CALENDAR OF EVENTS

RETIREMENT INDIVIDUAL COUNSELING SESSIONS

TIAA
TIAA APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.TIAA.ORG/EVENTS OR BY CALLING 1-800-732-8353.
FEB 15  |  438 CASE-GEYER
FEB 28  |  535 CASE-GEYER
MAR 8   |  511 CASE-GEYER

FIDELITY
FIDELITY APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.FIDELITY.COM/ATWORK/RESERVATIONS OR BY CALLING 1-800-642-7131.
FEB 10  |  515 CASE-GEYER
FEB 27  |  438 CASE-GEYER
MAR 20  |  438 CASE-GEYER

ALL STAFF MEETING
FEBRUARY 6

CU WELL
WELLNESS PROGRAMMING
JOIN THE 2017 WELLNESS INITIATIVE AND EARN $250!
CLICK HERE TO LEARN MORE.

WELLNESS RESOURCES:
- VISIT WWW.MYVIVERAE.COM FOR:
- MEMBER HEALTH ASSESSMENT
- HEALTH COACHING
- NUTRITIONAL INFORMATION
- WELLNESS INFORMATION

PLEASE SUBMIT ITEMS AND ARTICLES OF INTEREST TO:
HUMRES@COLGATE.EDU
SUBMISSION DEADLINE FOR THE MARCH ISSUE IS FEBRUARY 19.
Over the last year, the Human Resources Department has welcomed six new members to our team. Who are we and what do we do? We provide support and a range of services to Colgate staff, faculty, and students, which we’ve attempted to summarize in the next few pages. We plan to update our website soon with this and more information about our services and how we can help you. We are located in cozy quarters in a building we share with the Saperstein Center, just down the hill from ALANA and the Coop and across the street from the Ho Science Center. Please stop in, visit Kayla’s owl, pick up some helpful brochures and free stuff from our vendors or just say hi, because we like seeing our employees!

**Department Spotlight: Human Resources**

**Human Resources:**

**Who’s Who in the Colgate HR Department**

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**Lori Chlad x7003**

**Associate Vice President for Human Resources**

- Position requests, staff planning, and job descriptions
- Salary structure and guidelines, annual salary process, salary offers, and letters
- Bonus program
- Open 'Gate, HR website, policies, and staff handbook
- HR Divisional Partner Team, Staff Affairs Committee, Staff Excellence Awards, and recognition events

A member of the HR team since August, 1981, I have my SPHR (Senior Professional in Human Resources) and SHRM SCP (Society of Human Resources Senior Certified Professional), and a bachelor of professional studies. I’m a member of the College and University Professional Association for Human Resources and Society for Human Resource Management and completed CUPA-HR’s Executive Human Resource Leadership Program in 2007. I received the John LeFevre ’41 Appreciation Award from Colgate Athletics. I enjoy spending time with my family and friends, attending Colgate basketball games, supporting small businesses by purchasing old rusty objects for home décor and visiting the Adirondacks, where owls, albeit not rusty ones, are plentiful.

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**Jill Dinski x6668**

**Director of Human Resources Operations**

- Daily office operations and customer service
- Data management (employee information and records)
- System integrations/functions
- HR-related queries
- Oversight of front-end payroll transactions
- Staff compensation and employee benefit budgets

A full-time member of the HR team since May, 2002, I started in Colgate’s Human Resources Department as a summer employee during college breaks. I have a BS from Clarkson University and an MBA from Utica College. I enjoy traveling, sports, long walks on the beach (with or without owls), numbers, and spreadsheets.

