



STAFF VOICE

Special Issue on Wellness



University of California, Davis

An electronic newsletter for UC Davis Staff!

1/26/11 Issue #70

"Wellness is...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization

UC Davis "Mind Body Wellness Challenge" Registration Still Open

The UC Davis Mind Body Wellness Challenge began on January 21, but registration remains open through the end of January. Participants will commit to adopting one new healthy habit and maintaining it for seven weeks. After seven weeks, the new habit can become a lifelong change. The challenge ends on March 11, and challenge participants will be invited to a healthy potluck luncheon on that day, complete with a wellness presentation and door prizes.

Staff members are encouraged to register with one or more partners, as studies show that people who participate in behavior modification programs with others tend to have greater success. Anyone can participate in the challenge, so recruit a friend or colleague, even if they are not a UC Davis staff member.

Additional details and registration information are available on the Challenge website, <http://wellnesschallenge.ucdavis.edu>.

For additional information about wellness and the various campus wellness resources available to staff, students, and others, visit <http://mywellness.ucdavis.edu>.

The Mind Body Wellness Challenge is sponsored by the UC Davis Retiree Center with support from the departments of Campus Recreation, Osher Lifelong Learning Institute (OLLI), WorkLife, Staff Development and Professional Services (SDPS), Staff Assembly, Reprographics, and Safety Services.

Staff Development Classes and Services to Support Mind Body Wellness

The Staff Development and Professional Services catalog includes classes that can help you achieve greater health and well-being. During the Mind Body Wellness Challenge, consider some of the following classes and services:

Physical Wellness:

Ergonomic Awareness and Evaluation	Feb 8	8:30-4:30
Adult CPR-AED	Feb 10	8:00-12:00
Sleep Improvement	Feb 10	12:00-1:00
Adult CPR-AED	Feb 23	1:00-5:00

Occupational Wellness:

Career Exploration: Talent Management at Work	Feb 3	12:00-1:00
Putting Your IIPP to Work	Feb 15	10:00-12:00
Plan Your Next Steps: Ready, Set, Go	Feb 17	12:00-1:00
De-clutter with Feng Shui	March 3	12:00-1:00

Visit the Online Career Management Toolkit at <http://www.hr.ucdavis.edu/sdps/career-management-toolkit>

Staff members can also schedule a one-on-one career counseling appointment [[More Details](#)]

UC Davis Staff Assembly Pin Partners

- 3rd and U Café
- AAA
- The California Aggie
- The California Museum
- Davis Life Magazine
- Edible Arrangements
- Explorit Science Center
- Fenton's Creamery
- Kaplan Test Prep
- Loretta Holt Hypnotherapy
- Midtown Comfort Shoes
- NE Sacramento Holiday Inn
- Outdoor Davis
- One-on-One Tutoring
- Spa Central
- Steve's Pizza
- UC Davis Dining Services
- Vanity Lounge (NEW!)
- V.I.P. Studios

Social Wellness:

Understanding Sexual Orientation and Gender Identification	Feb 10	1:00–4:30
Intercultural Communication and Competence	Feb 18	8:30–12:00
Communication Strategies for Student Advisors	Feb 23	8:30–4:30
Social Networks—Join the Online Community	Feb 24	12:00-1:00
Disability Awareness in the Workplace	Feb 25	8:30–12:00

Environmental Wellness:

Think Green When You Clean	March 10	12:00-1:00
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All 12:00-1:00 sessions are brown bags are held from at the Cabernet Room/Silo. No pre-enrollment necessary. Just show up.

Please join us tomorrow for our next brown bag presentation!

SUPERFOODS!

Thursday, January 27, 2011

12:00 - 1:00

Cabernet Room, Silo

Participate in this lively, interactive discussion about the leading "superfoods". These foods may reduce your risk of chronic diseases such as cancer, diabetes, heart disease and stroke or may otherwise enhance your health. Some may even help you live longer!

Instructor: Ryann Miller, R.D.

Presented as part of the WorkLife and Wellness Brown Bag Series. Pre-enrollment is not required.

