Colgate University ranked #1 most beautiful campus

According to the 2010 edition of the Princeton Review, an education services company, Colgate is ranked as having the most beautiful campus in the country. The ranking is based on survey responses by 122,000 students at 371 top colleges.

This recognition attests to the hard work and dedication of the buildings and grounds staff who maintain the facilities and the campus grounds. It is a great testament to the daily care that is performed by these employees across the entire campus. Paul Fick credits the "personal touch" and "extra effort" of his staff with making "Colgate the beautiful place we know and love, inside and out."

Our campus is situated on 515 acres of land and includes a lake and golf course. The University owns an additional 1,600 acres of undeveloped forested lands. The scenic Chenango Valley provides a perfect setting for Colgate's beautiful stone buildings. The large population of campus trees and shrubs blend perfectly into the naturalized setting and rolling hills.

A tree inventory system records the location, characteristics and assessment of individual trees on campus. Using a geographic information system (GIS) to store the data, makes creating accurate, up-to-date reports and maps easy, and maintenance planning more effective and efficient. This past spring 2,200 trees were inventoried and entered into a new GIS tree inventory system. As maintenance is performed, the information is updated.

The overall goal is to adorn the campus with healthy and long lasting trees. There is currently a good mix of young, mid-life, and old trees on

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campus. Through careful tracking and monitoring, trees that require maintenance or removal for safety concerns are identified. When a tree needs to be taken down, another tree is planted in the general area or another location. Careful planning and consideration is given to all aspects of maintaining the campus environment.

The buildings and grounds staff work 365 days a year facing the elements to maintain the campus’ beauty. You will find them working in sunshine, rain, snow, heat and extremely cold weather to get the job done. Their dedication and pride in their work is remarkable and very much appreciated.

The breathtaking beauty of the campus as it changes through the seasons is truly a work of art. Our thanks and congratulations to the buildings and grounds staff for their hard work. They are an outstanding team.

Check out our Work/Life Programs webpage
The Work/Life Programs webpage has a new look and a lot more information on health and well-being. You can find links to the Focus on Fitness schedule, monthly Wellness Newsletters, Excellus BlueCross and BlueShield website (where you can take a health assessment online), the Wellness Initiative, and much more.

We hope you will take a moment to check out the Work/Life Programs page and let us know what you think. Email your comments and suggestions by clicking on the following link: Let us know what you think (or to jdamore@colgate.edu).

All Staff Meeting
The All Staff meeting held on August 19 had an impressive agenda, that was both informative and entertaining. New employees were welcomed; Interim President Lyle Roelofs’ general address included updates on the EEG, the presidential search, advancement, admission, the upcoming Diversity Celebration, and gave a special thanks to the buildings and grounds staff for helping to make Colgate the #1 most beautiful campus. Click here to see entire address: Lyle’s remarks.

Sustainability Coordinator John Pumilio provided baseline data showing the progress Colgate has made in sustainability efforts to date, relative to our peers. He also introduced sustainability initiatives that will be in progress as we begin the new academic year. For more information go to www.colgate.edu/green.

Raider and Shaun Richard, assistant athletic director, followed with a challenging athletic trivia contest which sparked excitement. Charlotte Johnson, dean of the college, provided an update on emergency response planning. Dr. Miller, director of student health services, gave us an update on H1N1 virus and flu shots. A question and answer period wrapped up the event.

If you were not able to attend the All Staff meeting call human resources at x7411 to borrow a DVD. They will be available after September 15.

Can Exercise Strengthen Relationships?
The scene looks so lovely in ads for everything from vitamins to vacation destinations: devoted couples jogging, biking or hiking together while smiling broadly and gazing adoringly into each other’s eyes.

If that’s been your experience while exercising with a spouse or partner, congratulations!

Many of us have somewhat less rapturous results when exercising with those in our closest relationships. Consider the story of one Pennsylvanian woman: She had finally convinced her boyfriend to go bike riding on a scenic trail. She was pedaling along, enjoying the physical activity and fresh air, when she turned around to see him wobbling, trying to ride and light a cigarette at the same time. Clearly, the pair had differing ideas about exercise.