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**Tamala Flack x7014**

**Director of Affirmative Action and Equal Opportunity**

- Develop the university's affirmative action plan
- Help employees and managers with accommodations for individuals with disabilities
- Equity Grievance Complaints
- Compliance reporting

Member of the Colgate staff since August, 2013 and joining the HR team in 2016, I graduated from the University of North Carolina at Chapel Hill, and possess 13 years (yes, 13!) of professional experience. I love Crayola Crayons. “Jazzberry jam” often makes me smile, “tropical rain forest” inspires my sense of adventure, and “cornflower” reminds me of my Carolina Blue. I’m hopeful that Crayola will develop an “owl brown” very soon.
Department Spotlight: Human Resources

Human Resources: Who’s Who in the Colgate HR Department

Molly Garner x7005
Talent Acquisition Manager
- Recruit Colgate staff (non-faculty positions)
- Support for searches and search committees
- Build high quality, diverse talent sourcing pipelines
- Develop and implement employment branding strategies across all media platforms

Member of the HR team since April, 2016, I have 28 years of experience in the field. I am a graduate of Cornell (yes, that Cornell) and Boston University. I am the parent of two wonderful (so far!) teenagers, ages 16 and 17. I’m a skier, hiker, paddle boarder, traveler, avid reader, early 18th and 19th century antique collector, historic home buff, researcher of possible book on gilded age, sometime cook and I enjoy being with friends, which do include owls.

Meghann Losee x7743
Human Resources Associate
- Payroll: from new hire paperwork to changing deductions & much more
- Student payroll
- Maintain employee records and data
- Customer service
- Web Time Entry (electronic timesheets setup and inquiries)

Member of the HR team since January, 2009, I earned a bachelor of professional studies degree from Cazenovia College. Before coming to Colgate I worked at Cazenovia College as a human resources assistant. I enjoy spending time with family, friends, and my children (a.k.a. my dogs, cats and my pig who acts like a dog). “No home décor is complete without animal hair and the occasional owl feather.”

Belinda Merithew x7565
Human Resources Assistant
- Assist employees with the processing and administering of worker’s compensation claims, FMLA and disability leaves and communicate directly with those affected by unforeseen circumstances.
- Help with managing employee’s benefits (enrollment, changes & other issues that may arise)
- Assist employees with their participation in Wellness Programs

Member of the HR team since August, 2016, I have 4 years’ experience in the human resources field and do all I can to assist Colgate employees with whatever their needs may be. I am the extremely proud mom of 2 very handsome, kind, intelligent and independent teenage boys who make our lives complete. My favorite things to do include taking long hikes along the trails near my home with my husband and our dog, during which we rarely see owls, spending time with family and friends and going on road trips.
Human Resources: Who’s Who in the Colgate HR Department

Cherie Mullen x7018
Director of Talent Acquisition and Development

- Performance management and the performance review process
- Training and employee leadership development
- Staff recruitment and new employee “onboarding” and orientation
- Student employment – job postings and process questions

Member of the HR team since April, 2016, I have more than 25 years of experience in human resources and human resource management, including a master’s in management/HR management. My human children are grown and are out on their own; my furry children (3 cats and a dog but, sadly, no owls) haven’t quite learned how to vacuum or wash dishes yet, but we are working on it. My family loves to spend time together traveling to the ocean, enjoying warm temps and sunshine, but not so much the resulting aloe baths that are necessary afterward.

Amy Ryan x7414
Director of Benefits and Employee Wellness

- Creation, implementation and maintenance of benefit strategies and programs
- Health and prescription drug, dental insurance, flexible spending accounts, vision plan
- Disability and workers compensation
- Retirement plans, life insurance
- CU Well-Employee Wellness
- Educational benefits (CHEG) & work related courses
- Employee Assistance Program (EAP)

Member of the HR team since November, 1994, I am a graduate of SUNY Tech (SUNY IT, SUNY Poly-whichever name they are going by today). Most of my time is spent as an unpaid Uber driver for my kids. I have never hit an owl with the car.

Kayla Snow Smith x7411
Administrative Assistant

- The smiling face of HR (yes, that is an owl on my desk)
- Help new and current employees with employment paperwork
- Help plan and execute HR events
- Open ‘Gate support
- Daily operational functions for the HR office

Member of the HR team since February, 2014, I am probably HR’s number one owl fan. I have twelve years of higher education experience. Before coming to Colgate I worked nine years at Siena College. I earned an MS in educational administration and policy studies with a concentration in higher education from the University at Albany. I enjoy spending time with my family, especially my 9 month old daughter, Keturah!
A member of the HR team since July, 2016, I have six whole months of involvement in the field, much to the amusement of the rest of the team. I am a geologist by training (Colgate and Yale) and a utility infielder in higher education administration by experience (Colgate and the University of Edinburgh). When I’m not talking to lawyers, I enjoy gardening, cooking, sports (Liverpool FC, golf, cricket, hockey) and listening to barred owls.