For more information about any of these sessions, contact Staff Development and Professional Services at 530-752-1766 or email sdps@ucdavis.edu. Enroll on-line at: <http://lms.ucdavis.edu>.

Wellness and Campus Food

Eating is, of course, a daily activity directly related to our health and well-being. Food nourishes your body and your soul. Eating can be an individual act or a community event. Dining Services here on campus is introducing an extension of the Happy Healthy Apple program into our retail dining program in the Silo. Beginning January 3, our newly expanded product line of Simply to Go foods available in the Silo Grab & Go area will now be labeled with the Happy Healthy apples as applicable. As we move forward into 2011 watch for the Happy Healthy Apples to arrive on the menus in other areas of the Silo when you visit for lunch. Also did you know that staff get a discounted rate in the Resident Dining rooms? Have a delicious, all you can eat lunch at Segundo, Tercero or the newly renovated Cuarto Dining Room for just \$7.80 (includes tax) when you show staff ID! University Dining is also a Staff Pin Partner, and Staff Pin Holders can get a discount of 10% at the Silo and Gunrock Pub, as well as Biobrew and Scrubs.

Happy, Healthy apples are 'earned' and 'deducted' from a food based on nutrition criteria. The more apples, the healthier the food! Please see <http://dining.ucdavis.edu/nutrition.html> for more information and a link to the criteria we use. If you have questions or comments, contact Linda Adams RD at Linda.adams@sodexo.com

Visit the East Quad Farmer's Market on Central Campus

Searching for convenient, local and healthy produce? Look no further than the East Quad during fall and spring quarters for the East Quad Farmer's Market (EQFM)! Visit the EQFM to make it easy to get in your recommended 7-9 daily servings of fruits and veggies. Conveniently located on central campus, the EQFM runs in the fall and spring quarters from 10am - 2:30pm every Wednesday. Launched in 2007, The EQFM is a successful collaboration between the Davis Farmer's Market and various campus and community organizations including Student Health Services, Campus Recreation, Dining Services, the Coffee House and the Davis Food Co-op. This collaborative effort has resulted in increased access to fresh, local produce for busy UC Davis students, staff and faculty. The fall market features apples, peaches, kiwis, chard, almonds, olive oil and fresh flowers while the spring

Register your pin to receive exclusive offers.

See details on our newest partner below!

How do I get a Staff Pin?

Did you know that your purchase of a \$5.00 Staff Pin supports our funding for the Staff Dependent Scholarship Program? Support staff dependents reaching their educational goals and get great discounts from area businesses! It's a win-win situation!

[Click here](#) to learn how to get a staff pin!

REGISTER YOUR STAFF PIN to receive update on Staff Pin discounts!

[Click here for instructions](#)

market adds strawberries, cherries and plums to the mix! Patrons can stop by the market and receive a reusable and recycled EQFM tote bag so come spring quarter grab a co-worker, get out of your office and buy a healthy snack! Bon appétit!

The 2011 Staywell Program

Make you and your health a priority. The 2011 StayWell program began **January 5, 2011**.

It's easy, confidential and FREE! Note the following details:

Same incentive award: Employees/retirees can earn a \$100 Premier Choice gift certificate from Hallmark Business Solutions*. A spouse/domestic partner can earn a \$50 gift certificate.

New two-step program: In order to receive the incentive award, each participant must complete a health assessment (HA) and a StayWell follow-up program by December 15, 2011.

Step 1: Complete the HA by answering easy questions regarding your health status. **(It is recommended that you complete the HA by May 15, 2011** in order to have time to complete the StayWell follow-up program.)

Step 2: After you complete the HA, you will receive instructions and information on your StayWell follow-up program.

The award: Complete both the HA and the StayWell follow-up program to receive the incentive award (no later than December 15, 2011). It's that easy!

Getting Started: Go to: <https://uclivingwell.online.staywell.com> on or after **January 5, 2011** and click on "Take your Health Assessment"!

* Kaiser members and the following unions are **not** eligible to participate in the StayWell program; AFSCME 3299, CNA, UAW 2863, UPTE-CWA

Go, Go, goBike Club!

