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.
SEPT 11 | 438 CASE-GEYER
SEPT 12 | 515 CASE-GEYER

**FIDELITY**
FIDELITY APPOINTMENTS CAN BE SCHEDULED ONLINE AT www.fidelity.com/atwork/reservations OR BY CALLING 1-800-642-7131.
SEPT 25 | 511 CASE-GEYER

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WELLNESS RESOURCES:
VISIT CONNECT.VIVERAE.COM FOR:
- MEMBER HEALTH ASSESSMENT
- HEALTH COACHING
- NUTRITIONAL INFORMATION
- WELLNESS INFORMATION
- BIOMETRIC SCREENING APPOINTMENTS

PLEASE SUBMIT ITEMS AND ARTICLES OF INTEREST TO: HUMRES@COLGATE.EDU
SUBMISSION DEADLINE FOR THE OCTOBER ISSUE IS SEPTEMBER 24.
On August 22, Colgate staff members gathered at Memorial Chapel for the first all-staff meeting of the academic year. President Brian W. Casey announced the kickoff of Colgate’s year-long Bicentennial celebration, thanked everyone for their hard work, and invited staff to reflect on Colgate’s proud traditions and bold ambitions for the future.

“Celebrations are important. These moments remind of us our highest ideals, our better selves. They cause us to stop, to reflect, to laugh ... They cause us to commit to new, better things, or recommit to old, good things. They are the most human of responses to flows and changes of history.”  
- President Casey

Following the meeting, staff signed the Bicentennial register and received hats, pins, and cookies from Flour and Salt Bakery, all decorated with the Bicentennial “C”.

To show your pride for 200 years of Colgate history and a bright future for the institution, find Bicentennial-themed PowerPoint templates, wallpaper, e-mail signatures, and more here.

Join your colleagues for the inaugural staff tunk on September 20, Merrill House lawn.
1. **Jennifer Jones** accepted the position of administrative assistant for administrative advising on July 30. She previously worked at Vantine Imaging as corporate administrative assistant. Jones enjoys spending time with her three children, attending their games and dance competitions, and serves in several community volunteer capacities including president of the Hamilton Central School PTO.

2. **Simon Fritz** accepted the position of director of purchasing on August 1. He previously worked at Case Western Reserve University, and holds a bachelor’s in political science and history, and an MBA in finance and marketing.

3. **Hannelore Rodriguez-Farrar** accepted the position of chief of staff to President Casey on August 1. She previously worked as vice president for public affairs and university relations at the Dominican University of California. Hanna holds a PhD from Brown University, and an EdD from Harvard. She enjoys Peloton, reading, and non-profit boards.

4. **Jenna Jorgensen** accepted the position of assistant director of athletic communication on August 6. She previously worked at Bowling Green State University. Jorgensen holds a bachelor’s in communication and visual arts and a master’s in sports management. She enjoys hockey, crafting and being on the water.

5. **Tracia Bañuelos** accepted the position of program coordinator of Haven on August 7. She previously worked as prevention facilitator at the Mental Health Association of South Central Kansas. Banuelos holds a bachelor’s in psychology and women’s studies. Her hobbies include reproductive justice, community advocacy, art and reading.

6. **Mari Prauer** accepted the position of senior assistant dean of admission on August 7. She previously worked at Eckerd College. Prauer holds a bachelor’s in international business. She enjoys cooking, skiing, watersports, and traveling.
New Faces At Colgate

Christopher Cooper accepted the position of assistant men’s lacrosse coach on August 20. He previously worked at Binghamton University. Cooper holds a bachelor’s from Central Michigan University. He enjoys spending time with his wife, Stephanie, and their two children.

Susan Geier accepted the position of chemistry stockroom supervisor on August 20. She previously instructed chemistry labs at Colgate. Geier holds a master’s in microbiology from the University of Iowa.

John Crawley accepted the position of assistant men’s lacrosse coach on August 20. He previously worked at University of Notre Dame. Crawley holds a BA in economics from Johns Hopkins University.

