

DEADLINE TO REGISTER IS SUNDAY, JULY 27TH REGISTRATION IS REQUIRED

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Williston

Golf Club



18th Annual Golf Outing 8/8

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STAFF COUNCIL NEWS





The next meeting will be held on **Tuesday, 8/5/25 from 12:05-1:30 (no meetings in July)**

All members of the UVM community are welcome.

The meeting is offered in-person and via [Teams](#) at the Chittenden Bank Room -413 - Davis.

Meeting agendas, minutes, and video recordings are also available [on our website](#).

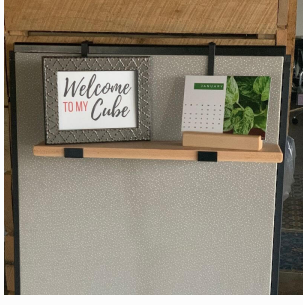
WELCOME to our new Staff Council Representatives!

			
Patricia Pena	Jake M. Spiegler	Hannah Day	Jess Romanelli
Human Resources HR Generalist	Larner College of Medicine (LOCM) Research Technician / Lab Manager	Professional And Continuing Education (PACE) Program Manager	College of Engineering and Mathematical Sciences (CEMS) HR Process Coordinator
BIO	BIO	BIO	BIO



Committee Events - All Invited

- Art Walk informed tour of the outdoor sculptures on campus [July 15th](#)
- [Wednesday Walks](#) - Each Wednesday thru July, 12:15pm Howe Steps
- Mid-Summer Open Skate Day Monday, [July 28 - 3:30pm - 5:30pm](#)
- 18th Annual Golf Outing Registration required and now open [August 8th](#). **Registration Deadline is 7/27.**



Door / Cubicle / Workspace / Decorating Contest Results

Thank you to all 10 of the door decorating contest entrants. What a wonderful way to welcome Dr. Tromp to UVM. She has had the opportunity to view many of them in person expressing her gratitude for the warm welcome.

Here are the winners as voted on by the Staff Council Social Committee sponsoring the event.

- First Place** – CAS, School of World Languages and Cultures
- Second Place** – Disbursement
- Third Place** – CEMS
- [Link to all entrants.](#)



The application period for Q1 is now open .

All non-represented staff are eligible to apply.
[Eligibility Information & Application \(PDF\)](#)
[Rubric \(PDF\)](#)
[Flyer \(PDF\)](#)

Q1 Deadline is July 31st!

GET INVOLVED Be A Staff Council Representative!

Staff Council is currently seeking staff to fill a few vacant representative seats from:

- College of Arts and Sciences
- Larner College of Medicine
- Extension
- Grossman School of Business
- Strategic Communications
- Division of Finance and Administration
- OVPR

If you are feeling the itch to serve on Staff Council or know of someone you think would be a great representative, [click here](#) for more details or contact staff.council@uvm.edu

CAMPUS NEWS



UVM Cares Diabetes Prevention Workshop

Benefits Spotlight: Diabetes Prevention Workshop

Learn how to decrease your risk of developing diabetes with an action plan that will work for you. Led by a UVM Cares health and wellness coach, this My Healthy Vermont diabetes prevention program is free and meets online on Tuesdays from 4:30–5:30 p.m., beginning July 29. Participants meet once a week for the first 16 weeks, followed by monthly sessions to support change, for a total of 25 sessions over a year.

It's important to take steps to reduce your risk and prevent diabetes. This is because diabetes can lead to serious health problems. You have a greater risk of getting diabetes if you:

- Don't get enough exercise**
- Have high blood pressure**
- Have abnormal cholesterol**
- Have a parent, brother, or sister with diabetes**

The good news is there's a lot you can do to help prevent diabetes—and we can help. Get started today by joining a Nationally Recognized Diabetes Prevention Program.

WHAT THE DIABETES PREVENTION PROGRAM OFFERS

Education and support to help you adopt healthier eating and exercise habits that can lead to weight loss and reduce your risk of getting diabetes.