If you live in Davis, work on campus and haven't joined the thousands of your co-workers in commuting by bicycle, perhaps you need a little push –like when you first tried to ride a two-wheeler. If all the obvious health, economic and environmental advantages aren't quite enough to get you "back in the saddle", perhaps the new TAPS goBike Club can provide just the needed nudge through these benefits and incentives:

- Complimentary parking permits for the days you can't ride your bike
- Use of shower & locker facilities at the ARC Pavilion or Hickey Gym
- 20% discount on bike lockers (while supplies last)
- 40% discount on Unitrans 10-Ride passes (1 per quarter)
- Enterprise rental car vouchers upon request (1 per quarter while supplies last)
- Emergency Ride Home Options
- Complimentary lock-cutting service
- Bicycle maps
- Tire air stations
- High security bicycle parking
- Eligible staff may purchase daily A permits
- Eligibility to win goClub prize basket

To learn more, visit <http://goclub.ucdavis.edu/bike/>, call (530) 752-6453 or contact the TAPS Bicycle Coordinator at (530) 752-2453 or dltakemotoweerts@ucdavis.edu.

For more information on the many services and resources available for cyclists on campus, visit <http://taps.ucdavis.edu/bicycle/>.

UC Davis Sports Medicine Custom Fitness Assessments

The UC Davis Sports Medicine program is a one-stop center for athletes and physically active people of all ages, goals and abilities — from major-leaguers and aspiring pros to “weekend warriors” and those just trying to get healthy and lose weight. Whether you are just starting an exercise program or want to run your first marathon or triathlon, start your exercise program off with confidence. UC Davis Sports Medicine experts offer a custom fitness assessment (\$300) so get in shape now to enjoy the New Year! Don’t wait! We welcome **all fitness levels!** The Fitness Assessment Package includes:

- A physical exam by a sports medicine physician to assess disease risk
- Measurement of resting and exercise blood pressure, heart rate and electrocardiogram
- Lung function assessment
- Measurement of body composition
- Tests for muscular strength and flexibility
- A maximal exercise test with measurement of oxygen consumption (VO₂peak)
- Dietary analysis and counseling by a sports nutritionist
- Explanation of test results and an individualized exercise prescription

For more information regarding our services, or to schedule an appointment, please call us at (916) 734-6805. More info: www.sportsmedicine.ucdavis.edu.

Mental Health Wellness

The Academic and Staff Assistance Program (ASAP) offers a variety of programs to support wellness on campus. Beginning February 9, a popular meditation class will be offered at noon. ASAP’s services are offered to the faculty, the staff, and their immediate families to help increase emotional health awareness and assist with overall wellness throughout the campus community. ASAP’s services include individual counseling, groups, assessments, and referrals to other campus and community resources.

An important aspect of ASAP’s work is to help clients develop strategies for reducing stress. Frequently, struggles with stress can impact health as well as personal relationships. When stress becomes chronic, it can make one more vulnerable to illness and other physical symptoms. Headaches, fatigue, high blood pressure, difficulty concentrating, and irritability can all be signs of stress. Anxiety and depression are other areas that can be related to stress and, untreated, can manifest as physical symptoms.

Additionally, ASAP offers support for important work/life issues such as eldercare and parenting. For more information contact ASAP at 752-2727.

Computing Safely at Work and Home

As the physical therapist serving University employees, I see many injuries that are related to computing. Some of these injuries are related to workstation equipment that isn't working properly or doesn't fit the employee, while other injuries are a product of detrimental work habits such as maintaining prolonged awkward postures. Some examples of awkward postures include overreaching for an input device (mouse, trackball, or stylus) so that the elbow is extended and the hand is 18-24 inches away from the torso, or tilting one’s head backward excessively to look through bifocal correction lenses at a computer screen that is adjusted too high.

