A Note From Staff Council President Beth Walsh

Greetings!

The Staff Council recently held a retreat to facilitate community building among our Representatives and set larger goals for our organization. During the event we also worked to identify several areas of concern for staff. These included a need for more transparency and accountability at all levels within the University, a commitment to professional development and annual performance appraisals, especially as they relate to compensation, and the continued concerns around parking as well as sustainability. There was also a reaffirmation of our commitment to work collaboratively with the all members of the campus community in an effort to find solutions that benefit everyone, staff, students and faculty. While this was a great opportunity for us to recognize and understand the multiple perspectives and opinions on issues important to UVM staff, it was only a starting point. These areas of concern will assist the direction of the Council this year, but it is your questions, suggestions, and ideas which initiate and motivate the work we do. We value each and every voice and encourage you to let us know how we can better serve you.

Sincerely,

Beth R. Walsh
Staff Council President
Beth.Walsh@uvm.edu
656-9611

Do you have an idea, suggestion or concern you would like the Staff Council to know about or investigate? If yes, consider filling out a Staff Council Contact Sheet to let us know. Contact sheets can be found on our website at www.uvm.edu/~stffcncl/?Page=contactsheet.html
**Staff Council Committee Reports**

**Benefits – Rita Lemire, Chair**
Several contact sheets regarding staff educational benefits were reviewed. Benefits for staff members, staff spouses and staff dependents were discussed. Comparative research from similar educational institutions in the New England region revealed that UVM currently offers a generous educational plan for staff and dependents. It was noted that dependant benefits exceed those of actual staff members. It was also noted that eyeglass and hearing aid insurance issues were on the UBAC agenda. We will await their review.

**Communications – Joanne Montanye, Chair**
The Staff Council Communications Committee met Thursday Sept. 10, 2009. We considered input from the units on topics of interest for Beth Walsh's regular meetings with President Fogel, looked into suggested updates to the current contact sheet format, and continued to develop streamlined methods of outreach to the full UVM staff body. We also discussed the Staff Council Office's draft of guidelines clarifying what sorts of commercial notices non-profit rules permit us to run in the *Staffline*.

**Education and Professional Development – Todd Stewart, Chair**
The Education and Professional Development Committee met on Monday, September 14th. Discussions focused on a collaborative meeting with HRS, and further actions required to finalize current recommendations. In brief, the committee will review technical training initiatives currently in the works by others, retool the lunchtime learning series to a round-table format, and continue fine-tuning the mentoring project recommendation.

**Employee Environment and Facilities – Michelle Smith, Chair**
We will be working with Erica Speigel and Corey Berman to bring “Greening Your Workplace” to staff on a quarterly basis. The committee reviewed feedback regarding Transportation and Parking issues. One committee member, Marty Burrows, will be attending the TAPSAC or Transportation and Parking Services Advisory Committee meetings in order to keep our voice in those discussions, and provide information back to the committee. Please continue to provide us with feedback or ideas regarding alternative transportation methods and how to insure the safety and wellbeing of staff on campus when winter arrives.
Internal Affairs  – Sharone Mone, Chair

The Internal Affairs Committee met in September and continued its discussion on a Shared Leave Pool and Short Term Disability. The Committee is gathering the information it has collected on the issue of a Shared Leave Pool and moving forward on its investigation into Short Term Disability options.

Recreation – Marie Tiemann, Chair

The Recreation Committee met in September and discussed recruitment ideas and the upcoming events for the fall. Plans are underway to seek participants and recruit volunteers to assist with the upcoming Holiday Bazaar being held on Thursday, December 3rd. For more information please see our announcement on pages 4 and 5 or visit the Holiday Bazaar website: [http://www.uvm.edu/~staffcncl/?Page=holidaybazaar.html](http://www.uvm.edu/~staffcncl/?Page=holidaybazaar.html)

50 people went on the Boston Bus Trip on September 19th which proved to be a great event and helped raise funds for future Committee events. After some discussion the Committee decided to ask the Employee Environment and Facilities Committee to oversee a Green Up Day event. Committee member Jim Read is in the process of planning the Casino Trip in February 2010. Past participants are being contacted to inquire about which location they would prefer.