Dana Borges accepted the position of assistant men’s hockey coach on August 24. He previously worked at the University of Alaska Anchorage, and is a graduate of Stonehill College. Borges enjoys golf, strength training, ping pong, billiards and squash.
Anniversaries

**5 YEARS**
- MARY GALVEZ, TIA
- MATT LYBOULT, computer science
- DOUG WATSON, information technology
- LI WHITE, athletics - fitness center

**10 YEARS**
- LUKE BURDICK, athletics, track & field
- TRACY KELLY, advancement - stewardship
- DARLENE VIRGIL, library, interlibrary loan

**15 YEARS**
- MARK GOFF, facilities

**25 YEARS**
- CHERIE STEVENS, facilities

**30 YEARS**
- LISA DIEHL, athletics communications

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Transfer & Promotion

ANNETTE GOLDMACHER - interim associate chaplain and director of Jewish life

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Marriages

JANINE FUESS, student accounts assistant, married LARRY RASMUSSEN on July 21. They honeymooned in Alaska.

ERIK LILLETHUN, assistant professor of economics, married Isla GLOBUS-HARRIS, assistant professor of economics on July 21.

AMANDA SMITH, senior administrative assistant to the senior vice president for finance and administration, married CLAYTON EAVES, carpenter, on August 25.
Summer Programs at Colgate

By Imani Ballard ’18

Although Colgate plays host to numerous outside events throughout the year, the summer months are an especially busy time for the Office of Conference Services and Summer Programs. Cody Tipton ’07, director of conference services, summer programs and auxiliary support, Jamie-Lee Broedel, conference and marketing coordinator, and Amy Davidson, administrative assistant, are the masterminds behind the scenes. They coordinate a wide variety of programming, ranging from youth sports and music camps, to film festivals, writers’ workshops, weddings, and programs for children from underserved communities.

“We have a wide variety of support we provide each program,” said Tipton. “Some groups are self-sufficient, and we make sure the logistics like housing, food arrangements, and work orders are taken care of. For others, we set up the application form, discuss the needs of participants with them directly, and aid in the hiring process for staffing the events.”

Helping to organize such a wide variety of events has exposed Tipton to a few special programs that stand out to him.

His office helps run the Colgate Writers’ Conference which included five intensive workshops and free public craft talks each morning. Another noteworthy program in the arts is The Robert Flaherty Film Seminar, the longest continually running film event in North America that returned to Colgate for the 11th summer in a row this year.

“The seminar brings about 160 filmmakers, scholars, artists, curators, and students to Colgate for an intimate week of direct access to documentary and independent artists,” added Tipton.

The upcoming Bicentennial year is bolstering activity across campus — a development to which Tipton looks forward as his office aims to host more professional and academic conferences.

“We’re still in the early stages of planning but we already have interest from about four or five potential new groups,” he said. “Next month, we’re working with Seth Coluzzi in the music department, as he’s looking to host the Third Annual Italian Madrigal Symposium. In November, we’re working with John Pumilio and Pamela Gramlich in the Office of Sustainability to host the State of New York Sustainability Conference.”
Calling All Veterans!

Check Your Data
Colgate is required to report annually on the number of veterans employed by the university. To ensure the accuracy of our reporting, we are asking all veterans to verify that they are coded properly in our database. To verify your information please take the following steps:

Log into the Colgate portal using your network username and password
Under the HR section, select Review Your Information
Under the Biographical Section review your Veteran Status*

*The options for Veteran Status are:
1. Not a veteran
2. Active Wartime or Campaign Badge Veteran
3. Not a Protected Veteran
4. Protected Veteran
If your veteran status requires an update, please contact humres@colgate.edu so we can make the appropriate update.

Veteran Spotlight Article for November
The Open ’Gate would like to honor our veterans in the November issue. Stories do not need to be related to your service but can feature your role at the university or any volunteer service or hobbies you may have.
Please e-mail humres@colgate.edu (OR jkellogg@colgate.edu) by September 17 if you are willing to be part of our story.

