

Quote of the Month

Life isn't about waiting for that one storm to pass;
It's about learning to dance in the rain.

Source: Unknown

HRA Work/Life Events/Programs/Activities

Yoga: Get Ready for Fall Semester

If you plan to take yoga level I in fall semester, block out Noon-1:00 on Mondays and Thursdays NOW, so that meetings don't get scheduled on your yoga time. If you want to get direct information about registering for yoga for fall, let me (mstimmin@iupui.edu) know and I'll be sure you get an e-mail in early-mid August.

Walking Challenge Results

The team winner of the 2010 Walking Challenge is Environmental Health and Safety with an average of 292,876 steps per team member. The individual winner is Connie Ely of University College with a three-week total of 583,369 steps. Congratulations! And congratulations to all persons who completed the three-week challenge; each of you is a winner!

The participating groups and their group leaders (in no particular order) were: School of Physical Education and Tourism (Nancy Barton); College Readiness Initiatives (Sandy Bert); Department of Pathology (Sande Black); Orthodontics & Oral Facial Genetics (Mary Ely); The Polis Center (Jennifer Gilles); Informatics (Beth Haggenjos); Department of Medicine (Kim House); Pediatric Medical Education Office (Becky Jacobs); Environmental Health & Safety (Janet Jones); Communications & Marketing (Jolene Kernick); Psychiatry (Ashley Lewin); School of Law (Faith Long); Medical Education & Curricular Affairs (Judy Marek); SPEA (Cortnee Martin and Kristin Lively-Smith); Dermatology (Treana Porter); Pathology and Lab Medicine (Brenda Randall); Research Administration/International Affairs/Center for Research & Learning (Angela Reese); University College (Colleen Rusnak); Plastic Surgery (Phyllis Schill); IU Adult Psychiatry (Angie Seibers); General Surgery (Karen Stevenson); Hematology/Oncology (Rajasubramaniam Shanmugam); Admissions (Crystal Taylor); School of Education (Ann Wells); Office of Student Account Services (Jenni Wilson); Community Education & Child Advocacy; and Human Resourced Administration.

Thanks again to those who sponsored the giveaways for the kick-off event: Community Health Network, Central Indiana Commuter Services (CICS - <http://www.327ride.net> – encourages car/van pooling, walking, bicycling and riding mass transit use and sponsors Emergency Ride Home program for CICS members); INShape Indiana (http://www.hra.iupui.edu/hra/worklife/wl_inshape.asp); National Institute for Fitness &

Sport (NIFS - <http://www.nifs.org>) and IUPUI School of PE & Tourism Management (<http://www.iupui.edu/~indyhper>).

21st Century Management/Leadership Cues for Current and Aspiring Leaders

As Economy Improves, Employees are Quitting Again

Read this *Wall Street Journal* article about the current employee turnover trend - http://finance.yahoo.com/career-work/article/109636/more-workers-start-to-quit?mod=career-worklife_balance. Turnover costs money and has other “soft” costs such as lost productivity due to position being open for a time; the time away from “regular” work to do posting, interviewing, etc.; time needed to bring new employee up to speed with training, orientation, etc.; and dissatisfaction by others who stay and have to pick up the slack in the interim.

If you have employees whose skills, work ethic and performance you value, now is the time to do what you can (offer flexible schedules, check your department's/school's climate and address issues you uncover, find ways to add fun to your workplace, ask for input on issues of importance, write recognition notes to employees to let them know they are valued, allow employees to attend training they are interested in, encourage creativity, don't hold the reins too tight, truly listen, share information, be friendly, give credit for accomplishments, have an ice cream social, ask how you can make their job easier and then do it, if possible) to make sure you can keep them.

Work/Life Partner Activities & Information of Interest

Work/Life programming is about wellness, career/personal enrichment, dependent care, education on things that affect your personal life (finances, home maintenance, legal issues, etc.), information for families/singles, ideas for better balancing your work and life and more. In a nutshell, it's about providing information that you, as a whole person need/want. Since HRA's Work/Life office cannot meet all these needs, we are happy to let you know of work/life-related opportunities that other organizations on and off campus are offering, along with other general information.