Link to registration:

https://www.myhealthyvt.org/workshop_dates/online-diabetes-prevention-9/



Move-In Volunteers

Us at University Housing and Dining Services are starting gear-up for move-in and we have an exciting opportunity.

We are looking for volunteers to help new students move into their residence halls! Staff and faculty are eligible to help volunteer, and we'd appreciate any help the amazing UVM community can offer!

We need friendly, helpful faces to help people move in. This includes volunteers to greet and direct folks as they arrive on campus ("Welcomers"), and those ready and willing to help unload cars and carry students' belongings to their residence hall rooms ("Movers").

Here are some details to know before signing up:

- Volunteers needed for move-in on August 20 and 21
- Volunteers will receive:
 - Free access to the residential dining halls during your shift
 - Free Volunteer t-shirt
- Registration is done via a form linked below or on the Fall Move-In page of the UHDS website
 - You will be sent an email in early August with your shift time and location
 - If you register assume you will be working a shift
 - We do not reject any volunteers so if your plans change, please reach out to the Welcome Crew email

Feel free to forward this information to your department, or any other staff you think would be interested in participating.

If you have any questions, please visit or contact [University Housing and Dining Services](#) at WelcomeCrew@uvm.edu. We thank you in advance for your excitement and support. UHDS hopes you all have a great and restful summer and can't wait to see all of you back on-campus.

Best,

University Housing and Dining Services

[Register Now!](#)



UVM Research Studies Seeking Volunteers

- [Nutrition Study](#)
- [Dengue Fever research](#)
- [Asthma Research Studies](#)
- [Evolution of lung disease ages 25 - 35](#)

TRAINING & DEVELOPMENT



Lunch & Learn Series

Mental Focus in the Workplace

How does your brain work? How do you prepare it to function well? In this session we'll explore ways to train your brain to focus and develop skills to cope when things go wrong. These strategies will help you improve and protect your mental focus so you can keep your brain in the game even when you're overwhelmed and feeling stress. You'll leave with practical skills you can put to use immediately.

Time: 12:00 PM - 1:00 PM
Date: 8/15/25
In-Person: 427 Waterman (Classroom)
Remote: [Meeting Link](#)
Food: Pizza!

Organizing Best Practices

Too much to do and not enough time? Drowning in Email? This session is designed to put you back in charge of your day so you can get more done with less stress. We'll explore why certain list and calendar tricks work, and the keys to staying on top of email. You'll leave this session better able to keep track of your commitments, get work done on time, and communicate your capacity to others.

Time: 12:00 PM - 1:00 PM
Date: 8/22/25
In-Person: 427 Waterman (Classroom)
Remote: [Meeting Link](#)
Food: Pizza!

COMMUNITY RESOURCES



Baby Gear Donation Drive

Baby Gear Donation Drive

Date: Saturday, August 2, 2025

Time: 10:00 AM - 1:00 PM

Location: New King Church, 20 Anderson Parkway, South Burlington, VT.

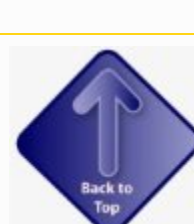
Gently used baby items are being collected to support the **Baby Product Exchange**, a local program that redistributes baby gear to families across Vermont.

To view a full list of items we accept, please click the link below:

https://docs.google.com/document/d/18pidxwDuDIP_eLHSLxqcFbIG2Pei4OvpOL8XcD3TvhY/edit?tab=t.0

If you can't make it to the drive but still want to donate, you can reach out to info@vermontconnector.org to schedule a drop-off appointment.

For more information, feel free to contact erinegeib@gmail.com directly.



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Staff Council - serving as a voice and advocate for all staff at UVM since 1971

staff.council@uvm.edu | (802) 656-4493
85 S. Prospect Street | 313 Waterman Building | Burlington, VT 05405
Hours: In-Person M, T, W 8:30 AM - 4:00 PM, Remote Th, Fri 8:30AM - 4PM
<https://www.uvm.edu/staffcouncil>
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Staff Council