If you would like to join the Recreation Committee or have an idea for an event, please contact Chair Marie Tiemann at Marie.Tiemann@uvm.edu or the Staff Council Office at Staff.Council@uvm.edu

Rules & Election – Rob Rohr, Chair

The Rules and Election Committee did not meet in September.

Salary & Budget – Mary Reilly, Chair

The Salary & Budget Committee met with Barbara Johnson, Associate Vice President of Human Resources Services, on Sept. 24 to discuss salary increases, the performance evaluation process, mandatory supervisory training, merit increases made as a one-time bonus, and other issues related to the recommendations it will make for the 2010-11 budget planning process. Its next meeting will be with Richard Cate and Ted Winfield on Oct. 19, following which a timetable for submitting recommendations to the Staff Council Executive Board will be decided.
Staff Council Holiday Bazaar
Thursday, December 3, 2009
9 a.m. to 3:00 p.m.
Grand Maple Ballroom
Davis Student Center

Attention UVM Staff: It is that time of year again to begin planning for our annual Holiday Bazaar. This is a great opportunity to showcase and sell your own beautiful locally handmade products and artwork to the UVM community or to donate a homemade craft or baked good for the Staff Council Recreation Committee Table.

If you would like to rent a table or make a donation, please visit our website for more information at:

www.uvm.edu/~stfcncl/?Page=holidaybazaar.html

All proceeds from table rentals and the committee’s tables help support Staff Council Recreation Events such as bus trips, Champlain Valley Fair Ticket discounts, and much much more.
UVM Employee & Retiree Discounts

Staff Council Holiday Bazaar
Sponsored by the Staff Council Recreation Committee
Thursday, December 3, 2009
9:00 am — 3:00 pm
Grand Maple Ballroom
Davis Student Center

Fragrant evergreen wreaths, soft, woolen garments, sparkling jewelry, scrumptious goodies — all this and more awaits you at the Staff Council Holiday Bazaar.

Staff, Faculty, Students and Retirees can participate by donating handmade crafts or home-baked goods to the Recreation Committee Table or by renting a table to sell their own crafts. All proceeds from committee’s table and table rentals go directly towards supporting Staff Council Recreation Events such as bus trips, Champlain Valley Fair Ticket discounts, and much much more.

UVM employees may rent 6-foot tables for $25. A limited number of tables are available and will be assigned on a first-come, first-serve basis. Individuals are responsible for selling their own crafts, any sales tax collected and for any loss or breakage. No mass manufactured goods may be sold. Refunds will not be issued.

To reserve a table, return this form, along with a check made payable to UVM, to the Staff Council Office, 313 Waterman, by Friday, November 13, 2009.
For more information, please call 656-4493 or email Staff.Council@uvm.edu

Name: ___________________________ Department: ___________________________

Telephone Number: _______________ E-Mail: ________________________________

Number of Tables to Rent: _______ at _______ Total Amount Enclosed: ____________

List your top three choices for table number locations: _________________________

Please refer to the Table Layout PDF found at www.uvm.edu/~stffcncl/?Page=holidaybazaar.html

Describe item(s) to be sold: ____________________________

Do you require an electrical outlet: Yes No

I will donate a craft or baked good(s) (Describe): ____________________________
UVM Employee & Retiree Discounts

Discounted Ski and Season passes available to UVM Staff and Faculty courtesy of Staff Council

** Only the resorts and passes listed below are available at a discounted rate.**

For more information, please visit www.uvm.edu/~stffcncl/?Page=dis_ski.html

How To Order

For more details and order forms, go to our website www.uvm.edu/~stffcncl and click on Discounts and Events for Staff. Then scroll down to Recreation.

Complete the order forms and deliver them to the Staff Council Office, 305 Waterman Bldg, Burlington, VT 05405 or email Staff.Council@uvm.edu.

