Seasons of change  
by Jim McSweeney

One of the great wonders of nature in our area is the change of seasons. We are now witnessing fall’s vibrant color changes that the trees provide as we await the approaching dreariness and cold of winter. No matter how long the winter months prove to be, we maintain a belief in the hope and promise of spring. With spring comes the realization that summer will soon settle in and give us the opportunity to celebrate summer vacations, cookouts, and the feeling that life is good. One season alone does not satisfy all the needs of those of us who live in Central New York. To appreciate the change of seasons is to understand the rhythm of life.

The rhythm of life always involves change. For many of us, however, the past year or two has presented us with challenges and changes that have upset our rhythm of life. Expected raises in salary or a high return for our financial portfolio have not materialized for the first time in a long time. The cost of food, gas, and other necessary items has skyrocketed. Job opportunities, which seemed so plentiful in the past, have dried up.

The rhythm of life, as we have known it, has certainly changed. Handling change can be a difficult challenge when much of what we have known and counted on to be there for us has evaporated. Where do we go for comfort and guidance during this uncertain time of change? One thing we can look to and count on is the rhythm of the change of seasons. The following are four principles that the change of seasons can teach us about handling change:

1. Prepare for change before change arrives. Fall is the time to get our house and yard in order to prepare for the coming snow and cold of winter. Preventative maintenance to make sure the snow blower is in working order will prepare you for the 100+ inches of snow that is guaranteed to fall. Accepting the inevitability of change in our lives will help us to be ready to respond actively when change becomes necessary.

2. Accept the initial uncertainty that change brings. Winter blankets us with snow and cold. It leaves us wondering what will happen and when. The dreary days and dark nights keep us from seeing the bright promise of new life to come. The loss of a job or the inability to pay all the bills can easily overwhelm us and cause us to fear the future. It is at times like these that we need to stay in the moment and be patient as we inwardly await the signs of hope, and look to find the answers to our problems.

3. Believe in the promise that change offers choice. Spring is the season of new beginnings, hope, and a promise that life itself will triumph. Spring offers a variety of choices that can be implemented. We can choose to plant whatever flower or vegetable we want. We can open the windows and let the fresh air in. No matter how dark or dreary life always offers us other options that we may never have thought about. Change gives us the chance to open up the window of our minds and hearts to let in new ideas and opportunities.

4. Embrace the reality of change. Summer is a time of realization and fullness. It is a time of gathering and sharing. Summer barbeques with family and friends help us to know that “it was all worth it” as we reach out and support each other. Likewise, change, when it has run its course, can provide us with the knowledge that we are not alone. We can reach out for support and encouragement whether the changes have been easy to handle or difficult to accept.
Open 'Gate

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Certainly the financial downturn and the belt-tightening efforts at home and at the work place have resulted in increased stress and anxiety. During these uncertain and rapidly changing times, consider turning to the changes in the seasons as an unchanging example of the promise that life always offers us hope.

Jim McSweeney is director of Family Services Associates, Inc., provider for Colgate’s Employee Assistance Program. The employee assistance program (EAP) is designed to help with problems related to substance abuse, marital and family issues, financial or legal concerns and job stress and other personal problems.

To schedule an appointment call 315-451-3886.

Light bulb exchange can result in big savings

by John Pumilio

Over the past few years there has been a big nationwide push to replace traditional incandescent light bulbs with the curly-looking compact fluorescents (CFLs). Is changing light bulbs really worth it? Absolutely! CFL’s are 75 percent more energy efficient than incandescent bulbs and can last 10 times longer. This can result in big energy and cost savings.

Last year, at Colgate, we began replacing 1,400 incandescent bulbs with 20-watt CFLs. Considering the upfront cost of purchasing the CFLs coupled with the energy savings over time, we determined that Colgate will save over $36,000 over the life of the project. Moreover, removing incandescent bulbs will reduce our campus carbon footprint by 101,400 lbs. Any project that can save the university money and reduce our carbon footprint is a good project.

Do you still have an incandescent bulb in your home or office? Then switch it now! Saving energy and reducing our carbon footprint begins the moment you replace a CFL with an incandescent. This outweighs the energy and emissions associated with keeping an incandescent in place until it burns out.

