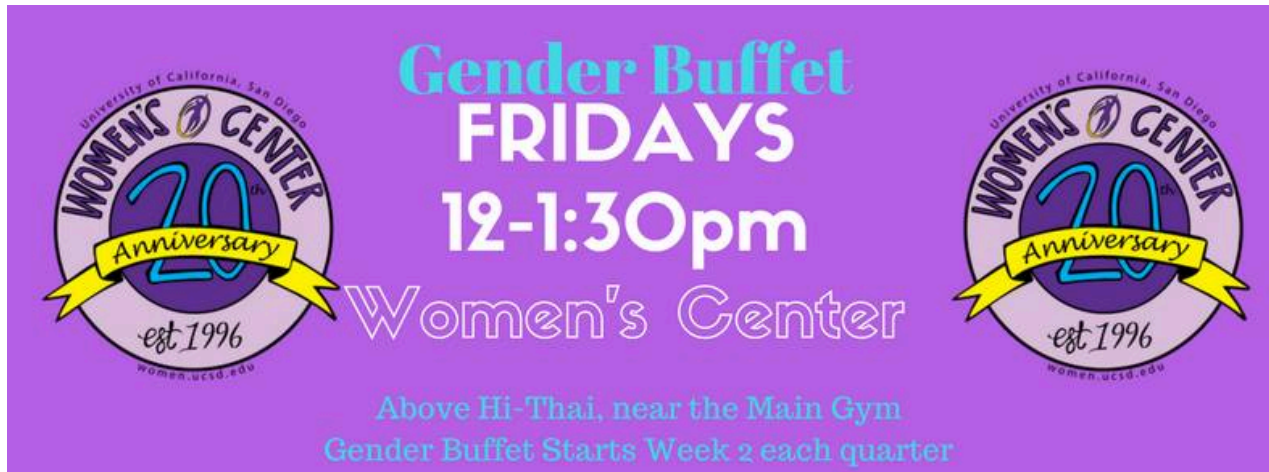
LOCAITON: [UCSD Retirement Resource Center](#), 400 University Center

For an informative event flyer, please see: http://retire.ucsd.edu/pdf/16/Detox_11-4-16.pdf

Please use the online RSVP system to register for this event: <http://hrweb.ucsd.edu/ra> or call the center at (858) 534-4724

(The offering of this seminar does not represent an endorsement of the presenter's services by UCSD or the UCSD Retirement Assn.)

SUBJECT: GENDER BUFFET – INTERSEX AWARENESS DAY



Event Date: Fridays

Join us for Gender Buffet! Gender Buffet is a weekly, informal dialogue on issues connected to gender. This week's topic is "Intersex Awareness Day." FREE SNACKS.

DATE: Even week Thursdays

TIME: 5p – 6:30p

LOCATION: Women's Center Small Meeting Room, Student Center West, Bldg. 290, above Hi-Thai, across from the Main Gym.

For a map and directions to the Women's Center, please visit: <http://women.ucsd.edu>

SUBJECT: UCSD RETIREMENT ASSOCIATION CONVERSATIONS ON GRANDPARENTING

Event Date: 11/7/2016

Current and retired staff and faculty are invited to attend a FREE seminar hosted by UCSD Retirement Association. The "Conversations On Grandparenting" series is a facilitated education program that speaks to the grandparent- grandchildren relationship, and it is also appropriate for other family elders, CASAs, etc. Invited guest facilitator will be Ellie Werner, MS, LMFT. Ellie was Clinical Coordinator of the Developmental Behavioral Pediatric Clinic at Rady Children's Hospital San Diego for over 12 year; she has been in private practice for over 30 years.

DATE: Monday, Nov. 7

TIME: 4:00 PM - 5:30 PM

LOCATION: [UCSD Retirement Resource Center](#), 400 University Center

Event flyer: http://retire.ucsd.edu/pdf/ALL/Grandparenting_2016-2017.pdf

Please use the online registration site to register for this event, or call the Ret. Resource Center at (858) 534-4724, <https://hrweb.ucsd.edu/ra>

(The offering of this seminar does not represent an endorsement of the presenter's services by UCSD or the UCSD Retirement Assn.)

SUBJECT: BOOK CLUB

Event Date: 11/8/2016

The group is open to new members at all times and is for anyone who loves to read. Meetings are held on the second Tuesday of every month, unless the date falls on a campus holiday. The next book club will meet in the Small Meeting Room to discuss *Up From Orchard Street*, by Eleanor Widmer.

DATE: Tuesday, November 8th

TIME: 12p – 1p

LOCATION: Women's Center Small Meeting Room, Student Center West, Bldg. 290, above Hi-Thai, across from the Main Gym.

For a map and directions to the Women's Center, please visit: <http://women.ucsd.edu>

SUBJECT: TODDLER CPR & SAFETY CLASS

Event Date: 11/9/2016

Toddler CPR & Safety Class is an introductory and interactive class that will be led by Hector Fletes, UCSD Rec Class Dance and Aerial Silks Coordinator. Hector will teach you the lifesaving skills every parent should know: How to recognize an emergency, how to perform CPR and use an Automated External Defibrillator (AED), and how to provide care for a choking victim. You will also be introduced to basic first aid so you will be ready for almost any emergency.

DATE: Wednesday, November 9th

TIME: 12-1pm

LOCATION: Women's Center, Conference Room, Student Center West, Building 290, above Hi Thai Restaurant.