Some good rules of thumb to avoid prolonged awkward postures include:

- Position input devices so that your elbows are near your torso to avoid overreaching
- Commit to developing computing skills with your non-dominant hand
- Alternate tasks frequently
- Adjust the height of your computer monitor so that you can sit with your head, neck, and shoulders in a comfortable position while viewing the monitor
- Mini stretch breaks are good

Perhaps the most important safety tip I can offer is: **only use your lap top on your lap for**

15-20 minutes at a time to avoid ruining your spine! Seriously, it will ruin your spine.

Be Safe out there.

Buster Porter, DPT, MS, MA
Physical Therapist
Ergonomics Specialist
Occupational Health Services

Stop by the Student Health and Wellness Center for a Massage!

Make yourself a priority! I may be biased, but as a massage therapist, I think the best habit one can include in their life is massage.

The benefits of massage include:

- Increased circulation
- Increased flexibility and joint mobility
- Reduction in heart rate fatigue effects of some chronic conditions
- Eases muscle tension and stiffness
- Promotes a healthy hormone and immune system
- Prevents exercise induced injuries
- Prevents headaches caused by stress

Staff, faculty and students feel free to come by the Student Health and Wellness Center for a massage!

Put yourself back on your "To Do" list! For more information, see <http://healthcenter.ucdavis.edu/services/massage.html>

Jill Nelson
Certified Massage Therapist
Student Health & Wellness Center

Weight Watchers at Work

Interested in joining Weight Watchers but don't have time after work to go to meetings? Interested in a possible lunchtime meeting at UC Davis? Please contact Erin Peltzman at elpeltzman@ucdavis.edu if interested, and we'll be in touch! (Open only to non-current Weight Watchers members.)

Staff Assembly News

Scholarship Applications Available for the 2011/2012 Academic Year!

The UC Davis Staff Assembly is proud to present the UC Davis Staff and Staff Dependent Scholarship Program call for applications.

The **UC Davis Staff Scholarship Program** is administered by Staff Assembly and is for career staff who will be enrolled in school to seek a Certificate, Associate, Bachelors, or graduate degree from a college, university, or professional school in 2011/2012. The UC Davis Staff Scholarship is funded by the Margene Orzalli Memorial Fund and the Vanderhoef Scholarship Endowment. There is also a scholarship for career staff that is administered by the UC Davis Staff Retiree's Association. Applicants to the UC Davis Staff Scholarship are automatically considered for the UC Davis Staff Retiree's Association Scholarship, which prefers that awardees be armed service veterans.

The **UC Davis Staff Dependent Scholarship Program** is for dependents of UC Davis Staff who will be attending UC Davis as an undergraduate in 2011/2012. The scholarship is supported by donations, fundraising, and efforts put forth by you, including sales of Staff Pins.

Scholars will be chosen for their outstanding demonstration and commitment to community service, work, self-improvement, school, financial need, and other worthy merits. The Scholarship Selection Committee looks forward to reading your applications for 2011/2012!

Applications are now available on the [Staff Assembly Website](#). **The application deadline is June 1st, 2011.**

Contact staffawards@ucdavis.edu for questions.

Please note: In order to allow others an equitable opportunity to be awarded scholarship funds, awardees are not eligible to receive funds two years in a row. Contract employees are not eligible for these programs.

Citations for Excellence 2011 Call for Nominations!

The UC Davis Staff Assembly wishes to recognize staff employees and employee teams who have shown outstanding achievement in general contributions, campus service, and/or supervision. In order to do so, we invite nominations from staff and faculty who work with or for individual and team staff members deserving of special recognition. Individuals and teams awarded the Citations for Excellence will be recognized at TGFS and at a special ceremony at the Chancellor's Residence. This year the Citations for Excellence Committee will additionally select one outstanding individual and team in each category to receive the special honor of the Distinguished Citation for Excellence Award. These individuals will have their names listed on the perpetual plaque at the Alumni Center and will be recognized system wide by the Council of UC Staff Assemblies. Historically, Citations for Excellence Awards have been aligned with TGFS. This year, we are extending the deadline to allow for more nominations, and we are planning a special ceremony for the awardees to be held at the Chancellor's residence later in the summer. We have also stopped excluding certain title codes from eligibility. Now any person classified as UC Davis Career Staff will be eligible.

