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Source: IUPUI HRA Work/Life E-news

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## IUPUI HRA Work/Life E-News – April 2011

### Quote of the Month

*Tact is the knack of making a point without making an enemy.*

Howard W. Newton

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## HRA Work/Life Events/Programs/Activities

### Fulbright Awards are for Staff, Too

Want to have the opportunity to travel abroad to expand upon or share your knowledge on an area of work interest or host someone from another country who has expertise you'd like to tap into? Do you think you have something unique to offer, can't find a good fit with current Fulbright programs and want to learn how to put your information out there to see if someone picks up on it? If yes, plan to attend the HRA Work/Life sponsored workshop featuring David L. Jones of IUPUI's Office of International Affairs (OIA) on Tuesday, April 12, 12:05-12:55 in Taylor Hall, room 104 (formerly UC 115) and learn about Fulbright International opportunities for STAFF members (even junior professionals and those who don't speak a foreign language) and the advisory assistance available to you through the OIA. Don't assume you don't qualify – come, listen and learn. Drinks and dessert provided. RSVP to Maggie Stimming ([mstimmin@iupui.edu](mailto:mstimmin@iupui.edu) or 274-5466) by Friday, April 8th.

### Put Together & Register Your Walking Challenge Team by Monday, April 4th

The IUPUI Work/Life Walking Challenge is back. All that staff, faculty or student participants have to do is register their team by 5:00 p.m. Monday, April 4th (complete columns 1, 3 and 4 on registration form at [www.hra.iupui.edu/worklife](http://www.hra.iupui.edu/worklife) under "News & Events" and send to Maggie Stimming [mstimmin@iupui.edu](mailto:mstimmin@iupui.edu) or fax to 274-5481), record their steps from Saturday, April 9th, 6:00 a.m. until Saturday, April 30th, 5:59 a.m.; in other words, a full three weeks. Then, by May 12<sup>th</sup>, complete column two of the registration form and resend the now completed (columns 1, 2, 3 and 4 filled out) form to Maggie Stimming ([mstimmin@iupui.edu](mailto:mstimmin@iupui.edu)), so we can determine the challenge winners and send recognition certificates to all participants. The registration form is designed for a department team, but if you are the only one in your department who wants to take the challenge, then you can be a team of one. To add extra fun, create some friendly competition among your department's team members or challenge another group in your building or anywhere else on campus.

Doing the step count will, of course, require a pedometer. For many pedometers, I consider a leash a necessity as dropping the pedometer usually ruins it, so get (or make, out of a small binder clip and rubber band) one of those, too. You can purchase a pedometer and leash at many retail and discount stores. If you are one of the first 130 who register to attend the kick-off (see details below) and actually attend the event you can get a free pedometer there at the conclusion of the event.

I wish I could tell you there are lavish prizes but, as usual, I have a budget of zero, so your prizes will be:

- A healthier you
- Pride in making a commitment and sticking to it for three weeks (to form a new habit)
- A chance to enjoy the outdoors and the spring weather
- The fun you'll have challenging others in your department or on campus
- A certificate that you can proudly frame and put on your wall

If you wish to receive the "Stepping Up to Better Health" booklet, the "Ramp It Up Record Sheet" (for those who aren't currently doing 10,000 steps but want to build up to that) or the "10,000 Steps Log Sheet" (for those who are generally at the 10,000 step level), let Maggie know at [mstimmin@iupui.edu](mailto:mstimmin@iupui.edu) . The two step recording forms are also available at [www.hra.iupui.edu/worklife](http://www.hra.iupui.edu/worklife) under "News and Upcoming Events."

### [IUPUI Walking Challenge Kick-Off on Friday, April 8th - Free Pedometer & Other Goodies](#)

We have a very special guest speaker at our kick-off event this year. Her name is Avis Frieson, and she is a member of the IUPUI staff. She has lost a considerable amount of weight and become more fit by becoming a dedicated walker. She will inspire you as you listen to her story on Friday, April 8, 12:15-12:45 in Lecture Hall 100 (just south of Cavanaugh Hall). Come show support for one of your fellow staff members who can be a role model for all who strive to be more fit.

The first 130 IUPUI staff, students and faculty who pre-register using the Walking Challenge Entry form; indicate, on the form, that they plan to attend the kick-off; and actually attend the kick-off will, at the end of the kick-off event, receive a pedometer, and other giveaways. We have had 100+ kick-off registrants in the past, so we recommend you register as soon as possible. Those who want to encourage you to live a healthier and/or environmentally friendlier lifestyle and have made items available for participants who attend the kick-off event include 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); National Institute for Fitness & Sport (NIFS - <http://www.nifs.org> ), IUPUI School of PE & Tourism Management (<http://www.iupui.edu/~indyhper> ) and INShape Indiana (<http://www.inshapeindiana.org> ). Thanks!