Where can I get a CFL? You have a few choices. Email the Facilities Department at bg@colgate.edu to have your incandescent replaced in your office or in your building. Additionally, both OfficeMax and Staples have CFLs in stock - so order them with your next departmental purchase. For personal lamps or home use, CFLs can be purchased in any store that sells incandescent bulbs.

How do I dispose of my spent CFL? Do not break or throw it in the trash. CFLs contain a tiny amount of mercury (the size of a tip of a ball point pen) and must be disposed of properly. Wrap your spent bulb in newspaper and give to your custodian. It is important to note that a new CFL can last up to 10 years, so you may need to wait awhile!

What if my CFL breaks? Sweep the pieces together with a damp paper towel. Place the towel (with glass pieces) in a sealed plastic bag. Contact the Environmental Health and Safety Office for pick-up (SB4 McGregory, x 7994)

Environmental Health & Safety Corner

Stay warm and safe – winter is nearly here!

by: Michael Gladle

Heating equipment, especially portable and space heaters, fireplaces and wood stoves, require careful use and proper maintenance. Lack of proper maintenance and/or use could result in potentially negative outcomes such as house fires, burns or carbon monoxide poisonings. Use of the following tips, summarized from the Home Safety Council, (http://www.homesafetycouncil.org/index.asp) will minimize your risk of fire and injury.

Portable space heaters

- Purchase electric space heaters that bear the mark of an independent testing laboratory, such as UL, ETL, CSA, etc.
- Place space heaters at least three feet away from anything that can burn - including furniture, people, pets and window treatments.
- Turn off space heaters before leaving a room or going to sleep.
- Supervise children and pets at all times when a portable space heater is in use.
- Use kerosene heaters only where permitted by law. Use the recommended grade kerosene and never use an alternative fuel. Kerosene heaters must be fueled outside. Never use space heaters to dry clothing or blankets

Fireplaces and wood stoves

- Burn only seasoned hardwood - not trash, plastics, cardboard boxes because these items burn unevenly, may contain toxins, and increase the risk of uncontrolled fires.
- Have a professional chimney sweep inspect chimneys annually for cracks, blockages and leaks and have them cleaned and repaired as needed.
- Keep all persons, pets and flammable objects, including kindling, bedding, clothing, at least three feet away from fireplaces and wood stoves.
- Open flue before fireplace is used.
- Use sturdy screens or doors to keep embers inside fireplaces.
- Install at least one smoke alarm on every level of your home and inside or near sleeping areas. You may also want to consult with local building codes for requirements in your area.
- Keep young children away from working wood stoves and heaters to avoid contact burn injuries.

Carbon monoxide (CO) poisoning precautions

Carbon monoxide is commonly known as “the silent killer.” Because it is colorless odorless, and tasteless, none of your senses can detect it. CO claims the lives of
Breast cancer awareness month

Throughout the month of October the staff of Institutional Advancement showed their support for colleague, Sue Barnes, and other employees with the disease, by wearing pink to work each Friday. Their project, like many held last month, helps to increase awareness of the disease, and to raise funds for research into its cause, prevention and cure.

You too can help fight breast cancer

We are pleased to let you know of the availability of a free booklet, Your Guide to Breast Health, Facts, Tips and Key Questions You Should Know to Ask provided by Health Advocate, the health care help benefit offered to all employees. They are offering this booklet in partnership with HealthyWomen, the leading independent not-for-profit health information source for women. The guide is designed to raise awareness about the importance of early detection and screening in the fight against breast cancer and the ways women can keep their breasts healthy throughout their lives.

You can order an individual copy at NO COST to you by visiting: http://www.healthadvocate.com/fightbreastcancer.aspx.

Remember, Health Advocate provides your own Personal Health Advocate (PHA) who can help you and your family members with a full range of health care and insurance-related issues. Your PHA can help:

- Interpret a complex conditions or
- Clarify treatment options recommended by your doctor
- Locate a doctor or specialist for a second opinion
- Address billing and claims issues
- Additionally, their website provides trustworthy A-Z health information, including topics relating to breast health and other women’s health issues.

Call Health Advocate at 1-866-695-8622 for more information.

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.

Top 5 ways to protect against H1N1 flu

It’s important to ask your doctor about whether you should get a vaccination when they become available, and follow these tips, based on the Centers for Disease Control recommendations.

