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.

FEB 16 | SEMINAR ROOM, ALANA
FEB 17 | 415 CASE-GEYER
MAR 17 | SEMINAR ROOM, ALANA

FIDELITY

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

JAN 28 | SEMINAR ROOM, ALANA
FEB 25 | 335 CASE-GEYER
MAR 24 | SEMINAR ROOM, ALANA

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 MARCH ISSUE IS FEBRUARY 19.

Open ‘Gate
January/February 2016
Living the Liberal Arts: Creating a Residential Commons Program

The Ciccone Commons is off to an excellent start thanks to the capable leadership of Rebecca and Mark Shiner, co-directors. Commons members and guests have enjoyed a wide variety of fall events, including seven faculty dinners, five film screenings, two visiting scholar programs, weekly teas, late night programs, study breaks, and two large, community social events. Students have elected Commons Council representatives, and we are now working to develop the Commons identity. A ribbon cutting ceremony is being planned for Saturday, April 2, 2016.

The Bryan complex Commons will be led by Antonio and Pilar Barrera. Planning is underway to improve student living areas, to renovate the edge proper, and to upgrade systems. Ideas such as a covered walkway, additional soundproofing for the cafe, and multipurpose dance space are all alternate options under consideration, with selection dependent upon available funding.

Work is in progress for the Andrews and Stillman Hall renovations with EwingCole architects selected to complete the design. Two architectural firms, Robert A.M. Stern and William Rawn Associates, are being considered for the design of the new residence hall and Benton Hall.

Department Spotlight: The Dean of the College

Commons Renovation and Construction Timeline

New Residence Hall
January 2016: Select architectural firm to design new residence hall
Fall 2018: New residence hall opens

Existing Residence Hall Renovations
Summer 2016: Renovations to Andrews, Bryan complex, the Edge Café, and 94 Broad Street
Fall 2016: Second Residential Commons opens at Bryan complex, Stillman Hall goes off-line for full academic year (2016-17)
Summer 2017: Renovations to Stillman and 104 Broad Street (and possibly 110 Broad)
Fall 2017: “Soft” opening of the third Commons (Andrews, East Hall, and 104 Broad) and possibly the fourth Commons (Stillman, West, and 110 Broad)
Summer 2018: Renovation to 110 Broad if not complete in summer 2017
Fall 2018: Full opening of third and fourth Commons

Bryan Acevedo ’16, a community leader on the second floor of Curtis encourages his residents (the “wolfpack”) not to create extra work for Dave, the custodian. They have requested some cleaning supplies so that they could do a better job of keeping their space clean.
On December 23, 2015 the Residential Life team took some time to help out with the Salvation Army Christmas Bureau Distribution in Syracuse.

Each year, right before Christmas, The Salvation Army joins forces with hundreds of community groups and thousands of volunteers to make magic happen for low-income families at the Oncenter during Christmas Bureau Distribution Day. During this special day, eligible low income families receive a book, a toy and a stocking stuffer for each child in their family. In addition, each family receives a holiday food basket that contains a turkey and all the fixings for a holiday dinner plus extra food to help them feed their children during the school break.

Over the last 5 years, nearly 15,000 families and 37,000 children have been served on Distribution Day. In addition, more than 1,000 volunteers donate their time each year to make Distribution Day a reality.

Tanith Sherman, Residential Life Administrative Assistant, heard a call for volunteers on the radio the week before the event and brought the idea to the table. There was no hesitation from the ResLife group to volunteer their time. The group was assigned to the book table, and got to help children and teens choose books that matched their interests. They also got to help parents who were shopping for their children find appropriate books.

It was an incredibly rewarding experience, and a great way to begin the holiday break! The Office of Residential Life hopes to make this a yearly event that involves other offices as well.

On December 15, a total of 20 staff and faculty members got together for the 9th Annual Cookie Exchange event at Center for International Programs. Each of us brought 4 dozen of the same kind of cookie and brought 4 dozen of 20 different kinds of cookies home! We all had a wonderful time chatting, exchanging recipes, and enjoyed each other’s company. Thank you to Makiko Filler for organizing this event!

See you next year at the 10th Annual Cookie Exchange!
New Faces At Colgate

1. **Jamie-Lee Broedel** accepted the position of administrative assistant for administrative advising on December 9. Formerly an event coordinator at Michaels Fine Food & Spirits, she spends her free time chauffeuring her three daughters to their many activities. Jamie-Lee also enjoys coaching soccer and teaching first grade religion at St. Bernards Church in Waterville.