**Note: It is not required that you attend this kick-off event to participate in the 3-week walking challenge.**

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## 21<sup>st</sup> Century Management/Leadership Cues for Current & Aspiring Leaders

### The Characteristics of a Leader

Mark Miles, an Indianapolis civic leader, recently reflected on leadership for the Lacy Leadership Association e-news. He makes the case that "it takes a strong leader to bring people together, to orchestrate teamwork and truly make things happen" and has found the following qualities in leaders who can bring a vision to life: (1) Have the passion and enthusiasm to inspire others (2) Are tenacious enough to see things

through when the going gets tough (3) Have a plan that proactively aims for success, as well as anticipates challenges, objections and unintended consequences (4) Is prepared to take risks and face criticism because the status quo always has fierce defenders (5) Is purpose-driven, not ego-driven (6) Is able to put their ego aside to build the best team possible and manage their efforts effectively (7) Is able to clearly, simply and powerfully communicate the vision (8) Speaks honestly and candidly with his/her team and demands that they do the same; then rewards their candor by listening and giving thoughtful consideration to their counsel. In summary he reminds us that true leaders believe in their own ideas, believe in themselves and are willing to commit to hard work. Reflect on the above leadership skills that you currently have and set a goal to improve on the ones where you're not as strong. The world can use a lot more effective leaders – maybe you can be one of them.

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## **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** (Check with your doctor to learn what's appropriate for you health-wise.)

### **Wellness Tip of the Month (from Fit City Indianapolis – [www.fitcityindy.org](http://www.fitcityindy.org))**

Do a mini cardio workout at least three times per week. It takes just 10 minutes each time. Here's how: (1) Warm up - start with a few arm circles, shoulder rolls, march in place (2) Workout - 30 seconds of jumping jacks, 30 seconds of (fake/real) jump rope, 30 seconds of squats, 30 seconds of knee push-ups or full push-ups and 30 seconds of ab crunches (3) Rest (4) Repeat 2-4 times. If you are not sure how to do some of these moves, see a qualified fitness professional. Check with your doctor to be sure this is an appropriate regimen for you.

### **FREE Oral, Head and Neck Cancer Screening**

Free screenings are such a no-brainer. Put the free screening at IU Hospital room 3170 (ENT Clinic in Adult Outpatient Center, 3<sup>rd</sup> floor) on Wednesday, May 11, Noon-5:00 on your calendar now. No appointment needed. FMI, call 948-3231. The free screening is sponsored by the Indiana Chapter of the Head and Neck Cancer Alliance. Cancer, if caught early, is often very treatable; why wait????

### **Health Engagement Program Community Conversations at IUPUI**

Human Resources Administration is working with Bruce Jacobs, Executive Officer of Auxiliary Services and Programs on the Bloomington campus, to seek input on health engagement from the IUPUI campus community, in particular on the wellness component. The last session that is currently scheduled at IUPUI will be Monday, April 4, 2-3:30 p.m., in Campus Center, Room 450C. Staff and faculty are invited to provide feedback on how IU can best design and implement a health engagement program.

Input on all aspects of health engagement including but not limited to dietary support, exercise programs and lifestyle initiatives will be discussed. A reservation is not required to attend; just come.

### For Weight Control: Walk!

According to the Harvard School of Public Health, walking is effective in helping you lose or maintain your weight (depending on how much and the intensity) and, as a plus, it doesn't require any special equipment, can be done most any time and place and is generally safe. So don't let people convince you that you have to have access to a fitness facility or lots of equipment, just WALK! FMI -

<http://www.hsph.harvard.edu/nutritionsource/staying-active/staying-active-full-story/#walking-and-bicycling> and choose "Walking—and Bicycling—Your Way to Health." Come hear Avis Frieson talk about how she walked her way to weight loss at the Walking Challenge Kick-Off on Friday, April 8, 12:15-12:45 in Lecture Hall 100.

### Is Health and Fitness One of Your Passions?

A few years ago I recruited 50+ INShape Indiana champions here at IUPUI, at the request of the Chancellor's office which had agreed to make IUPUI part of the governor's INShape Indiana program. These persons may send out a monthly health assessment for which I provide suggested material and may do other things to encourage health in their departments. If this is something you're interested in and your department doesn't have a person doing these types of things or the person in your department is open to a co-champion, let me know. I don't know for sure but anticipate that as the IU Health Engagement Program rolls out there may be even more opportunities to help spread the word about good health.

### Anxiety Screening

Counseling and Psychological Services is offering anxiety screening on Thursday, April 7, 10-4:00 in Campus Center 148. FMI -

<http://www.life.iupui.edu/caps/education/days.html> . For online tools related to depression, drugs/alcohol, eating disorders, anxiety, stress management, suicide/self-harm and special population groups, visit <http://www.life.iupui.edu/caps> and click on "Self-Screening Tools and Information" in menu on left.

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## Personal/Home/Family/Financial Life

### Help Your Kids Have a Productive, Enriched Summer

Research has found that during the summer children lose part of what they've gained academically during the school year. Therefore, I encourage you to get your kids to the library, search out high-quality programs (at libraries, parks, etc.) and get your children involved. If they are in child care for the summer, outline your expectations for enrichment experiences with their caregiver and ask for a report each day (from the caregiver and the kids) of what was done. If you want to read a short article about a related Johns Hopkins study, visit

<http://www.jhu.edu/~gazette/2007/16apr07/16vaca.html> . Here are places to look for activities - <http://www.indy.gov/eGov/City/DPR/Programs/Pages/programs.aspx> , <http://www.sportcomplexcamps.iupui.edu> , <http://www.imcpl.org/events/index.php?action=search> or <http://www.indyschild.com/1pubsiteresultsbody.lasso?-nothing> .

