CALENDAR OF EVENTS

RETIREMENT INDIVIDUAL COUNSELING SESSIONS

TIAA-CREF
TIAA-CREF APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.TIAA-CREF.ORG/EVENTS OR BY CALLING 1-800-732-8353.

- SEPT 15 | 214 CASE-GEYER
- SEPT 16 | 214 CASE-GEYER
- OCT 12 | 134 O’CONNOR CAMPUS CENTER
- NOV 16 | 107 LATHROP
- NOV 17 | 535 CASE-GEYER

FIDELITY
FIDELITY APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.FIDELITY.COM/ATWORK/RESERVATIONS OR BY CALLING 1-800-642-7131.

- SEPT 29 | 535 CASE-GEYER
- OCT 13 | 535 CASE-GEYER
- NOV 22 | 515 CASE-GEYER

CU WELL
WELLNESS PROGRAMMING
JOIN THE 2016 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 OCTOBER ISSUE IS SEPTEMBER 30.
The Office of Sustainability is excited about new opportunities in the year ahead. New programs, such as the Sustainability Passport Program, are intended to raise knowledge, awareness, and action that further support our campus sustainability and carbon neutrality goals.

Throughout this academic year, the sustainability office will create a suite of new programs for employees that promote pro-environmental behaviors on campus. Employees register for sessions of their choice, earning credits for each program they participate in. The sustainability office will track each employee’s participation over time and employees will receive recognition by demonstrating their commitment to sustainability on campus.

The Sustainability Passport Program commenced this summer with a new six-week discussion course called Foundations of Sustainability. Each week, about 20 participants that included Colgate faculty, staff, and students representing over a dozen departments on campus, came ready to discuss sustainability-related issues on campus and beyond. Weekly topics included an exploration of food systems, water, energy, recycling and waste management, climate change, and green buildings. The group reflected on the ecological, economic, social, and health impacts of our choices on a national scale and here at Colgate University and how individual daily choices can lead to a more sustainable future.

The course motivated many participants to take action.

“I’ve already made small but substantive changes in my habits, specifically due to this class. And I plan on making more. Step by step, I’m on a path of making changes, when two months ago it wasn’t really on my horizon,” one participant stated in a follow-up survey.

“I should not be discouraged that my individual actions toward sustainability seem small. I’m now more optimistic that my actions can have a ripple effect on others,” a second participant responded when asked about the most valuable takeaway from the course.

It is this type of outcome that embodies the new Passport Program. Stay tuned throughout this academic year for more information as new programming is offered.

The success of the Foundations of Sustainability course sparked an idea within the sustainability office to offer a similar course for students. With the help of Christina Turner, Chair of Physical Education, and the energy of the sustainability interns, this fall, the Office of Sustainability will be offering a Foundations of Sustainability P.E. Discussion Course for credit.
Department Spotlight: Office of Sustainability

Sustainability at Colgate:
The Year Ahead (cont.)

The office has also been working with Thad Mantaro and the Shaw Wellness Institute to raise awareness of the connections between our personal health and wellbeing, and the environmental impacts of our daily habits. These are the types of collaborations the sustainability office is interested in and we are looking forward to continued partnerships throughout the course of the year.

This fall, the Sustainability Council with support from the Office of Sustainability will finalize Colgate’s Bicentennial Plan for a Sustainable and Carbon Neutral Campus. The Bicentennial Plan is Colgate’s guiding document to take our campus to carbon neutrality by 2019 while integrating sustainable practices throughout our operations. The Bicentennial Plan is a call to action for all employees and departments to integrate sustainability into their programming and divisional priorities. We look forward to implementing this plan starting this fall.

The Office of Sustainability also recently added a few new faces to its team of student interns. The group has grown to fourteen “Green Raider” interns who have brought great energy to the office, along with some wonderful, fresh ideas. The “Green Raiders” are helping to foster a culture of sustainability around campus by creating green living programs meant to engage their peers about sustainability and the environment.

The interns aren’t the only new faces you will see - the new Environmental Studies and sustainability program coordinator, Pamela Gramlich, started her role here in July.

“One of the biggest opportunities to strengthen employee engagement with issues of sustainability is to better communicate our available programs,” she stated. “I have made it a personal challenge to help Colgate achieve its sustainability and carbon neutrality goals by focusing on increasing program awareness.”

Pamela plans to reach out to new audiences who are not already engaged in campus sustainability.