Announcing ColgateWoLF

We are pleased to announce the launch of the Colgate Women's Leadership Forum (“ColgateWoLF”).

ColgateWoLF strives to support and advance Colgate women in all stages of their lives and careers by creating a culture of continuous learning. We provide opportunities for professional and personal growth through mentoring, informative workshops, and networking. Our mission is to provide a forum for women to empower each other through sharing their interests, ambitions, and talents, both on campus and through partnership with the NYS ACE Women’s Network.

Please join us on Thursday, September 13, from noon to 1 p.m. in Donovan’s Pub for our official kickoff event, featuring keynote speaker Yvonne Conte. Yvonne is a nationally recognized corporate culture expert, motivational keynote speaker, and author, helping Fortune 500 companies create a positive corporate climate where laughter and humor is encouraged and productivity soars. Her book is entitled “Cry, Laugh, Cook.”

Attendees will receive a signed copy of “Cry, Laugh, Cook!” and a boxed lunch.

A special thank you to the Office of Human Resources, Information Technology Services, and the Office of the Provost and Dean of the Faculty for sponsoring this event.

Registration is required
We are planning a fun-filled excursion for Colgate employees and their families. This is a great opportunity to spend time with colleagues while exploring New York City for shopping, entertainment, dining, and more. Participants are responsible for arranging their own activities for the day.

Please be aware that since space is limited, seats will be filled on a first come, first served basis. Colgate employees are responsible for any guests they bring on the trip.

Departure: 6 a.m.
Return to Colgate: 1 a.m.
Cost of participation: $45
Registration Deadline is September 28

Questions? Contact Makiko Filler x6016, Kelly Snyder x7220 or Colleen Nassimos x7972.

MORE DETAILS & SIGN UP

Partially sponsored by the Office of Human Resources
Weight Watchers @ Colgate

A new Weight Watchers® At Work session will begin on Monday, September 24. Meetings will be held weekly on Mondays at 5:30 p.m. at the Shaw Wellness Institute. During the first meeting, interested participants will complete their registration and provide payment. A minimum number of participants are required to offer the program.

Program offer:
- Sessions are from (Sept 24-Dec 17, 2018) for $186 per person with 20 or more participants.
- All members will receive free eTools vouchers, our online program companion, for 19 weeks.
- Payment Method: Participants can pay with cash, a check, or a credit or debit card. They can also take advantage of a three-check split payment method. With this form of payment, participants provide three upfront checks. The first will be deposited at week one, the second at week five and the last on week nine.

Feel free to contact
Human Resources at x7565 or email benefits@colgate.edu should you have any questions.

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, an Olympic sport that has been called “chess on ice”. You can try curling at an Open House at the Utica Curling Club on Wednesday, October 10, or Saturday, October 13. Each event runs from 4:00-8:00 p.m. Drop in, sign up and curl! Fee: $10.

Want the full curling experience? On Sunday, October 14 from 10 a.m. - 4 p.m., we will run an instructional clinic, a bonspiel (tournament), and talk. Fee: $30, applicable to your membership fee if you join. No experience necessary for either event, we provide the instruction and the fun.

For more information go to http://uticacurlingclub.org or contact Mary Jane Walsh, Roger Rowlett, Julie Chanatry, or email Utica Curling Club membership chair, Carol Jones at membership@uticacurlingclub.org.
Benefits Update: CHEG

A recent update has been made to the Colgate Higher Education Grant (CHEG) policy. A provision has been added to assist dependent children in receiving the grant for their initial undergraduate degree should they be unable to enroll at least half-time or need longer than 8 semesters to complete the degree requirements due to a disability. The updated CHEG policy can be found on the Human Resources website or at this link.

Please contact Human Resources at ext. 7565 or benefits@colgate.edu if you have any question about the CHEG benefit.

Telemedicine

Need care but don't have time to see a doctor? Now you have convenient 24/7/365 access to care when and where you need it via our partner MDLIVE.