Health, Wellness & Safety

12-Week Series for Those with a Family Member/Friend with a Mental Illness

"Family-to-Family" is a 12-week education program, offered at no charge, to family members and friends of adults with a mental illness. The centrally located series will be on Wednesdays beginning June 2, 6:30- 9:00 p.m. at Roberts Park United Methodist Church, 401 N. Delaware; and an east series will be on Mondays beginning June 7, 6:30-9:00 at the UAW Local #1111, 431 S. Shortridge Rd. FMI or to register (required), call 257-7517 or visit http://www.nami.org/MSTemplate.cfm?Section=Family-to-Family_Enrollment&Site=NAMI_Indianapolis&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=98692 .

Free PSA Prostate Tests for Men at Various Locations in June

One in six men will be diagnosed with prostate cancer, but there is a 91% 10-year survival rate if caught early. Little Red Door Cancer Agency has partnered with Central Indiana Cancer Center to provide free PSA screenings for men over the age of forty. On June 5, 9-2:00, visit the Kroger store at: 10450 East Washington St., 4445 East 10th St., 8150 Rockville Rd., or 5810 East 71st St. On June 26, 9-2:00, visit the Kroger store at: 1365 East 86th St., 17447 Carey Rd. in Westfield, 905 North Green St. in Brownsburg, or 3100 Meridian Park Dr. in Greenwood. FMI, visit <http://www.littlereddoor.org/Events.aspx> .

New Riley Fit & Healthy Family Store Open for Business

Hop, jump, or walk to the Riley Outpatient Center on Mondays and Fridays from 10-2:00 to see the new Riley Fit and Healthy Family store, a colorful mobile cart parked just outside the Riley Safety Store (near the gift shop). The cart showcases fitness/ health products and education materials to encourage and support families' and individuals' healthy lifestyles. Some of the featured items include hula hoops, jump ropes, pedometers, exercise balls, yoga mats and water bottles. All products are sold at-cost.

To provide suggestions or for more information, call 1-888-365-2022 (toll-free) or e-mail kids1st@iupui.edu . I checked in out myself and the prices are great (for example, \$3 for a pedometer), so if you need a fitness item or a quick gift, this is a good place to find it during your workday.

Memory University 2010 – FREE

The Indiana Alzheimer Disease Center (ADC) and Alzheimer's Association are presenting the 2nd Annual Memory University, a program at which professionals and families can learn up-to-date information about Alzheimer disease (AD) from nationally

known clinicians working at the Indiana ADC as well as ask questions they have about AD and related disorders.

The series of four courses will be offered in consecutive weeks in June at the Riley Outpatient Center, Auditorium, 601 West Street. Sign-in will begin at 1 p.m. and the courses will run from 1:30 to 2:30 p.m. Memory University 2010 will offer: Agitation, Delirium & Aggression in Alzheimer's on June 3rd with Malaz Boustani, M.D.; When It's Not AD: Understanding Frontotemporal Dementia on June 10th with Brandy Matthews, M.D.; Understanding Grief in AD on June 16 with Susan McLennon, Ph.D, APRN-BC; and Caring for the Late Stage AD Patient and Caregiver on June 24th with Greg Sachs, M.D. The program is free of charge, but pre-registration is required. Call 274-4939 or e-mail rcludy@iupui.edu to pre-register.

Coach Hunter's Basketball Camp at Riverside Park Offers IUPUI Discount

George Hill of the San Antonio Spurs (and formerly IUPUI) and Robert Glenn, 1st Team All Conference Jaguars player, will visit the 2010 Summer Basketball Camp, June 21-24, 9-4:00 at Riverside Park and Family Center (2420 E. Riverside Dr.). Kids of all skill levels, ages 5-17 are welcome. The discounted cost for IUPUI faculty and staff is \$150. FMI, visit www.iupuijags.com , call 278-2474 or e-mail Austin at auparkin@iupui.edu .

Weight Watchers at IU Hospital

A new Weight Watchers at Work 17-week series, is coming up at University Hospital, room 1004. Visit on June 17th at 11:00 to get your questions answered. June 24th is the first day of the actual series. Depending on # of participants, the cost could range from \$144 to \$186. Questions? Call Felicia Crittenden at 963-5994 or Kathy Henry at 881-1491.

