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.

NOV 17 | SEMINAR ROOM, ALANA
NOV 18 | 107 LATHROP HALL
DEC 15 | 535 CASE-GEYER

FIDELITY

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

NOV 9 | 535 CASE-GEYER
DEC 3 | 515 CASE-GEYER

OPEN ENROLLMENT | NOV 9-20
LOOK FOR THE OPEN ENROLLMENT EMAIL

2015 BENEFITS FAIR
NOVEMBER 17 | 11:30 AM - 1:30 PM

CU WELL
WELLNESS PROGRAMMING

JOIN THE 2015 WELLNESS INITIATIVE AND EARN $250! CLICK HERE TO LEARN MORE.

REMEMBER TO LOGIN YOUR POINTS BEFORE NOVEMBER 30.

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 IS NOVEMBER 25.
2015 Wellness & Benefits Fair

November 17
11:30 AM - 1:30 PM
Hall of Presidents
Lunch Will Be Provided in Donovan’s Pub

Join us at the 2015 Wellness & Benefits Fair! This is your opportunity to:

- Gather information
- Meet your benefit vendors
- Participate in wellness screenings: Blood pressure & Glucose readings
- CU Well Biometric Screenings (sign up in advance at myviverae.com)
- Learn more about the CU Well employee wellness program
- Receive chair massages & demonstrations
- Register for prizes
- And More!

It Begins with you!
The first step toward good health begins with knowing all you need to know about your health and your healthcare options.

Colgate University
Human Resources
2016
Open Enrollment
November 9-20, 2015

You MUST submit benefit changes online by November 20, 2015.

This is your opportunity to make changes to benefit plans and make annual Flexible Spending Account elections, effective January 1, 2016.

Watch for the email correspondence coming soon!

NEW THIS YEAR! Colgate has implemented a new online platform, R-Solution, that not only allows you to make your annual election but provides access to benefit related information and resources.

ENROLLMENT TRAINING SESSIONS WILL BE HELD IN 345 CASER-GEYER COMPUTER LAB:

- NOV 11 | 9 AM AND 11 AM
- NOV 19 | 1 PM AND 3 PM

HUMAN RESOURCES DEPARTMENT
(315)-228-7743
humres@colgate.edu

Look for the New Online Benefit Site!
Col“Great” Employee Recognition Awards

In recognition of outstanding achievement in demonstrating the University’s commitment to excellence, and to fostering a creative and expansive learning community.

Individual Excellence Awards

Rene Beers
Tori Carhart
Makiko Filler
Jeff Golley
Christina Khan
Teresa Olsen
Doug Watson

Unsung Hero Award

Kim Taylor

Team Excellence Award

Student Health Services
1. **Brian Dapson** accepted the position of groundskeeper on October 12. He formerly worked at Brookside Landscaping. He and his wife, Tara, have three children.

2. **Julie Dolly** accepted the position of staff nurse on October 13. She previously worked at Upstate Medical University as an RN in the cardiovascular unit. With a nursing degree from SUNY Morrisville, she enjoys spending time with her husband and two boys, traveling, running, gardening and cooking.

3. **Jeffrey Blanchard**, “Jebby”, accepted the position of custodian on November 2. He enjoys competitive tractor pulls with his dad running an Oliver 2150. He also enjoys hunting and fishing. He has one son, Adam.

4. **Edith “Edie” MacPherson** accepted the position of administrative assistant for peace & conflict studies, Native American studies, and Africana & Latin American studies on October 15. Formerly of Eastern Nazarene College, she holds a masters degree in communications. Her husband, Corey is the associate university chaplain and Protestant campus minister. They have two children.

5. **Jason Pierce** accepted the position of campus safety officer on November 2. He previously worked with the Village of Sherburne EMS. He enjoys spending time with family, outdoor activities and riding motorcycles.

6. **Jasmine Kellogg** accepted the position of administrative assistant for the Picker Art Gallery on October 20. She formerly managed the Up The Garden Path Café & Art Gallery in Motueka, New Zealand. She holds a BA in French literature, and enjoy skiing, reading, dancing and gyrokinetics. She and her husband, Aaron, have one son.

**Transfers & Promotions**

- Kristen Basher - coordinator, annual giving
- Thomas Cruz-Soto, associate dean for campus life, and director of ALANA Cultural Center

New Faces At Colgate
Weather getting cold?
There’s plenty to do indoors!