If your children go IPS, Challenge Foundation Academy, Zander Charter, Decatur Township or Lawrence Township schools, they are eligible to be part of The Summer

Advantage which has programs designed to address the above concern. FMI - <http://www.summeradvantage.org> .

### Caregiver Support Group

Are you the primary caregiver for someone who is ill, elderly or needs ongoing help? Are you making decisions for or emotionally supporting someone who doesn't live with you? Are you interested in connecting with others like you on campus and providing mutual support?

Please join us for the next IUPUI Caregiver Support Group meeting from 12:05 – 12:55 (but don't hesitate to arrive late or leave early) on Friday, May 6th in Cavanaugh Hall 323A (get off elevator at 3<sup>rd</sup> floor and go left). Bring or buy your lunch at Campus Center, etc. and join us for dessert [if you plan to provide cookies again] discussion about care giving and its resultant stresses. As this new campus group launches, we will ask members to help choose future content for monthly gatherings.

An RSVP ([janealex@iupui.edu](mailto:janealex@iupui.edu)) would be helpful so we have an idea how many to expect, but please attend at the last minute if this timeframe becomes available! FMI, contact Jane Alexander ([janealex@iupui.edu](mailto:janealex@iupui.edu) or 274-0589). Let Jane know if you are interested in receiving direct e-mails/reminders about future meetings.

### Early Retirement Incentive Plan (ERIP)

The last of the currently scheduled information sessions in regard to the ERIP program are Friday, April 1<sup>st</sup>. You can attend either the 10-11:30 or the 1-2:30 session in the University Place Conference Center Auditorium. The ERIP is only available to those who meet the age and years of service criteria and who should have received a packet of information at their home by now. Information can also be found at <http://hr.iu.edu/erip> . Employees can also direct questions to [erip@indiana.edu](mailto:erip@indiana.edu), [benefits@iupui.edu](mailto:benefits@iupui.edu) or 274-4596.

### IUPUI Financial Literacy Fair

The IUPUI Financial Literacy Fair will be held Monday, April 18, 10-3:00 in the Campus Center Atrium. Get money management tips, credit card awareness, ID theft prevention information, job search resources and more. This is sponsored by the Office of Student Financial Services but is open to all IUPUI constituents. FMI – contact Kim Lewis at 274-4162 or [kimamill@iupui.edu](mailto:kimamill@iupui.edu) .

### Women: Let Your Voices Be Heard

The Indiana Commission for Women needs your help to identify and prioritize the challenges facing women in Indiana by attending one of the statewide listening sessions or completing the women's issues survey online. The survey is at <https://www.surveymonkey.com/s/WomensIssues2011> FMI - [www.in.gov/icw/2441.htm](http://www.in.gov/icw/2441.htm)

### Salute to Family Award Nominations Invited

Families First is seeking nominations for their 15th annual "Salute to Family" Awards. This year's awards will recognize the dedication of family caregivers. Nominate a caregiver today at <http://www.familiesfirstindiana.org>.

### Attention Students and Parents: Go to School and Work at IUPUI This Summer

There are lots of opportunities for summer students to find work at IUPUI this summer. Students will find that parking is easier; they can keep their apartment lease without having to sublease; they can more easily get into some popular classes, make progress toward their degree and maybe finish faster (which of course saves the cost of room



and board for the semesters you cut off). Call Jen at 274-2713 if you are an interested student/parent. Campus departments who want to employ students can call Judy Carley (274-7381) to learn about new summer work programs that allow you to hire a student and get part of their salary reimbursed.

### [Employment-focused Instruction for Those with Significant Disabilities](#)

Project SEARCH Indiana sites provide high school students and young adults who have significant disabilities with employment-focused classroom instruction as well as on-the-job training and internship experiences. Armed with their newfound knowledge and skills, many Project SEARCH grads are better equipped to compete in the job market and obtain meaningful employment. FMI -

<http://www.iidc.indiana.edu/index.php?pagelid=1835> Questions? Contact Margaret Gilbride, at 812-855-6508 or [mgilbrid@indiana.edu](mailto:mgilbrid@indiana.edu).

### [Free and Fun/Interesting](#)

#### IUPUI

[International Women's Day Celebration](#); Thursday, March 31, Reception - 6:30 p.m., Program - 7:00 p.m.; Lilly Auditorium, University Library. Join poets, performers and activists observing the 100th anniversary of the Triangle Shirtwaist Factory Fire (fire that killed 146 people, mostly women, and resulted in laws to better protect workers' rights and safety). After intermission, there will be a multicultural, multilingual open mike. This event is free and open to all. Contact [credden@iupui.edu](mailto:credden@iupui.edu) if you'd like a slot for the open mike. FMI – Sarah Mills at [millsse@iupui.edu](mailto:millsse@iupui.edu).

[Lynn Emanuel \(poet and author\)](#); Thursday, April 14, 7:30 p.m.; Lilly Auditorium in University Library. FMI – Terry Kirts 274-8929 or [tkirts@iupui.edu](mailto:tkirts@iupui.edu)

[FEED: Creativity: The Science Behind Ideas and Collaboration featuring Keith Sawyer, PhD, an author and one of the country's leading scientific experts on creativity](#);

Thursday, March 31, 5-7:00 p.m.; Campus Center 309. FMI –

<https://faculty.medicine.iu.edu/registration/indexDirect.asp?id=388>.

