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What's Happening?**More Events...**

TODAY	TOMORROW	WEDNESDAY
7:30 Le cafe francais	12:00 Zumba classes	10:00 Walk-In Hours - Career Development Center
	6:30 El cafecito: Salsa of the Spanish Carribean	6:00 Visting Artist Lecture: Jennifer Crescuillo
	7:00 Everybody Hates Group Projects'	7:00 AU Martial Arts Club Meeting
	8:00 Women's Soccer vs. Keuka	• Women's Volleyball Away vs. Elmira

Updated Video Conferencing Policy

With the departure of a number of instructional technology staff, ITS has made some changes to its video conferencing policy.

Until further notice, only Perlman 302 will be available and all room reservations and requests for assistance must be made seven (7) business days prior to the proposed meeting date. Video conferences should be scheduled to take place during AU business hours. If a request is made less than seven (7) business days in advance, ITS cannot guarantee the availability of a technician to provide assistance.

Please visit the [AU Video Conferencing Policy](#) web page for more information.

To schedule Perlman 302, or to request technical assistance for a video conference, please contact Meghanne Freivald at 607.871.2363 or via email.

Link: [AU ITS Video Conferencing Policy](#)

Submitted by: Meghanne Freivald

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Cafe francais, 10/6

Bonjour =D !

Feel free to join for the weekly conversation French hour, le cafe francais, to practice French in a fun way.

Monday, Oct. 6

7:30 p.m.

AU Language House (12 Park St.)

Everyone is welcome, beginners to advanced French Speakers!

Snacks and coffee are served!

Submitted by: Kevin Tan

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Flu Shot Clinic

Flu Shots will be given at Powell Campus Center

Tuesday, Oct. 7

Room 305 Across from Knight Club

11 a.m. to 2 p.m.

Submitted by: Rene Richardson

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El cafecito: Dance Lesson - Salsa of the Spanish Caribbean

Please join El cafecito, AU's Spanish Culture & Conversation Club for a fun Dance Lesson - Salsa of the Spanish Caribbean!

Tuesday, Oct. 7

6:30 - 7:30 p.m.

AU Language House, 12 Park St.

Beginner to Advanced Spanish speakers, everyone is Welcome!

Submitted by: Michele Gaffney

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Martials Arts Club Wants You!

AU Martial Arts Club is focused around training anyone from beginners to black belts in martial arts! We reserve space so that people of all styles can come train and learn together!

General Meetings are Sunday 7-9 p.m. in the Health and Wellness Center (McLane Annex) and Wednesday 7-9 p.m. in the Kenyon Allen Room.

If you are interested feel free to stop in to one of the meeting times or check out our Facebook group (link below)!

A Martial Arts Tournament is in the works and we would love to see those that would like to help put this together!

If you would like to come learn and train or help out with putting the Martial Arts Tournament together email auma@alfred.edu!

Link: [AU Martial Arts Club Facebook Group](#)

Submitted by: Jonathan Ugalde

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AU Cyclists Assemble!

Open invitation for all cyclists to email me if interested in being added to an email list. We can use it to email each other events, group rides, etc. Thanks.

Submitted by: Ian Cramer

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2015-16 Tuition Exchange Application Deadline is Oct. 15, 2014.

Faculty and Staff - the Tuition Exchange Export Application deadline is Oct. 15, 2014. If your child is planning to begin college (or transfer to another college) next year, 2015-16, you may wish to explore the schools participating in the Tuition Exchange (TE) Program. RENEWAL TE Export applications are also subject to the deadline of 10/15/14.

Please read the attached TE Information Memo for application procedures and details on the program. Two application forms are required; specifically, the AU TE Export Application and the AU Human Resource (HR) TR/TE form (links and attachments, herewith).

Link: [AU HR TR/TE Application](#)

Attachment: [TE Information Memo for Campus Community](#)

Attachment: [AU 2015-16 TE Export Application](#)

Submitted by: Catherine Schnurle

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ITS Trainings for Faculty & Staff

ITS is pleased to offer trainings for faculty and staff. The following sessions are available:

Blackboard Overview: Common tasks and features of AU's Learning Management System
Monday 10/13, 10:20 - 11:10 a.m.

