

Wedding Bells were Ringing this Past March

We had two life-changing events for staff in March and both involved a bride and groom! Pictured on left we have one of Dr. Deng's PostDocs, Dr. Ze Peng and his beautiful bride, Qian You, who were married March 14th. And the right a photo of Vallad lab staff (past and present) along with grad student Caroline Land who was wed March 23rd to Gavin Falcona, F18 fighter pilot stationed on the Harry Truman. Congratulations and best wished to both of these lovely couples!



Fashion Faux Pas on April Fool's Day

A few people took on the Fashion Challenge and became fashionably challenged in honor of April 1. From mix-matched patterns to mix-matched footwear, it was fun to be a little goofy for a day!



Ask the Dietitian—Friday, April 5th 12 noon in the main conference room with a possible 2nd session Friday, April 12th.

Are you curious about easy meal prep? How about the best times to eat meals—3 times a day or six smaller meals a day? Topics may include foods that cause or prevent inflammation, emotional eating, improve well-being energy, basic cooking skills, nutritious cooking. This will be an open discussion session with Bridget Besoner, RD/LDN, Registered Dietitian. If you have specific topics you want her to address, send them to ccooley@ufl.edu or to her directly at bbes0001@shands.ufl.edu. This is a service available at the main campus and thanks to modern technology, we are allowed to have this privilege as well. Take advantage of her knowledge for your health and well-being.

Fun Day with Grillin' Friday.

We had a small group take advantage of the beautiful weather to grill up some delicious food on our last Grillin' Friday. **But next time we need more people to come and have lunch before it's too hot!** Lillian Pride grilled up some tasty zucchini while Sriyanka Lahiri and Trish Todd supervised Babu Panthi grilling up some yummy protein. The grill is available for anyone to use. Just check with Christine at the front desk. And next time, let's get a big crowd to participate!



For the Allergy Sufferers!



GCREC Employee News

April 2019



BE SOMEONE'S
LUCKY CHARM.

DONATE BLOOD

#Donate4Life

Tuesday, April 9, 2019

1:30 PM - 4:30 PM

**Gulf Coast Research and
Education Center**

*All donors will receive a FREE OneBlood
Hat and a wellness checkup including blood
pressure, temperature, iron count, pulse,
and cholesterol screening!*

*Help us better serve you! Make an appointment online at
www.oneblooddonor.org and use sponsor code #15966*

ID REQUIRED

ID required. Donors must be at least 16 years old. Those who are 16 years old need parental permission.
See website for more details. *One offer per donor, per donation. No cash value.
Not-transferable. If you have recently donated, thank you.
Please visit us when you are eligible to donate again.

oneblood.org
1-888-9-DONATE



April Birthdays

4.....Rodrigo Onofre
7.....Caroline Land
13...Judith Lopez
23...Nathan Brown
25...Jim Mertely
25...Syuan-You Lin



April is a month to celebrate
and recognize:

- Alcohol Awareness
- American Cancer Society
- Asian/Pacific American Heritage
- Celebrate Diversity
- Community Service
- Fresh Florida Tomatoes
- Keep America Beautiful
- Lawn and Garden
- Better Hearing and Speech
- Canine Fitness
- Cannabis Awareness
- Car Care Awareness
- Child Abuse Awareness
- Decorating
- Donate Life Awareness
- Fresh Celery
- Jazz Appreciation
- Pecans
- Poetry
- Safe Digging
- Soft Pretzels
- Soy Foods
- Straw Hats
- Volunteers
- Welding
- Occupational Therapy
- Pets are Wonderful
- Scottish-American Heritage
- Stress Awareness
- Women's Health Care



Honors and Awards Banquet
Friday, April 26
12 noon in the Auditorium

Hey Everybody! Mark your calendar for our Honors and Awards Banquet later this month. Come and find out which of your co-workers have been chosen by their peers to be honored. We will also be awarding yearly service awards to long-term employees and travel awards to the grad students. Lunch is provided and will be catered by one of our favorites—Little Habana Café. It's time to celebrate and honor those employees who have gone above and beyond this past year. And a special "Thank You" to all our employees for another successful year at GCREC.

Spring and Summer Time is Vacation Time!

UF Leave Policy Review:

Vacation leave is earned each pay period and credited on the last day of that pay period. There is no waiting period for using vacation leave. An employee may only use vacation leave that has been credited into his or her balance. **All requests for vacation leave should be submitted by the employee to the appropriate supervisor as far in advance as possible, with vacation leave being taken only after approval has been received.** Approval of the dates on which an employee wishes to take vacation leave shall be at the discretion of the supervisor.

Vacation leave is typically used for the purpose of going on vacation; however, it may also be used for personal business. All vacation time should be reported online and hours deducted from your accrued leave and should be entered prior to your requested vacation dates. This is a UF Policy and applies to all staff and faculty members.

2019 Graduate Student Research Day—Check it Out!
Thursday April 4th, 2019 10 a.m. to 12:30 p.m. GCREC Auditorium

The Gulf Coast Postdoc and Student Association (GCPSA) is hosting the first Graduate Student Research Day at the UF/IFAS Gulf Coast Research and Education Center. Come see what our future scientists are working on!