1. Always rely on the CDC and your doctor. For the latest detailed information keep checking at: www.cdc.gov/h1n1.
2. Get vaccinated if you’re in a first priority, high-risk group such as pregnant women and those with chronic medical conditions, like asthma, heart disease and diabetes.
3. Be alert to symptoms, including: cough, sore throat, body aches, runny or stuffy nose, headache, chills and fatigue. You may also have a fever, diarrhea and vomiting. If you have symptoms, inform your doctor. The current swine flu lasts about three to five days.
4. Cough or sneeze into your elbow. The CDC offers it as a good substitute to cover your nose and mouth and stop the spread if you do not have a tissue. Wash your hands often, don’t touch your nose, mouth or eyes, and use alcohol-based hand sanitizers often.
5. Don’t go into work if you have symptoms. Stay home until symptom-free (including not having a fever) for 24 hours before returning to work. Follow the advice of your doctor and public health organizations.

Questions? Call Health Advocate at: 1-866-695-8622
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nearly 400 people in their homes each year according to the U.S. Consumer Product Safety Commission CPSC). CO is a potentially deadly gas that is produced by incomplete combustion of fuel-burning heating equipment, such as furnaces, wood stoves, fireplaces, and kerosene heaters.

- Install at least one CO alarm near sleeping areas.
- Have a trained professional inspect, clean and tune-up your home’s central heating system and repair leaks or other problems, fireplaces and woodstoves should also be inspected each year and cleaned or repaired as needed.
- Keep gas appliances properly adjusted and serviced.
- Never use a gas oven or range to heat your home.
- Never use a gas or charcoal grill inside your home or in a closed garage.
- Portable electric generators must be used outside only. Never use them indoors, in a garage or in any confined area that can allow CO to collect. Follow manufacturer’s directions closely.
NEW HIRES

Stephen Bayne accepted the position of shipping & receiving clerk effective November 9. He received his BA from Syracuse University, and was recently employed by Magna Powertrain/New Process Gear. Stephen and his wife Joanne have two children. He enjoys reading, and is a member of the NYS Baseball Umpires Association.

To view the updated holiday schedule which reflects the Presidents discretionary days click on the following link: 2009-2010 Holiday Schedule

Changes to Payroll Deadlines and Pay Dates

In order to accommodate the discretionary days granted over the holiday break, changes have been made to the payroll calendars effecting time sheet due dates and pay dates. To view the updated calendars please click on the attached links, notations have been made where the changes have taken place. To ensure the timely payment of all payrolls this holiday season please make note of the time sheet due dates and pay dates throughout the months of November and December. If you have any questions, please contact the Payroll Office at extension 7803 or 7420.

Biweekly-Monthly payroll deadlines
Student payroll deadlines

POSITION VACANCIES

Assistant Dean for Campus Life
Assistant Director/Academic Support Services (temporary)
Athletics Event Staff (pt - no benefits)
Campus Safety Officer
Campus Safety Officer/Dispatcher (pt - no benefits)
Locksmith
Regional Advancement Director
Staff Nurse (per diem)

For complete details on how to apply visit: https://careers.colgate.edu

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Developing and sustaining a diverse faculty and staff to further the University’s educational mission.

SELL & SWAP


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.

Wedding Announcement

Shawn Sumner and Jennifer Kirsteins were married on September 26 in Old Forge. Jennifer is a graphic designer, communications.

Thank you to all for your cards, calls and prayers during and after my recent surgery. The concern of everyone has been overwhelming and I’m ever so grateful to work with such a great group of people. Thanks so much.

—Sue Barnes

Thank you for all your kind thoughts, well wishes and gifts. Everything is much appreciated.

—Skip Richards

Biweekly-Monthly payroll deadlines
Student payroll deadlines

BIRTH ANNOUNCEMENTS

Yumiko and Daisaku Yamamoto welcomed daughter Saras (7 lbs., 21” long) on August 12. Daisaku is an assistant professor of geography.

Brian and Katie Roelofs of Linthicum, Maryland welcomed son Benjamin Kenneth (7 lbs., 21” long) on October 30. Proud grandparents are Laurie and Lyle Roelofs. Lyle is interim president of the university.

Shela and Ariel Pena welcomed son Bryce Martin (8 lbs. 10oz., 19.5” long) on October 29. Bryce joins big sister Keirah, 9, and big brother Anthony, 1 1/2.

Quote of the Month

Life is change. Growth is optional. Choose wisely.

—Karen Kaiser Clark