Turnitin: AU's Plagiarism detection tool
Monday 10/13, 1:20 - 2:10 p.m.

Microsoft PowerPoint (Windows): Create Slideshows & Presentations
Tuesday 10/14, 1:20 - 2:10 p.m.

Advanced Excel 2010 (Windows): Pivot tables, Workbook linking, and other helpful tasks
Thursday 10/16, 1:20 - 2:10 p.m.

All trainings will be held in 306 Perlman Hall. To sign up for one of these sessions, please contact Meghanne Freivald at 607.871.2363 or via email.

Submitted by: Meghanne Freivald

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Bergren Forum - 'Intoxications, Altered States'

The Bergren Forum sponsored by the Division of Human Studies, College of Liberal Arts & Sciences and the Provost Office will be meeting at 12:10 P.M. on Thursday, Oct. 9 in the Nevins Theater, Powell Campus Center.

Bring a brown bag lunch, coffee and tea will be provided.

Speaker: Bill Dibrell
Topic: "Intoxications, Altered States, and Flow Experiences"

What do hallucinations, intoxications, and flow experiences possibly have in common? Why do humans so frequently seek these experiences?

Submitted by: Marilyn Saxton

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Concert: Houghton Chamber Players

Tuesday, Oct. 7 at 7 p.m.
Nancy Howe Auditorium
David A. Howe Public Library
155 N. Main St., Wellsville
585-593-3410

Houghton College is particularly known for the Greatbatch School of Music and its fine musical program. The Houghton Chamber Players are excited to present an evening of music showcasing the best chamber music available for winds and strings.

Join the students and faculty for this audience-friendly program of classical music directed by Professor Justin Davis and student conductors Nathaniel Efthimiou and Jeffery Clark.

An evening reception for the group and audience will be sponsored by the Friends of the Library. This library-sponsored program is free and open to the general public.

Submitted by: Deborah Clark

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Str8 Eight Tournament Night

The Terra Cotta Coffeehouse is once again hosting its monthly Str8 Eight tournament on the 8th of each month beginning at 8 p.m.

The evening is a great way to meet Alfredians of all stripes from college students to octogenarians (a favored age group of Str8 Eight for numerical reasons).

Additionally, the winner of the tournament will receive a gift card to the coffeehouse, so come out for an evening of free fun.

Visit <http://str8-eight.com> for more information on how to play.

Submitted by: Deborah Clark

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Business Office Student Club Package

The Business Office in Susan Howell Hall has put together a Student Club package with updated information to help the Clubs with any Business Office forms. We are hoping this information would be helpful and less confusing regarding our procedures.

Please do not hesitate to contact the Business Office with any questions.

If you are a Student Group representative, please have a signing rights information sheet filled out ASAP, with signatures, so that we may have the updated information on file for our records and to process your requests.

Attachment: [CompleteStudentClubPackageRevised_8.22.14.doc](#)

Submitted by: Marty Fuller

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Annual RidgeWalk & Run Registration Under Way

The 22nd annual RidgeWalk & Run, promoting good health for all ages, levels of fitness, and physical ability, is set for Sunday, Oct. 19, 2014. Check-in begins at 9 a.m. at Wellsville High School, 126 W. State St.

You can choose from a multitude of spectacular trail walks and competitive runs. This is a one-of-a-kind outdoor experience that weaves participants along the highest ridge in Western New York.

RidgeWalk & Run offers walking distances of 2, 6, 9, and 15 miles and competitive trail runs of 5K, 10K, and 15 miles.

REGISTRATION IS LIMITED TO 1,100 ENTRIES; PRE-REGISTRATION ONLY.

Early Bird by 10/8/14: Adults \$24, Adults 55+ \$20, kids (6-15) \$10; After 10/8/14: \$29 (adults), \$25 (55+), \$12 (kids)

For online registration, please visit:

<http://www.active.com/wel...>

Or a paper form with full payment must be received by Jones Memorial no later than Wednesday, Oct. 8, 2014 to avoid additional cost.

All participants are bused from Registration at the Wellsville High School to event-specific starting points. Buses depart from the Finish Line Area periodically to return participants to the high school. Only participants may ride the buses to starting points.