Member of the HR team since August, 2016, I left NY State at the age of 20 "never to return". Thirty years and 3 states later I can't believe I’m back. Confirmed: the grass is only greener elsewhere because it is not covered with snow. Some lessons take years to learn. I earned my bachelor's degree over 11 years of night classes because being a mom is always first. I gave up a decade in management for a more relaxed lifestyle in the hills of CNY and am loving every moment of it, especially the owls.

Member of the HR team since February, 2016, my work experience includes 20 years in the labor relations and human resources field. Outside of work I enjoy hunting, snowmobiling, and target practice (but not at owls).
Colgate Hot Jobs: Spread the Word

Colgate is a very special place to work! Let’s spread the word! Periodically, human resources will showcase jobs listed on our Careers @ Colgate website in hopes that staff will share these opportunities and links with colleagues and/or potential applicants who may be interested in working at Colgate.

The following positions are presently available:

- Assistant director of alumni relations for affinity & identity programs
- Program coordinator, Center for Women’s Studies
- Senior project manager, planning, construction & design

Please remember to view all of our jobs at https://careers.colgate.edu
New Arrivals

JON BEERS, service desk manager, IT, and his wife, STACIE, welcomed a daughter, NATALIE ROSE, on December 18. She was 5lbs 1oz.

LINDSAY HADLOCK, administrative assistant, dean of the college, and husband, DOUGLAS, welcomed a daughter, RAELEEN MAE, on December 20. She was 7lbs 7oz and 20 inches long.

COURTNEY JASPER, payroll assistant, and her partner, welcomed a son, MASON MICHAEL-JAMES GAGER, on December 21. He was 7lbs 13oz and 20.5 inches long.

SARAH JONES, assistant dean for administrative advising, and husband, PETER PIZZIMENTI, welcomed a son, HOLLIS, on November 26. He was 6lbs 13oz and 20 inches long.

Retirements

JOHN ADAMS—coordinator, Colgate Speaking Union, center for leadership and involvement - January 1

ROY LANGWORTHY - budget reporting analyst - January 20

In Memoriam

CHIKE MCLOYD—assistant professor of educational studies - December 26

Transfers & Promotions

JEFF BLANCHARD - custodian

CHRIS COMBS - groundskeeper

DREW HARRIS - director of the center for leadership and student involvement

STEPHEN HUGHES - associate vice president for facilities and capital projects

KERRA HUNTER - assistant dean and director of international student services

NIKI KEATING—assistant director of counseling and psychological services

STACEY MILLARD - director of residential life

Marriage

Jim Boss, Millwright, and Diane Brouillette, Mail Clerk, were married on December 16, 2016.
January Anniversaries

5 YEARS
THAD MANTARO, Shaw Wellness Institute
MARY WILLIAMS, environmental health & safety

10 YEARS
AMANDA BURGESS, library, circulation department
MARK WALDEN, communications
BONNIE KUPRIS, library, circulation department
BEN STAHLBERG, religion

15 YEARS
THIRZA MORREALE, advancement, stewardship

25 YEARS
JUBEL CAUDILL, information technology
MIKE SITTS, campus safety

February Anniversaries

5 YEARS
JEANNE SMITH, advancement
VAL BROGAN, campus safety

10 YEARS
SHANNON ROHER, registrar
PAT HURLEY, facilities
BOB NEILAN, facilities

15 YEARS
BILL MILLER, information technology
GEORGE NUGENT, facilities
1. Amanda Stewart accepted the position of administrative assistant for peace & conflict studies and ALST on November 28. With a master’s of science in college student personnel administration, Amanda enjoys knitting and hiking with her family and dog. She joins her husband, Ryan, bookstore marketing strategist & graphic designer, and has two children.

2. Peggy Urban accepted the position of custodian on December 5. She previously worked as a certified pharmacy tech at Kinney Drugs. A graduate of Hamilton High School, Peg enjoys taking long walks, golfing, and hanging out with her family.