Order EARLY!

MasterCard, Visa, American Express, or Check made payable to the Resort are accepted as forms of payment. No orders will be taken after the deadlines. Passes can be picked up at the appropriate resorts 2 weeks before the season begins at the Resort. Smugglers’ Notch Passes must be purchased online at the link provided on our website.

Bolton Valley Resort

DEADLINE FOR ORDERING

Extended to Tuesday December 15

Alpine Adult Pass - $449 plus tax
Alpine Youth (7-17) - $249 plus tax
Alpine Senior (70+) - $249 plus tax
Family 4 Alpine Pass - $1199 plus tax
Single Parent (1 kid) - $599 plus tax (Add’l youth = $200 plus tax)
Nordic Adult Pass - $110 plus tax
Nordic Youth (7-17) - $70 plus tax

Jay Peak Resort

DEADLINE FOR ORDERING – October 7

Adult Pass - $459 plus tax
Junior Pass (6 -17) - $229 plus tax

Smugglers’ Notch Resort

DEADLINE FOR ORDERING ONLINE – October 31

(Pre-Labor Day Rates available through Halloween)

Adult Bash Badge (pay just $25 per day to ski) $79 – plus tax
Youth Bash Badge (6-18, pay just $25 per day to ski) $59 – plus tax
The Hybrid (M-F & non holiday, $25 wkend & holidays) $339 – plus tax
Adult Season Pass - $469 plus tax
Youth Season Pass (13-18) - $319 plus tax
Child Season Pass (6-12) - $259 plus tax
Family Pass (per adult) - $419 plus tax
Family Pass (per youth 6-18) - $219 plus tax
UVM Employee & Retiree Discounts

a benefit you can believe in

UVM Employees can save 15% on qualified charges.*

Plus, you’ll enjoy all that AT&T has to offer:
- Keep your unused minutes month-to-month with Rollover, only from AT&T
- The best global coverage worldwide, with the most phones that work in the most countries
- Get the whole family talking when you add a line for only $9.99. Available with 2-line Family Talk plans starting at $69.99. 2 year service agreement required; add'l charges apply, see below.
- Access emails and important files in over 170 countries with an AT&T data plan.

15% discount on qualified charges.

Exclusive savings on hot new devices.

Get to work. Start saving today.
Visit your local AT&T store at:
In Williston, Essex, S. Burlington, or Burlington
Or, contact your AT&T sales representative Mary Beth Thomas
by emailing mt8323@att.com. Mention code: 3041123

* $36 per line Sponsorship Fee may apply when enrolling your account to take advantage of corporate discounts.

IMPORTANT INFORMATION: Limited-time offer. May require a 2-year agreement on a qualified plan. Other conditions and restrictions apply. See contract and rate plan brochure for details. Subscriber must live and have a mailing address within AT&T’s owned wireless network coverage area. Up to $56 activation fee applies. Equipment price and availability may vary by market and may not be available from independent retailers. Purchase of additional equipment, services or features may be required. Not all features available on all devices or in all areas. Early Termination Fee: None if cancelled in the first 30 days, but up to $35 prepayment fee may apply to equipment revenue, thereafter up to 21%. Some agencies impose additional fees. Unlimited Video Services: Unlimited video services are provided solely for live or streaming between two individuals. No additional discounts are available with unlimited plan. Offnet Usage: If your minutes of use (including unlimited services) on other carrier’s network (“offnet usage”) during any two consecutive months exceed your offnet usage allowance, AT&T may at its option terminate your service, deny your continued use of other carrier’s coverage, or charge your plan a one-time imposing usage charges for offnet usage. Your offnet usage allowance is equal to the lesser of 750 minutes or 40% of 14 Anytime Minutes Included with your plan (data offnet usage allowance is the lesser of 6 MB or 20% of the 80 included with your plan). Rollover Minutes: Unused Anytime Minutes expire after the 12th billing period. Night & Weekend & Mobie to Mobie Minutes do not roll over. Monthly Discover: Available to qualified government employees providing requisite proof of government employment. Offer terminates when you are no longer a qualified government employee. Service subject to Terms of Service and applicable rate plan brochure. Service discount applies only to the monthly service charge of qualifying plans and not to any other charges. Discounts may not be combined. Offer subject to change. Additional conditions and restrictions apply. If you have a question about available discounts and/or your eligibility, you can contact an AT&T account representative. © 2009 AT&T Intellectual Property. All rights reserved. AT&T and the AT&T logo are trademarks of AT&T Intellectual Property.
The story of *Arms and the Man* is as new and fresh as spring flowers and ancient as the hills on which they dance. Shaw’s most popular and widely-produced of his “pleasant” plays, tells of romance in a time of war; a timeless, relevant tale of the soldier who “sweetly” finds it more useful to carry things other than ammunition to battle and believes that he who fights and runs away fights to live another day.