2. **Tristan Leinen** accepted the position of web accounting assistant for advancement on December 14. With a bachelors degree in business administrative, he is about to complete a second bachelors in accounting from Thomas Edison State College. He enjoys reading, hiking, camping, and biking. He joins his spouse, Mark Sandford, assistant professor, systems librarian.

3. **Joel Friedman** accepted the position of help desk technician on December 14. With a bachelors degree from Boston University, he enjoys music, watching sports, reading and travel. He joins his wife, Lisa Sapolis, assistant director for off-campus study.

4. **Kyle Wood** accepted the position of custodian on December 14. She previously worked at Stockbridge School and is looking forward to her new position at Colgate.

5. **Jamie McGregor** accepted the position of custodian on December 15. He enjoys coaching football and softball and is also a volunteer firefighter. He and his wife, Connie, a buyer in the purchasing department, have two children.
1. **Christine Bellinger** accepted the position of advancement operations coordinator on December 21. She previously worked as an accounts and records administrator at Hamilton College. With a bachelor’s degree from Utica College, she enjoys tennis, reading, and spending time with her husband, Brad, and their daughter.

2. **Alyssa Manoogian ’13** accepted the position of assistant women’s soccer coach on December 18. She previously worked at Utica College as an assistant women’s soccer coach. Alyssa holds a bachelor’s degree in education from Colgate, and is currently studying for her master’s degree in communication from Utica College.

3. **Christy Delair** accepted the position of assistant curator of the Longyear Museum of Anthropology on January 4. She previously worked at Brown University in the Haffenreffer Museum of Anthropology. She holds a PhD and masters degree in Anthropology from Brown University, and enjoys bicycling, gardening, textile arts, and Taiwanese dramas.

4. **Chris Provan** accepted the position of museum security and facilities manager on January 4. He previously worked as a security manager at Harvard University. He holds a masters degree in computer information systems and a masters degree in business administration.

5. **Katherine Kolozsvay** accepted the position of career advisor on January 6. She previously worked at Kaplan Test Prep as a graduate programs manager. She holds a bachelors degree from Syracuse University, and enjoys outdoor activities, and spending time with her husband, Chris, and their two children.

6. **Heather Kropp** accepted the position of postdoctoral researcher of geography on January 11. She previously worked as a graduate assistant at Arizona State University. She holds a PhD in Environmental Life Sciences from Arizona State University and a bachelors degree from Evergreen State College. She enjoys running and hiking.
Births

DAVID KLATSKY, assistant men’s basketball coach, and wife, ABBY, welcomed a son, Harrison Penn Klatsky, on December 15. He was 7lbs 3oz and was 20.5 inches.

Anniversaries

January

5 YEARS
KEVIN ALT, campus safety
JON BEERS, IT
ERIC BUGBEE, facilities
PATRICK FAGAN, IT
LAURA RICKARD, IT
ASHLEY WEAVER, facilities

10 YEARS
JOEL MORAIN, university theater

15 YEARS
SUE STANTON, accounting & control
STEVE WILCOX, facilities

20 YEARS
DAVID AUGUSTINE, facilities
JEFF GOLLEY, facilities
LINDA MAYNARD, health services

30 YEARS
BOB PINNEY, chemistry

February

10 YEARS
VICKY CHUN, athletics
RYAN KNOWLES, athletics - football
PATTY STASKOWSKI, advancement, annual giving

25 YEARS
TINA PUDNEY, accounting & control

30 YEARS
STEVE COOK, facilities

35 YEARS
GERMAINE GOGEL, chemistry

Transfers & Promotions

ROBERT BACHMAN - foreperson, electrical shop

MARSHA COLLETT - office manager, chaplain’s office

TRACY KELLY—administrative assistant, advancement & capital support

WILLIAM NORTHEY - stock clerk, facilities

BRENDT SIMPSON - investment manager
Take a moment to nominate a co-worker!

This program recognizes employees who demonstrate outstanding achievement in Colgate’s commitment to fostering a creative and expansive learning community by demonstrating excellence in Effective Communication, Creativity and Innovation, Leadership, Change Management and Embracing Diversity and Inclusion. The goal is to foster a spirit of community by using a peer-nominated format to recognize the achievements of our co-workers.