Most people prefer exercising with other people. And we’re more likely to get and stay active when we feel socially connected to others in our exercise environment. But how close should those relationships be?

The research evidence shows that spouses can make great exercise partners, even if one is less enthusiastic about physical activity than the other. The benefits, for both, are significant, including improved health, better sleep and more energy. Physical activity also helps with emotional and sexual health.

In many instances, when one spouse becomes more active, that influences the other partner to exercise more. That effect can be long-lasting. Active individuals are most likely to have equally active spouses, even through their 70s.

These tips can help you turn a love relationship into an exercise partnership as well:

- Avoid becoming the gym teacher from hell. Be gentle. To get started, suggest an easy walk. Go at the pace of whichever of you is slower. Don’t correct the other person’s movement form or technique unless your advice is requested.
- Make yourselves both beginners. Pick an activity that’s new for both of you. That way nobody feels less competent, and you have the fun of learning together. Be sure it’s something you both think would be fun.
- Make a date. Have a realistic plan for when you’ll exercise. It’s better to plan on being active together for 30 minutes once a week—and follow through on that—than to decide you’ll exercise as a couple five times a week from the start and then fail to achieve that level. Failure can cause one or both of you to give up.
- Instead, build your activity frequency and the duration of each joint session gradually. Fit in 10-minute bouts of exercise on your own (brisk walking is fine) to reach the recommended 30 minutes of physical activity a day on most days of the week.

Reprinted with permission from the National Women’s Health Resource Center’s e-newsletter, HealthyWomen Take 10.
As you are aware, the university has implemented a number of changes in an effort to find cost savings given the current financial environment. Departments should give serious consideration in assessing their need for temporary hires. For budget and tracking purposes, all hiring departments requesting temporary help must submit a request via email to Jackie D’Amore at jdamore@colgate.edu. The email should explain the departmental need for the position(s), the duties, the hours and duration, and the department budget or position control number for funding. Funds should be in a casual wage line (141).

Once a position request is approved, all temporary hires must be processed through the pool of on-line applications posted in Careers @ Colgate. General postings have been created with positions grouped based on comparable skills needed (i.e. temporary office; temporary – maintenance/laborers). If your department requires a more specific skill set, HR can assist you in creating an individual posting to build a specific pool of applicants. Hiring managers will be provided with instructions on how to access the on-line applications.

Colgate’s policy discourages departments from hiring children/relatives of their employees. Therefore, children/relatives of Colgate employees will not be hired in the same department in which a parent/relative works.* The Human Resources Department receives many applications for employment each year. Colgate is committed to the goals and values of equal opportunity and affirmative action. Since positions are few, it is extremely important that all applicants seeking employment at Colgate are treated equitably.

Important Reminders:

Employee Change of Status Form (ECOS): To initiate a hire the hiring department will complete and submit ECOS to human resources.

Employment Eligibility Verification: New hires, including rehires, must produce documents, as required by the Immigration and Naturalization Service, that establish both identity and employment eligibility within three days of hire. Anyone who does not produce the appropriate documentation within the required timeframe will not be authorized to work.

Background Checks: Conducted on all hires. All offers of employment are contingent on the completion of the appropriate background check. Background checks are completed online and require an e-consent from the applicant and must be conducted prior to the employee’s start date (this can take 3 – 5+ days for completion).

Employment guidelines: All temporary hires will be paid biweekly and should complete the casual wage – biweekly timesheets available from the accounting office. Employees are required to complete timesheets that reflect actual hours of work. Employees are required to take a 1/2 hour unpaid lunch break. Employees should not be scheduled in excess of 40 hours per week (all positions combined), since payment at overtime is required.

*Exceptions may be made in large departments (such as Physical Plant) where a child may work in an entirely different area than his/her parent/relative.