Directed by UVM Theatre Professor Peter Jack Tkatch the cast includes students from the Department of Theatre with Annie Stauffer as the fair and proud Raina Petkoff, Andrea Underhill as her strong-willed mother Catherine, Allison Brown as the outspoken servant Louka, Oliver Solomon as her fiancé and fellow servant Nicola, along with Edward C. Nagel and Joshua Clarke as Major Petkoff and Major Saranoff. Senior Matthew Trollinger last seen in *Cabaret* and *The Sea Gull* plays the soldier with the sweet tooth Captain Bluntschli. Scenic Design is by Professor Jeff Modereger, Lighting by Professor John B. Forbes and Costumes by Professor Martin Thaler.

UVM DEPARTMENT OF THEATRE OPENS SEASON WITH SHAW’S

**ARMS & THE MAN**

The UVM Department of Theatre opens its 2009-2010 season with the razor sharp wit of legendary playwright George Bernard Shaw and his classic anti-romantic comedy *Arms and the Man* running October 1 – 11 at the Royall Tyler Theatre.

[www.uvmtheatre.org](http://www.uvmtheatre.org)

Get Your Tickets Today!

Information and tickets are available on line at [www.uvmtheatre.org](http://www.uvmtheatre.org) or by walk-up or calling the box office at 802-656-2094. New to 2009-2010 Opening Nights are now on Thursdays and a Saturday Matinee at 2:00pm has been added to the first week of production. Performances run October 1 – 3 and 8 – 10 at 7:30pm and October 3 and 11 at 2:00pm. Tickets are reserved seating and run $7 - $18. ASL interpreted and audio descriptive performances for the deaf, hard of hearing, blind and sight impaired will be Sunday, October 11.

The season continues with George S. Kaufman and Moss Harts popular comedy *You Can’t Take it With You* running November 12 – 22, *The Toys Take Over Christmas* returns for its 19th season and runs December 5 & 6 at 10am, 2pm and 6pm and the season ends with a musical classic when *Godspell* lands on the Royall Tyler Stage.
Campus News & Announcements

Staff Appreciation Week Follow-Up

A complete list of raffle prize winners from the Staff Appreciation Week Social on the Green is now available on:
http://www.uvm.edu/hrs/?Page=info/general/staffappreciationraffle.html

Those Staff celebrating 15, 20, 25, 30, 35, and 40 years of service to UVM and who were unable to attend the Staff Recognition Dinner on September 25th can now pick up their milestone gift from Human Resource Services, 228 Waterman.
Please contact Rodman Cory in Human Resource Services at 656-4499 or Rodman.Cory@uvm.edu if you have any questions.

FLU VACCINATION CLINICS

The University will host a flu clinic for seasonal flu vaccinations for faculty, staff and retirees who subscribe to Blue Cross or MVP Healthcare through UVM. Information will be published broadly and posted on the Human Resource Services web site when details are finalized. In the meantime, we strongly encourage those seeking flu vaccinations to consider getting your flu shot from your primary care physician.