Deadline for nominations is June 1st, 2011.

Nomination forms are now available on the [Staff Assembly Website](#). Please use the correct form for **individual** or **team** nominations. If you have additional questions please email staffawards@ucdavis.edu.

We are also seeking committee members for our Citations for Excellence Committee!

The committee will read all nominations, select the awardees, and help organize the award ceremony. If you nominate someone or are nominated for an award, you cannot be on the selection committee. If interested, please email Citations for Excellence Chair, Regina Canegan at rcanegan@ucdavis.edu.

Save the Dates for 2011 UC Davis Events!

We will announce details and ticket sales soon, but mark your calendars for our spring, summer, and fall events:

- Wednesday, May 11, TGFS Picnic at Hutchison Field
- Sunday, June 19, 1:05 pm, UC Davis Day with the Oakland A's vs. SF Giants at Oakland Coliseum
- Saturday, August 6, UC Davis Barbeque Picnic at Six Flags Discovery Kingdom

Campus News & Events

Lecture Series to Address Fine Line Between Pressure and Support of Children

Children in communities like Davis are experiencing increasing levels of mental health problems at earlier ages than ever before. Author Madeline Levine of the Challenge Success Project at Stanford University will challenge the belief that higher levels of performance will help children to achieve success. Dr. Levine wrote the book 'The Price of Privilege' (2008) based on her research into the effects of the modern, high-pressure lifestyle in affluent suburbs on children growing up there. Her conclusions were that children of "privilege" are at

"Bilal's Stand"

UC Davis Academic Preparation Programs and the Office of Campus Community Relations invites you to a free film screening and discussion with Sultan Sharrief, the director of "Bilal's Stand." Enjoy an evening of film and discussion with the director as he guides us through a discussion about diversity on college campuses, social action, taking a stand for what you believe in, as well as the opportunity to discuss the many challenges faced by

much higher risk than believed previously for behavioral, substance abuse, and long lasting mental health issues. Perhaps it's time to back off and encourage children to develop more holistically.

Dr. Levine's lecture, *The Whole Child*, will be held at Freeborn Hall on Friday, January 28 beginning at 7:00 pm. The event is free, but campus parking rates apply.

This event is sponsored by: the Davis K-12 PTA/PTO Parent Education Committees, Davis Joint Unified School District Climate Committee, Institute for Restorative Health, UC Davis, Hyatt Place, Team Traverso/Lyon Real Estate.

Contact Tracy Keenan at ycartgo@hotmail.com for more information.
<http://www.challengesuccess.org/>

Bargain Barn \$5 Red Tag Sale February 1st -11th

Mark your calendars! The Bargain Barn will be holding its famous \$5 Red Tag Sale February 1st through 11th. Included in the sale will be over 150 items for just \$5 each! That's right, any red tagged item will be just \$5!-but only while supplies last! You won't want to miss this opportunity to save big on items like office furniture, computers, lab equipment, printers, boxes of brand new VHS tapes, typewriters and more. Keep a little more of your hard earned money in your wallet while you help us clear out our inventory and support sustainability where you work and play.

The Bargain Barn is open Monday through Friday from 9am-1pm and is located on La Rue Rd., East of Fleet Services. We accept cash, checks (up to \$100), and credit cards. Visit our website, bargainbarn.ucdavis.edu to browse our inventory, learn how to dispose of equipment and supplies within your department, and to see what we're doing to help keep the campus green.

Leslie Campbell Legacy Speaker Series to Host Ntozake Shange Presented by UC Davis Campus Unions & African Continuum

Critically acclaimed playwright and author of *for colored girls who have considered suicide/when the rainbow is enuf: a choreopoem*, Ntozake Shange will speak on the UC Davis campus. An Evening with Ntozake Shange will occur on February 22, 2011, at Freeborn Hall. She will speak on her most recent work, *Some Sing, Some Cry*. In addition, Ms. Shange will discuss the recent blockbuster release of Tyler Perry's film *For Colored Girls* which was adapted from her original work and how both works depict the experiences of women of color; as well as relationships among black men and women.

