

NUGGETS OF NEWS



FROM STAFF COUNCIL

OCTOBER 2024

OCTOBER'S MEETING TOPICS

- NiCole Lynch, DART Team -Spoke about Demonstrations on campus, Free Speech Policy, Reservations for Demonstrations. Contact DART if events are disruptive, nlynch10@charlotte.edu.
- Information for Area Representatives to communicate with their areas about important information.

MEETING MINUTES

STAFF ACCOMPLISHMENTS

GOLDEN NUGGETS

Congratulations to our Golden Nugget Winners! For a complete list of Golden Nugget winners or for the nomination form, please visit our [website](#).

Please watch in the coming months for our updates on the Golden Nugget process.

MONTHLY MEETINGS

NOVEMBER 13, 2024

9:00 AM, IN-PERSON OR ONLINE
CONE CENTER, ROOM 210

SPEAKER PREVIEW:

OFFICE OF EMERGENCY MANAGEMENT

TOPIC: Western North Carolina Relief Efforts

SIGN UP HERE TO BE INCLUDED IN OUR VIRTUAL MONTHLY MEETING OPTION!

NEWS & EVENTS IN OUR CAMPUS COMMUNITY!

NATURE THEORY WALK

Date: First Saturday of the month from 9am to 12pm

Location: Van Landingham Glen in UNC Charlotte's Botanical Gardens

Description: Join us for a soothing 2.5 to 3-hour stroll through the beautiful forest at Van Landingham Glen. This experience allows you to be present, deepen your connection with nature and community, and appreciate the gifts of the natural world.

Our "forest bathing" walks, inspired by the Japanese practice of shinrin-yoku, feature mindfulness exercises led by a guide. These activities help you connect with your inner self and the environment around you, promoting healing for both you and our delicate ecosystems. Embrace this opportunity to nourish your spirit and reconnect with nature!

Cost: Free for UNC Charlotte faculty, staff and students (with a valid ID number)

MUST PRE-REGISTER through the website: <https://gardens.charlotte.edu/events-calendar/>



GRATITUDE IN THE GARDENS WALK

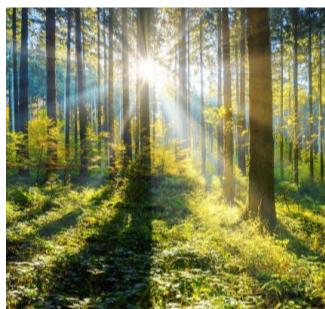
Date: First Sunday of the month from 3 PM—5 PM

Location: Van Landingham Glen in UNC Charlotte's Botanical Gardens

Description: Join us for peaceful, meditative walks through the beautiful Van Landingham Glen. These sessions will feature guided prompts focused on the powerful practice of gratitude and may include meditative art materials.

Gratitude is more than just a phrase; it's a mindset that encourages appreciation for all aspects of life. This session blends expert guidance with self-reflection. **Cost:** Free for UNC Charlotte faculty, staff and students (with a valid ID number)

MUST PRE-REGISTER through the website: <https://gardens.charlotte.edu/events-calendar/>



BECOME A SUSTAINABILITY AMBASSADOR

Registration is now open to join the [Sustainability Ambassador Program](#), offered by the Office of Sustainability. Sustainability Ambassadors will help promote a culture of sustainability on campus while making a positive impact within their department and beyond. During the program, Ambassadors will go on tours across campus, meet fellow staff members, and receive recognition for their accomplishments. For more information about the program and how to register, visit the Sustainability Office [website](#).

STAFF COUNCIL COMMUNITY SERVICE DAY

Join the Staff Council Staff Engagement Committee as it invites staff to a craft-making session for local nursing homes and children on November 19, 2024, from 8:00 AM—4:30 PM, located in Cone Center, Room 112. We will have supplies to make bracelets, necklaces, key rings or key chains, pins, and greeting cards. We hope to see you there! Please [sign up here!](#)



STAFF COUNCIL PROFESSIONAL DEVELOPMENT

The staff Council has developed a Professional Development website. To learn more about the opportunities on campus [please visit our website](#).