Text4Baby

Pregnant women/New moms can get free tips on topics such as immunization, nutrition, breastfeeding, birth defects prevention and car seat safety. Just text the word BABY (or BEBE in Spanish) to 511411, enter your due date or baby's birth date, and you'll begin receiving three text messages per week until your child's first birthday. The Text4baby program was developed by the National Healthy Mothers, Healthy Babies Coalition. Find out more at www.text4baby.org . To learn more about Healthy Mothers, Healthy Babies Coalition, visit <http://www.hmhb.org> .

Personal/Home/Family/Financial Life

Employee Needs Ride from/to Danville

IUPUI has an employee who will have surgery, will then be home for four weeks and then would like to return to work, but is not allowed to drive for another four weeks. If you could provide a ride for about four weeks from Danville to School of Nursing area and back after the 4th of July (unless, medically, something changes) until the end of July, please call Cindy at 274-0752 up until June 3rd or at 745-7590 after June 3rd. She usually works Monday-Friday, 8-5 but is flexible.

It's Critical to Know A Child's Developmental Milestones (with CORRECT link)

When does the average child smile, wave “bye-bye,” crawl or walk? When is he/she ready for toilet training? The answers to these and much more can be found at <http://www.cdc.gov/ncbddd/actearly/milestones/index.html> . It's critical information because it allows you to compare your child to the average and determine areas you need to talk to your family doctor about and determine if help is needed. It's important to remember, however, that even those who do things at a later age can still be perfectly normal; we are each unique individuals. Another reason that knowing about milestones is critical is to prevent child abuse, which often results when adults expect children to be able to do things they are just not capable of and then punish them for their inability.

Farmers' Market at Wishard Returns

The Farmers' Market at Wishard is held each Tuesday, 11- 1:30 p.m., through September 7th and offers fresh and local produce, fresh baked goods, lavender products, honey products and other market items. It is held next to the Bryce Building (behind the pathway that leads from the Primary Care Center to the Main Entrance). This season, in addition to the cookouts from the cafeteria, there will be a new booth called "Au Bon Wishard" featuring farmers' market chicken salad. Questions? Call the Wishard Wellness Line at 630-7374. IUPUI people and the public are welcome.

Free and Fun/Interesting

Free Family Night at Children's Museum; Thursday, June 3, 4-8:00. FMI, call 332-3322.

Concerts on the Canal: An Evening with ol' Blue Eyes – the music of Frank Sinatra; Thursday, June 3, 6-8:00 p.m., Indiana Historical Society, 450 W. Ohio. St. Bring your own chair/blanket. FMI, call 232-1882 or visit

<http://www.indianahistory.org/events/concerts-on-the-canal-actors-theatre-of-indiana> .

First Friday Jazz and Poetry Party Featuring Indiana's Poet Laureate, Norbert Krapf;

Friday, June 4, 5-7, Indiana Humanities Council headquarters (historic Meredith Nicholson House), 1500 N. Delaware. Complimentary food and wine included. Pianist Monika Herzig, violinist, Carolyn Dutton and three of the “Airpoets.” FMI, call 638-1500 or visit <http://www.indianahumanities.org/default.aspx> .

Colts Mini Camp and Fan Open House; Saturday, June 5, 10-4:00, Lucas Oil Stadium.

FMI, visit <http://www.colts.com> .

Asia Fest (bonsai, health screenings, anime, food, etc.); Saturday, June 5, 11-5:00, Garfield Park. FMI, call 327-7066 or visit

<http://newsfromyou.indystar.com/posts/experience-asia-without-leaving-indy> .

CLANG! Spice Summer Drum (music using homemade and exotic percussion instruments from around the world); Sunday, June 6, 2:00, Central Library. FMI, 275-4100 or <http://www.imcpl.org/events/index.php?action=search> . *

Journey Through Asia: Ongaku – Japanese music; Thursday, June 10, 6:00, Central Library's Learning Curve. FMI, 275-4100 or

<http://www.imcpl.org/events/index.php?action=search> . *

The Tides (Caribbean music); Thursday, June 10, 7:00, Nature Center courtyard, 6363 Spring Mill Rd. FMI, call 327-7180. Bring a blanket and enjoy.

[IUPUI Faculty Jazz Combo](#); Thursday, June 10, 6-8:00, Indiana Historical Society, 450 W. Ohio St. Bring your own chair/blanket. FMI, call 232-1882 or visit

<http://www.indianahistory.org/events/concerts-on-the-canal-iupui-faculty-jazz-combo> .