3. Katriel Pritts accepted the position of junior designer on December 12. She previously worked as a marketing graphic designer at RIT. With a bachelor’s of fine arts in industrial design, Kat enjoys hiking, music, biking, biology and travel.

4. April Cornell accepted the position of head field hockey coach on December 15. She previously worked as the associate head coach of Hofstra University. With an undergrad from UConn and a master’s from Hofstra, April enjoys skiing, mountain biking, and cooking.

5. Laura Andrekanic accepted the position of financial aid assistant on December 19. She previously worked at Syracuse University College of Law as the assistant director of financial aid and enrollment management, and holds a bachelor’s and a master’s in English. Laura enjoys reading, hiking, fishing and video games.

6. Chris Lane accepted the position of boiler operator on December 19. He previously worked as a plumber at All-Pro plumbing and attended the art institute of Pittsburgh. Chris enjoys reading, playing bass and watching hockey.

7. Daniel Shanley accepted the position of assistant dean for admission operations administrator/CMR administrator on January 2. He previously worked at Utica College as the senior assistant director of student affairs. He holds a bachelor’s degree in English and is pursuing his master’s. Daniel enjoys photography, time outdoors, and spending time with his friends and wife, Carmelita.
8. **Maryanne Ray** accepted the position of environmental health & safety director on January 3. She previously worked at Norwich Pharmaceuticals as the director of environmental health and safety. With a bachelor’s in occupational health and safety from Columbia Southern University, Maryanne enjoys home restorations and makes her home with her husband, Brian, and two children.

9. **Jackie Old Coyote-Logan** accepted the position of administrative assistant in the theater department. She previously worked at the Utica RCIL as self direction support staff. She holds a bachelor’s in English and a master’s of arts in education. Jackie enjoys Native American cultural and political issues, museums, most outdoor activities, and time with her husband, John Logan, and grandchildren.

10. **Jen Walters** accepted the position of associate director for employee relations on January 9. She previously worked at Rensselaer Polytechnic Institute. She holds a JD from Syracuse University College of Law and a bachelor’s in chemistry. Jen enjoys baking, reading, walking and hiking. She makes her home with her husband, Bill Pickens, and two sons.

11. **Scott Lewis** accepted the position of preparator at the Picker Art Gallery on January 9. He previously worked as a frame shop supervisor at the Walker Art Center in Minneapolis. Scott holds a bachelor’s degree from Oakland University and enjoys playing tuba in a brass quintet, woodworking and formula one racing.

12. **Wendy Falls** accepted the position of administrative assistant to the university librarian on January 10. She previously worked as the clerk of the legislature for Oswego County. Wendy owns a small farm and enjoys raising animals, and growing pumpkins with her husband, David Canfield, and has three grown children.

13. **Kate Scott** accepted the position of gift associate on January 17. She previously worked at Osmose Utilities in Syracuse. Kate holds a bachelor’s degree from SUNY College of Environmental Science and Forestry and enjoys hunting with her husband, Anthony, who is a New York falconer, and his red-tailed hawks.
10th Annual Cookie Exchange a Delightful Success

On Monday, December 12, twenty employees gathered at the Center for International Programs for the 10th Annual Cookie Exchange. Each attendee arrived with 4 dozen cookies and left with an assortment of over 4 dozen delicious cookies! It was a great opportunity to get to know others from across the campus, many who are amazing bakers. I am looking forward to the 11th Annual Cookie Exchange and hope you will join us!

Submitted by Karli Harris, admissions administrative assistant

Educational Benefits Reminders

Colgate Higher Education Grant:
In early May, an email with details on how to apply for the Colgate Higher Education Grant (“CHEG”) for the 2017-18 academic year (fall, spring and summer) will be sent to employees. Applications will be due June 1, 2017. To view the eligibility requirements and the policy click here. A separate application will be required for each eligible child.

Work-Related Courses
Colgate provides a limited tuition reimbursement for undergraduate and graduate courses, which are related in a direct or general way to the employee’s work and professional development for eligible employees. Applications for taking courses should be submitted to Human Resources in advance. Complete details can be found in the Work-Related Course Policy.