**COLGATE OPEN SKATE**
OCT 19 - DEC 21  
MONDAYS: 1-2:30 PM  
WEDNESDAYS: 11:30-1 PM  
**MORE INFO**

**COLGATE OPEN HOCKEY**
OCT 19 - DEC 21  |  MONDAY NOON HOUR  
(HELMET REQUIRED)  
**MORE INFO**

**LINEBERRY NATORIUM**
CLICK HERE FOR HOURS  

**CU WELL FOCUS ON FITNESS CLASSES**
FALL 2015  
YOGA, BOOTCAMP, SPINNING, ZUMBA,  
DEEP WATER AEROBICS, AND MORE  
**SIGN UP FOR CLASSES**

**OPEN BOWLING**
BEGIN NOVEMBER 1  
SUNDAYS 1 - 5 PM  
FOR MORE INFO CALL 228-7613

**ANGERT FAMILY CLIMBING WALL**
3RD FLOOR—HUNTINGTON GYM  
**MORE INFO**

**TRUDY FITNESS CENTER**
FALL SEMESTER HOURS  
MON-THURS - 6 AM-10 PM  
FRI - 6 AM-9 PM  
SAT & SUN - 9 AM - 9 PM  
FREE FITNESS PROGRAMS AVAILABLE  
**MORE INFO**
**Anniversaries**

**5 YEARS**
**DANELLE DELANEY**, financial aid  
**DANIEL GOUGH**, environmental health & safety

**10 YEARS**
**SARAH KUNZE**, information technology

**15 YEARS**
**KEVIN DELANEY**, facilities  
**HOLLI HADLOCK**, mail services  
**KRIS HOPKINS**, financial aid

**Retirements**

**Hoyt Kelly** - facilities - Nov 6  
**Susan Mulry** - off-campus study - Nov 6

**In Memorium**

**THOMAS RIGGALL** - RETIREE - APRIL 8

**New Arrivals**

**DAVE HERRINGSHAW**, digital production specialist, communications, and his wife, **KATE**, welcomed a daughter, Betty Virginia Herringshaw on September 10. She was 8lbs 7oz, and 19 inches long.

**LAURA HARTPENCE**, career advisor, career services, and husband, **JOHN**, welcomed a daughter, Emma Elizabeth on September 27.

**MARIE JAYASEKERA**, assistant professor of philosophy, and her husband, **MIHIRA**, welcomed a daughter, Amaya Yoori Jayasekera on October 11.

**SHAUNA HIRSHFIELD**, internship coordinator, career services, and spouse, **STEVEN BLENDELL**, welcomed a son, Mac Jacob Blendell on October 29.

**In Memorium**

**SUE BICE**, bindery technician/copier operator in document services, was married to **CHARLES CROUCH** on October 31.
Colgate Faculty and Staff,

It goes without surprise that over the years Seven Oaks Golf Club has been recognized as one of the finest collegiate golf courses in the country. Many of those who play the course regularly can easily attest to its current condition and the care the course receives by the staff.

It is our pleasure to announce for 2016 a new membership program for employees to enroll into that allows for larger savings than in previous years in hopes that more faculty and staff may enjoy the facilities. Each membership encompasses unlimited greens fees, discounted cart fees, guest passes, a free GHIN handicap, and discounts in the Pro Shop.

To join, simply follow this link to the Employee Membership Store. Select either a family or individual membership within the appropriate salary range. The drop down menu will allow you to take advantage of discounts of up to $250 for early payment. Payment can be made by credit card or electronic check.

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* The member has to be a current benefited employee.
* The salary is the annualized number, based on 2015/16 salary.
* If the family contains two Colgate employees, the higher salary will be the one that determines the family rate.
Culinary 101 is a faculty and staff cooking series that will be offered during the below dates in the Merrill House, Fireplace Room. All participants will learn to prepare new dishes and take home helpful techniques to make cooking at home more enjoyable.

**November 10 - 12:10 PM**  
Quick Meal in Under 30 minutes  

**December 3 - 12:10 PM**  
Holiday Appetizers

Please R.S.V.P. by November 9 to Colgate Dining Services at diningservices@colgate.edu or 315-228-7366

**C U L I N A R Y  1 0 1**

*We hope to see you there!*
Viverae health professionals will be onsite to conduct biometric screenings on the following dates **by appointment only**:

**November 17** | 8:00 AM – 5:00 PM

**Where:** Clark Room, James C. Colgate

A Biometric Screening consists of a finger stick to measure your cholesterol, (total, LDL and HDL), triglycerides, cardiac risk, and glucose. The screening will also check your blood pressure and body composition (including height, weight, Body Mass Index (BMI) and waist measurement).

This will be the last event offered in 2015.

Please click [here](#) for more information.