RidgeWalk & Run participants conclude their events at the Jones Memorial Hospital/URMC "Finish Line Arena" set on a scenic horse farm 4 miles south of town. Entry fee includes: t-shirt, food and trail support; as well as busing to trail-heads from registration and back to registration parking from the "Finish Line Arena."

All participants are urged to bring dry clothing, socks and shoes. You most likely will get wet on any of the events. A drop bag labeled with your number will be given to you at the registration desk and transported to the Finish Line Arena where a changing area is provided.

Medals/awards will be given in the 5K, 10K, and the 15 Mile Trail Runs to the first male and female finisher in each age category and the first overall male and female winners. All participants are eligible for door prizes.

Submitted by: Deborah Clark

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Sign up for October Zumba classes

It's time to register for October Zumba classes, held Tuesdays and Thursdays at noon in the multipurpose room in the Health and Wellness Center. The 35-minute class features Zumba Fitness and Bodyburn moves led by Instructor Denise Eck.

Attachment: [October Zumba registration form](#)

Submitted by: Susan Goetschius

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Caregiver Workshops

Are you caring for an older person? Are you looking for skills to help you cope?

The Allegany County Office for the Aging is offering a free Caregivers Workshop one evening a week (Thursdays) starting Sept. 4 and continuing to Oct. 9. These sessions will give caregivers the tools they need to make their jobs easier and are open to caregivers of all ages.

Topics covered include Estate Planning with Joe Miller, attorney-at-law, Sept. 4; Funeral Planning with John Embser, funeral director, Sept. 11; Understanding Alzheimer's & Dementia with Meghan Fadelof the Alzheimer's Association of Western New York, Sept. 18; Health Care Proxy vs. MOLST with Tobi Nickerson of the Allegany County Office for the Aging and Betty Guinnip of Jones Memorial Hospital, Sept. 25; Scams & Frauds - Don't be Duped!, Oct. 2; and Navigating the Financial Waters - Financial Resources & Responsibilities for Seniors, Oct. 9 with Jose Soto of AmeriCorps.

All courses are 5:30 to 7:30 p.m. at the Allegany County Office for the Aging, 6085 State Route 19N, Belmont. You can attend any of the sessions that interest you.

A light dinner will be provided, so registration is required. Please contact the Office for the Aging at 585.268.9390 for more information or to register.

Submitted by: Deborah Clark

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A Matter of Balance Program

Have you turned down a chance to go out with family or friends because you were concerned about falling? Do you have a fear of falling? If so, A Matter of Balance: Managing Concerns About Falls is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The Allegany/Western Steuben Rural Health Network, Inc. in conjunction with the Allegany County Fall Prevention Collaborative is offering the course A Matter of Balance: Managing Concerns About Falls Thursdays and Mondays, throughout the months of October and November 2014, starting Thursday, Oct. 16 and ending Monday, Nov. 10. The class is scheduled 2-4 p.m. at the Union University Church, Alfred. Each class will build upon the previous week making it extremely important to attend all sessions.

The registration fee is \$10. Scholarships are available upon request. A workbook is provided and refreshments are served.

Pre-registration is required by contacting Melissa Biddle, Community Health Program Manager at the Allegany/Western Steuben Rural Health Network, Inc. at 585.593.5223 ext. 15, by Friday, Oct. 10, 2014. Space is limited so don't hesitate to register today.

The class agenda is as follows:

Thursday, Oct. 16 Introduction to the Program

Monday, Oct. 20 Exploring Thoughts and Concerns About Falling

Thursday, Oct. 23 Exercise and Fall Prevention

Monday, Oct. 27 Assertiveness and Fall Prevention

Thursday, Oct. 30 Managing Concerns About Falling

Monday, Nov. 3 Recognizing Fall-ty Habits

Thursday, Nov. 6 Recognizing Fall Hazards in the Home and Community

Monday, Nov. 10 Practicing No Fall-ty Habits Fall Prevention

Attachment: [A Matter of Balance](#)

Attachment: [A Matter of Balance Brochure](#)

Submitted by: Deborah Clark

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