On April 23, administrative assistants and members of the support staff gathered at the Edge Café for the annual breakfast celebration in honor of Administrative Professionals’ Week. Many employees and their supervisors appreciated the break from their daily schedule and the opportunity to visit with other professional support staff from across the university. President Herbst addressed the group acknowledging the wonderful work that the support staff contribute every day and praised staff members for the positive feedback he receives from parents and alumni. It was great to see so many in attendance at this year’s celebration and we hope all who attended enjoyed the festivities.
Sustainability Spotlight
submitted by the Sustainability Office

COVE's End-Of-The-Year Salvage Program

The end of the year is quickly approaching and it is almost time to say goodbye and good luck to the class of 2013. As students move out of their residence halls, they often leave some of their belongings behind. Items left behind include food, clothing, furniture, bedding, kitchen utensils, books, and toiletries. Often these items are in excellent condition and can be treasures for many charitable organizations in our community. Thankfully the COVE's end-of-the-year Salvage program is here to reclaim and distribute what is left behind. At the end of each academic year, COVE volunteers tour residence halls and apartments on campus to collect unwanted and donated materials left by students. Volunteers collect, sort, and organize items for more than 30 local non-profit organizations to "shop" — at no cost — for items needed to cover their core functions and services.

Last year, 47 Colgate volunteers spent more than 470 hours collecting and sorting items. The estimated value of all salvaged items put into the hands of people who need them amounted to $23,000. The organizations we work with serve individuals who receive much-needed supplies to furnish transitional housing, provide warm clothing, bedding and educational materials, and stock food pantry shelves for our neighbors. Besides being of valuable service to our community partners, COVE's Salvage program avoided about 33 tons of landfill waste last year!

This year the Salvage program will take place from May 10 – 16 for underclassmen housing areas and May 20 – 24 for senior housing areas.

"Choices for Sustainable Living Workshop"

This summer, the Shaw Wellness Institute in collaboration with the Sustainability Office will offer an interactive book club-style discussion course on sustainability. The program is open to all Colgate employees but registration is limited to the first 12 individuals.

The group will meet every Wednesday from 8:00 to 9:00 a.m. beginning on June 19. The course will last seven weeks and end on July 31. The program is free and includes a course booklet and breakfast.

The program is an interactive discussion group that helps participants explore the connection between food, health, and sustainability. Participants are expected to complete short readings between sessions and be prepared to share their thoughts with the group. Weekly topics will include an exploration of the ecological, economic, and health impacts that accompany our food choices, how individual choices can lead to a more sustainable food supply, and practical steps for a healthy diet that promotes sustainability. This program will use the Northwest Earth Institute's workbook: "Menu for the Future."

The seven-week course will be co-facilitated by John Pumilio, Colgate’s Director of Sustainability, and Thad Mantaro, Director of the Shaw Wellness Institute.

For more information please contact Thad Mantaro or John Pumilio. To register click here.

Discounted Hotels through Academic Ambassadors
(A Booking Site for Hotel Discounts)

As a member of the Colgate University community you may access these hotel discounts when traveling for business or pleasure.

Academic Ambassadors (www.academicambassadors.com) is an optional booking site that discounts intimate, stylish, full-service boutique hotels around the country for university/college travelers including alumni.

Though intimate in scale and feel, most of the hotels have fine and casual dining, meeting rooms, and fitness centers and most are located in the heart of the city's entertainment district.

You may wish to compare prices and take advantage of these discounted rates when appropriate. There is no cost associated with joining or using the service, which is also available for personal travel.

Visit the Purchasing web site, Employee Discounts page then click “Booking site for Hotel Discounts”.

13 Wellness Tips

- Eat Breakfast
- Make Half Your Plate Fruits and Vegetables
- Watch Portion Sizes
- Be Active
- Fix Healthy Snacks
- Get to Know Food Labels
- Consult a Registered Dietician
- Follow Food Safety Guidelines
- Get Cooking
- Dine out Without Ditching Your Goals
- Enact Family Meal Time
- Banish Brown Bag Boredom
- Drink More Water

The Weight Watchers at Work program at Colgate is an ongoing program and is open to all. Payment is made on a monthly basis of $39.95 charged to your debit or credit card. The group meets every Tuesday at 4:45 p.m. in the Wooster Room at Huntington Gym.
Maroon Citations

Congratulations to Cindy Chamberlain, Administrative Assistant to the Director of Athletics; Sue Kazin, Senior Prospect Management and Research Analyst; and Mark Thompson, Director of Counseling and Psychological Services. They have been selected by the Alumni Council to receive Maroon Citations this year. This special award is given in grateful recognition for significant and invaluable personal contributions to Colgate University and our alumni. They will be honored at the Awards Ceremony during Reunion Weekend on Friday, May 31 at 8:00 p.m. in the Chapel.

Distinguished Teaching Award

Each year the Alumni Council recognizes, on behalf of all Colgate alumni, outstanding teachers at the university. They will also be honored during Reunion Weekend. We are pleased to announce this year’s recipients: D. Kay Johnston - Professor of Educational Studies and Women's Studies; Chair of Educational Studies, and Nancy V. Ries - Professor of Anthropology and Peace & Conflict Studies; Director of the Peace and Conflict Studies Program

Alumni Weekend

We will welcome over 2,000 alumni and friends to campus for Reunion ’13, May 30 - June 2. This event places extensive demands on the Colgate community and we are grateful for the support we receive from so many of you. Thank you for helping us make this important event so successful. We hope you have the opportunity to see old friends during the weekend.