CU Well Wellness Program

Congratulations to the 216 employees who earned their 200 points in the 2016 Wellness Incentive Program to receive $250. If you missed out and are committed to make a change for 2017 you can start by signing up today. Program details can be found here.

SIGN UP TODAY!
This summer, Colgate’s first geothermal heat exchange system was installed at the Chapel House, helping the university to reduce dependence on fossil fuels and achieve carbon neutrality by 2019.

“The system is expected to save over $20,000 per year in energy costs and reduce Colgate’s greenhouse gas emissions by about 50 tons,” stated Director of Sustainability, John Pumilio.

The pump acts as a central heating and cooling system that uses electricity to transfer heat to and from the ground. This system takes advantage of the moderate temperatures beneath the earth’s surface, using the earth as a heat source in the winter and as a heat sink when temperatures are high.

“By switching to an electrically based heating system, there are no longer fossil fuels burned on the site. The primary source of electricity used at Colgate is generated by hydroelectric power, thereby reducing the carbon impact of the system further,” explained architect on the project, Tom Hartman.

The $150K project will pay for itself in just seven years and is anticipated to save the university more than $650K over the course of its lifetime, resulting in over a 300% return on investment.

The geothermal system was not the only environmentally friendly addition made to the Chapel House this summer. The building’s ventilation was redone to ensure no heat was being wasted, a new roof was installed and sealed for maximum efficiency, additional insulation was added, and LED light bulbs replaced old lighting throughout the facility. All of these changes have worked together to reduce energy consumption by 50%.

“Project manager, Robert Dwyer, and Colgate's entire Planning, Design, and Construction team deserve a lot of credit for making this historic, renewable energy project a reality at Colgate,” Pumilio stated.

Representatives from the Chapel House are also pleased with the renovations. They released a statement in response to the sustainability-related updates made to the facility:

The additions made to the Chapel House this summer are a great step toward achieving our university-wide goal of being carbon neutral by 2019.

“Chapel House’s mission is to provide a quiet space for all to explore their personal, spiritual and religious quests. Chapel House was conceived in relation to and in harmony with the natural wooded environment past Frank Dining Hall at the edge of the campus. In our 2016 renovation, we wanted to accentuate our relationship to our natural environment both by adding more windows and making the building more energy efficient with a heat pump system, new lights, roofing etc. We are thus pleased that Chapel House now is not only a model for the value of quiet contemplation in a noisy and busy world, but also a model of energy efficiency, sustainability, and humility in a world which is wasteful and often irresponsible about its energy use. Thus Chapel House implicitly states now, that personal and spiritual quests will only really succeed in harmony with nature.”
Colgate Learn-To-Skate Spring Session
Sponsored by the Colgate Figure Skating Club

Our experienced coaching staff from Colgate Figure Skating Club will still be teaching basic and advanced skating skills for any skater (Ages 4 to adult). Experienced coaches from Men's Club Hockey will also be teaching Learn To Play Hockey. This program is designed for skaters over the age of 8 who have basic skating skills and are looking to focus on hockey skills.

Please join us from 4:00-5:00 p.m. on the following Sundays: January 29, February 12, February 19, and February 26. Each session will have a 30 minute lesson followed by a 30 minute open skate.

Total cost is $48 for all four lessons.

Please email us at colgatefigureskating@gmail.com to complete the required registration by January 28. Please do not hesitate to contact us with any questions or concerns.

Skating is a great way to stay active, make friends, be challenged and rewarded, as well as have fun! To reserve your spot (or if you have ANY questions) please email Kally Mott, Elizabeth Vitaro, or Olivia Dansky by January 28 at colgatefigureskating@gmail.com

BIOMETRIC SCREENING

On February 7, take advantage of the on-campus biometric screening as part of the CU Well program for 2017. This free and confidential screening takes just a few minutes of your time and can provide you with an overview of your health, a first step to being well. Registration is now open at connect.viverae.com under the Biometrics Screening link. By participating in the CU Well program, benefit eligible employees who earn 200 points will receive a taxable cash incentive of $250 in their December 2017 paycheck. The completion of one biometric screening each calendar year is required and will provide 50 points towards the incentive.

