

2018 Staff Appreciation Day


































Wednesday, May 16
Owens Hall
10 a.m. to 3 p.m.




Classified and university staff, non-student wage employees, and emergency hires are invited to tour campus facilities, participate in wellness activities, friendly competitions, and enjoy the company of fellow employees.



▪ Schedule of Activities

10–10:30 a.m.	T'ai Chi, Gymnastics Room, War Memorial Hall (30 spaces)  	W
10–11 a.m.	Employee Body Project, War Memorial Hall (8 spaces) 	W
	Lane Stadium (40 spaces) 	T
	National Weather Service (10 spaces)  	T
	The Grove (15 spaces) 	T
	Preston Cemetery (10 spaces) 	T
10 a.m.–3 p.m.	Upper Body Massages (appointments in 15 minute increments) 	W
	Hokie Wellness Information Tables	W
	Volleyball Open Play, Owens Courtyard 	A
10:15–11:15 a.m.	Center for Real Life Design (18 spaces) 	T
	Hokie Stone Quarry (20 spaces) 	T
	Veterinary Teaching Hospital (18 spaces)  	T
10:15 a.m.–12 p.m.	Cornhole and Horseshoes Competition (sign up on-site) 	A
10:15 a.m.–2:45 p.m.	Bingo Games (schedule posted on event day)	A
10:30 a.m.–12 p.m.	Kentland Farm (20 spaces)   	T
11 a.m.–12 p.m.	BODYPUMP™, Dance Studio, War Memorial Hall (30 Spaces) 	W
11 a.m.–1 p.m.	Lunch (by Personal Touch Catering)	
11:15 a.m.–12:15 p.m.	National Weather Service (10 spaces) 	T
12–2 p.m.	Fabulous Feud Team Competition (16 teams) 	A
12–3 p.m.	Cornhole and Horseshoes Open Play, Owens Courtyard 	A
1–2 p.m.	National Weather Service (10 spaces) 	T
	Preston Cemetery (10 spaces)  	T
1:15–2:15 p.m.	Hokie Stone Quarry (20 spaces) 	T
	Veterinary Teaching Hospital (18 spaces) 	T
1:15–2:45 p.m.	Kentland Farm (20 spaces) 	T
1:30–2:30 p.m.	The Grove (15 spaces)  	T
	Yoga, Gymnastics Room, War Memorial Hall (25 spaces)  	W

 Activity ▪  Tour ▪  Wellness/Fitness ▪  Registration required

-  Advance registration required. **Deadline is May 3, 5 p.m.** Respond online at staffday.bams.vt.edu or complete and mail the response form as directed.
- Spaces are filled by lottery drawing. One tour per person. Select top three choices. Spaces may fill before all names are drawn.
- In cases of duplicate registration, only the last entry is accepted.
- Register one co-worker to accompany you. If your name is drawn, all tickets will be sent to your campus address.
- Tours will continue in non-hazardous inclement weather.

▪ Ongoing Activities



- **Bingo**
- **Live Entertainment by the Half Throttle Band**
- **50% Off Sale on Select Clothing and Gifts at the University Bookstore from 9 a.m.–5 p.m.** Free giveaways while supplies last.


- **Volleyball Open Play** – Form your teams and serve it up! – Owens Courtyard. Weather permitting.
- **Horseshoes and Cornhole** – Owens Courtyard. Competition 10:15 a.m.–12 p.m. Open Play 12 p.m.–3 p.m. Weather permitting. Sign up on-site.


- Visit staffday.bams.vt.edu to view a map of the activities.


▪ Activity Descriptions


 – Walking Tour ▪  – Van Tour ▪  – Bus Tour


 **The Center for Real Life Design** – Wallace Hall – The Center for Real Life Design fosters educational opportunities related to the demonstration and application of products, materials, and technologies used in residential kitchen design. The Center serves as a meeting place for a variety of educational endeavors as well as university/industry collaborative efforts. Please wear comfortable walking shoes.