Spirit Day 2009

On Tuesday, August 4, nearly 400 people came to Whitnall Field to celebrate Spirit Day. Human resources and the Spirit Day Committee allocated our resources wisely to deliver a great program this year. Focusing on the eight dimensions of health, as defined by the Wellness Initiative, allowed us the opportunity to offer two events in one. The Healthy Spirit theme was woven into the activities, lunch menu, healthy stations, demonstrations, and door prizes provided throughout the day.

The two 1st place teams in the Step Up competition were the Red Hot Chili Steppers (highest percentage to goal) and the Hillraisers (most improved). Congratulations to captains Dave Turner and Rebecca Costello and their team members.

The 50/50 raffle and donations collected to benefit the Food Cupboard raised $310. The winner of the grand prize drawing was Bill Beach from buildings and grounds (pictured below).

We hope you enjoyed the event. Click here to view photos provided by the Colgate Photography Club Spirit Day 2009 photos.
NEW HIRES
Kaaren Arrington accepted the position of administrative assistant, university studies, effective August 17. She was recently employed as an administrative assistant at Las Palmas Medical Center. Kaaren has two children and four grandchildren. She enjoys music, gardening, baking, ballroom dancing and her two Sheltie dogs, Lady and Rusty.

William D. Ferguson accepted the position of director of campus safety effective July 27. Bill was previously employed at Ithaca College as an associate director/deputy chief. He received his master of arts in public administration from Syracuse University, Maxwell School of Citizenship and Public Affairs. Bill enjoys spending time with his wife Patricia, two grandchildren, and Logan his Labrador Retriever. He enjoys fishing, hunting, biking, playing music, home and barn construction projects.

Congratulations to Heather Bliss and Chris Young who were married July 4. Heather is a head women’s lacrosse coach and Chris is an assistant football coach.

A note to remind you
Have you filed your Cancer Screening Wellness Benefit for this year? If you have AFLAC New York’s Personal Lifestyle Protector Cancer Plan each covered person is eligible for $75 per calendar year for receiving a covered cancer screening.

To do so, go to your doctor for a cancer screening (i.e. mammogram, pap smear, chest x-ray, blood test for colon cancer, etc.). Fax a copy of your bill or medical report that indicates a covered cancer screening was completed to AFLAC New York at 1-877-844-0201 (include your name, your policy # or social security # and write the words “wellness benefit” with your fax.)

Please call Teri Schunk at 607-337-4424 with any questions or call AFLAC New York’s customer service at 1-800-366-3436 or visit them on the web at AFLAC.com.

SEPTEMBER ANNIVERSARIES

55 Years
Jerry Balmuth-Philosophy

30 Years
Joelle Faulks-ITS
Cathy Sommers-Mathematics

25 Years
Maxine Campbell-University Theater
Richie Head-Athletics
Rose Novak-Counseling & Psychological Services

20 Years
Lana Paul-Campus Safety

15 Years
Bob Kane-Physical Plant

10 Years
Tim McCay-Biology

CLASSIFIED ADS

POSITION VACANCIES
Annual Fund Assistant
Athletics Event Staff (pt - no benefits)
Campus Safety Officer/Dispatcher (pt - no benefits)
Leadership Gifts Officer
Program Assistant, Career Services (pt—no benefits)
Regional Advancement Director
Staff Nurse (per diem)
Textbook/Marketing Manager

COLGATE UNIVERSITY
IS AN EO/AAE
Developing and sustaining a diverse faculty and staff to further the University’s educational mission.

WANTED
Wanted: Dog sitter. Email ppayne41@comcast.net

SELL & SWAP


For Sale: Trundle bed, white metal with dainty flowers. Mattresses in excellent condition. Asking: $75. Call 607-674-4689 after 5 p.m.

Colgate University makes no warranty, expressed or implied, about the nature or condition of items advertised and accepts no responsibility for any transaction or item.

The University reserves the right to suspend or terminate the program at any time.

Reminder: Information about Job Postings
For complete information on position vacancies and to submit an application visit our website at:

https://careers.colgate.edu

Due to technical issues, this link is not available on the portal.

[Note: Bargaining Unit positions will continue to be handled in accordance with the Collective Bargaining Agreement.]

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Generics are REAL

go.excellusbcbs.com/generics

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