Col“Great” provides an opportunity to publicly acknowledge the contributions of Colgate staff employees. It is our hope that this program raises appreciation and awareness for those we work with everyday, and builds upon the tradition of unity that makes working at Colgate University "great".

Awards

Individual Excellence: $500, one extra vacation day *(Five employees selected each semester)*
Unsung Hero Award: $500, one extra vacation day *(One employee selected each semester)*
Team Award: $100 and one extra vacation day for each team member. *(One team selected each semester)*

Employee Of The Year

This employee will be chosen from the individual Excellence Award recipients and will receive $1,000 and a reserved parking space for one year.

Nominations must be made by noon on March 11.

Awards ceremony will be held at the March 16 All-Staff Meeting.

Please note: This program applies to all full time and part time benefit eligible staff employees. Nomination form will be submitted to HR and the President’s Staff will vote on final selections. Vice Presidents, members of the President’s Staff, deans, head coaches, and teaching faculty are ineligible for consideration.
Sabotage #1: Your office pantry is stocked with leftover holiday treats.
How to cope: Keep a healthy snack, such as hand fruit or snack packs of unsalted nuts, within reach. If you are not truly hungry for a snack, chew gum or steep tea to provide distraction. Usually cravings disappear within a few minutes, but if not, enjoying a sensible portion of a treat can help to stave off overindulging later on. On occasions when you treat yourself, take the time to engage all of your senses.

Sabotage #2: Your coworkers are ordering take-out for lunch.
How to cope: Keep a stash of menus in your office of your coworkers’ favorite restaurants. Highlight your favorite healthy dishes in bright colors and black out heavier options to make choosing the healthier option easier.

After the holiday season, we return back to our offices and their inevitable food traps. If your goal is to focus on a healthier lifestyle in the new year, some well-intentioned treats can seem like New Year’s resolution sabotage. With the return of busy schedules, unpredictable weather, holiday gift returns, etc., we have little time to set ourselves up for success. Here are some strategies that may help you keep your resolve.

Sabotage #3: Your schedule is too packed to have lunch today.
How to cope: Keep convenient and healthy options, such as protein bars, fruit and nut bars, low-sodium frozen entrees and soup, and Greek yogurt on hand. It’s important not to go too long (4-5 hours) without eating. When you do finally have the opportunity to eat, you are far more likely to overeat if you are feeling ravenous. Habitually skipping meals can also lead to a sluggish metabolism, so try to prioritize eating regularly.

Sabotage #4: Your meeting/party is going to be catered with heavy menu options.
How to cope: Know a few healthier options on the catering menu off-hand. Suggest ordering lighter options such as grilled shrimp with mango chipotle glaze, gazpacho shooters, or hummus with crudité. Check out the Colgate Dining Services website to see catering menu options.

Tip: You can schedule a free one-on-one appointment for a more individualized plan with registered dietitian Cory Hancock by emailing her at chancock@colgate.edu.

Sabotage #5: The candy dish.
How to cope: Ask to play a game of hide the candy dish, so you don’t know where it is. Or give yourself a small reward every time you don’t take a treat walking by the candy dish.
Responsible Paper Purchasing
At Colgate University

1) Is the paper made from post-consumer recycled content?

Paper made with post-consumer recycled content was once something else such as a cardboard box, newspaper, magazine, printer/copier paper, or notepad. Post-consumer content paper ultimately relies on fewer trees that must be cut down to feed the demand for paper. In sustainability circles, post-consumer content paper is preferred over pre-consumer recycled content paper. Look for the amount of post-consumer content before making your next paper purchase.

2) Is the paper sourced from environmentally-responsible forest management practices?

The Forest Stewardship Council (FSC) and the Rainforest Alliance certify environmentally sustainable, socially beneficial, and economically viable management of the world’s forests. The Sustainable Forestry Initiative (SFI) is second certification that helps the consumer choose paper products from well-managed forests. Look for the FSC or SFI logos or certification when making your next paper purchase.