This academic year will be an exciting one for sustainability on campus. The office, along with the support of many other departments and individuals around campus will help ensure that this is a great year for sustainability at Colgate.

For continued updates on the fall harvest at our garden and for the rollout of new projects and programs, please follow our sustainability blog: http://blogs.colgate.edu/sustainability/.
Marriages

SUE SOLLOWAY, associate registrar, and LUCAS BURDICK, associate head coach of track and field and cross country, were married on July 30.

KATHRYN HOLLERBUSH, associate director of alumni relations, was married to ERIC SEAGER on July 30.

SAMANTHA CHLAD, general merchandise buyer, bookstore, and BRADLEY LUND were married on September 3.

New Arrivals

STACEY MILLARD, director of residential housing, and spouse, GEOFFREY, welcomed a son, Oliver, on July 3. He was 7lbs. 15oz. and 20 inches long.

Colgate

In Memoriam

LAURA PAIGE, RETREE, AUGUST 3
1. **Brett Heller** accepted the position of program coordinator of CLSI on August 15. He recently completed his master’s degree in college student personnel administration at Illinois State University, and served as the graduate assistant in the office of leadership and community connections. Brett also holds a bachelor’s in psychology and sociology.

2. **Jamie Gagliano** accepted the position of program assistant for Africana and Latin American studies on August 1.

3. **Drew Riley** accepted the position of associate dean of admission on August 8. He previously worked as the associate director of admissions at St. Mary’s College of California. Drew holds a bachelor’s in English, and a master’s degree in poetry. He enjoys live music, hiking, backpacking, kayaking and writing poetry and fiction.

4. **Chelsea Vielhauer** accepted the position of associate director of athletic communications on August 8. She previously worked as the assistant director of sports communications at Lehigh University. Chelsea holds a bachelor’s in public relations from Penn State University.

5. **Jennifer Von Matt** accepted the position of administrative assistant of romance languages on August 8. She previously worked as a merchandiser at Hallmark, and holds a bachelor’s degree from Binghamton University. Jennifer enjoys cooking, baking, kayaking, and hiking.

6. **Kevin Noonan** accepted the position of assistant director of athletic communications on August 10. He previously worked as a graduate assistant in sports information at Quinnipiac University. Kevin holds a MBA from Quinnipiac. He enjoys watching sports, cheering for the Red Sox, being with family and friends and reading.
7. **Erin Conway** accepted the position of administrative assistant for the history department on August 11. She previously worked as a graduate assistant in the history department at SUNY Oswego. She holds a bachelor’s in marine environmental science and is working on her master’s in history. Erin has a US Coast Guard 3rd Mate Merchant Mariner license and enjoys creating stained glass and travel.

8. **Leialoha “Lei” Ashforth** accepted the position of administrative assistant for the philosophy department on August 15. Lei has three children, ages 15, 13, and 10.

9. **Antonio “Tony” Bulagay** accepted the position of assistant coach for cross country and track and field on August 15. He has three years coaching experience in Division II and Division III and holds a bachelor’s degree in sports management, graduating in 2013 with cum laude honors.

10. **Steve Fabiani** accepted the position of vice president and chief information officer on August 15. He previously worked as the associate CIO at Haverford College, and holds a master’s from St. Joseph’s University and a bachelor’s from Temple University. Steve enjoys cooking, cycling, cars, photography and travel.

11. **Karen “Mo” Morano** accepted the position of staff nurse on August 15. She previously worked as a school nurse at PEACE HeadStart in Liverpool. She holds degrees from Onondaga Community College and SUNY Cortland. Mo enjoys knitting, crochet, spinning, volunteering, and advocating for those unable to speak for themselves. She and her spouse, John, have one child.

12. **Mark DiOrio** accepted the position of university photographer on August 22. He previously worked as a photojournalist at the Village Daily Sun, and as photo editor at the Observer-Dispatch. Mark holds a master’s in photography and enjoys hiking, camping, mountain biking, and collecting vintage cameras.
13. **Kathy Keyes** accepted the position of Chapel House cook and house manager on August 22. She previously worked as part-time staff at Chapel House. Kathy keeps a large garden and enjoys cooking with fresh vegetables and baking sweet desserts for her family. Her favorite way to spend a day is horseback riding with her daughter.