 **The Grove** – Built in 1902, The Grove is the on-campus residence for Virginia Tech presidents. It was used for offices starting in the early 1970s, but was renovated in the late 1980s. The Grove's heritage is one of service, hosting faculty, staff, students and distinguished visitors to the university. Please wear comfortable walking shoes.


 **Hokie Stone Quarry** – Virginia Tech's local quarry produces approximately 75 tons of stone each week in support of new buildings on campus. This tour will give you an opportunity to visit the site and take a walking tour of the operation. Wear shoes that you can get dirty!

 **Kentland Farm and The College Farm Operation** – The farm supports teaching, research and extension programs in numerous areas ranging from the Dining Hall Farm, cattle raising and autonomous aircraft testing. This one-hour tour will provide a sampling of its uses. Wear shoes that you can get dirty!

 **Lane Stadium** – This tour will include a walk through the tunnel onto Worsham Field. Be sure to touch the lucky Hokie stone. You will also visit the new Indoor Practice Facility, football locker room, training, equipment, and nutrition rooms, and more.

 **National Weather Service** – The NWS provides weather, hydrologic, and climate forecasts and warnings for the United States, its territories, adjacent waters and ocean areas. Learn how forecasts and warnings are created, see what types of data the NWS uses, view dramatic weather photos, videos, and more.

 **Preston Cemetery** – Since 1782, the cemetery has served as a burying ground for six generations of the Preston family. Gravestones honor Colonel William Preston who was a Revolutionary War leader, at least three former slaves, a Virginia governor and numerous other military officers.

 **Veterinary Teaching Hospital** – This tour will highlight the mission of the teaching hospital which is: Providing clinical care to patients using state-of-the-art technology and research discoveries; building the future of the veterinary profession through hands-on student training and; developing new medical and surgical treatments for managing disease in your pets.



▪ Activity Descriptions *continued*

↔ **BODYPUMP™** – War Memorial Hall – is a barbell class that strengthens your entire body using weight room exercises like squats, presses, lifts, and curls. It challenges all your major muscles one song at a time. Instructor: Ethan Kerr

☰ **Employee Body Project** – War Memorial Hall – This discussion is for women who eat healthy, exercise regularly, and are still unsatisfied with how their body looks. It will help challenge personal concerns, teach how to talk “body positive” and respond to appearance ideal pressures. This is a special one-hour offering of the four-hour Body Project Workshop. Leader: Laurie Fritsch

☯ **Tai Chi** – War Memorial Hall – This slow movement Chinese martial art is practiced for both its defense training and health benefits. Wear loose, comfortable clothing. No previous experience required. Instructor: Matthew Komelski.

🧘 **Yoga** – War Memorial Hall – A mind and body experience emphasizing breathing, strength, flexibility and relaxation. Wear loose comfortable clothing. No previous experience required. Instructor: Amy Epperley

🏆 **Team Competition – Fabulous Feud!**
Gather your colleagues to form a team of five. Fabulous Feud is an adaptation of the long-running classic game show. There is a 16-team limit. A lottery drawing will determine participation if more than 16 teams register. Team captains will be notified on May 9 if selected. This is a single elimination format. The competition begins at 12 p.m. and will last until approximately 2 p.m. so please make sure you can stay to play and win! Trophies awarded to first and second place teams! Registration is online or call 540-231-5637 for more information.



If you are a person with a disability and desire any assistive devices, service, or other accommodations to participate, register online at staffday.bams.vt.edu by May 3 at 5 p.m., or contact the President’s Office at 540-231-7111.

If you are unable to register online, please submit the following form to: President’s Office, 219 Burruss Hall (MC 0116). Must be received by May 3, at 5 p.m. to be eligible. For more information call 540-231-7111.

Employee Name: _____

Name of Friend (must be staff): _____

(The guest ticket will be mailed directly to you for distribution.)

Department: _____ Mail Code: (required) _____

Phone Number: _____ Email: _____

Tour Selections: (Specify activity time if you have a strict preference)

First Choice _____ Second Choice _____

Third Choice _____