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# The 6<sup>th</sup> Annual True Bruin Virtual 5k Begins this Weekend!



## Registration is Open!

[Get tickets now](#) to participate in the 6<sup>th</sup> Annual True Bruin Virtual 5k beginning **Saturday, 4/20 – Sunday, 5/12!** Participants can run/walk their 5k anywhere, anytime. Just track your run and screenshot it to submit to Staff Assembly via Instagram using **#UCLASAVirtual5K** and **@UCLASA**.

This event is for **everyone**, no matter your fitness level! Participate with your friends, family, pets, colleagues, etc., and support Staff Assembly's staff scholarships for professional development.

With your paid registration you will receive a **t-shirt, medal, and goodie bag**. Plus your route screenshot will qualify you for various award categories. Find out more information on the [True Bruin 5k Eventbrite page](#).

Sign up as a team to receive a discount: for every **four (4)** paid entries, get an additional entry **FREE**.

Teams can sign up individually (directly on Eventbrite) by using a **Team Name** upon registration or via **Recharge** (register on Eventbrite and work with Lucy to pay for your team's registration). Further details on Eventbrite or contact Staff Assembly ([staffassembly@ucla.edu](mailto:staffassembly@ucla.edu)) with any questions.

Plus join Staff Assembly **this Thursday** for another Train for a 5k Class!



- Classes meet at **Wilson Plaza**, in the grassy area adjacent to the North Athletic Field.
- Class begins at **noon** (if you are running late, you can find the group walking/running around Pauley Pavilion or the Drake track).
- Create a [Mindbody online account](#) to sign up and sign in each week under the FITZONE tab for each class you attend.
- Download an app to your phone to track your movement:
  - Couch to 5K (yellow app with black silhouette of a runner)
  - The Run Experience
  - Rock My Run
  - Nike Run Club
  - Map My Run
  - Runtastic Running
  - And/Or use a Fit Bit or Apple Watch to help you track

Join us every Tuesday and Thursday now through April 25<sup>th</sup> for free training classes to walk around campus and prepare for the 5K.

**Date:** Tuesdays and Thursdays

**Time:** 12:00pm – 1:00pm

**Location:** Meet in front of Wilson Plaza

## UCLA Staff Engagement Survey Forum



*The results are in, priority areas identified, and Task Forces formed to provide recommendations for the priority areas at UCLA. What happens next?*

In May of 2017, University California Office of the President (UCOP) and the Council of University of

California Staff Assemblies (CUCSA) conducted an employee engagement survey of a representative sample of policy-covered staff members. After results were shared in early 2018, over 35 UCLA employees voluntarily joined and stepped up to lead several Task Forces that were charged with finding ways to improve the 4 priority areas that were identified for UCLA. These committed Task Force members and co-leads have work tirelessly over the past 10 months to develop actionable and practical recommendations on how to improve the 4 priority areas for UCLA.

We would like to invite you to attend this [forum](#) to hear these Task Forces present their recommendations and engage in a conversation with everyone in attendance. We welcome your feedback as we prepare for the next steps in working with UCLA leadership to implement these recommendations, in hopes of helping UCLA realize its potential to become the best work place for employees in the world.

Light refreshments will be served.

**Date:** Tuesday, May 7, 2019

**Time:** 1:30pm - 3:00pm

**Location:** [UCLA Extension Gayley Center](#) (1145 Gayley Avenue, Room 121ABC, Los Angeles, CA 90024)

[RSVP to attend this Engagement Survey Forum.](#)

For more information on this event, please contact Walen Ngo at: [walennngo@unex.ucla.edu](mailto:walennngo@unex.ucla.edu)

## Upcoming Learn at Lunch Opportunities



In April we are partnering UCLA Staff Assembly & UCLA Campus HR Training & Development are pleased to introduce a new Learn-at-Lunch series, "30-Minute Success," which aims to teach participants one measurable, marketable skill in only 30 minutes. This installment will center on "How to Focus in a Distracted World."

This **SOLD OUT** L@L will be livestreamed for those who are not able to attend. Follow our [Staff Assembly Facebook page](#) for more information.

