

**From:** [System Staff Council](#)  
**To:**  
**Subject:** January SSC Newsletter  
**Date:**

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**SYSTEM STAFF COUNCIL**



## NEWS

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### BROWN BAG

Join us (virtually!)



### Eating Healthy at Home

**Presented by YMCA Nutritionist/Lifestyle Coach**

**Tuesday, Feb. 23, 11 a.m. - 12:30 p.m.**

Since more are working from home right now, our speaker will talk about what eating healthy at home looks like, touch on tips for stress eating and cravings, and ways to be mindful at home. She will also include some meal/snack ideas and recipe PDFs.

**Join us Feb. 23**

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## ASK THE PRESIDENT

with President Mark Kennedy

### **Have a question for President Kennedy?**

President Kennedy welcomes questions from our staff members. Each month, we will randomly draw two questions to highlight. Please submit your question to [ssc-communications@cu.edu](mailto:ssc-communications@cu.edu). The name of the questioner will be kept confidential.

#### **Q: What was the purpose of your visits to Buckley Air Force Base this fall?**

A: Given CU's longstanding commitment to active duty personnel, veterans and military families – and our strong space-based research and workforce development – meeting with leadership at Buckley Air Force Base was important in our statewide engagement efforts to raise awareness about CU and our programs. Debbie accompanied me as did CU Regent Sue Sharkey, and our discussions with Colonel Devin Pepper and Chief Master Sergeant Robert Devall were inspiring. After touring the base, we learned more about the Air Force's transition to the Space Force with space-based missile warning capabilities, and space surveillance and communications operations. We also discussed new ways to strengthen relations between CU and Buckley AFB including providing educational opportunities, hosting base leadership on our campuses and keeping them apprised of our extensive space research capabilities and discoveries.

CU was an ardent supporter of keeping Space Force headquarters in Colorado permanently (they're currently housed at Peterson AFB in Colorado Springs) and still hope there is a way for the headquarters to remain in our great state. Regardless, CU will continue to make significant contributions to our nation's efforts to retain its leadership in space.

#### **Q: When you're having a bad day, what do you do to improve it?**

A: On particularly difficult days, I remind myself, "No matter what happens, the sun will come up tomorrow, and my mother will still love me."



# ONE GOAL INCLUSIVITY



## Diversity, Inclusion & Outreach Committee

Stay up to date on inclusion workshops, cultural awareness, events and more.

### Thank you

Because of your generosity, we supported over **10 families** through Florence Crittenton Services. We provided clothing, diapers, gift cards and pampering items for the moms.

We also appreciate all who participated in the Colorado Combined Campaign to help nonprofits across the state.

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### Events

- **Youth Celebrate Diversity at Cherry Creek High School, Jan. 30, 7:30 - 9:30 p.m.** - free to students and parents, and open to the public. In-person / Online TBD. Check the [website](#) for more info.
- **CU Social Justice Summit - Revolutionizing Systems for Equity, Feb. 5, 9 a.m. - 5 p.m.** - Keynote speakers are Dr. Jamie Washington & Theodosia Cook. [Register today](#).

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### Cultural inclusion & awareness

We are excited to recognize a few special occasions being celebrated in our community.

- **February is Black History Month.** Since 1976, this month helps remember the contributions of people of the African diaspora.
- **February 1: National Freedom Day,** which celebrates the 1865 signing of the 13th Amendment to abolish slavery.

- **February 1: Imbolc**, a Gaelic traditional festival marking the beginning of spring.
- **February 1: St. Brigid of Kildare**, feast day for St. Brigid celebrated by some Christian denominations.

[Check out our calendar to see more important dates.](#)

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## Outreach

Please consider making a difference locally. [Explore how CU serves Colorado](#) and help a local organization like the ones below:

- Donate new or gently used clothes to [Clothes to Kids Denver](#)
- [Dumb Friends League](#) needs old towels, shoeboxes, water bottle caps and cardboard egg cartons and more. [See a list of supplies.](#)
- [Florence Crittenton](#) is a nonprofit that educates and empowers teen mothers. Learn how you can connect, volunteer or give.

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## Want to learn more about diversity and inclusion?

Check out these great options:

- [CU at the Top: Diversity and Inclusion](#) performance track developed by CU System HR. You can either browse available courses or formally complete with permission from your supervisor.
- [Be an Ally - 5 Easy Ways to Normalize Pronoun Usage](#) from CU Boulder
- CU Boulder's Center for Teaching and Learning [Inclusivity learning resources](#)
- Coursera [Anti-Racism course](#) from CU Boulder
- [Anti-Racism resources](#) from University Libraries
- Learn about [Campus Actions to Enable Change](#) to address systemic racism at the Office of Diversity, Equity & Community Engagement (ODECE).

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## HR CORNER



### Brought to you by System HR

With the [Equal Pay Act](#) in place, promotional opportunities will now be posted on the internal CU Careers website. This internal job board not only has the same jobs listed on

the [CU Careers external site](#), but also has internal-only postings for positions to be filled by a current CU employee or promotional opportunities. When you apply, your basic applicant information will auto-populate, and your application is marked as an internal candidate.

Here's how to access:

- Log into the [employee portal](#).
- Select **Business Tools** under the **CU Resources Home** dropdown menu.
- Click the **CU Careers - Search Jobs/Apply** tile.

## HEALTHY CORNER



### Work with a mental health professional weekly with COVID-19 Narratives

Each journey is unique during COVID-19. CU Anschutz mental health professionals are ready to listen when you need them. As part of a five week no-cost program, employees answer a writing prompt each week about their COVID-19 experiences and receive feedback on how to process these events in a healthy manner. [Learn more about the program and register today.](#)



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Suggestions?

Are you receiving your campus staff council event emails and newsletters? All system employees are invited to attend their home campus events, if you need to be added to your campus' distribution list, please contact us.

**System Staff Council Mission** (adopted July 15, 2010)

System Staff Council's (SSC) mission is to serve as an advocate for classified and university staff within the University of Colorado system administration. SSC advances the exchange of ideas and concerns between staff, the president and executive administration. SSC fosters staff engagement through recognition activities, policy recommendations and community involvement.

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