2010 UVM Administrative Holidays

The University of Vermont is closed for business on the following holidays:

- **New Year's Day**
  - Friday, January 1, 2010
- **Martin Luther King, Jr. Day**
  - Monday, January 18, 2010
- **President's Day**
  - Monday, February 15, 2010
- **Memorial Day**
  - Monday, May 31, 2010
- **Independence Day**
  - Monday, July 5, 2010
- **Labor Day**
  - Monday, September 7, 2010
- **Thanksgiving Holiday**
  - Thursday, November 25, 2010
    - Friday, November 26, 2010
- **Christmas Holiday**
  - Thursday, December 23, 2010*
    - Friday, December 24, 2010
- **New Year's Day**
  - Thursday, December 30, 2009*
    - Friday, December 31, 2010

* The above list of University holidays includes the University’s one floating holiday and combines the half days traditionally given before the Christmas and New Year’s holidays to extend the Christmas and New Year’s holidays. The above does not include cultural holidays, which will be determined by the individual each year in November.

During the Staff Appreciation Week, Social on the Green, President Fogel announced additional paid break days. These days—**December 28, 29 & 30, 2009**—are in addition to the holiday schedule designated in the 2009 UVM Holiday Calendar. Thank you President Fogel.
Diversity & Equity Unit’s 7th Annual JAZZ Brunch

Sunday, October 4, 2009
11:00 AM - 1:00 PM
Grand Maple Ballroom - Davis Center

The Diversity & Equity Unit — ALANA Student Center, LGBTQA Services, Women's Center, and Affirmative Action — invites you to join us for a feast of great food, conversations and JAZZ music.

This event is free for UVM students and children 10 and under; $10 per adult. Pay at the door. For additional information, call (802) 656-2089.

*Sponsored by the President’s Office*

Vtrim® is pleased to offer the Vtrim Weight Management Program to UVM employees.

12-Week Online Classes: In partnership with Hickok and Boardman Group Benefits, Vtrim is extending a 15% discount to UVM employees. We encourage you to register early as classes fill quickly. Enter discount code HBVTRIM when prompted. These classes are only available through an employer and are not open to the general public.

24-Week Classes: On Campus or Online: For the 24-week classes that begin in September, Vtrim is extending the UVM alumni discount of $100 to all employees. In order to receive your discount, please call Andrea Ziga at 656-1425 to register by phone. This class is open to the general public.

Visit the Vtrim page on the Human Resources Site for more information.

Vermont Refugee Resettlement Program is looking for volunteers!

Administrative Support

Help with sorting and distributing the many donations of furniture, household items and clothing that are stored in a small warehouse behind our offices. Another continuing need is for volunteers to assist in the Volunteer Office and the Employment Office. In both cases, there are many experienced volunteers to assist you with orientation and support. Contact Ashley Bahlkow at 338-4632 or abahlkow@uscrivt.org.

Computer Literacy

Help newly arrived refugees, both students and adults with computer literacy skills. Help refugees with job searches, creating school reports or communicating with family and friends left behind. Contact Laurie Stavrand at 338-4627 or lstavrand@uscrivt.org.

www.vrrp.org
Campus News & Announcements

Vermont Cancer Center presents
Breast Cancer Conference

EDUCATE EMPOWER INSPIRE

A FREE COMMUNITY EVENT
SATURDAY
OCTOBER 24, 2009
8 AM – 4 PM
Sheraton Burlington Hotel & Conference Center
South Burlington, Vermont

- 80+ educational sessions by the region’s leading breast cancer experts and health care and support services professionals
- 50+ exhibits with relevant products and resources
- Vermont Cancer Center Guided Walking Tour
- Wellness activities including yoga, writing, massage and aquatics
- Cancer prevention sessions

PRESENTED BY:

Vermont Cancer Center

WITH SUPPORT FROM:

Komen for the Cure Vermont
Fletcher Allen Health Care
Vermont’s Academic Medical Center
Ladies First
Vermont Department of Health

To register & view full schedule, visit:
www.VTBreastCancerConference.org
Or call 802-656-2292 for more information.
Great Vermont made "Mismatched Socks" that are terrific (and fun) to wear, make great gifts for your friends and family, and are a gift of support to Dragonheart Vermont, a breast cancer survivor and supporter organization that has donated over $300,000 to local cancer programs in the past three years. Every sock purchase helps in the fight against cancer and in efforts to support those of us in our own community touched by cancer.