COST: \$5.00, non-refundable check, payable to UC Regents, mailed to Women's Center 0096, Attention: Val Gonzalez, by Friday, 11/4. *Cash cannot be accepted.*

HOW TO ENROLL: Please e-mail Val Gonzalez at wcprograms@ucsd.edu. 12 spaces are available and will be filled in the order messages are received. You will receive a reply confirming your enrollment. Once confirmed, send \$5.00 check, payable to UC Regents, mailed to the Women's Center 0096, by 11/4.

*** Participants are asked to wear comfortable clothing since there \ will be floor activities.

QUESTIONS? Please contact Val at wcprograms@ucsd.edu.

SUBJECT: EXPERIENCE THE REAL WORD

Event Date: 11/9/2016

What is life like in foster care? How can volunteers support youth in foster care? Don't take our word for it... Listen to theirs. Voices for Children's panel of current and former foster youth will inspire, humble, uplift, and move you as they share their personal stories. The Real Word provides an educational, eye-opening experience that celebrates these youth and young adults, as well as the impact of volunteer Court Appointed Special Advocates (CASAs), and communicates the vital need for more support for youth in foster care.

The panel presentation of The Real Word at UCSD is hosted by the Kappa Alpha Theta chapter. REGISTER today!

DATE: Wednesday, Nov. 9

TIME: 6:00 PM - 7:30 PM

LOCATION: UCSD Price Center Theater

For more information, please contact Jackie Markt-Maloney at JackieM@speakupnow.org or 858-598-2230. This event is open to all adults (age 18+), so bring a friend!

To learn more about Voices for Children or becoming a CASA volunteer, visit www.speakupnow.org.

SUBJECT: FATHERS' SUPPORT GROUP

Event Date: Second Thursday @ month

Please take this opportunity to meet other Dads in a friendly, relaxed atmosphere, and discuss issues that are relevant to you in your role as a parent.

DATE: Thursday, November 10th (second Thursday of every month)

TIME: 12-1pm

LOCATION: Women's Center Small Meeting Room, located in Student Center West, Building 290, above Hi Thai Restaurant

The group is open to fathers of children of any age, partnered or single. Students, staff, faculty and community welcome. Feel free to bring your lunch to the discussion.

Questions? Please contact Dave Vassall, dvassall@ucsd.edu

SUBJECT: BLACK WOMEN'S COLLECTIVE

Event Date: Even Week Thursdays



Join us for a biweekly discussion group to come together and share our experiences as Black women at UC San Diego. This program is a Women's Center and Counseling and Psychological Services (CAPS) collaboration.

DATE: Even week Thursdays

TIME: 5p – 6:30p

LOCATION: Women's Center Small Meeting Room, Student Center West, Bldg. 290, above Hi-Thai, across from the Main Gym.

For a map and directions to the Women's Center, please visit: <http://women.ucsd.edu>

SUBJECT: BOOK CLUB

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The next book club will meet to discuss “Up From Orchard Street,” by Eleanor Widmer. The group is open to new members at all times and is for anyone who loves to read. Meetings are held on the second Tuesday of every month, unless the date falls on a campus holiday.

Date: Tuesday, November 8

Time: 12:00-1:00pm

Location: Women's Center Small Meeting Room, Student Center West, Bldg. 290, above Hi-Thai, across from the Main Gym.

For a map and directions to the Women's Center, please visit: <http://women.ucsd.edu>

SUBJECT: CONVERSATIONS WITH CAMPUS LEADERS

Event Date: 11/9/2016

Interested in gaining some insight on leadership & strategic direction? Check out our upcoming event, “Conversations with Campus Leaders.” This program will feature Steven Ross, Associate Vice Chancellor for Academic Affairs Resource Administration, interviewed by Staff Education and Development Principal Consultant Linda Veliz.

DATE: Wednesday, November 9, 2016

TIME: 12:00 - 1:00 p.m.

LOCATION: Dolores Huerta/Vera Cruz Room, Old Student Center

Conversations with Campus Leaders is an ongoing series of discussions with UC San Diego leaders that provides an informative look at leadership in higher education.

Register at: <http://blink.ucsd.edu/HR/training/programs/conversations.html>

SUBJECT: THANKSGIVING EXCHANGE PROGRAM

Deadline Date: 11/17/2016

UC San Diego's International Center would like to invite students, staff & faculty to participate in the Thanksgiving Exchange Program. This program gives international students the opportunity to celebrate the Thanksgiving Day holiday with an American host family in the San Diego area.

Volunteering host families invite 2 international UCSD students into their homes for a Thanksgiving meal and share how the holiday is celebrated in their family. This program is a wonderful opportunity for both international students and host family members to learn more about each other's cultures and foster new friendships.

If you are interested in participating in the program as a host family, please apply online at <http://bit.ly/UCSDThanksgivingExchangeProgram>

Questions? Email David at iprograms@ucsd.edu

SUBJECT: ANNUAL CAMPUS LIGHTING REVIEW WALKS

DATE: NOVEMBER AND DECEMBER

Here is an opportunity to let us know what campus lighting concerns you have. The Annual Lighting Review Walks will take place during November and December. If you are aware of any areas of concern, please feel free to email the information to campuslightingconcerns@ucsd.edu. We ask that all concerns include specific information about the location. The walks only address exterior concerns. We review all submitted comments during the walks.

Throughout the year, if you have lighting concerns, you may:

- (1) email the information to campuslightingconcerns@ucsd.edu
- (2) call Facilities Management Help Desk at (858) 534-2930 or
- (3) submit an online work request through Facilities Management website.

Check out what we're all about at the [Staff Association website!](#)