[Let's Meet PBS Kids in the Park](#); Saturday, June 12, 10-4:00, Military Park. FMI, call 715-2009.

[Indy Pride Parade & Festival](#); Saturday, June 12, 10-7:00, American Legion Mall. FMI, call 274-7824.

[Emily Ann Thompson \(Celtic fiddling\)](#); Saturday, June 12, 1:00, Circle Centre Mall Artsgarden. FMI, call 631-3301.

[Independent Music and Arts Festival](#); Saturday, June 12, 11:00 a.m. – 10:00 p.m., Harrison Center for the Arts, 1505 N. Delaware. FMI, call 396-3886.

[Viva Puerto Rico](#); Saturday, June 12, Noon-8:00, Garfield Park Arts Center. FMI, visit http://www.helloindianapolis.com/events/Music_Concerts/E0-001-029967978-2/Viva_Puerto_Rico!_Festival_2010.cfm .

[Talbot Street Art Fair](#); June 12, 10-6:00 and June 13, 10-5:00, Talbot Street between 16th and 20th Sts. FMI, call 745-6479 or visit http://talbotstreet.org/Home_Page.php .

[Acoustic Catfish](#) (eclectic from classic to folk and blues); Sunday, June 13, 2:00, Circle Centre Mall Artsgarden. FMI, call 631-3301.

[IUPUI Jazz Ensemble](#); Thursday, June 17, 6-8:00, Indiana Historical Society, 450 W. Ohio St. Bring your own chair/blanket. FMI, call 232-1882.

[Shakespeare's play, As You Like It \(comedy\)](#); June 18, 7:00; June 19 & 20, 2:00 and 7:00; Garfield Park Arts Center. Free, but reservations recommended. FMI, [call 327-7066](tel:327-7066).

[Journey Through Asia: Shodo – Japanese calligraphy](#); Saturday, June 19, 12:00, Central Library's Learning Curve. FMI, 275-4100 or <http://www.imcpl.org/events/index.php?action=search> . *

[Matt Roush \(pop rock music\), part of the Holliday Park Summer Concert Series](#); Thursday, June 24, 7:00, Nature Center courtyard, 6363 Spring Mill Rd. FMI, call 327-7180. Bring a blanket and enjoy.

[Mud Eye Joe](#) (blues); Saturday, June 26, 1:00, Circle Centre Mall Artsgarden. FMI, call 631-3301.

[Family Tours at the Indianapolis Museum of Art](#), June 26, 1:30 and 2:30, IMA, 4000 Michigan Rd. FMI, call 923-1331.

[Classical Music Concert](#); Sunday, June 27, 2:00, Central Library. FMI, 275-4100 or <http://www.imcpl.org/events/index.php?action=search> . *

[Chronicle \(pop/alternative\)](#); June 27, 2:00, Circle Centre Mall Artsgarden. FMI, call 631-3301.

[World Equestrian Games Horse Showcase](#); Tuesday, June 29, 9-3:00, Monument Circle. FMI, visit www.indydt.com .

[Glick Peace Walk Unveiling & Illumination Ceremony](#); Wednesday, June 30, 8:00 p.m. FMI, call 713-3333.

*I list only Central Library events. For *branch* library events, visit <http://www.imcpl.org/events/index.php?action=search>.

[IndyGo Updates](#)

[The IndyGo Customer Service Center has moved](#) from the Indianapolis City Market to a new facility at 34 N. Delaware Street, just west of the City-County Building. The Customer Service Center sells fare passes, issues IndyGo Half Fare IDs and manages Lost and Found. Normal hours of operation will remain: Walk-In Hours: Weekdays 8 am - 6 pm, Saturdays 9 am – noon; Call-In Hours: Weekdays 7 am - 7 pm, Saturdays 9 am – noon.

[IndyGo Summer Youth Passes are available](#) for sale online, through the Customer Service Center and by calling 635-3344. Persons 18 years of age and younger are eligible to buy an [IndyGo Summer Youth Pass](#) for only \$30. That's three months of unlimited rides for the price of one. Passes are valid June 1 through August 31, 2010. All pass users will need to present a valid Student ID (K-12) or IndyGo Half Fare ID in conjunction with the Summer Youth Pass to redeem it.