Top Choices:

- **Boise® ASPEN® 100 Recycled Copy Paper**, 100% Post-Consumer Content, 8-1/2" x 11", 500/RM
  - W.B. Mason Item: CAS054922
  - Recent Price: $9.86 RM (500 sheets)
  - Post-Consumer Recycled Content Percent = 100%
  - Total Recycled Content Percent = 100%
  - FSC Certified = Yes

- **Boise® ASPEN 50% Multi-Use Recycled Paper**, 92 Bright, 20lb, 8 1/2 x 11, White
  - W.B. Mason Item: CAS055011
  - Recent Price: $36.85 CT (5,000 sheets)
  - Post-Consumer Recycled Content Percent = 50%
  - Total Recycled Content Percent = 50%
  - FSC Certified = Yes

Alternatives:

- **Boise® ASPEN® 30 Recycled Copy Paper**, 30% Post-Consumer Content, 8-1/2"x11", 500/RM
  - W.B. Mason Item: CAS054901
  - Recent Price: $7.79 RM (500 sheets)
  - Post-Consumer Recycled Content Percent = 30%
  - Total Recycled Content Percent = 30%
  - SFI Certified = Yes

- **Hammermill® Great White® Recycled Copy Paper**, 30% Post-Consumer Content, 8 1/2"x11", 500/RM
  - W.B. Mason Item: HAM86700
  - Recent Price: $8.92 RM (500 sheets)
  - Post-Consumer Recycled Content Percent = 30%
  - Total Recycled Content Percent = 30%
  - SFI Certified = Yes

We hope this helps you find a brand of paper that is environmentally conscious, and reasonably priced. Please keep in mind that paper prices fluctuate and may change from the ones listed above. More information on paper purchasing at Colgate can be found here or by contacting either the Office of Sustainability or the Purchasing Department.

THANK YOU FOR ALL YOU DO TO SUPPORT FORESTS EVERYWHERE AND COLGATE’S SUSTAINABILITY GOALS!
Guest Speakers:

Ray Carlson, MD & David Grover, PA
from the Hamilton Heart Center

Cindy Marshall, NP
from Community Memorial Hospital’s Family Health Center

Moderator:

Merrill Miller, MD

Registration required for complimentary lunch to spirit@cmhhamilton.com or by calling 824-6234.
(Please specify gluten free or vegetarian needs.)

CU Well and Community Memorial Hospital’s Spirit of Women Present:

Lunch and Learn for Go Red for Women!
A Discussion of Heart Disease Prevention, Treatment and Best Practices

FEBRUARY 4, 2016
12 PM - 1 PM
Colgate University | Hall of Presidents
The 12-hour spin-a-thon will raise money and awareness for the American Heart Association and the National Wear Red Campaign. Colgate Employees, students and Hamilton community members are all welcome to participate in this event by visiting our spin studio (located on 2nd floor of Huntington) anytime on Friday, February 5th from 6:00 AM - 6:00 PM. Donations in the form of cash, check or 'gate card will be collected at the door (no minimum amount!). Classes will start at 6:00 AM and run every hour on the hour until 6:00 PM. All fitness levels are welcome and bikes are first come, first served! Heart healthy snacks and drinks will be available and prizes will be given out during every spin session!

Click For More Info On National Wear Red Day!
LEARN TO SKATE PROGRAM
SPONSORED BY THE COLGATE FIGURE SKATING CLUB
BEGINs JANUARY 24
FIVE LESSONS | SUNDAYS | 4PM
TOTAL COST $60
REGISTER

OUTDOOR EQUIPMENT RENTAL CENTER
BASE CAMP
RENT WINTER AND OUTDOOR GEAR
SUCH AS SNOWSHOES, CROSS COUNTRY SKIS,
ICE CLIMBING EQUIPMENT AND MORE!
RATES VARY, SEE WEBSITE FOR DETAILS
PRICES AND HOURS

WEEKDAY SKATES
COLGATE OPEN HOCKEY
THROUGH MAR 4 | MONDAY NOON HOUR
(CU ID & HELMET REQUIRED)

COLGATE OPEN SKATE
THROUGH MAR 4
MON 1-2:30 PM | WED 11:30 AM - 1 PM
(CU ID REQUIRED)

CU Well Employee Focus on Fitness Schedule for Spring 2016 is now available!

Group exercise classes started Monday, January 18 and will end on Friday, April 29!

Spring offerings include Water Aerobics, Zumba, Strength Training and more!

Make the most of this winter/spring and GET ACTIVE with CU Well!
Registration info

Gate Fitness offerings for Spring 2016
Gate Fitness Classes!

