



August 2023

NUHRA Newsletter

www.nuhra.org

2023 Board Members

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| President | Jonathan Katseanes |
| President Elect | Shauna Greer |
| Secretary | Erica Robinson |
| Treasurer | Nick Allen |
| VP Membership | Stacey Comeau |
| Communication | Christina London |
| Programs | Veronica Akers |
| Certification | Shauna Greer |
| Hospitality | Alison Evans |
| Workforce Readiness | Darren Rogers |
| Diversity | Bryan McCurdy |
| Legislative Representative | Michael Stanger |
| Public Relations | Miles Romney |
| SHRM Foundation | Ronda Bateman |
| College Relations | Rachel Child |
| Student Chapter President | Sophia Muirhead |
| Past President | Rachel Child |
| Employment Law Specialist | Sean Monson |
| Golf Committee Chair | Shawn Choate |

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President's Address

Hello NUHRA Members!

We hope you enjoyed our quarterly Ask An Attorney event as well as our July luncheon. We've love to hear your feedback. Are these events valuable to you? How can we improve or add more value to your membership?

This month is our annual golf tournament! We won't hold a luncheon this month to free up time for you to golf. Please come support us. NUHRA uses our golf proceeds to fund student scholarships. This has been an important part of NUHRA for years and we appreciate your support.

Join us as we golf on August 4 at Wolf Creek Resort in Eden, Utah. Register with schoate@bankofutah.com.

We won't meet in September, since the state's Work Elevated Conference is that month. Go to WEConUtah.com for more information.

We appreciate your membership and look forward to seeing you.

Jonathan Katseanes
2023 NUHRA President



NUHRA Golf Tournament

Save the date for our annual golf tournament!

August 4, 2023

Wolf Creek Resort Golf Course
3718 N Wolf Creek Dr.
Eden, UT 84310

Registration begins at 7:30 A.M. and tee-off is at 9:00!

Donuts and muffins will be provided. Lunch will be served after the tournament.

To register, please contact Shawn Choate @ schoate@bankofutah.com or 801-409-5177 or 801-388-2462. A link for payment is below.

Each year NUHRA sponsors a golf tournament to raise money for scholarships for HR students. We appreciate the support of our community in making this a success each year.

We will have a beautiful day of golf with great sponsors and raffle prizes. You'll also be able to meet our recent three scholarship recipients, Si, Sophia, and Twiggy.

We have plenty of options:

Foursome: \$360 – Includes Cart, Lunch and one Licorice rope per team. (Individual players: \$90 per player and we'll pair you up)

Hole Sponsor \$650 – Includes all the benefits of the foursome, plus 2 representatives sitting at your hole, and advertisement for your company in NUHRA's communication.

Putting Green sponsor \$1,000 – Includes all the benefits of the Hole Sponsor, plus 2 representatives on the putting green to talk with players before, during and after the event, advertisement for your company in NUHRA's communication. The putting green at Wolf Creek is in a premier spot for conversations with golfers!

Lunch Sponsor \$1,200 – Includes all the benefits of a hole sponsor, plus 5 minutes of podium time during lunch.

We are also always looking for donations for our raffle and golfer goodie bags.

Our profit will support the Weber State Student Chapter, providing scholarships for HR Students.

We appreciate all the support in the past and look forward to continuing this great tradition!

<https://nuhra.shrm.org/events/2023/08/annual-golf-tournament>

Upcoming Events

Golf Tournament

Date: August 4
 Time: 7:30 A.M.
 Location: Wolf Creek Resort

See page 2 for details.

Work Elevated Conference (WECon)

Dates: September 25-27
 Location: Eccles Conference Center, Ogden

<https://weconutah.com/>

Please register using the link above. This event is not included in your NUHRA membership.

October Luncheon

Date: October 19
 Time: 11:30 – 1:00
 Location:

Courtyard Marriott
 1803 Woodland Park Dr.
 Layton, UT 84041

And Zoom!

Join us as we hear from Syne Jacques from Jacques and Associates and the Retention Revolution.

This presentation will be submitted to HRCI and SHRM for credit.

Please RSVP by Oct. 16.

NUHRA 2023 Calendar

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|---|--|---|
| <p>August 4 Golf Tournament 7:30</p> | <p>September 25-27 WECon</p> | <p>October 19 Meeting 11:30 – 1:00</p> |
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see calendar items in detail:

www.nuhra.org

Golf – It's Good for You

Every year NUHRA holds a golf tournament to fundraise for student scholarships. We appreciate your support!

Did you know that golfing can also benefit you?

We found an article on the health benefits of golf that may interest you.

<https://www.betterhealth.vic.gov.au/health/healthyliving/golf-health-benefits>

It includes things like:

- Staying fit
- Improving muscle tone and endurance
- Losing weight and body fat
- Reducing stress
- Staying in touch with friends
- Meeting new people
- Developing a sense of community connectedness.

There may also be a business case for golf.

- Networking can keep you in the know on trends and issues that impact your workplace.
- Our sponsors can keep you informed on technology to help you be more efficient.
- The mental break from work can leave you feeling recharged and refreshed, leading to more productivity upon your return to the office.

Are you a beginner golfer?

Have no fear! We've got you. Here is an article to help you remember the basics.

<https://golf.com/instruction/golf-basics-every-beginner-golfer-should-know/>