14. **Johanna Kaul** accepted the position of administrative assistant for ALANA Cultural Center on August 22. She worked 19 years with Cornell Cooperative Extension and has recently worked at Colgate as a casual wage employee. Johanna holds a bachelor’s in information technology, and enjoys hiking, going to the beach, Pinterest crafts, Zumba, and spending time with her two children.

15. **Christopher Combs** accepted the position of custodian on August 29. He joins his wife Tracey Combs, web content and GM assistant at the bookstore. Christopher and Tracey have two children.

16. **Howard Lewis** accepted the position of mechanical trade and energy manager on August 29. He previously worked at St. Joseph’s Hospital, and has 34 years of facilities management experience. Howard holds a master’s degree from Lemoyne College, and enjoys golf and fishing.

17. **Belinda Galuszka** accepted a position human resources assistant on August 30. She previously worked as a benefits specialist at Upstate Cerebral Palsy. Belinda enjoys watching her two sons play baseball, long drives in the country, hiking with her fiancée, Michael, and snowmobiling.

18. **Laura Rivera** accepted the position of lab manager/lab technician for neuroscience on September 1. Laura studied neuroscience and art at Hamilton College and enjoys ice hockey, rowing, cooking, community service and incorporating neuroscience into her artwork.
19. Sarah Dustin accepted the position of assistant director of internships in career services on August 17. She previously worked at Mohawk Valley Community College as a student services specialist and adjunct instructor, and holds a bachelor’s and master’s in psychology. Sarah enjoys traveling, attending local events with her husband, Bill, and two children, as well as modern calligraphy, hand lettering and teaching calligraphy workshops.

20. Rebecca Mueller accepted the position of assistant softball coach on August 31. She previously worked as a travel ball assistant coach. A graduate of the College of Charleston with a bachelor’s degree in political science, Becca enjoys surfing, snowboarding, and hiking.

21. Tanya Minteer accepted the position of research assistant on September 6. She previously worked at the University of Pittsburg Cancer Institute as a research specialist, and holds a bachelor’s in animal science and a master’s in biology. Tanya enjoys camping, kickboxing, riding her motorcycle and spending time with her boyfriend, Eric.
Colgate Hot Jobs: Spread the Word

Colgate is a very special place to work! Let’s spread the news! 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 Athletic Trainer
- Associate Director of Employer Relations
- Coordinator, Annual Giving
- Junior Designer, Communications

Please remember to view these, and all of our jobs at https://careers.colgate.edu
Love your body?

When asked this question, most people will answer "no" through sharing a critical analysis of troublesome body parts or perceived imperfections. Whether it be with a friend, looking in the mirror, or posting on social media, often our dialogue about our bodies leads to body shaming.

This workshop is designed to give you the opportunity to think about beauty and desirable bodies from a different angle, through the medium of selfies.

Come have a conversation about how something as simple as a selfie can drastically change the way you think and talk about your body!

Please join staff psychologist, Niki Keating, for this lunchtime workshop.

Love Your Self(ie) Workshop
Lunch & Learn

SEPTEMBER 13, 2016
12 PM -12:50 PM

Shaw Wellness Institute | Lunch Provided
Please register [here](#) by September 12.
Program is limited to 25 employees.
THE GOOD
Monounsaturated & Polyunsaturated fats
- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can’t produce itself

Source: Plant-based liquid oils, nuts, and fatty fish
Examples: Oils such as canola, olive, peanut, safflower and sesame

THE BAD
Saturated fats
- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke

Source: Most saturated fats come from animal sources, including meat and dairy, and from tropical oils.
Examples: Beef, pork & chicken fat, butter, cheese and tropical oils

THE UGLY
Hydrogenated Oils & Trans Fats
- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

Source: Processes foods made with partially hydrogenated oils.
Examples: Partially hydrogenated oils, some baked goods, fried foods, and stick margarine.

MAKING HEALTHY CHOICES FOR HEALTHY LIVING
The Colgate Bookstore celebrates the joys of reading with a Hamilton Public Library Day! 13% of this day's sales will be donated to our local library. "The Very Hungry Caterpillar" story time will have a special guest - the hungry caterpillar himself! Story time will be followed by snacks, games, and crafts. This event is free, and open to children of all ages.

INTRODUCING...THE COLGATE FAN SHOP!

The Colgate Bookstore is now your one-stop shop for all your sports related Colgate gear! Basketball, field hockey, swimming, football...we've got all your favorite sports covered.  

Click here for online store!