[Women World Wide: Women's and Gender Studies Undergraduate Conference](#);

Friday, April 1, Registration in Campus Center 450A – 8-9:00, Program – 9-3:15;

Keynote by Dr. Obioma Nnaemeka and presentations by many students. To register, e-mail Nicole Collins at [ndcollin@iupui.edu](mailto:ndcollin@iupui.edu). FMI on break-out locations, etc.-

<http://liberalarts.iupui.edu/wost/uploads/docs/wostwebprogram.pdf>

[Evening of the Arts Showcase of Talents of IU School of Medicine Students, Faculty & Staff \(raises funds for free health services for Indianapolis homeless and working poor\)](#);

Saturday, April 2, 5:30 Silent Auction, 6:00 Program; Crispus Attucks High School, 1140 Dr. Martin Luther King Jr. Street. Advance tickets: \$10, students; \$15 adults. Tickets

at Door: \$15, students; \$20 nonstudents/public. FMI - <http://www.iupui.edu/~iusmeota>.

[Hunger Banquet to Raise \\$ for Kenyan Children](#); Sunday, April 3, 6-8:00; Campus

Center 450. Advance tickets online at <http://www.iupui.edu/~iusmeota/tickets.html> : \$8, students; \$12 non-students. Tickets at door: \$10, students; \$15, nonstudents. FMI -

<https://ghsig.usg.iupui.edu/HungerBanquet/tabid/1858/Default.aspx>.

[The House that Etheridge Built \(poetry of Etheridge Knight\)](#); Saturday, April 2, 8:00 p.m.; Indiana History Center, 450 W. Ohio St. FMI – Terry Kirts 274-8929 or

[tkirts@iupui.edu](mailto:tkirts@iupui.edu).

[Start Smart: A Woman's Guide to the Job Market and Starting Salaries](#); Thursday, April 7, 4-7:00; Campus Center 268. FMI and to register <http://ofw.iupui.edu>.

[Child Safety Forum](#); Tuesday, April 5, 2:30-4:30; University Library Lilly Auditorium.

Focus will be on child safety issues such as child abuse/neglect prevention,

homelessness and trafficking. RSVP by April 1 to Matt Moore at [moore228@iupui.edu](mailto:moore228@iupui.edu).

[Greater Israel's Bleak Future and the Consequences for the USA \(featuring University of Chicago professor John Mearsheimer\)](#), Sunday, April 10, 2:30, Lecture Hall, room 1001. FMI – 283-7175 or [hgdg@aol.com](mailto:hgdg@aol.com) .

[Solo Success: How to Move from Surviving to Thriving When You Are the Only in Your Department](#) featuring Kerry Ann Rockquemore, PhD; Friday, April 15, 9-Noon; Campus Center 409. For details and to register, contact Sherree Wilson at [sawilson@iupui.edu](mailto:sawilson@iupui.edu) . FMI - [http://events.iupui.edu/event/?event\\_id=4480](http://events.iupui.edu/event/?event_id=4480) .

[Made in Dagenham \(movie about the 1968 strike at an automotive plant in England where female workers walked out to protest sex discrimination\)](#); Wednesday, April 20, 5-7:00, University Library Lilly Auditorium. Sponsored by the University Library Diversity Council and IUPUI Office for Women. FMI - [http://events.iupui.edu/event/?event\\_id=4429](http://events.iupui.edu/event/?event_id=4429) .

[Stepping Stones of Women in Leadership: Kathy Johnson, PhD](#); Monday April 25, 11:45-1:00; Campus Center 405. Registration - <http://faculty.medicine.iu.edu/events.asp>

[Brad Stevens & Avery Jukes speak at Semler Lecture on Leadership](#), Wednesday, April 27, 6:00, Central Library. RSVP (required due to limited seating) to [www.tobiascenter.iu.edu](http://www.tobiascenter.iu.edu). Presented by IUPUI's Tobias Center for Leadership Excellence.

### Local

[Historic Lockerbie Square \(self-guided walk\)](#); anytime. Download map (which includes interesting historical and architectural information) at [www.lockerbiesquare.org/tour](http://www.lockerbiesquare.org/tour) .

[Youth Open Gym \(ages 10-17\)](#); ongoing Monday-Friday, 3-5:30; Washington Park, 3130 E. 30<sup>th</sup>. FMI – 327-7473.

[Open Computer Room \(ages 6-18\)](#); ongoing Mondays-Thursdays, 1-9:00, Fridays 1-8:00 and Saturdays 11-4:00; Windsor Village Park, 6510 E. 25th. FMI – 327-7162

[Open Game Room \(ages 6+\)](#); ongoing Monday-Saturday, 2-9:00; Brookside Park, 3500 Brookside Parkway S. Dr. FMI – 327-7179.

[Indy in Motion \(ages 18+\)](#); ongoing Tuesdays and Thursdays, 7-8:00 p.m.; Raymond Park, 8575 E. Raymond St. FMI – 862-6876.