Many here at UVM have asked about these socks as more of us wear them around campus. See samples of these crazy socks at the Office of Federal, State and Community Relations, 300 Waterman, to decide if they are something that you, your family, or friends would enjoy. We have baby socks, children's socks, and adult socks all priced at $18; adult ankle socks are $14. Fifty percent (50%) of the proceeds from the sale of socks is returned to Dragonheart Vermont, a not for profit 501(c)3 organization.

Time is short as we need to get our orders in long before the winter holiday season to be sure they are made and delivered promptly. **Orders must be placed by Friday, October 9th** and you can do so at 300 Waterman via check (payable to Dragonheart Vermont) or cash. There will be a sign-up sheet at 300 Waterman and we will let you know when your order comes in so that you can pick them up at your convenience. We expect delivery mid-November.

www.dragonheartvermont.org
Volunteer Opportunity

Champlain Handicapped Adapted Mounted Program

Champlain Handicapped Adapted Mounted Program (CHAMP) needs willing volunteers to help with riders and horses for our regular group programs, our individual lessons and especially our soon to be announced Horses for Heroes. This is a wonderful opportunity to give some time to those who fought for our country and now need our help. As volunteers we give these individuals the chance to enjoy a sport that is both therapeutic and fun. Please think about helping us out by putting a big smile on the face of a rider. There are lots of different ways to participate from preparing the horses, horse leading, side walking, horse holding, and a variety of tasks around the barn and arena. If you love horses and helping people you'll love being a part of the CHAMP program, come and enjoy this heart warming experience. Must be 14 and over to help. If you can commit to 2 hours a month it would be greatly appreciated.

If you have teens that need community service for a school requirement we would welcome them to our program. Think about making it a family time to give back to the community.

CHAMP Fall Sessions

Our regular sessions are now three days a week for eight weeks.

Program Dates:

Mondays, October 5 - November 9 • 11:30am - 4:30pm
Wednesdays, October 7 - November 4 • 11:30am - 4:30pm
Saturdays, October 3 - November 7 • 10:00am - 4:30pm

If you have any questions please call Sue Tebbetts at 802-372-6015 or email Sue4Champ@gmail.com You can also visit our website at VTCHAMP.Org
UVM Horticulture Research Center Apple Sale

The UVM Horticulture Research Center continues a fifty-plus year tradition this season and looks to the future with the 2009 opening of Apple Sales on September 4. Please note that this is one week earlier than previous years. We grow both IPM and Certified Organic fruit at the farm. University orchards are used in research and outreach efforts of Plant and Soil Science faculty that support commercial growers in the state and beyond. The Organic crop will be available only while our limited supplies last. This is the first certified organic crop to be produced from the Hort Farm and is the product of a major USDA funded project led by Plant and Soil Science professor Lorraine Berkett.

- Sales will occur every Friday from September 5 through October from 10:00 AM to 4:00 PM at the farm.
- Available varieties will change each week as the ripening season commences.
- Apple Pricing
  $1.00 per pound for all fruit

For More Information
Please contact Terry Bradshaw at tbradsha@uvm.edu or 658-9166.

Directions to the farm from campus:
The HRC is located behind GE Healthcare (former IDX) and the Heritage car dealerships off Shelburne Road. Follow Spear Street South to Swift Street, take a right at the light. Travel 1.5 miles to the intersection of Swift Street and Shelburne Road (U.S. Route 7). Turn left onto Shelburne Rd. Continue south until IDX Drive. Turn left at the traffic light onto IDX Drive. Travel .3 miles on IDX Drive and turn left onto the Horticultural Research Center access road.