As a part of UC Davis' commemoration of Black History Month and The Leslie Campbell Legacy Speaker Series, Ntozake Shange's presentation will inspire students, staff, and community members alike. As a substantial contributor to history herself, over the years Ms. Shange's work has transformed the lives of women and girls of color by providing inspiring visions of themselves moving beyond harrowing circumstances. This event will allow guests to continue to explore the timeless issues that challenge women of today just as they did 30 years ago when the original work was written. Advance tickets for this event are \$12 students/ \$20 non-students and \$15 and \$25 on the day of the event. Tickets can be purchased at the UC Davis Freeborn Hall ticket office, or at Tickets.com. For more information please go to <http://campusunions.ucdavis.edu>

The Leslie Campbell Legacy Speaker Series was established to honor Ms. Campbell's contribution to UC Davis and the community. Throughout Leslie's 30-year career on the Davis campus, she was a champion of educational opportunities, touching the lives of many people. Her dedicated service left an indelible mark on the campus community and the Sacramento region. Leslie retired from the University in 2004, and she passed away a year later after a long valiant battle with cancer.

The 11th Annual RecycleMania Competition has Begun!

Get ready to become RecycleManiacs! UC Davis will compete in the 11th annual RecycleMania, a competition held from January 23 through April 6, 2011 that pits colleges and universities across the United States against each other to see who can recycle and

first-generation (first in their family to attend college) students.

Where: Freeborn Hall
When: February 2, 2011
Time: 6:00-8:30pm

Soy Nut Study – still enrolling!

UC Davis Nutrition Scientists are looking for postmenopausal women and men over age 45 for a research study looking at the effects of soy nuts on health.

We need volunteers who:

Are postmenopausal women and men over age 45
Are nonsmokers
Have high blood pressure OR on a blood pressure medication
2 or more of the following: high waist circumference, high fasting glucose, low HDL cholesterol, and/or high triglyceride levels

The study requires:

5 visits to the Ragle Human Nutrition Center located on the UC Davis campus
5 fasting blood samples and 3 urine samples
Eating soy nuts OR a matched food every day for 4 weeks each

Volunteers in the study will receive:

Compensation
Soy nuts and matched food

For more information:

email soynutstudy@gmail.com or call (530) 754-5994 press #1

♻️ SUSTAINABILITY CORNER ♻️

Vanpool Seats Available: Fairfield/Vacaville to UC Davis

If you are commuting from Fairfield or Vacaville to campus, you should try the **Solano One to Davis Vanpool**. Switching from driving alone to taking the van, carpooling, or taking the bus can **save you up to \$2,500/year** on a full time commute from Fairfield.

Join over 2,000 UC Davis staff, faculty and student goClub members who choose to share the ride. Their efforts

divert the most waste. Over 500 registered colleges and universities will submit weight data for paper, cardboard, bottles and cans, food waste and general trash each week to RecycleMania. Thirty-six of these universities are from California and seven out of the nine UC's are participating. The weekly rankings will be determined after the submissions are completed and overall winners will be announced after final results are tabulated.

The Waste Reduction and Recycling (WRR) staff will lead the campus in this competition to focus and enhance the university's recycling and composting efforts through collection of all recycled material, including paper, cardboard, bottles and cans, and food waste. Another main goal of WRR is to promote waste reduction by recycling more and consuming less. WRR has implemented reduction programs in many campus departments, buildings, and food eateries.

To participate and stay active, look out for events throughout the competition. These include tabling events, a chance to win prizes for using reusable items, classroom presentations and recycle bin giveaways. For more information on RecycleMania and ways you can get involved, call us at (530) 752-7456, or email the WRR at mktuyen@ucdavis.edu.

UC Davis Textbook Rentals – Spread the Word

Higher education is important to today's youth, however, in this economy, students face financial challenges and buying textbooks has become increasingly more difficult. If you have children attending UC Davis or have student employees, here is some news you will want to share with them.