[Central Indiana Youth Barbershop Chorus \(ages 12-18\)](#); ongoing Wednesdays, 6:45-8:45 p.m.; Garfield Park, 2432 Conservatory Dr. FMI – 327-7135.

[New School and Old School Line Dancing \(ages 8+\)](#); ongoing Fridays, 6:30-7:30 p.m.; Washington Park, 3130 E. 30<sup>th</sup>. FMI – 327-7473.

[Reduce, Reuse, Revive: Sustainable Traditions in Our Community \(designed by IUPUI Museum Studies students Emily Lytle-Painter, Genevieve Stotler and Erin Hetrick\)](#); March 19-June 3, M-F, 9-4:00 Saturdays 10-3:00; Johnson County Museum of History, 135 N. Main St., Franklin, IN (two blocks north of courthouse). FMI – 346-4500 or [http://www.johnsoncountymuseum.org/programs\\_and\\_events](http://www.johnsoncountymuseum.org/programs_and_events) .

[Hot Glass Infusion Weekend](#); Saturday, April 2, 11-8:00 and Sunday, April 3, Noon-5:00; GRT Glass Studios, 6400 Brookville Rd. FMI - <http://www.indianaglassartsalliance.org/glass-infusion.html> . Check this out!!

[Casey Jamerson in Concert at Tourney Town](#); Saturday, April 2, 4:30 p.m.; Indiana Convention Center. FMI – 262-3400.

[Kellie Pickler in Concert at Tourney Town](#); Saturday, April 2, 5:30 p.m.; Convention Center. FMI – 262-3400.

[NCAA Women's Final Battle of the Bands](#); Saturday, April 2, 3:45-4:15; Conseco Fieldhouse. FMI – 917-2500.

[WBCA High School All-American Game](#); Saturday, April 2, 4:30 p.m.; Conseco Fieldhouse. FMI – 917-2500.

[Classical Concert](#); Sunday, April 3, 2:00; Central Library. \* FMI - <http://www.imcpl.org/events/index.php?action=search> .

[Butler Wind Ensemble](http://www.cloweshall.org/calendar/event.lasso?-KeyValue=1805&-Token.Action=); Sunday, April 3, 3:00; Clowes Hall at Butler University. FMI - <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=1805&-Token.Action=>.  
[43rd Anniversary of Sen. Robert Kennedy's impromptu speech on the evening of Martin Luther King Jr's assassination](#) will take place, with an array of speakers; April 4, 5-6:30 p.m.; near the Peace Memorial, 1702 N Broadway Street.

[Soccer Clinic \(ages 4-12\)](#); Tuesdays and Thursdays, April 5-28, 5-6:00; Christian Park, 4200 English Ave. FMI 327-7163.

[Butler Percussion Ensemble](#); Tuesday, April 5, 7:30; Clowes Hall at Butler University. FMI - <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=1802&-Token.Action=>  
[Helping High School Students with Dyslexia Succeed](#); Tuesday, April 5th, 6:30-8:00; 8395 Keystone Crossing, Suite 102. RSVP to Lindsay ([lgolden@diin.org](mailto:lgolden@diin.org) or-222-6635). FMI - [www.diin.org/information\\_nights](http://www.diin.org/information_nights) .

[Indianapolis: Choose Your Own Adventure \(discussion of current issues affecting our city\)](#); Wednesday, April 6, 7:00 p.m.; Central Library's Clowes Auditorium. \* FMI - <http://www.imcpl.org/events/index.php?action=search> and scroll down.

[Free Family Night at Children's Museum](#); Thursday, April 7, 4-8:00. While there, learn ways to reduce, reuse and recycle. FMI – <http://www.childrensmuseum.org/free-and-special-days> .

[The Great Perennial \[Flower\] Divide \(ages 18+\)](#); Saturday, April 9, 10-11:00 a.m.; Garfield Park, 2432 Conservatory Dr. FMI – 327-7135.

[Griot West African Drum Ensemble and Bilingual Storytime \(family-friendly\)](#); Saturday, April 9, 2:00; Central Library Learning Curve. \* FMI - <http://www.imcpl.org/events/index.php?action=search> and scroll down.

[Naturalist on the Loose \(ages 2+\)](#); Sunday, April 10, 1:30-2:30; Holliday Park playground gazebo, 6363 Spring Mill Rd. FMI – 327-7180.

[Movies that Move the Arts featuring the movie, "Blood of the Poet" followed by a discussion](#); Sunday, April 10, 2:00; Central Library. \* FMI - <http://www.imcpl.org/events/index.php?action=search> and scroll down.

[Opera Scenes](#); Sunday, April 10, 4:00; University of Indianapolis DeHaan Fine Arts Center. FMI – 788-3255.

[Ask-a-Lawyer](#); Tuesday, April 12, 2-6:00; Central Library. \* FMI - <http://www.imcpl.org/events/index.php?action=search> and scroll down. If unable to attend, call 269-2000 2-8:00 p.m.

[Frank Puzzullo Trio \(jazz\)](#); Wednesday, April 13, 7:30 p.m.; University of Indianapolis DeHaan Fine Arts Center. FMI – 788-3255.

[Gene Stratton-Porter: The Girl of the Limberlost](#); Thursday, April 14, 5:30-6:30; Indiana State Library, 315 W. Ohio St. FMI – 232-3692.