[City of Indianapolis Helps IndyGo Avoid Cuts to Bus Service](#) –Details at <http://www.indygo.net/news.asp?ID=263>

Becoming More World/Culture Wise

[Selected Holidays of Note](#) (Source: University of Kansas Medical Center Web site)

June 5 – World Environment Day

June 14 – Flag Day (U.S.)

June 16 – Martyrdom of Guru Arjan (Sikh)

June 19 – Juneteenth (African-American)

June 20 – Father's Day (U.S.)

June 21 – Summer Solstice in Indiana

June 27 – Martyrdom of Joseph & Hyrum Smith (Mormon)

Ethnic/Cultural Festivals/Events/Classes

Note: I gather information from a variety of sources. Some sources include contact information, cost, etc.

and others don't, so please excuse the sometimes less than comprehensive information.

Local

[Indonesian Shadow Puppets](#), Thursday, June 3, 6:00, Brightwood Library, 2435 N. Sherman. FMI, call 275-4310. FREE.

[Asia Fest \(bonsai, health screenings, anime, food, etc.\)](#); Saturday, June 5, 11-5:00, Garfield Park. FMI, call 327-7066 or visit

<http://newsfromyou.indystar.com/posts/experience-asia-without-leaving-indy> . FREE.

[Journey Through Asia: Ongaku – Japanese music](#); Thursday, June 10, 6:00, Central Library's Learning Curve. FMI, 275-4100 or

<http://www.imcpl.org/events/index.php?action=search> . FREE.

[Italian Street Festival](#), Friday and Saturday, June 11 & 12, 5-11:00, Holy Rosary Catholic Church. 520 Stevens St. FMI, call 636-4478 or visit

<http://holyroaryindy.org/streetfest2010.html> .

[Russia and Its Neighborhood](#), June 12, 11:00, North United Methodist Church, 3808 N. Meridian. FMI, visit <http://provocate.org/archives/4918>.

[Viva Puerto Rico](#): Saturday, June 12, Noon-8:00, Garfield Park Arts Center. FMI, visit http://www.helloindianapolis.com/events/Music_Concerts/E0-001-029967978-2/Viva_Puerto_Rico!_Festival_2010.cfm.

[Journey Through Asia: Shodo – Japanese calligraphy](#): Saturday, June 19, 12:00, Central Library's Learning Curve. FMI, 275-4100 or <http://www.imcpl.org/events/index.php?action=search>.

Regional/U.S.

[Fort Wayne Germanfest](#), June 6-13, Fort Wayne's Headwaters Park. FMI, visit <http://www.germanfest.org>.

Work/Life Balance Tip

Define It and Claim It

Kathy Lingle of the Alliance for Work/Life Professionals (AWLP) reminds us that “No one else can or ever will give you ‘balance.’ If you want a life that is authentically your own, you must first define what that means to you and then claim it.” So, I encourage you to decide what it would take (flexible work schedule, hiring a house cleaning professional, delegating home duties more effectively, etc.) for you to have a more balanced life and then do what it will take to make that happen. If you want help with doing a flexible work proposal at IUPUI, visit <http://www.hra.iupui.edu/HRA/WorkLife/FWA/Main.asp>, read the introductory paragraphs and then click on http://www.hra.iupui.edu/HRA/WorkLife/FWA/site_map.asp for the various tools.

Miscellaneous

Put Students to Work on Campus

Research shows that students who work on (as opposed to off) campus are retained at a higher rate. IUPUI needs help with retention, so hire a student in your department. There is no fee for IUPUI departments/schools, so be part of the Student Employment and Experience Fair (SEEF) on Thursday, August 26th, 10:30 a.m. – 2:30 p.m. in the courtyard in front of Taylor Hall (formerly University College) to talk with students about your available part-time openings. Register at <https://surveycentral.uc.iupui.edu:446/2010SEEFemplReg.aspx> by August 10th. FMI, contact Judy Carley at 274-7381 or jcarley@iupui.edu.

Parking Services Offers Car/Van Pooling Option

Try something new. Consider car/van pooling to IUPUI. IUPUI Parking Services offers benefits for doing so. FMI, visit <https://www.parking.iupui.edu/transportation.commuter.carpool.do>.

\$1000 Nan Bohan Community Engagement Staff Award

The IUPUI Nan Bohan Community Engagement Staff Award is open to all IUPUI appointed full-time staff members who contribute to the overall mission and success of the university. A \$1,000 award will be made to the recipient. Presentation of the award will be made at the Chancellor's Employee Recognition Convocation in the fall. All nominations and narrative forms should be submitted by June 28, 2010, per the instructions found on the IUPUI Staff Council Web site:

<http://www.iupui.edu/~scouncil/awards/bohan.html>.