The UC Davis Bookstore rented more than 8,000 textbooks for Fall Quarter saving students more than \$388,000. This rental program provides students with the option of purchasing textbooks, new or used, or renting textbooks.

"We are pleased to be able to offer students an affordable textbook rental option. Renting saves students up to 70% off the cost of purchasing the textbooks new and helps make college a little more affordable," says Jason Lorgan, UC Davis Bookstore Associate Director.

Renting textbooks is as easy as "Rent, Use and Return". Students simply choose to rent textbooks when available, use them all quarter and return them on or before the last day of finals. All that is required is a valid Student ID.

Lorgan continued, "By renting textbooks through the Bookstore, the student is assured they are renting the correct textbook, returns are easier and the student avoids shipping costs. Once students compare prices, they quickly see the Bookstore is usually the better option." □

Elite Junior Soccer for Girls and Boys in Davis

Have your kid try out. Info at :

<http://davislegacysoccer.org/teams/tryouts/tryout-schedules/>

result in reducing an estimated 40,000,000 of CO2 emissions saved annually from our environment.

TAPS goClub (green opportunities) members are UC Davis affiliates who help the environment through "car free commuting." By choosing to share the ride or leave your car at home, you will reduce CO2 emissions, congestion on our roads and on campus, and benefit financially. The TAPS goClub will provide you with incentives that will save you money on your monthly commute.

Solano One to Davis Vanpool Information:

Working Hours: 8AM to 5PM
12-passenger luxury van

Cost: \$115 -- \$125 per month
(includes the lease for the van and gas)

The lease includes: the van, insurance (\$1 Million policy), and van maintenance.

Other UC Davis Vanpools:

El Cerrito to Campus
Placer County to Campus

Find a Carpool/Vanpool Partner
Zimride.com

Car Free Commute Options
[goClub Green Opportunities](#)

Find out how much **you can save** on your annual commute:
Visit goClub.ucdavis.edu and click on "Commute Calculator."
Questions? Email:
goclub@ucdavis.edu

Discounts

Staff Pin Program (Discounts Available Exclusively to Pin Holders)

Through our Staff Pin Program, we partner with local and national businesses to offer staff great discounts! When you purchase and wear your Staff Pin, you become eligible for discounts and special functions exclusively for pin holders! The proceeds from the sales of our Staff Pins directly fund our staff dependent scholarship program as well! We are currently working with local businesses to get you even more discounts, so keep checking back for updates! We invite you to buy a pin today, support our Scholarship Program for Staff Dependents, and start saving!

We are pleased to announce our newest Pin Partner, **Vanity Lounge Beauty Boutique!**

Now offering Staff Pin Holders **15% off** of hair services and hair care products! Excludes boutique items. Cannot be combined with other offers.

At Vanity Lounge they believe the most important aspect of your hair service is the consultation. During this one-on-one discussion, your expectations and past experiences are all taken into consideration. No matter what your needs are, Vanity Lounge has experienced stylists to meet those needs. Additional services offered are facial waxings, threading, Complex straightening, make-up

application, full bridal services.

You can find out more about Vanity Lounge at www.vanityloungesalon.com. Be sure to check out the Private party menu too!

Corporate Discounts (Available to all UC Davis Staff)

We have obtained discount offers for all UC Davis staff on food, electronics, entertainment, and special occasions.

Guidelines for Article Submissions

To submit an article for the next Staff Voice, please email staffvoice@ucdavis.edu. All articles must be proofed for spelling, grammar, punctuation, capitalization and sentence structure. The Staff Voice team is not responsible for errors. Articles must be limited to 200 words, or 1000 characters, not including spaces. Articles must contain a title, contact information and a URL, if applicable. Articles must be related to UC Davis staff and be an original piece. Staff Assembly reserves the right to determine the appropriateness of articles submitted for publication. We also reserve the right to edit submissions. **Articles must be submitted by 2pm on the Friday prior to the next publication date.** The **new 2011-2012 Publication Calendar** is available at http://staff.ucdavis.edu/News/publication_calendar_thru_6_12.pdf.

UC Davis Staff Assembly

Contact us at staffvoice@ucdavis.edu

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