[Gatling and His Famous Gun](#); Friday, April 15, 11-Noon; Indiana State Library, 315 W. Ohio St. FMI – 232-3692.

[Green Burial Seminar](#); Saturday, April 16, 9:00 a.m.; Washington Park North Cemetery, 2706 Kessler Blvd. W. Dr. FMI – 259-1253.

[Perennial Premiere](#); April 16, 11-5:00 and April 17, 12-5:00; Indianapolis Museum of Art greenhouse. FMI – 920-2652.

[IOGA Annual Garden Auction](#); Saturday, April 16, 10:30; Zionsville Library, 250 N. 5<sup>th</sup> St. FMI - [http://www.gardeningnaturally.org/images/stories/April\\_Meeting\\_Annoucement-1.pdf](http://www.gardeningnaturally.org/images/stories/April_Meeting_Annoucement-1.pdf) . It's important to read details before attending!

[Pottery Workshop for Kids \(ages 6-14\)](#); Saturday, April 16, 1:00; Central Library Learning Curve.\* Make reservation at 275-4100. FMI - <http://www.imcpl.org/events/index.php?action=search> and scroll down.

[Garfield Poetry Circle](#); Sunday, April 17, 3-4:30 p.m.; Garfield Park, 2432 Conservatory Dr. FMI – 327-7135.



[Indiana Landmarks Open House](#), Sunday, April 17, 11-2:00; 1205 N. Central Ave. FMI – 639-4534.

[Musical Tales about Animals \(family-friendly\)](#); Sunday, April 17, 3:00; University of Indianapolis DeHaan Fine Arts Center. FMI – 788-3255.

[Butler University Jazz Festival featuring the West Point Jazz Knights](#); Tuesday, April 19, 7:30 p.m.; Clowes Hall at Butler University. FMI -

<http://www.cloweshall.org/calendar/event.lasso?-KeyValue=1806&-Token.Action=> .

[Earth Day Indiana](#); Saturday, April 23, 11-4:00; White River State Park, 801 W. Washington. FMI – [www.earthdayindiana.org](http://www.earthdayindiana.org) .

[Earth Day Carmel](#); Saturday, April 23, Noon-4:00; Carmel Wastewater Treatment Plant, 96<sup>th</sup> and Hazel Dell Pkwy. FMI – 571-2673.

[Arts for All](#); Saturday, April 23, 11:30-2:30; Christian Park, 4200 English Ave. FMI – 327-7163.

[Breakfast with the Easter Bunny \(all ages\)](#); Saturday, April 23, 10-12:30; Riverside Regional Park, 2420 E. Riverside Dr. FMI – 327-7171.

[How Br-er Raccoon Outsmarts the Frogs \(folk tale accompanied by music\)](#); Saturday, April 23, 2:00; Central Library Clowes Auditorium. \* Registration required - call 658-2973. FMI - <http://www.imcpl.org/events/index.php?action=search> and scroll down.

[Junior League meeting for prospective members](#); April 26, 6:00, Riverwalk Banquet Center, 6729 E. Westfield (just north of Broad Ripple). FMI – 925-4600.

[African Drum Ensemble](#); Wednesday, April 27, 7:30 p.m.; University of Indianapolis DeHaan Fine Arts Center. FMI – 788-3255.

[For the Next 7 Generations \(documentary film about the International Council of Thirteen Grandmothers' work to spread the word about the sacredness of the web of life\)](#); Friday, April 29, 6:30-7:00, Native American Market, 7-8:30 showing of the film; St. Luke's Methodist Church, 100 W. 86<sup>th</sup>. FMI (and to make a reservation for child care by 4/21) – 846-3404 x 339.

[Arts for All](#); Saturday, April 30, 11:30-2:30; Riverside Regional Park, 2420 E. Riverside Dr. FMI – 327-7171.

[Old Farmers Festival Talent Showcase](#); Sunday, May 1, 1-4:00; Thatcher Park, 4649 W. Vermont St. FMI – 327-7390.

[El Dia de los Ninos](#); May 1, 10-3:00; Children's Museum, 3000 N. Illinois. FMI - <http://www.childrensmuseum.org/free-and-special-days>

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

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## **Becoming More World/Culture Wise**

**Tip of the Month** (from 101 Tools for Tolerance, Tolerance.org) – Invite someone of a different background to join your family for a meal or holiday.

**Selected Holidays of Note** (Source: University of Kansas Medical Center Web site)

April 1 – April Fool's Day (U.S.)

April 6 – National Tartan Day (Scottish-American)

April 6 – Organization of the Church of Jesus Christ of Latter Day Saints

April 8 – Vesak (Buddhist)

April 14 – Sinhala and Tamil New Year (Sri Lanka)

April 17 – Palm Sunday (Protestant, Roman Catholic)

April 19 – Passover (Jewish)

April 21 – Holy Thursday (Christian)

April 22 – Good Friday (Protestant, Roman Catholic)  
April 22 – Earth Day  
April 23 – St. George's Day (English)  
April 24 – Easter/Pascha (Protestant, Roman Catholic and Orthodox)  
April 29 – Arbor Day  
April 30 – Beltane (Celtic)

### Ethnic/World/Cultural 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.*

#### IUPUI

[The Society of Dilettanti: Archaeology & Identity in the British Enlightenment](#), April 7, 11:30, Faculty Club (open to ALL) in University Place Conference Center. \$10. FMI - <http://faa.iupui.edu/newFaa/events/eventsRegistration.asp?id=2054> .

