Calendar of Events
April 23-Administrative Professionals Reception Breakfast
June 4 - Service Awards Dinner
June 20 - 5 & 10 Year Reception
June 25 - Celebrate Summer

Retirement Individual Counseling Sessions
TIAA-CREF
April 11-Lathrop Hall, 107 Conference Room
April 30-Bookstore, Conference Room
May 22-JC Colgate, Donovan’s Lounge
June 4-McGregory Hall, Room 201D
June 27-Lathrop Hall, 001 Conference Room
www.tiaa-cref.org/events

Fidelity
April 19-JC Colgate, Donovan’s Lounge
May 15-Bookstore, Conference Room
June 12-Lathrop Hall, 001 Conference Room
www.fidelity.com/atwork/reservations

CU WELL
www.myviverae.com
Member Health Assessments
Healthy Coaching
Nutrition Information

April is Cancer Awareness Month
April Wellness Newsletter

Wellness Resources:
Shaw Wellness Institute
Trudy Fitness Center

Next Issue: May 3, 2013
Deadline for articles and ads:
April 19, 2013
Submit articles and items of interest to:
humres@colgate.edu

Past Issues:
www.colgate.edu/opengate

Published by the Human Resources Department.
www.colgate.edu/hr

New Hire Orientation Held April 3, 2013

Front row (left to right): Bethany Silinski, Kathleen Weimar, Katrina Garman, Shannon Hanby, Kristen Bashier, Leah Guilmette, Lindsay Manwarren, Frank Kuan, Christopher Harrison. Back row (left to right): Patrick Leamy, Kevin Lynch, David Herringshaw, Joseph Alfonso, David Roberts, Jozef Malinowski, Jessica Bender, Daniel DeVries, and Derrick Ottman.

Rather than the April flowers we were anticipating; snow showers greeted the latest group of new hires as they found their way to Case Geyer on Wednesday morning for the spring New Hire Orientation. Gloomy skies were offset by the warm welcome President Herbst and his senior staff provided to the eighteen newest Colgate employees. Campus partners joined the programming throughout the day to share information about the good work being done within their departments. Lunch proved to be both a delicious meal and an informative session with the help of over ten service providers highlighting the services their respective departments provide. We wrapped the day up at Donovan’s Pub with an informal gathering of constituents from across the campus including members of the Staff Affairs Committee and Staff Climate Group. We would like to thank all that participated in making the spring New Hire Orientation a success and say welcome once again to all of our new employees!
“Team Colgate” Raises Money for America’s Greatest Heart Run & Walk

“Team Colgate” participants, Heather Payne, Sharon Hitchcock, Sue Kazin, Lorraine Kupiec, Doug Lupino and grandson Jacob, Di Lundrigan, Leslie Lollman, Christina Amato and students, Kelsey Bash ‘15, Dylan Pulver ‘16, Elizabeth Tenney ‘15, Allison Payson ‘15, Danielle Mazzeo ‘15, Alex Maulden ’16, and Katie Fallon ’16, participated in the 39th Anniversary of America’s Greatest Heart Run & Walk at Utica College on Saturday, March 2. Thousands participated in the several events that culminated Saturday morning. The Run and Walk is held each year (in March) to raise funds for the American Heart Association. There are a number of events, including three and five mile walks as well as three, five, and eighteen mile runs. More than $1,100,000 was raised at this year’s events, with more than 7,000 participants. Colgate has entered a team for a number of years.

Kelsey Bash ’15, one of the student leaders of the American Heart Association student organization on campus said, "It was a wonderful day. Despite some cool temperatures, our spirits were high and our hearts working as we participated in the five-mile walk. Team Colgate had a great experience and was happy to be supporting such a wonderful cause.’"

Thank you for supporting America’s Greatest Heart Run & Walk 2013, you made a difference!

Wellness Spotlight
submitted by Thad Mantaro

Small Steps Add Up

It can be hard during this time of year to find the time to exercise regularly. Work schedules are demanding, and our personal lives have many different obligations. Even though I highly recommend our state of the art exercise facility, with myriad programs offered through Gate Fitness and Focus on Fitness, I often hear from various colleagues that they just can’t find the time to get to Trudy to participate in a group class or other structured program.

Although I’m sure we all recognize the value of participating in a structured exercise program, information from a new study indicates that short bouts of exercise during the day can provide comparable benefits to participation in a regular exercise class at the gym or a committed regimen of daily running on the treadmill. The idea that increased activity during the day may be beneficial probably will not surprise you, but the degree to which obtaining your exercise through shorter periods of activity may in fact be eye opening.

Researchers who recently published an article in the American Journal of Health Promotion found that engaging in an active lifestyle approach, --for example getting three ten-minute bouts of moderate exercise each day at work-- was nearly comparable to participating in a structured exercise program.