If you are unable to attend an on-campus screening event, you may participate by submitting a physician form with your screening results conducted by your physician. The form can be found online at connect.viverae.com. Please note that you are only eligible for one biometric screening per year. First time users will need to create an account.

REGISTRATION - First Time User

1. Log into connect.viverae.com.
2. Complete the new user registration:
   a. Identifier: DOB (MMDDYYYY) + Last 4 digits of SSN
   b. Registration Code: colgate (lower case)

*Please Note: Any information you share with the Viverae team will not be disclosed to Colgate, and Colgate will not have access to your medical or other information. This program is confidential and complies with the Health Insurance Portability and Accountability Act (HIPAA). The CU Well program is for benefit eligible employees. Participation in CU Well is entirely optional, but we encourage everyone to take advantage of this exciting opportunity. Sign up today!

Your next opportunity to participate in an on-site biometric screening will be on April 4, 2017 and will be communicated again closer to that date.

Please contact Human Resources at x7565 with questions.
**W-2:**

W-2’s have been mailed to employee’s home address on file. Address changes should be directed to the Human Resource office at humres@colgate.edu. W-2 information is also available on the portal under the Employee Services link. Requests for a duplicate copy of W-2’s can be sent to the Payroll Department at payroll@colgate.edu. Please allow time for processing as these are run in batches.

**1095 -C**

The Affordable Care Act (ACA) requires that Colgate provide Form 1095-C to employees. Form 1095-C is a report to the IRS that provides information about the health insurance coverage offered to you and, if applicable, your family. The IRS will use the information on this form to help determine whether or not you or any of your family members are eligible for a premium tax credit for health insurance coverage on the Federal Marketplace.

When filing your tax return you will be required to answer a question related to 2016 health coverage on their Federal Income Tax Return. Most taxpayers, including employees who participated in the Colgate University plan all 12 months, simply need to check a box indicating that they had qualifying health care coverage for the entire year. Those who may not have had a minimum level of health coverage for all of 2016, could be impacted when filing.

As part of the requirement under the Affordable Care Act, Colgate will be mailing IRS Form 1095-C to all eligible employees. Colgate is required to mail the form no later than March 31, 2016; however, we anticipate mailing the form to home addresses by January 31, 2017. The IRS will receive a copy of the information, so there is no need for the form to be filed with your tax return. You should keep the form with your tax documents.

Form 1095-C will indicate: 1. the coverage that was offered to you; 2. whether or not you chose to participate for the 2016 tax year; 3. the months during the year you were eligible and; 4. the cost of the lowest single monthly premium an employee could have paid under the plan; 5. If a spouse/dependent(s) had coverage during the year, information will be included under Part III.


**Flexible Spending**

Employees who participated in the Flexible Spending Program in 2016, should keep all receipts with their tax return for the appropriate record retention period.
Effective December 1, 2016, Excellus, via their partner, MDLIVE, began offering another alternative for receiving care. Those covered under Colgate’s policy may visit with a U.S. board certified doctor right from their home, office or on the go for non-emergency medical conditions.

MDLIVE Physicians can:

- Diagnose your symptoms
- Prescribe medications (when appropriate)
- Send the prescription to your nearest pharmacy

A list of common conditions treated:

- Allergies
- Asthma
- Bronchitis
- Cold & Flu
- Diarrhea
- Ear Infections
- Fever
- Headache
- Infections
- Insect Bites
- Joint Aches
- Rashes
- Sinus Infections
- Skin Infections
- Sore Throat

The member copay per visit is $15.

Helpful hints when to use telemedicine:

- 24/7/365
- If your primary care doctor is not available
- Instead of going to the ER or an urgent care center (for a non-emergency issue)
- If traveling within the U.S. and in need of medical care

While not required, employees may want to sign up, prior to needing care at: www.excellusbcbs.com/telemedicine or call 1-866-692-5045. An Excellus member account is required, which can be created at www.excellusbcbs.com.

You may want to enter your medical history, since telemedicine doctors will not have access to your provider’s electronic medical records. When you schedule a telemedicine visit, you will need to enter current symptoms, medications and any known diagnosis such as diabetes or asthma.