[Asian Experiences in America](#); Friday, April 8, 4:30-5:45 (Panel), 5:45-6:30 (Social hour with cash bar), 6:30-8:30 (Dinner and keynote by Dr. Yunte Huang, author of *Charlie Chan: The Untold Story of the Honorable Detective and His Rendezvous with American History*); University Place Conference Center. Registration required. There is a registration fee. Please contact Simone Pilon at [spilon@franklincollege.edu](mailto:spilon@franklincollege.edu) for details and to register.

#### Local

[St. Benno's Bock Beer Fest](#), Saturday, April 9, 6-11:30 p.m., Athenaeum, 401 E. Michigan. \$18 in advance, \$20 at the door. FMI 655-2755.

[Performance by Quatuor Ebent Quartet from France](#), April 13, 7:30 p.m. (preconference lecture at 6:45) Indiana History Center, 450 W. Ohio St. Buy tickets at <http://www.brownpapertickets.com/event/122490> or 738-8256.

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## Miscellaneous

### National Student Employment Appreciation Week, April 11-15.

Though we hope you recognize the work of your student employees on an ongoing basis, Student Employment Appreciation Week reminds us to make special efforts. Take them to lunch or have a pitch-in, write them a thank you card, give them a small gift, get to know them one-on-one, provide a cake, give balloons/flowers, provide a gift card, etc. Make a note on your calendar.

### IUPUI Reaccreditation: Your Voice is Needed

As IUPUI proceeds with its reaccreditation process, all staff, faculty and students have the opportunity to share ideas, thoughts and experiences. Here are the remaining dates and respective topics (all are in University Library Lilly Auditorium): Wednesday, April 13, 3:30-5:00 - Acquisition, Discovery and Application of Knowledge; Thursday, April 14, 10:30-Noon – Student Learning and Effective Teaching; and Monday April 18, 3:30-5:00 – Mission and Integrity and Preparing for the Future. For details and to register, visit <http://academicaffairs.iupui.edu/events> .

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## Get Involved in the Community: Volunteer Opportunities/Civic Engagement

*Comment: You might wonder why I include a section on volunteerism. 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. Plus, civic engagement is part of IUPUI's mission. Reason enough to include this section? ☺*

### Volunteer/Donation Opportunities

- [Conner Prairie is seeking volunteers to portray the 18th Indiana Light Artillery, 19th Indiana Volunteer Infantry Company D, and the Soldiers Aid Society](#) in their 1863 Civil War Journey: Raid on Indiana experience, opening June 2011. An information and organizational meeting will be held Wednesday, March 23, 7:00 in the Welcome Center at Conner Prairie. All volunteers must provide their own (approved) uniform or period costume. FMI - [civilwar@connerprairie.org](mailto:civilwar@connerprairie.org).
- The Humane Society of Indianapolis needs [volunteers for the 8th annual Mutt Strut](#) on Sunday May 1<sup>st</sup>. You will be working outdoors (rain or shine) and the shifts range from 7:30 a.m. to 6:30 p.m. FMI - <http://www.indymuttstrut.org/help-out/volunteer.aspx> or 872-5650 ext 125.
- The American Cancer Society's [Relay for Life is seeking volunteers to help with team recruitment and development](#) between now and the event on July 29th. FMI - Jennifer Mendoza at [jamendoza1@gmail.com](mailto:jamendoza1@gmail.com) or Katie Lineweaver Robinson at [kathryn.robinson@cancer.org](mailto:kathryn.robinson@cancer.org).
- [Volunteer for the Downtown White River Cleanup](#) between Washington St. and Raymond St. on Saturday, April 30, 8-Noon. FMI - <http://friendsofwhiteriver.org>.
- [Hair stylists, massage therapists and other volunteers are needed for the initiative to support Indy Homeless Connect](#) on April 13, 9- 4:00 at the Indiana Convention Center. FMI or contact Cathy Garver at [cgarver@sbcglobal.net](mailto:cgarver@sbcglobal.net) or 727-3952.
- [Donate blood at the IUPUI Staff Council and Circle K Blood Drive](#), April 28, 10-3:00 in bloodmobile at Taylor Hall and in the Medical Science atrium. Questions? Contact Karen Lee ([klee2@iupui.edu](mailto:klee2@iupui.edu)).
- United Way of Central Indiana (UWCI) needs [volunteers ages 5 to 25 for the 17th Annual Youth Days of Caring](#) on Friday, April 15, 9-Noon or 3-6:00 and Saturday, April 16, 9:30-1:30 p.m. Individuals and groups are welcome, and may participate on one or both days. FMI, visit <http://www.uwci.org/> or contact Tiffany Dow at 921-1385 or [tiffany.dow@uwci.org](mailto:tiffany.dow@uwci.org).
- Indiana Artisan seeks [volunteers for the Indiana Artisan Marketplace](#) on Friday, April 15, Saturday, April 16 and Sunday, April 17 at the Exposition Hall at the Indiana State Fairgrounds. Morning, afternoon and evening shift times are available between 7:30 a.m. and 6:30 p.m. FMI - Ros Demaree, [ros\\_demaree@hotmail.com](mailto:ros_demaree@hotmail.com) or 964-9455.