Wellness Spotlight

submitted by Thad Mantaro

The employee wellness program currently is in its first year of implementation. What you may not know is that Colgate is unique among non-profit and for-profit companies; in fact, only about 25% of all companies provide a comprehensive employee wellness program like Colgate’s. Such programs are incredibly important. They boost morale and productivity, reducing medical costs and also impacting absenteeism and presenteeism. In fact, approximately 2/3 of the costs associated with employee health are embedded in these latter two factors.

Generally speaking, there are two components to the employee wellness program: the formal CU Well program and the overall informal wellness benefits like Trudy Fitness Center and Focus on Fitness among other programming. The CU Well program began in the fall of 2012 utilizing an external vendor, Viverae. CU Well consists of a health risk assessment (an online, 20 questions and 10 minute survey) and completion of a biometric screening in person or using a form provided on the Viverae website that you can take to your primary care physician.

This information is compiled into a personalized report that includes a health score and a health risk index. The information in the report includes blood pressure, BMI, cholesterol, cardiac risk and many other indicators of health and wellness. The website also includes other information and tools that can be helpful to an individual’s health management. There are calculators, links to important resources like the employee assistance program and the Excellus site, and also an ability to interact with a wellness coach.

The latter can be a very powerful tool to help advance individual wellness, and employees can speak by phone with a wellness coach regularly to help set goals and objectives and to stay on track. The information shared with both wellness coaches through Viverae, and with our insurance carrier is not shared with the university.

For those wanting more information about how to navigate the Viverae website I’ve created a screencast that demonstrates the various features of the site. Feel free to contact me via email and I can send you the link to the screencast on the Shaw Wellness Institute You Tube account. I’m also happy to present the information in person to individual employees or departments.

Wellness Tip

Asthma and Allergy Awareness

Asthma causes swelling and inflammation in the airways that lead to your lungs. When asthma flares up, the airways tighten and become narrower. This keeps the air from passing through easily and makes it hard for you to breathe. These flare-ups are also called asthma attacks or exacerbations. Allergies for most people mean itchy eyes and a drippy nose. But for a few people, allergies to things like bee stings or nuts cause a whole-body reaction that can be life-threatening. To learn more about asthma and allergy and 6,000+ other health topics, visit excellusbcbs.com/health.

Noontime Wellness Shuttle

The noontime wellness shuttle will run through May 10. Look for more information in the following months outlining the fall schedule.
NEW HIRE

Jeannette Abbott accepted the position of Office Manager/Career Coordinator for Career Services effective April 22. Jeannette received her education from Clemson University. Her partner, Andrew Scherer, is the Assistant Strength & Conditioning Coach.

Julia Kelley accepted the position of Staff Nurse for the Student Health Center effective April 15. Julia is a licensed LPN. She enjoys gardening, reading, and walking.

Daniel Knasick accepted the position of Campus Safety Officer effective April 22. Daniel received an A.A.S. in Liberal Arts from SUNY Morrisville. He enjoys travel, the outdoors, and history.

SELL & SWAP

For Sale: 2001 Saturn LW 300, silver, 152,000 over road miles, runs strong. $2695 or BO. White Frigidaire gas range, used 1 year. Owners moved to nursing home. Excellent condition, $250. Call 315-404-9712.

For Sale: Jayco 29’ camper for sale; sleeps six, one slide out, refrigerator-freezer combo. Stove, microwave, stereo system, and two televisions. Heat and air conditioning. Plenty of storage space. Very clean. Asking $7,500 or best offer. Call 315-750-8489.

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.

ANNIVERSARIES

25 Years
Dianne Keller - Geology

15 Years
Doug Chiarello - Advancement - Capital Support

5 Years
Lindsey Hoham - Advancement Services

Thank you and Best Wishes!

Franklin Gavett, Associate Professor in the University Libraries; Head of Public Services, retired today May 3. Thank you, Frank, for your 25 years of service.

Sandra Gavett, Coordinator for Government Documents, Maps and Microforms, retired April 26. Thank you, Sandy, for your 25 years of service!

Thomas Jones, Bowling Lane Mechanic/Facilities Assistant - Cage, retired today May 3. Thank you, Tom, for your 36 years of services!

Join us in wishing them all the best as they begin their new adventures!

Correction

In the April Open ’Gate the thank you for kindness from the Manner and Head family listed Helen Jones. It should have said Helen Owens.

Thank You!

Thank you all for the kind e-mails, cards and words of support I received upon the passing of my sister.

Bill Howell and Family

Birth Announcement

Tim Byrnes, Professor in Political Science, and wife, Molly, welcomed daughter Erin on April 18. Erin weighed 6lbs. 12 ozs. and was 19” long.

POSITIVE VACANCIES

Regular positions

Assistant Dean/Senior Assistant Dean/Associate Dean; Coordinator of Multicultural Recruitment
Assistant Director of Residential Life
Assistant/Associate Director of Alumni Relations
Associate Director for Employer Relations for Career Services
Campus Safety Dispatcher
Campus Safety Officer
Director of Ticket Operations/Assistant Director of Marketing & Promotions
Environmental Studies & Sustainability Office Program Assistant (10 months)
Internship Coordinator for Career Services
Off-Campus Study Advisor
Outreach/Programming Coordinator for Career Services
Program Assistant, Africana and Latin American Studies Program (10 months)
Program Assistant, Center for Women’s Studies (10 months)
Senior Director of Compliance and Inclusivity
Staff Counselor

Temporary/Casual (No Benefits)

Administrative Support - various
Campus Safety Officer/Dispatcher (p/t)
Clerical/General Workers
Cove Team Advisor - (p/t, no benefits)
Staff Nurse (per diem)
Summer - Boathouse Monitors
Summer - Campus Grounds/Golf Course
Summer - Custodian
Summer - Lifeguard
Summer - Office
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/AAE

Developing and sustaining a diverse faculty, staff, and student body further the university’s educational mission.