For More Information: Frequently Asked Questions
What You Should Know About The Flu:
The flu is not just a really bad cold. The flu is a contagious illness that affects the nose, throat, lungs and other parts of the body. It can spread quickly from one person to another. It can cause mild to severe illness, and at times can lead to death. It will certainly disrupt your academic and social life.

Everyone is susceptible to the flu virus, especially those in group housing. Every year in the U.S., on average 5% to 20% of the population gets the flu. The best way to prevent the flu is by getting a flu shot. Remember - you need a new shot each year.

You can’t get the flu from getting the flu vaccine
The flu vaccine does not give you the flu. It stimulates your body to produce antibodies. These antibodies protect you from flu viruses. Once you get the flu vaccine, it takes about two weeks for it to be fully effective. Until then, you are still at risk for getting the flu.

How the virus is spread
The flu usually spreads person to person when someone with the flu coughs or sneezes. Sometimes people get the flu because they touch an object or surface with flu virus on it and then touch their mouth or nose.

Where can I get my flu shot?
Call the Colgate Student Health Center @ 315-228-7750 for more information.

Distributed by Dr. Miller, Colgate Student Health Center
Information from NYS DOH, health.ny.gov
The 12-hour spin-a-thon will raise money and awareness for the American Heart Association and the National Wear Red Campaign. Colgate employees, students and Hamilton community members are all welcome to participate in this event by visiting our spin studio (located on 2nd floor of Huntington) anytime on Friday, February 3rd from 6:00 a.m. - 6:00 p.m. Donations in the form of cash, check or 'gate card will be collected at the door (no minimum amount!). Classes will start at 6:00 a.m. and run every hour on the hour until 6:00 p.m. All fitness levels are welcome and bikes are first come, first served! Heart healthy snacks and drinks will be available and prizes will be given out during every spin session!

Support Go Red for Women by participating in National Wear Red Day® on Friday, February 3!

WHY GO RED?
Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action.

And don’t forget to make your heart health a priority! Schedule your Well-Woman Visit, a prevention check-up to review a woman’s overall health so her doctor can measure blood pressure, check cholesterol and look for signs of heart disease, stroke and other illnesses. Then encourage others through your social channels to do the same using the hashtags, #GoRedWearRed and #WellWomenVisit.
Community Memorial is happy to be partnering with Colgate University’s CU Well and the Shaw Wellness Center on this second annual Go Red For Women event.

**Go Red For Women Panel Discussion:**
“It’s Time To Talk About Stroke”

**FEBRUARY 2, 2017**
11 a.m. -1 p.m.
Colgate University | Hall of Presidents
Lunch is complimentary for the first 150 pre-registrants
(Please specify gluten free or vegetarian needs.)

Panelists:

Michael Walsh, DO
VP of Primary Care & Physician Integration at CMH

Anthony Klimek, III, MD
Director of Emergency Medicine at CMH

Eric Deshaies, MD, FAANS, FACS
Medical Director of the Crouse Neuroscience Institute and Medical Director of Endovascular & Cerebrovascular Neurosurgery

Moderator:

Merrill Miller, MD, Adjunct Professor of the Health Sciences and Student Health Services Director, Colgate University

Click Here To Register
One Day Only Colgate Sale!
FRIDAY, FEBRUARY 10 | 9:00 a.m. - 5:30 p.m.

Show your love for Colgate and shop our ONE DAY ONLY store wide sale! Everything in-store and online will be 13% off (some exclusions do apply. Faculty & staff discounts stack on sale) Plus, we're introducing The Colgate Bundle! For a limited time, you can get two t-shirts and a hooded sweatshirt for only $39.99 (valued at $75). Don't miss this great event!

Shop online at: colgatebookstore.com

Payroll Deduction Plan

Any eligible employee of Colgate University is eligible to purchase a personal computer or other qualified electronic device - at an educational discounted price - from the University's Bookstore gift shop under the Voluntary Computer Purchase & Payroll Deduction Plan. Eligible employees are able to defer payment of the purchase price, up to a pre-determined maximum amount of $2,000, and then pay this deferred amount through after-tax payroll deductions.