BANNED BOOKS WEEK
SEPTEMBER 25 - OCTOBER 1

HOMECOMING WEEKEND
SEPTEMBER 30 - OCTOBER 1

SPECIAL STORE HOURS
FRIDAY 9/30: 9AM-6PM
SATURDAY 10/1: 10AM-7PM
SUNDAY 10/2: 10AM-4PM

www.colgatebookstore.com
The museum gallery is located on the 2nd floor of Alumni Hall. Admission is free and open to the public Tuesday–Friday, 10:00 AM–5:00 PM; Saturday and Sunday, noon–5:00 PM; closed Mondays and major holidays.

To trade in old or broken devices for store credit, bring in your old device to the technology center on the 2nd floor of the bookstore or arrange your trade-in online here. Then, upgrade your tech and use your trade-in money toward your new purchase!

The Longyear Museum of Anthropology announces the opening of a new exhibition, *In Dialogue: How Objects Communicate*. From Australia to Ethiopia, Panama to the United States, this exhibition examines objects from many different cultural and historical contexts to explore their role in human communication. Themes include objects as markers of identity, objects as storytellers, objects inscribed with meaningful designs, and objects used in performance. Through examination of the complex and multiple roles of each of these individual objects in culturally situated communication, this exhibition aims to build more nuanced understanding of the objects in the museum while also deepening our appreciation of the everyday objects around us.
Give Curling a Shot At The Utica Curling Club
“THE HOTTEST SPORT ON ICE”

Would you like to try a sport where you throw rocks at houses, you need a vice to play, and you can get your messy spouse or roommate to use a broom? Try curling, a sport that has been called “chess on ice”. You can try curling at the Utica Curling Club on Tuesday, Thursday, or Friday, October 11th, 13th, or 14th. Each event begins at 7:30pm, and it’s free! Bring a clean pair of sneakers and warm, comfortable clothes that stretch. No experience necessary; people of all ages and abilities welcome.

For more information go to http://uticacurlingclub.org or contact Mary Jane Walsh, Roger Rowlett, Julie Chanatry

Marko Mäetamm: I Want to Tell You Something
SEPTEMBER 15, 2016–JANUARY 8, 2017

The Picker Art Gallery at Colgate University announces the opening of its new exhibition, Marko Mäetamm: I Want to Tell You Something, which features work by internationally acclaimed Estonian artist Marko Mäetamm. Mäetamm has exhibited in galleries in the United States and abroad, and he represented Estonia at the Venice Biennial in 2003 and 2007. The works featured in Mäetamm’s solo exhibition—drawings, paintings, videos, and sculpture installations, some of which were created specifically for the Picker—demonstrate the artist’s satirical perspective on family life that is informed by his own relationships and experiences. This exhibition is part of Mäetamm’s four-month residency at Colgate University as the 2016 Christian A. Johnson Endeavor Foundation Artist-in-Residence.

FREE AND OPEN TO THE PUBLIC!
The gallery is open Tuesday–Friday, 10 a.m.–5 p.m.; Saturday and Sunday, noon–5 p.m.; third Thursday of every month, 10 a.m.–8 p.m.; closed Mondays and major holidays.

This exhibition is a collaboration with the Department of Theater, Art and Art History, Music, and the Picker Art Gallery, and it is funded in part by the Friends of the Picker Art Gallery.
Colgate Recreation

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

LINEBERRY NATATORIUM
Click here for hours

Harry H. Lang
Cross Country Fitness Trails
Five miles of beautiful trails
Take a short walk or a long ramble
Download maps here

SEVEN OAKS GOLF COURSE
18 Hole Course, Driving Range & Pro Shop
Memberships available
Children under 12 golf free with an adult
Book a tee time

GLENDEARING BOATHOUSE
Fall Hours
Aug 27-Sept 11
Sat & Sun | Noon-6 PM
Wednesday | 4-7 PM
Boathouse Info
Are you interested in learning to play racquetball? Bob Thomas, experienced athlete with training under USA Racquetball, will lead this introduction to the sport. Rules of the game and a variety of skills will be covered, including: proper grips, stance, gameplay, and shot selection.

THIS WORKSHOP WILL BE OFFERED TWICE:
TUESDAY, OCTOBER 4: 12-12:50PM
WEDNESDAY, OCTOBER 12: 12-12:50PM

Racquetball courts are located on the 3rd floor of the Huntington Gymnasium.

Please register here to sign up for the workshop.

QUESTIONS?
Contact Katie Kammerdiener 228-7583