Available varieties and approximate dates

* Cortland (9/25 or 10/2 through end of season)
* Liberty (IPM and organic; 9/25 through end of season)
* Macoun (IPM and organic; 10/2 through end of season)
  * Golden Supreme (10/2 through end of season)
  * Empire (10/2 through end of season)
  * Mutsu (second week of October)
* Northern Spy (second week of October, maybe after that)
Kids like *these*...need *families* like yours.

Did you know that there are over 1,300 children in the custody of the State of Vermont? Or that on any given day there are over 90 children who are freed for adoption but who do not have a permanent family? Kids like these need you. Just imagine what it would be like to grow up not knowing who will be there for you in the future, who will attend your high school graduation, or where you will spend holidays.

Casey Family Services is the direct service agency of the Annie E Casey Foundation, a national philanthropy dedicated to helping vulnerable kids and families succeed. Our experience and research tell us that children are not only happier, healthier, and more successful in school, but also that they transition to adulthood more successfully, when they have safe and enduring connections with caring, reliable adults. Our mission, therefore, is to make sure that all children have the opportunity to grow up in safe, nurturing, and permanent families.

**Casey’s Permanency Planning Services** include providing foster care for up to 50 children and youth. With a commitment to ensuring that the children/youth in our foster homes have lifelong connections to caring, responsible adults and the highest level of emotional and legal permanence before exiting the system, we provide individualized support and education to our foster parents. You are never alone when you foster with Casey Family Services, because you are part of a team. When children/youth cannot be reunified with their birth families and are free for adoption, we help our foster parents adopt them.

Across the state, agencies working on behalf of children in foster care need your help. If you or others you know are interested in becoming a foster or adoptive parent, please call us at 802.655.6688, or email mturbide@caseyfamilyservices.org.
Faculty & Staff: Volunteer to participate in a 12 week walking program

- Are you an overweight & sedentary UVM faculty/staff member?
- Participants receive a free pedometer, fitness counseling, and financial compensation for participation.
- The purpose of this study is to examine physical activity adherence in sedentary overweight adults.
- Subjects will complete a battery of tests including measures of body mass index (BMI), cardiovascular fitness (VO2), fat/fat free mass, and other physiological and psychological markers.

Contact: David Brock, Ph.D
dbrock@uvm.edu
656-9076
310 M Rowell Bldg.

Jeremy Sibold, Ed.D, ATC
jsbold@uvm.edu
656-3242
310 L Rowell Bldg.
Diane Morgan is a lab tech in Dr. Eugene Delay’s lab working on taste receptors using IHC + In Situ hybridization techniques for double labeling of cells.

On July 26, 2009 she completed the Lake Placid Ironman in 12 hours and 50 minutes. This event consisted of a 2.4 mile swim in Mirror Lake, followed by a challenging 112 mile bike ride through the Adirondack Mountains and 26.2 mile run ending at the historic 1980 Olympic speed skating oval with over 2200 competitors. She clocked 1:25 in the swim, a 6:37 bike and 4:30 in the run earning her a placing of 20th in her age group (W 45-49) and a overall place of 933 out of 2258.

“Going back to work full time at UVM after 14 years was very nerve-racking. Adding the endless hours of training per week was pure insanity on my part,” she says. Diane trained anywhere from 9-18 hours a week over the last year. Her training consisted of 30 to 100m bike rides, 7 to 21m runs and countless laps in the pool with a few swims at Indian Brook reservoir.

Up at 3:45 race morning she tried to choke down her food but anticipation and fear took over her stomach. At the Olympic oval, she checked over her bike, pumped the tires and mingled with other athletes. She then dropped off her special needs bags on Mirror Lake Drive, put on her wet suit and headed for the water. The water was chilly and it started to rain. To top it off, as she was jockeying for a place to start the swim she smacked her toes into a rock. “They were looking and feeling pretty bad by the end of the day”, she moans. The gun went off and as she was being thrashed by other swimmers panic came over her and she decided it would be easier to just quit. After regaining her composure she finished the swim. She fought stomach issues on the bike and shuffled her way through the run. The rain ended quickly during the swim and the sun came out making it quite hot at times. She says she couldn’t be happier with her time, meeting all her goals along the way and enjoying the support from family, friends and volunteers. “So many incredible people participate in this race”, she says. That night even though exhausted, she couldn’t sleep, just too wired from the amazing day!