In this 30-minute session, you'll:

- Discover why multitasking doesn't work
- Learn how your focus can be trained like a muscle to concentrate longer on projects or in meetings
- Practice a research-based 2-minute attention training exercise

This session will include presentation, group discussion and practice exercises. Additional reading references will be sent to all participants.

Presenter: Darlene Mininni, PhD, MPH, UCLA Training and Development

Schedule:

12pm-12:15pm: Guests arrive

12:15-12:45pm: 30-minute program

12:45-1pm: Q&A / Networking

Event venue possible with support of UCLA Library.

**Date:** Wednesday, April 24, 2019

**Time:** 12:00pm - 1:00pm

**Location:** UCLA Young Research Library (more info)

[Follow the Staff Assembly Facebook page for the livestream of this Learn at Lunch.](#)



It's 12:15! Take advantage of your lunch break to relax and refresh the middle of your busy work day with a concert. **Mindful Music** continue their 3rd season of monthly performances with a special invite to Staff Assembly members, sure to reduce stress, improve productivity, and create healthy minds in our workplaces. Don't miss

**Priyanka Venkatesh** on stage at UCLA's Semel Institute Auditorium located in the heart of Westwood Village. Doors open at 12:00pm.

The **12:15 Concert Series** at the **Semel Institute Auditorium** connects you to award-winning musicians in the middle of your workday, regularly on the first and third Thursday's of each month. Doors open at 12:00pm, first come, first serve seating. Always free. We are grateful for the support from the Jane & Terry Semel Institute for Neuroscience & Human Behavior at UCLA. This concert is in collaboration with UCLA Staff Assembly.

### **About the artist:**

Music from all over the world is deeply connected, as Priyanka believes sound, and therefore music, are a vital part of our delicate consciousness. She hopes her audience feels her conviction in every performance. Her musical passions span a wide range, from Western to Indian classical to tango.

For more information about Mindful Music, visit

<https://www.mindfulmusic.semel.ucla.edu>.

**Date:** Thursday, May 2, 2019

**Time:** 12:00pm - 1:00pm (Performance begins at 12:15pm)

**Location:** UCLA Semel Auditorium

[RSVP to attend this Learn at Lunch.](#)



Interested in getting involved with **Staff Assembly**? Want to find out more about **Staff Assembly Board and Committee positions**? Join us at the “What is Staff Assembly?” Learn-at-Lunch and listen to each board member talk about their position duties and time commitments, as well as committee chairs share information about

committee opportunities.

If you are interested serving on the Staff Assembly Executive Board, this is the Learn-at-Lunch for you!

Light refreshments will be served. Space is limited; RSVP required.

For more information on this event, please contact [staffassembly@ucla.edu](mailto:staffassembly@ucla.edu).

**Date:** Wednesday, May 15, 2019

**Time:** 12:00pm – 1:00pm

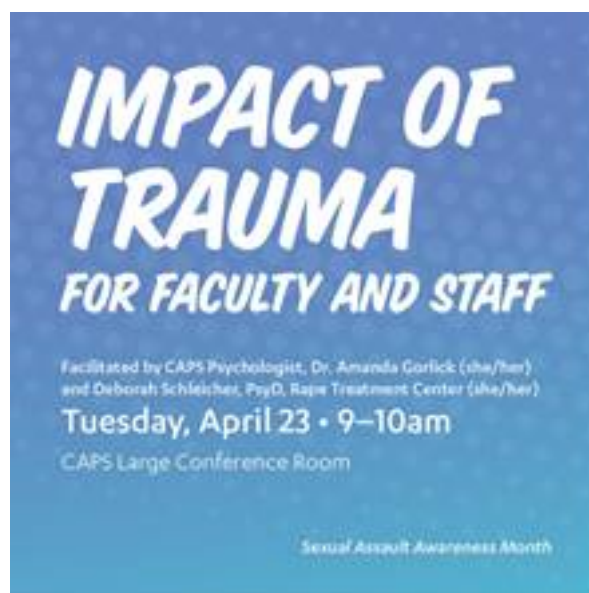
**Location:** Geffen Hall #122

885 Tiverton Ave.

Los Angeles, CA 90024

[RSVP to attend this Learn at Lunch.](#)

## Impact of Trauma for Faculty and Staff



Facilitated by CAPS Psychologist, Dr. Amanda Gorlick (she/her) and Deborah Schleicher, PsyD, Rape Treatment Center (she/her)

This workshop is for staff and faculty looking to support survivors of sexual violence. We will discuss the science of trauma and how the long-term and short-term effects may impact students' academic performance, resilience, and relationships.