“The researchers found that 43 percent of those who just engaged in short bouts of exercise got a half-hour of physical activity every day -- which is keeping in line with the American Heart Association physical activity guidelines of 30 minutes of exercise a day, five days a week,” according to a HuffPost article on healthy living. “Just 10 percent of those who did longer periods of exercise -- not just "short bouts" -- met those exercise guidelines,” according to the article.

An additional benefit was that the metabolic syndrome risk turned out to be about the same for those who did short bouts of exercise compared to those who did longer rounds of exercise-- 89 percent and 87 percent, respectively.

As spring brings warmth to Central NY, consider ways to incorporate additional exercise into your daily routine. Simple suggestions are everywhere on the web, but my favorite is to walk to all my meetings up the hill, and to enjoy the celebrated beauty of our campus.

Health Advocate

Health Advocacy
• Find the right providers, hospitals
• Untangle medical bills
• Locate eldercare, support services
• Secure second opinions
• Navigate your insurance plan
• Explain conditions, treatments
For further details please click here.

Quote of the Month

Look up, laugh loud, talk big, keep the color in your cheek and the fire in your eye, adorn your person, maintain your health, your beauty and your animal spirits.
-William Hazlitt
Sustainability Spotlight
submitted by the Sustainability Office

In Love With LED Lighting

Sometimes being ‘green’ is as easy as changing a light bulb. Recently, our Facilities team replaced sixty 250-watt and eighteen 100-watt incandescent bulbs from Love Auditorium and replaced them with seventy-eight 20-watt energy efficient LED lights. The LED lights cost about $3,500, but the project was refunded $2,000 from the Hamilton Coop Electric. So, overall the project only cost Colgate about $1,500 plus the cost of labor.

This lighting upgrade will reduce energy consumption by about 420,000 kWh a year. At $0.041 per kWh this will save Colgate approximately $17,500 a year in electricity costs. It is also important to note that changing a light bulb is easy, but changing 78 light bulbs in a high auditorium ceiling is a much more daunting task. We would like to acknowledge all of the work that went into making this project possible and thank our electric shop including Ted Kowalski, Jim Ayers, Rob Bachman, and Jim Hall. The good news is that LED lights last for up to 50,000 hours. That is 42 times longer than a regular incandescent. As a result, the lights will not have to be changed again for an estimated 8-10 years. This saves money and time related to labor.

Taken altogether, this project paid for itself in slightly over a month.

However, that is not the end of story. The reduction in kilowatt usage will reduce our campus carbon footprint by 25 tons. As you know, Colgate has signed a pledge to be carbon neutral by 2019 and a part of our Sustainability and Climate Action Plan involves investing in carbon offsets to reach neutrality. The less carbon we emit, the fewer offsets we will have to purchase in the future.

Reminder for PayFlex Participants

Effective April 1, 2013, PayFlex is required to implement a Personal Identification Number (PIN) as a feature for all debit card transactions. Any provider or merchant may elect to process your flex transaction as “debit”, so it is important for you to set up a PIN.

To establish a PIN for your PayFlex card, please call Card Services at (888) 999-0121 on or after April 1. This service will not be available prior to this date. Once you have your PIN, it can be used immediately. Please be sure to share your PIN with any family member that holds a card for your account.

Click here for a list of frequently asked questions (FAQs) that addresses this change. Should you have any questions, please contact PayFlex Member Services directly at (800) 284-4885.

Summer Employment 2013

Positions for summer employment are posted on the Careers at Colgate website https://career.colgate.edu. Once an applicant meets the requirements of the position, preferential consideration for summer jobs should be given to regular employees of the university who work less than 12 months, Colgate students who are on campus for the summer, and children of Colgate employees. Those seeking employment should apply for all positions they are interested in.

For hiring departments, it is extremely important that all applicants seeking employment at Colgate are treated equitably. Departments, excluding those hiring Colgate research assistants, must coordinate their hires with human resources at x7411.

If you are interested in making a summer or temporary hire, email the Human Resources Department at humres@colgate.edu or you can complete the online form by clicking here. You will be provided access to the pools of applications or we will post a position for you, if there are special skills and abilities required.

As a hiring manager, you are responsible for adhering to the variety of regulations and policies regarding hires. This important information can be reviewed here. Once a hire has been made, departments will be requested to complete an electronic Employee Change of Status form (ECOS) via email at least one week prior to the employee’s scheduled start date to allow for pre-employment requirements.

In Memoriam

Bertram S. Ryder

Bertram S. Ryder, Class of 1942, passed away on March 15. Bert joined Colgate's fundraising staff in 1968 and in 1969 he assumed the role of secretary to the board of trustees and executive assistant to the president. He retired in 1985 and was highly regarded for his efforts during a very dynamic period of transition at Colgate. Bert and his wife Janet, who passed away in 2010, lived for many years on East Lake Road before his medical issues required supervised assistance.