Spotlight on Staff Submissions

As staff members we all contribute something unique and valuable to the UVM community in both our professional and personal endeavors. Have you or someone you know at UVM accomplished something you would like to share with your colleagues? If so, we want to know about it and include it in Staffline. Simply email Staff.Council@uvm.edu with “Spotlight on Staff” in the subject line and tell us about it. We are willing to assist with writing a short piece on your behalf.
Pre-Conference October 29  
Annual Conference  
October 30, 2009  
Lake Morey Resort - Fairlee, Vermont

Register now for VWHE's annual conference at the beautiful Lake Morey Resort in Fairlee, VT. NEW! Pre-Conference on Thursday, October 29. Come share your expertise and network with Vermont women colleagues while garnering new skills, tools, and ideas to enhance your leadership and advance your professional goals!

Workshop Topics:

Leadership, Balance, Financial Savvy, Mentoring, Communication & Collaboration

We are pleased to welcome keynote speaker:  
Fayneese S. Miller, PhD, Dean of the College of Education & Social Services, University of Vermont.

To view the conference schedule, read workshop descriptions, and register, visit:  
www.vwhe.org

Special room rates are available for the night of October 29th. Contact the Lake Morey Resort at 1-800-423-1211 to reserve a room.
Campus News & Announcements

Staff Council Meetings

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<th>October</th>
<th>November</th>
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<tr>
<td>Council Meeting: Tues., Oct. 6th</td>
<td>Council Meeting: Tues., Nov. 3rd</td>
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<td>12:05 - 1:30 p.m.</td>
<td>12:05 - 1:30 p.m.</td>
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<td>Davis Center, Livak Ballroom</td>
<td>Waterman, Memorial Lounge</td>
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Staff Council Office Hours

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<tr>
<th>Staff Council Office</th>
<th>Monday - Thursday 8am - 3:30pm</th>
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<tr>
<td>313 Waterman</td>
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<tr>
<td>85 South Prospect Street</td>
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<tr>
<td>Burlington, VT 05405</td>
<td>Friday 9am - 1pm</td>
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Fall 2009 - Spring 2010 Staffline Submission & Distribution Schedule

<table>
<thead>
<tr>
<th>Edition</th>
<th>Submission Deadline</th>
<th>Distribution of Staffline</th>
</tr>
</thead>
<tbody>
<tr>
<td>November</td>
<td>Friday, October 16, 2009</td>
<td>Monday, November 2, 2009</td>
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<tr>
<td>December</td>
<td>Friday, November 13, 2009</td>
<td>Tuesday, December 1, 2009</td>
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<tr>
<td>January</td>
<td>Friday, December 11, 2009</td>
<td>Monday, January 4, 2010</td>
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<tr>
<td>February</td>
<td>Friday, January 15, 2010</td>
<td>Monday, February 1, 2010</td>
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<tr>
<td>March</td>
<td>Friday, February 13, 2010</td>
<td>Monday, March 1, 2010</td>
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<td>April</td>
<td>Friday, March 19, 2010</td>
<td>Thursday, April 1, 2010</td>
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<tr>
<td>May</td>
<td>Friday, April 16, 2010</td>
<td>Monday, May 3, 2010</td>
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<tr>
<td>June</td>
<td>Friday, May 14, 2010</td>
<td>Tuesday, June 1, 2010</td>
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<tr>
<td>Summer</td>
<td>Friday, June 18, 2010</td>
<td>Monday, August 2, 2010</td>
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</tbody>
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Announcements

We welcome announcements regarding Staff at UVM. Please send yours to Staff.Council@uvm.edu for inclusion in the next Staffline.

We extend our condolences to Isis Erb, on the recent loss of her father, Philip M. Erb Sr. on August 26th.