See a board-certified doctor by secure video or phone—anytime, from anywhere. Average wait time is less than 10 minutes.

To register click here or call 866-692-5045

Watch the YouTube video here.

Zebra Finch Birds in Need of Homes

The psychology department is giving away Zebra Finch Birds to good homes. The birds are no longer needed in the lab and are in good health. If you are interested, contact Cindy Baker, head technician at x7357 or email her at clbaker@colgate.edu.
Special Store Hours
FRIDAY, SEPTEMBER 21 | 9 a.m.–7 p.m.
SATURDAY, SEPTEMBER 22 | 9 a.m.–7 p.m.
SUNDAY, SEPTEMBER 23 | 9 a.m.–4 p.m.

Teen Workshop with
Author Kerry O’Malley Cerra
WEDNESDAY, SEPTEMBER 26 | 5–7 p.m.
HAMILTON PUBLIC LIBRARY
FREE

The free workshop will instruct teens on the best way to create a perfect character. Her book, Just a Drop of Water will be available for purchase and signing at the event.

Shop online at: colgatebookstore.com
The CU Well Employee Focus on Fitness schedule for Fall 2018 is now available.

Fall group exercise classes begin Tuesday, September 4, and end Friday, December 7. Offerings include Spinning, Zumba, Bootcamp, Gyrokinesis and more. Make the most of this fall and get active with CU Well! For class descriptions, times, locations and registration – the [registration form](#). Check out even more fitness and wellness options at [Colgate.edu/fitness](http://Colgate.edu/fitness) - including one-on-one personal training services and fitness center orientations.

Questions should be directed to the Director of Recreation, Katie Kammerdiener at [kkammerdiener@colgate.edu](mailto:kkammerdiener@colgate.edu)
You can register for upcoming titles at TIAA.org/webinars

All live webinar times are EST.

Summer is a good time to boost your financial know-how with TIAA’s live webinars. Reserve your spot today.

**Special Topic: Estate planning basics**
Ensuring that our assets will pass to loved ones and causes that are near and dear is important to most of us. Discover the basic estate planning components and strategies to ensure that your wishes are met.
September 25 at 12 p.m. (ET)

**She’s Got It: A woman’s guide to saving and investing**
You can discover saving and investing strategies developed especially for women and how you can put them into action.
September 25 at 3 p.m. (ET)

**Special Topic: The 411 on 529 college savings plans**
You can learn all about how 529 college savings plans work and how to invest in one for a child, grandchild, yourself or other loved ones.
September 26 at 12 p.m. (ET)

**Money at Work: Foundations of Investing**
Discover how you can manage risk versus reward, as well as understand the role of investing and managing risks, ways to help accelerate savings and tools that can help sustain a portfolio.
September 26 at 3 p.m. (ET)

**Special Topic: Hacking the Human—Cybersecurity and you**
One of TIAA’s experts will discuss how behavioral psychology can be used by hackers for identity theft, account compromise, and impersonation. Learn how you can protect yourself and your family from cybercriminal social engineering.
September 27 at 12 p.m. (ET)

**The Starting Line: Beginning to save for retirement**
You can learn how to evaluate and manage debt, find additional ways to save, create a budget and begin to plan for retirement.
September 27 at 3 p.m. (ET)
15 FOR ME
CHALLENGE

Learn to manage stress with the 15 for Me Challenge.
Taking time for yourself isn’t always easy, but it is important for your physical and mental health. Learning to manage stress can help you sleep better, control headaches, and keep illness and depression away.*

CHALLENGE DATES:

HOW IT WORKS:
Give yourself one point for each day you spend at least 15 minutes:
» Getting a massage
» Meditating
» Journaling
» Being physically active
» Doing yoga and other stretching exercises

The goal: reach 20 challenge points to earn 15 wellness program points.
Daily max challenge points: 1 per day

Register and track your progress on connect.viverae.com or the Viverae® mobile app under the Well-being section.

* Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Questions about this challenge or your wellness program? Call 888-VIVERAE (848-3723).