Before joining Colgate's staff Bert had a very successful career with the United States Marine Corp. He enlisted in 1942 and retired as a Colonel in 1968. His military awards include the Legion of Merit, Joint Service Commendation Medal and the Navy Commendation Medal.

Bert concentrated in political science and graduated summa cum laude. He earned a Masters in International Relations from George Washington University in 1964. Letters of condolence may be sent to his son, Thomas S. Ryder (Class of 1970), 3912 Oak Hill Drive, Annandale, VA 22003-3412.
NEW HIRES
Christopher Harrison accepted the position of Technical Support Analyst effective March 25. Chris enjoys music, fishing and hiking. He and his wife, Debra, have 4 children.

Patrick Leamy accepted the position of Project Manager for Facilities effective March 18. Patrick received an A.A.S. in Architecture from Onondaga Community College and an A.A.S. in Horticulture/ Landscape Architecture from SUNY Morrisville. He has two children, Julia and Brian.

Jozef Malinowski accepted the position of Gift Records Assistant for Advancement Operations effective March 3. Joe received his A.A.S. from Mohawk Valley Community College in Chemical Dependency Counseling. He and his wife, An, have two children, Chloe and Ty.

Lindsay Manwarren accepted the position of Administrative Assistant for the Dean of First Year Students effective March 8. Lindsay and partner, Douglas Hadlock, have two children, Addison and Jacob.

Derrick Ottman accepted the position of Technology Support Analyst effective March 18. Derrick received his B.A. from SUNY Brockport. He has two children, Devyn and Jonas.

David Roberts accepted the position of Assistant Professor and First-Year Experience and Instruction Design Librarian effective April 1. David received his M.A. in History from the University of North Carolina at Chapel Hill. He enjoys woodworking and music.

ANNIVERSARIES
25 Years
Charles Izzard - Facilities
Michelle Reese - Athletics

15 Years
Stephen Cook - Campus Safety

5 Years
Joanne Borfitz - Community Affairs

BIRTH ANNOUNCEMENTS
Alicia Chamberlain and Bobby Virgil welcomed son Griffin Lee on March 6. Griffin weighed 8 lbs. 12 ozs. and was 22” long. George and Cindy Chamberlain, Administrative Assistant to the Director of Athletics and Robert and Darlene Virgil, LASR Operator in the Library are the proud grandparents.

Ashley Foley, Associate Director of Alumni Relations, and husband, Patrick, former Assistant Football Coach, welcomed daughter Anniston Grace on March 1. Anniston weighed 8 lbs. 2 ozs. and was 20.5” long.

David Howard, Assistant Professor of Mathematics, and wife, Gabrielle, welcomed daughter Adelyn Ruth on February 26. Adelyn weighed 7 lbs and was 20” long.

Joel Sommers, Assistant Professor in Computer Science, and wife, Amy, welcomed daughter Nina on March 29. Nina weighed 7 lbs. 12 ozs. and was 20” long. She joins sister Halima.

Thank You!
Thank you for the various forms of kindness shown to our family at the passing of our grandmother and mother, Helen Owens. We so appreciate the support shown to us during this difficult time.

Kimberly Manner Family
Kathy Head Family

Thank you all for the cards, flowers and support our family received from so many of our friends here at Colgate upon the passing of our brother Ken.

The Graham Families
The Ingraham Family

In Memoriam

POSITION VACANCIES
Regular positions
Assistant Dean for Fellowship Advising
Assistant Dean for Undergraduate Scholars Programs
Assistant Director of Residential Life
Campus Safety Dispatcher
Campus Safety Officer
Director of Ticket Operations/Assistant Director of Marketing & Promotions
Human Resources Consultant
Office Manager/Career Coordinator for Career Services
Program Assistant, Africana and Latin American Studies Program (10 months)
Program Assistant, Center for Women’s Studies (10 months)
Recreation Attendant - 2 positions
Senior Associate Director, Off Campus Study
Senior Director of Compliance and Inclusivity
Staff Counselor
Staff Psychologist

Temporary/Casual (No Benefits)
Administrative Support - various
Campus Safety Officer/Dispatcher (p/t)
Clerical/General Workers
Staff Nurse (per diem)
Summer - Boathouse Monitors
Summer - Campus Grounds/Golf Course
Summer - Communications Intern
Summer - Lifeguard
Summer - Outdoor Education Educator
Summer - Outdoor Education Wilderness Adventure Co-Coordinator
Summer - Summer Health Assistant
Summer - Summer Health Director
Summer - Summer Programs - Student Workers
Summer - Summer Programs - Student Ambassadors
Temporary - Athletic Event Staff, (p/t)
Temporary - Barge Customer - Associate/Cashier
Temporary - Maintenance Laborers

For complete information on position vacancies and to submit an application visit our website at:
https://careers.colgate.edu

COLGATE UNIVERSITY IS AN EO/AEE
Developing and sustaining a diverse faculty, staff, and student body further the university's educational mission.