For the Highly Curious

What's Your Allostatic Load (price of adaptation)?

Long-term, continuous stress has a physical impact. Though the research is still in early stages, it seems that chronic stress – carrying around a heavy allostatic load, as it were – can damage the immune system and is linked to the development of insulin resistance (a risk factor for diabetes), hypertension, coronary heart disease, osteoporosis and other disorders. FMI, read the source of this information at <http://www.wellnessletter.com/html/fw/fwLon08Stress.html> . If you want to dig deeper into the research, visit <http://www.ncbi.nlm.nih.gov/pubmed/10649824> or <http://www.macses.ucsf.edu/Research/allostatic/allostatic.php> .

Get Involved in the Community: Volunteer Opportunities/Civic Engagement

Comment: You might wonder why I include a section on volunteerism in this newsletter. I believe that partnering with the community we work and live in is a win/win. The organization you work with gets the value of your services. It potentially allows you, the volunteer, to network and build relationships with other people, explore one of your passions, learn a new skill, experience a leadership role, get the great feeling that you get for making a contribution and have fun. Is that reason enough to include this section? ☺

Want to Build Your Leadership Skills? Serve on a Board/Committee

[United Cerebral Palsy Association of Greater Indiana](#) currently has vacancies on its Development, Finance and Program Committees. They request Committee Members give five hours of their time per month. Interested candidates should respond to Executive Director, Donna Roberts at Donnar@ucpaindy.org or 632-3561.

Other Volunteer Opportunities

The American Diabetes Association needs volunteers for the [Tour de Cure cycling event](#) on June 12 at the Indianapolis Motor Speedway. Volunteers will be needed for shifts from 5:00 a.m. to 2:00.p.m. FMI or to sign up, contact Jessica Burress at jburress@diabetes.org.

Volunteers are needed for [Conner Prairie's Indiana Festival](#), Saturday June 5 and Sunday, June 6. Discover Indiana's rich cultural heritage and immerse yourself in the

diverse and wonderful music, art, dances and foods that make us who we are today. FMI or to sign up, contact Jody Thomas at 214-4704 or jthomas@connerprairie.org.

The Children's Bureau needs volunteers for the 2010 [Tom Zupancic Golf "Fore" Kids Classic](#) hosted at the award-winning Purgatory Golf Course in Noblesville. Volunteers, will be needed for different shifts throughout the day for set-up, guest registration, to assist with a silent auction, watch for "hole-in-ones" and many more. The scramble starts at 9:00 a.m. and ends with a silent auction and dinner celebration. Contact Nellie at 264-2700 X290 or nmoshier@childrensbureau.org , by June 8th, if you can assist with all or part of this event.

[Indian Market & Festival @ the Eiteljorg Museum of American Indians and Western Art](#) needs volunteers for Saturday, June 26 and Sunday, June 27 to cover shifts from 9:30 a.m. - 5:30 p.m. each day. Enjoy hospitality with artists, family activity area, admissions and much more plus receive a FREE volunteer t-shirt! Please contact Deborah Kish, Volunteer Manager @ dkish@eiteljorg.com .

Training, Inc. is in need of [volunteers for their Clothes Closet committee](#). The committee coordinates the solicitation of donated professional clothing for the Training, Inc. Clothes Closet, creates/runs targeted clothing drives as well as assists with keeping the clothes in the closet in season and sorted by size. FMI contact Peggy at peggy@traininginc-indy.org.

[Relay For Life of Fishers](#) on Saturday, June 5th and 6th needs volunteers to help with various games and entertainment during the event, as well as help with set-up and tear-down. Contact Kimberly Kessel at kimberlykessel@hotmail.com or 506-1868.

[Indiana Black Expo](#) needs volunteers. Attend the "Volunteer Recruitment and Orientation" seminar on Tuesday, June 1, 2010 at 5:30 p.m. or Tuesday, June 15, 2010 at 5:30 p.m. at Independent Colleges of Indiana, 3135 N. Meridian, Indianapolis, IN. FMI contact Helen Haynes at haynes@indianablackexpo.com or 925-2702.