Click here for eligibility details.
The Picker Art Gallery (second floor, Dana Arts Center) announces the opening of its new exhibition, *Our People, Our Land, Our Images: International Indigenous Photography*, on January 26, 2017. Opportunities to view Indigenous peoples through the eyes of Indigenous photographers are rare and recent. This exhibition presents the work of photographers from the United States, Canada, Peru, and New Zealand, including newly discovered nineteenth-century pioneers, established contemporary practitioners, and members of the next generation of emerging artists. Reflecting contemporary trends, the photographs vary in style, from straightforward documentary accounts to aesthetically altered images combining overlays and collage. However, the works stand united in exploring their makers’ connections to their lands, communities, and traditions. The multiplicity of perspectives represented by the photographs and accompanying artists’ statements demonstrates the longevity and continuing vitality of Native traditions and answers the overdue and continued need to expand knowledge of Indigenous self-presentation in photography.

Guest curator Veronica Passalacqua of the C. N. Gorman Museum at the University of California, Davis, originally organized *Our People, Our Land, Our Images* in conjunction with a conference for international Indigenous photographers held at the museum. For the past fifteen years, Passalacqua has been active in the field of Native North American art as a writer, curator, and scholar. Most recently, she facilitated the donation/repatriation of a significant private Lakota collection of artifacts to the Buechel Memorial Lakota Museum, Pine Ridge Reservation, South Dakota. Previous curatorial work includes exhibitions at the Pitt Rivers Museum, Oxford, England; the Navajo Nation Museum, Window Rock, Arizona; and the Barbican Art Gallery, London.

**RELATED EVENTS:**

**TUESDAY, FEBRUARY 21, 2017**
*Our People, Our Land, Our Images: International Indigenous Photography* Film Screening Featuring short films by filmmakers Shirley Cheechoo (Cree), Daniel Janke, and Shelley Niro (Mohawk)
7:00 p.m., Colgate University, 105 Little Hall, Golden Auditorium

*This event is held in conjunction with the Alternative Cinema series and is a collaboration among the Department of Art and Art History, the Film and Media Studies Program, and the Student Film Society at Colgate University.*

**THURSDAY, MARCH 30, 2017**
“Hulleah + Shelley = Trouble, Solo and Duet,” lecture by exhibiting artists Shelley Niro (Mohawk) and Hulleah J. Tsinhnahjinnie (Seminole/Muskogee/Diné), director, C. N. Gorman Museum, and associate professor, Department of Native American Studies, University of California, Davis
4:30 p.m., Colgate University, 105 Little Hall, Golden Auditorium

*Sponsored by the Picker Art Gallery with additional support from the Native American Studies Program at Colgate University.*

The exhibition and all related events are free and open to the public!

The gallery is open Tuesday–Friday, 10:00 a.m.–5:00 p.m.; Saturday and Sunday, noon–5:00 p.m.; and the third Thursday of every month, 10 a.m.–8 p.m. The Picker is closed Monday and major holidays.
HUNTINGTON GYM/THE CAGE
FACILITIES INCLUDE:

BASKETBALL COURTS
(First-come, first-served)

RACQUETBALL COURTS & TABLE TENNIS
(First-come, first-served)

SQUASH COURTS
(First-come, first-served; closed Mon-Thurs 4:00–6:30 p.m. for club use)

SAUNA

MARTIAL ARTS STUDIO

SPIN STUDIO

MORE INFO

RIGGS RINK
AT THE NEW CLASS OF ’65 ARENA

MONDAY | PICKUP HOCKEY - HELMET REQUIRED
WED & THURS | SKATING ONLY, NO PUCKS

PUBLIC SKATING SUNDAYS - NO RENTALS
2:00-4:00 p.m.
$1 for skaters without CU ID
Through February 26

ENTER RINK THROUGH MAIN LOBBY DOORS
NEXT TO THE TICKET BOOTH.

MORE INFO

CU WELL EMPLOYEE FITNESS
SPRING SCHEDULE
JANUARY 23-MAY 5

CLASSES INCLUDE WATER AEROBICS,
SPINNING, YOGA, BOOTCAMP STYE CLASSES,
GYROKINESIS AND ZUMBA TONING!

CLASSES COUNT TOWARDS 2017 WELLNESS INCENTIVE POINTS!

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MORE INFO