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## Career/Professional/Personal Enrichment/Recognition/Funding

### Informal Learning in the Workplace

HRA Training and Organization Development will present a webinar on “Informal Learning in the Work Place: Self-directed Efforts for On-the-job Success” on Thursday, April 28, from 3-4:30 p.m. Participants will need an Internet connection and speakers or

a headset to receive the audio component of the webinar. By the end of this webinar, participants will be able to: (1) Define “informal learning” (2) List four or more examples of informal learning approaches in their workplace and (3) Identify a model to help document informal learning. Registration information will be on the HRA Sign Up site (<http://hra.iupui.edu/training.asp?content=workshops> ) after April 4.

Knowledge evolves over time, thus demanding that we as employees learn to discriminate fact from fiction, useful from useless, updated from outdated, and on and on...because even the management of knowledge is an unending task! As much as 80% of workplace learning happens informally. What types of informal learning do we encounter on the job? How do we document our learning? How do we compile or organize it so that it remains where we can access it if we need it? We'll be thinking about those issues in this webinar.

### **Book Club Featuring Themes about Women**

The IUPUI Office for Women (OFW) has started a book club, and all staff, faculty and students are invited to participate. The next discussion will be held in University Library 1116 from Noon-1:30 on Wednesday, April 20th. The book to read is *Disappearing Acts: Gender, Power and Relational Practice at Work* by Joyce Fletcher. To register, visit <http://ofw.iupui.edu/Events/eventsCalendar.asp> .

### **From Resistance to Buy In: Influencing People Who Resist Change**

The Peace Learning Center, located inside Eagle Creek Park at 6040 Delong Road, offers “From Resistance to Buy In: Influencing People Who Resist Change,” April 12, 8:30-10:00. FMI - [http://peacelearningcenter.org/tuesdays\\_at\\_plc](http://peacelearningcenter.org/tuesdays_at_plc) . There is a \$5 fee.

### **Scholarships, Student Internships and Study Abroad**

- Charley Wootan Grants for students not from Texas - <http://www.aie.org/wootan/wootan-usa-outside-texas.cfm>
- Indiana Wildlife Federation \$1,000 scholarship for college students, sophomore level and above, studying fields related to resource conservation and/or environmental education - [www.indianawildlife.org](http://www.indianawildlife.org).
- Betsy Mason Memorial Scholarship is for students pursuing a bachelor's or master's degree in speech pathology at an accredited college/university. The deadline for receipt of completed applications is May 2, 2011. Applications are available at Bona Vista Programs, 1220 E. Laguna St., Kokomo, Indiana. FMI contact Maria Lawrence at (765) 457-8273 or at [mlawrence@bonavista.org](mailto:mlawrence@bonavista.org).
- Democracy Plaza Scholarships are offered for those willing to work about 10 hours per week at IUPUI getting students, faculty and staff involved in their community. FMI e-mail [dplaza@iupui.edu](mailto:dplaza@iupui.edu) or visit the Democracy Plaza website at <https://dplaza.usg.iupui.edu> . Applications due Friday, April 8th, 2011.
- Sociedad Amigos de Columbia (SADCO) offers fifteen \$1500 Hispanic scholarships (some based on need, some on achievement). FMI - <http://www.sadco.org/scholarships.html> .
- Nina Scholars Peer Mentor Scholarships offers \$1000/semester scholarships to selected students with GPAs of 3.0 or higher who are familiar/engaged with campus resources and are willing to mentor students from underserved and diverse backgrounds and be part of the Nina Scholars Community. FMI - <https://nina.uc.iupui.edu> . Questions? Contact Michael Jones – [mishjones@iupui.edu](mailto:mishjones@iupui.edu)
- The Indy Society for Human Resources Management offers one \$2500 scholarships to a selected sophomore, junior or nongraduating senior with a GPA

of 2.5 or better who is in a 4-year undergraduate program to actively pursue/continue a career in human resources management. For details, visit <http://www.indyshrm.org/membership-2/student-chapters> .

- AAUW Indiana (American Association of University Women) offers a scholarship to a student to attend the National Conference for College Women Student Leaders. The application deadline has been extended to April 8, 2011. The scholarship pays for registration/housing/meals. The recipient will have to cover travel costs - though they are often able to assist with that, too. Click below for application. Complete it and e-mail it to Dr. Jean Amman. To learn more about the conference, visit <http://www.nccwsl.org/Pages/Students.aspx> .



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## 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](mailto:mstimmin@iupui.edu).

*Note: In order to provide as many good resources as possible to participants, we will often acquire speakers and informational pieces from a variety of sources and will list Web sites of various companies/organizations. We do not necessarily endorse the persons/companies/organizations whose information we use or whose Web sites we list (though we have done some basic research to try to ferret out reputable organizations, of course). The information we provide is not intended to be advice, simply information. Be a wise consumer and do the appropriate research before using the goods/services/information of any of these companies/organizations/sites.*

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