The [3rd JCC Kids Triathlon](#) needs volunteers for set-up, registration, timing and more from 7-11 a.m. on Sunday, June 27 at the JCC at 6701 Hoover Road. Call Whitney at 251-9467, ext. 2238 or email her at wburdzilauskas@jccindy.org. FMI www.jccindy.org.

Career/Professional/Personal Enrichment/Recognition/Funding

Online Personal Enrichment/Education

If you want to enrich your brain when online, visit <http://www.history.com/videos> for videos about the Civil War, the Great Depression, Blacks in the Military and much more. Visit www.DiscoveryEducation.com for information to help your child with math, science, languages and more or for teacher lesson plans. Visit www.bbc.co.uk/languages to study foreign languages, including basic travel phrases for many languages (you'll need to have both Javascript enabled and Flash installed). Visit www.openculture.com

for free books you can listen to/read, free movies you can watch, free courses you can take and more.

Attention Faculty: Symposium on LAC (Language Across the Curriculum) at IU and Beyond

The Center for the Study of Global Change and the West European Studies Center at Indiana University are hosting a day-long symposium on June 16, 9-3:00 at the Center for the Study of Global Change (201 North Indiana Avenue, Bloomington IN 47408). Learn about Language Across the Curriculum within higher education from two national experts on this subject, Dr. Tanya Kinsella from University of North Carolina and Dr. Jan Martson from Drake University.

The symposium will assist advanced language instructors, department chairs, staff, and administrators in the skills and concepts needed to develop Language Across the Curriculum courses and to further broader LAC initiatives on campus. Topics will include a discussion of different LAC models, content considerations, language pedagogy, instructional materials, use of technology, student learning outcomes, assessment, and curricular integration. The workshop will be free, though please RSVP to Hilary E. Kahn (hkahn@indiana.edu) as space is limited. FMI - Hilary E. Kahn hkahn@indiana.edu.

Purdue Conference for Pre-Tenure Women

Workshops, speakers and networking opportunities tailored specifically to the needs of women seeking tenure (including those who have just finished or will soon finish their degrees and hope to soon enter academic fields) are all part of this September 23-24 inaugural conference. There is a fee, but some fellowships are available. FMI, visit www.purdue.edu/wro/pretenure.

Scholarships

The Central Indiana professional section of the Society of Women Engineers (SWE) is offering a \$1000 [*scholarship opportunity to undergraduate female engineering students*](#) for the 2010-2011 school year. Applications must be postmarked by July 15th. Applicant must: be enrolled full-time in a baccalaureate ABET/CSAB accredited engineering program; have a minimum GPA of 3.0 out of 4.0; be a sophomore, junior or senior during the 2010-2011 school year; not be receiving full funding for education from another organization (e.g., Armed forces or employer); and be a permanent resident of Indiana or attending a university in Indiana. FMI, contact Angie Clover at 230-5734 or angie.r.clover@rolls-royce.com.

IUPUI Carol D. Nathan Staff Council Scholarship Open - The \$250 IUPUI Carol D. Nathan Staff Council Scholarship Award for full-time staff employees of IUPUI with at least two years of service; who are pursuing an associate, baccalaureate, or graduate degree at IUPUI; and have completed 12 credit hours at IUPUI with a GPA of at least 3.0 and are enrolled in at least 3 credit hours for the semester is now open for applications. Details can be found on the IUPUI Staff Council Web site: <http://www.iupui.edu/~scouncil/awards/nathan.html>.

IUPUI Mediation Training

There is clearly a need for individuals who possess the skills, passion and temperament to assist others to resolve basic communication challenges and conflicts in the work and learning environment. If you want to learn the basics of mediation, register (by July 12th) to attend the HRA sponsored series being held Wednesday-Friday, July 21-23 and Wednesday and Thursday, August 25-26, 8:30-5:00 in Campus Center 307.

For course descriptions and online registration information, access the HRA website at <http://www.hra.iupui.edu>, click on the "Training and Org. Development" link, click on "Workshops and Registration" and then, at upper right, on "SignUp HR click here to login." Questions? Contact the HRA Training and Development section at hratrng@iupui.edu or 274-4438.

Notes

If someone forwarded this Work/Life e-newsletter to you, you picked it up via the Web or link or received a paper copy and want to subscribe to receive online, just send a note to mstimmin@iupui.edu.

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