CitTalk - The Citadel’s Toastmasters Club
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Toastmasters is a great way to make new friends, to meet people from different departments, and to sharpen interpersonal and public speaking skills. Every Wednesday at noon, faculty and staff meet in the Human Resources Training room for CitTalk, The Citadel’s newly formed Toastmasters chapter.

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Members facilitate the meetings by assuming various roles and thus gaining experience speaking for thirty seconds up to two minutes.

Each meeting features two key parts: table topics and a few speeches. For table topics, members speak extemporaneously for one to two minutes on a pre-selected subject. Previous topics have included inspirational role models and events, holiday traditions, and hobbies. Pre-planned speeches are given for four to eight minutes. Past speakers have addressed their hobbies, vocations, and memorable experiences. Talks are based on personal experiences in order to make it easier for one to focus on learning how to give a speech.

Meetings are enjoyable, entertaining, informative, and relaxed. Come and join in the fun and make some new friends on campus. We look forward to seeing you Wednesday at noon, starting January 31st!

FROM THE EDITOR’S DESK

Dear Editor –

I hate being bounced from one department to the next when I need a question answered, maybe you can help me. Is HR or Public Safety responsible for parking decals on The Citadel’s campus?

Dear Employee –

We can definitely understand your frustration in being shuffled back and forth. Perhaps our response can eliminate this problem for you and other employees who may have the same question. HR provides parking decals for permanent full time employees and public safety provides decals for students, part-time and temporary employees.

We also encourage employees to be thoughtful when assisting other employees. It is easy to turn someone away and send them on a wild goose chase for answers around campus. A simple phone call to find the answer the employee needs before sending them on their way could alleviate someone one bouncing from one department to the next.

Your Editor,
human_resources@citadel.edu
What’s New in Auxiliary Enterprises
Kevin Reid
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Auxiliary Enterprises is comprised of the following business units: Barber Shop, Bookstore and Market Place, Card services/ One Card, Coin Laundry, Dry Cleaners, Event Management, Food Services, Laundry, Tailor Shop, The Cadet Store, and The Citadel Beach House. Auxiliary Enterprises are services that benefit the entire campus. Auxiliary’s main objective is to support the academic mission of the college, through the services we offer. We are consistently exploring opportunities to enhance our services, through all our business units. Chick-Fil-A is operating with limited hours currently; however, we hope to expand Chick-Fil-A services to include breakfast, sometime in the early fall. Auxiliary will be beginning the design stage of constructing a Starbucks on campus. The project should be completed by the Fall of 2019.

Finally, auxiliary enterprises will continue to seek avenues for enhancing our services, as we grasp opportunities to better serve our campus community.

Physical Activity vs. Exercise
Daniel Bornstien, PhD
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What’s the difference between physical activity and exercise, and which is more important? Who is healthier, someone who sits all day behind a desk and exercises vigorously for an hour each day, or someone who never exercises, but remains active throughout the day? Mounting scientific evidence suggests that the person who remains active throughout the day, and never formally exercises is the healthier of the two.

But aren’t exercise and physical activity the same thing? Actually they’re not. Physical activity is simply any movement of your body, including household chores, climbing stairs, or walking from place to place. Exercise is a type of physical activity, but is defined as sports or activities that work large groups of muscles continuously for a relatively extended period of time.

So you don’t need to change your clothes, hit the gym, sweat, and take time from your busy schedule to improve your health. If you simply accumulate 30 minutes per day of moderate-intensity activities like stair climbing, walking instead of “golf-carting,” and taking regular standing breaks from your desk, you can improve your health as much or more than exercising.

DIVERSITY CORNER

There is so much happening in the area of Diversity & Inclusion on our campus it is difficult to determine a proper starting place! We had the pleasure of welcoming two grants recently to advance our efforts from Compass Compact and Association of American Colleges & Universities (AAC&U). Funded by the Compass Compact grant, the DEIC and Krause Center worked together to create a program to allow students the opportunity to engage with historic landmarks while learning a skill to tackle controversial issues. An internal and external collaborative effort, AAC&U awarded us a grant to establish a Truth, Racial Healing & Transformation Center (TRHT) on campus. The TRHT Center will work to advance discussions about race on campus and within the Charleston community. We have been invited to share the good work we are doing at MUSC’s Inclusion Summit and at Trident United Way’s Conversation on Race and Health Equity. Please check the campus website for programs and activities for Black History and Women’s History Month.

Shawn Edwards
Chief Diversity Office
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WELCOME ABOARD
NEW EMPLOYEES

December 2017 Class
Shaterika Brown – Civil & Environmental Eng.
Rachael Warburton – Registrar
John Castillo – F&E
Syreeta Evans – F&E
Tiffany Boyd – Budget Office
Jack Castleberry – Athletics
Ricardo Green – F&E
Elise Brittan – Political science

September/October 2017
Richard Crabtree – HVAC
Lauren Smith – Public Safety
Christine Wright – Financial Aid
Milledge Austin – Athletics
Jeremy Jones – F&E
Dewis Shallcross – Office of the President
Tyler Covington – Athletics
Adeline White – Treasurer’s Office
Jon Rickert – Treasurer’s Office

“Change is the law of life.” JFK
THE ‘DEL IN ACTION

Staff Council collecting angel tree gifts for children during the holiday

CitTalk member, Lisa Ukuku signing The Citadel Toastmasters charter documents

Ted Fienning, Assoc. Director for Lifetime Leadership delivering a toastmaster’s speech

The Citadel Trident United Way Day of Caring Volunteers

Angela Rochester, Employment Manager and MAJ Leah Schonfeld, HR Director at the SC CUPA- HR Conference

NCBI’s Train the Trainer Class of 2017 with Program Advisor Dr. Julie Lipovsky