Breakfast will be served.

**Date:** Tuesday, April 23

**Time:** 9am–10am

**Location:** CAPS Large Conference Room (RSVP LINK)

[RSVP to attend this workshop.](#)

## CrossCheck Live

# Freedom to Protest & Freedom to Speak: The Challenges and Opportunities for University Governance



The Office of Equity, Diversity and Inclusion (EDI), in collaboration with [PEN America](#), will host its signature series event, [CrossCheck Live: “Freedom to Protest & Freedom to Speak: The Challenges and Opportunities for University Governance,”](#) on Tuesday, April 23rd, 2019 from 2:00 pm – 3:30 pm in Pauley Pavilion Club.

Please join us for this stimulating discussion, where a panel of student moderators will press UCLA administrators about what we must do, as a campus and a community, to protect the protestor’s right to protest and the speaker’s right to speak. Additional information is available on the main event website.

Registration is free and open to all. Light snacks and refreshments will also be provided. If you are interested in attending, please [RSVP](#) at the following link: <https://bit.ly/uclaprotest>.

**Date:** Tuesday, April 23, 2019

**Time:** 2:00pm – 3:30pm

**Location:** Pauley Pavilion Club

## 2019 Eudaimonia Awards Ceremony



The UCLA Healthy Campus Initiative **Eudaimonia Award** is an annual award to recognize members of the UCLA community, past or present, who exemplify Eudaimonia by living a life full of purpose and meaning. The UCLA HCI Eudaimonia Society highlights members of the UCLA community who, through their immense personal efforts, inspire others to seek Eudaimonic well-being.

2019 awardees will be celebrated on April 29th, from 6-8pm at Pauley Pavilion in the Pavilion Club. Refreshments will be served afterwards.

**Date:** Monday, April 29, 2019

**Time:** 6:00pm – 8:00pm

**Location:** Pauley Pavilion Club

[RSVP to attend this event.](#)

## Calling All Bruins!

### Join the Fight to End Homelessness and Poverty



**UCLA Changing Lives the United Way**

**April 1-30, 2019**

There is still time for you to join the fight to end homelessness and poverty in Los Angeles during the annual **UCLA/United Way giving campaign**. Donations to United Way are collectively leveraged to help create pathways out of poverty at its roots by focusing on housing, education and financial stability – the building blocks for a better life and a stronger community. They also provide basic resources like utility assistance programs and 2-1-1 services to residents of Los Angeles County. Be part of the change.

Join the United Way this **Saturday, April 20th at 11am** on Frank Marshall Field at Drake

Stadium for the UCLA Football Spring Game. UCLA Athletics will hold a food drive to benefit the [UCLA Community Programs Office Food Closet](#), which provides free food for any UCLA student who may be experiencing hunger and/or struggling to attain food due to financial hardships. Fans are encouraged to bring two canned goods or non-perishable food items as admission.

UCLA Changing Lives the United Way.

Visit our [UCLA/United Way Campaign webpage](#). For any questions about the 2019 UCLA/United Way Campaign, please contact this year's UCLA/United Way ambassador, Christine Lee at [clee@ha.ucla.edu](mailto:clee@ha.ucla.edu).

## Be Alert Bruins

### Celebrating 10 Years of Driver Safety



Join UCLA Transportation in celebrating a decade of driver safety as Be Alert Bruins turns 10!

Since 2009, UCLA Fleet & Transit, in partnership with UCLA Insurance & Risk Management and the Office of Environment, Health & Safety, has been educating and encouraging campus drivers to be safe and responsible. This year's campaign celebrates the positive impact that 10 years of Be Alert Bruins has had on campus roadways: collision reduction, decreased accident severity, costs savings for the University, and more. Visit the [Be A Green Commuter blog](#) to learn more and take the driver safety quiz for a chance to win an emergency kit.

**UCLA**



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<http://www.StaffAssembly.ucla.edu/>

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