NOVANT HOSTING A MAMMOGRAM CLINIC

Novant Health will be on campus December 3, 2024 starting at 9:00 AM in SAC North Parking lot with the Breast Cancer Mobile Unit. Please contact 704-384-7226 to schedule your Mammogram.

Is it time for your annual Mammogram?

Novant Health Breast Center mobile unit will be on-site.

UNC Charlotte
9201 University City Blvd
Charlotte, NC 28223
Parking lot SAC North
December 3rd, 2024
Appointments start at 9:00am
Please contact 704.384.7226 to schedule your appointment.

Event details
• Day of the event: 10 mammograms
• Equipment of technologists
• On-site convenience with the hours and privacy of a traditional imaging center
• Community mammograms are covered by insurance, but make sure you have your insurance plan to Medicare. For your convenience, we will be a clinic with your provider on your behalf.
• What provides a Primary Care Physician for quality screening mammograms on the mobile to 10 years of age recommended by the American College of Radiology (ACR).
• A mammogram can save a life.

THINGS YOU SHOULD KNOW!

BE NINERREADY

The Office of Emergency Management wants you to Be NinerReady for any situation on campus. Check out their [website](#) for the universities' operational status, weather, to sign up for Niner Alerts, Niner Notices, and how you can be Niner Ready.

CAMPUS DRY CLEANING SERVICES

As a reminder, staff can use the on-campus dry cleaning service through [49er Laundry](#). Staff can drop off dry cleaning or laundry to one of the laundry lockers and have their cleaned garments returned the next business day.

UNIVERSITY OMBUDS

Our Ombudsmen, Scott Deyo is doing some great things! If you feel you need some help or someone to talk to, Scott is a great resource! Check out our [Ombuds website](#).

BOOKSTORE DISCOUNT REMINDER

The Charlotte Bookstore in the union operated by Barnes & Noble offers 20% off all merchandise purchases for fac/staff when they show their university ID at the register. They can take advantage of this discount anytime and stock up on logoed merchandise to show their Niner pride! One day each fall, normally on Reading Day in December, the discount goes up to 30% off—just in time for folks to stock up on their niner gear or even do a little holiday shopping.

DINING SERVICES FIVE BLOCK FEAST

Staff can purchase 5 meals for \$40 and use them anytime for all-you-can-eat dining at SoVi. In the summer months, we also honor these swipes at the newly renovated Social 704. This provides a great opportunity for staff to get out of the office and enjoy a very reasonably priced meal with their coworkers and friends. (The door rate for the dining halls at lunch is \$12.25, there is 35% savings by purchasing the Five Block Feast.) To learn more about the dining option, please visit the [Auxiliary Services website](#) and click the link under Optional Dining Account.

PERKS AT WORK

Human Resources has provided a list of "Perks at Work" for the UNC Charlotte Community. To stay up to date with it, you can sign up for [emails](#).

POLICE & PUBLIC SAFETY BLOG

Curious about what is happening on campus? The [Police blog](#) is a helpful way to stay in the know!

OFFICE OF ONEIT EVENTS AND COURSES

Did you know that the Office of OneIT offers Google training classes? If you are having trouble with Google Sheets, Slides, are looking to use forms and much more! The Office of OneIT has courses on how to use Google in many different ways. For a complete list of courses and to sign up for one of their classes today, visit their [website!](#)

STAFF CONCERNS? LET US KNOW!

The Staff Relations Committee reviews staff-related issues and concerns regarding University procedures. UNC Charlotte staff can share their concerns with the committee, which investigates and brings them to the attention of Staff Council officers. To submit a concern, visit our [website](#).

UNC CHARLOTTE STAFF COUNCIL
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STAFFCOUNCIL@CHARLOTTE.EDU
NEXT EDITION: NOVEMBER 2024

CHAIR: JESSICA WALDMAN
VICE CHAIR: TRACY BEAUREGARD
SECRETARY : PAM ERICKSON
TREASURER: LATONYA NEWBILL
COMMUNICATIONS: CARRIE DASILVA
TECHNOLOGY OFFICER: JEN KNIGHT