To reserve an appointment visit [www.MyViverae.com](http://www.MyViverae.com)
TAKE THE OCTOBER 19-NOVEMBER 22 ‘GATE FIT CHALLENGE

OPEN TO STUDENTS, EMPLOYEES, AND COMMUNITY MEMBERS

Sign up at the Trudy Fitness front desk or Huntington Equipment Cage and receive your “Level One Punch Pass” with seven punch holes. Each time you go to the fitness center or attend a group exercise class the instructor or fitness center monitor will punch your card to indicate your workout was completed. After seven workouts are completed, you can turn in your pass at the Huntington Cage for a FREE PRIZE! Follow the same sequence for Levels 2 and 3. When all three Levels are complete, your pass will be entered into the Grand Prize Drawing - a pair of Beats wireless headphones!

TAKE THE CHALLENGE! MORE INFO

SPONSORED BY THE COLGATE RECREATION & FITNESS DEPARTMENT
COLGATE DAY
When: Friday, November 13
Where: Colgate Bookstore
Celebrate Colgate Day with all your favorite Colgate gear! Everything in the store is 13% off. (some restrictions apply)

LATE NIGHT SHOPPING IN HAMILTON
When: Friday, November 20 | until 8pm
Where: Village of Hamilton
Join local merchant in Hamilton for a late night shopping spree! Most shops will be open until 8 p.m. There will be prizes and refreshments.

CHILDREN'S EVENT
ELEPHANT & PIGGIE PARTY: I REALLY LIKE SLOP!
When: Saturday, November 21 | 10:30 AM
Where: Colgate Bookstore
Cost: Free
Join us for a dramatic reading of the latest book in Mo Willem’s beloved Elephant & Piggie series, “I Really Like Slop”. Craft and snacks to follow. Open to children of all ages.

WWW.COLGATEBOOKSTORE.COM
FRIDAY, NOVEMBER 6
Women’s Basketball vs. King’s | 6 PM
Men’s Hockey vs Quinnipiac | 7 PM

SATURDAY, NOVEMBER 7
Men’s Swimming vs Canisius | 11 AM
Women’s Swimming vs Canisius | 11 AM
Men’s Soccer vs. Lafayette | 4 PM
Men’s Hockey vs Princeton | 7 PM

SATURDAY, NOVEMBER 14
Football vs. Lehigh | 1 PM
Men’s Swimming vs. Niagara | 1 PM
Women’s Swimming vs. Niagara | 1 PM
Men’s Hockey vs. RIT | 3 PM
Women’s Volleyball | 5 PM
Men’s Hockey vs. Cornell | 7 PM

MONDAY, NOVEMBER 16
Men’s Basketball vs. Cornell | 7 PM

FRIDAY, NOVEMBER 20
Women’s Hockey vs. Syracuse | 7 PM

SATURDAY, NOVEMBER 21
Football vs. Bucknell | 1 PM

SUNDAY, NOVEMBER 22
Women’s Basketball vs. Monmouth | 2 PM

TUESDAY, NOVEMBER 24
Women’s Hockey vs. Mercyhurst | 7 PM

WEDNESDAY, NOVEMBER 25
Women’s Hockey vs. Mercyhurst | 2 PM

CLICK FOR FULL SCHEDULE

Ticket to Savings!

Bring your ticket stub to the Colgate Bookstore within 48 hours after the game and receive 13% off one item.

May not be combined with other discounts.
Excludes computer department items, textbooks, consignment and Alex & Ani.
Employee pick-up volleyball games

Volley Ball

TUESDAYS | 12:10-12:50

HUNTINGTON GYM

SIGN UP TODAY!

Click here to sign up for email updates. | Questions? Contact Laura Masse at lmasse@colgate.edu
Come down to the Rental Center (located on the ground floor of Basecamp) to see our selection of well-loved, but still very useable outdoor equipment (note some items may require slight maintenance – and will be priced accordingly).

This year the sale will include:

- Backpacks
- Tents
- Sleeping bags
- Winter aka “puffy” coats
- Crampons
- Sea kayaks
- Recreational kayaks
- Ski poles
- Telemark skis w/bindings
- Telemark boots (old styles)
- Double burner “Coleman” style stoves
- Propane lanterns
- And More!

Basecamp Rental Center
Basecamp, lower level
Friend and colleague Sue Stanton is once again fighting breast cancer and as a show of support, the accounting and control office secretly conspired to wear pink in support of her. Their attire was purchased at the Colgate bookstore. Sue was very surprised and appreciative for the show of support. This speaks to the fact that co-workers can become more than just people you work with.