Check out even more fitness and wellness options at Colgate.edu/fitness

FYI: Registration is not required for these classes. Feel free to drop in and try different ones out. Your email does allow us to send you information regarding cancellations, etc...

For any questions, contact Director of Fitness, Andrew Turner: aturner@colgate.edu
Employee pick-up volleyball games

Volleyball

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
FRIDAY, JANUARY 22
Women’s Hockey vs St. Lawrence | 3 PM
Men’s Hockey vs Harvard | 7 PM

SATURDAY, JANUARY 23
Women’s Hockey vs Clarkson | 3 PM
Women’s Basketball vs Loyola | 4 PM
Men’s Hockey vs Dartmouth | 7 PM

SATURDAY, JANUARY 30
Men’s Basketball vs American | 2 PM

SUNDAY, JANUARY 31
Men’s Tennis vs St. Bonaventure | ALL DAY

WEDNESDAY, FEBRUARY 3
Men’s Basketball vs. Holy Cross | 7 PM

FRIDAY, FEBRUARY 5
Women’s Hockey vs. Princeton | 7 PM

SATURDAY, FEBRUARY 6
Women’s Basketball vs. Navy | 4 PM
Women’s Hockey vs Quinnipiac | 4 PM

SUNDAY, FEBRUARY 7
Women’s Tennis vs St. Bonaventure | ALL DAY

FRIDAY, FEBRUARY 12
Men’s Hockey vs Yale | 7 PM

SATURDAY, FEBRUARY 13
Men’s Basketball vs Bucknell | 2 PM
Men’s Track vs Class of ’32 Invitational | ALL DAY
Women’s Track vs Class of ’32 Invitational | ALL DAY

WEDNESDAY, FEBRUARY 17
Women’s Basketball vs Boston | 7 PM

FRIDAY, FEBRUARY 19
Women’s Hockey vs Harvard | 7 PM

SATURDAY, FEBRUARY 20
Men’s Lacrosse vs Binghamton | 1 PM
Men’s Tennis vs Rochester | ALL DAY
Women’s Tennis vs Rochester | ALL DAY
Women’s Hockey vs Dartmouth | 4 PM

SUNDAY, FEBRUARY 21
Men’s Basketball vs Loyola | 12 PM
Men’s Tennis Villanova | ALL DAY

WEDNESDAY, FEBRUARY 24
Men’s Basketball vs Lehigh | 7 PM

FRIDAY, FEBRUARY 26
Men’s Hockey vs RPI (Silver Puck Weekend) | 7 pm

SATURDAY, FEBRUARY 27
Men’s Lacrosse vs Bucknell | 12 PM
Women’s Basketball vs Lafayette (Senior Day) | 4 PM
Men’s Hockey vs Union (Silver Puck Weekend) | 7 pm

CLICK FOR FULL SCHEDULE
CHILDREN'S EVENT
FROZEN: DO YOU WANT TO BUILD A SNOWMAN?
When: Saturday, January 23 | 10:30 AM
Where: Colgate Bookstore
Do you want to build a snowman? Unleash your inner magic at our Frozen Party! Learn about the true meaning of love, and build your very own snowman! Story time will be followed by Frozen crafts, games, snacks and prizes. Open to children of all ages.

CHILDREN'S EVENT
OOOH LA LA: THE STORY OF DIVA AND FLEA
When: Saturday, February 20 | 10:30 AM
Travel to Paris as we read the Story of Diva and Flea, a delightful new chapter book by the beloved children's author Mo Willems. Story time will be followed by Paris themed crafts and snacks! Open to children of all ages!

SWEET DEALS YOU'LL LOVE!
When: February 11-14
Shop great sales and deals at our Valentine's Day Mega Event! Our Class of 2003 Events Room will be a pop-up shop full of deals you’ll fall in love with. You don’t want to miss this great event—Open to children of all ages.

BIG NEWS!
Our second floor is getting renovated. Stay tuned for pictures and updates!
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.

**January 26 - 12:10 PM**
Cooking With Grains

Please R.S.V.P. by January 20 to Colgate Dining Services at diningservices@colgate.edu or 315-228-7366

WE HOPE TO SEE YOU THERE!
This spring semester, the Picker Art Gallery (second floor, Dana Arts Center) announces the opening of its new exhibition, *William Kentridge: Universal Archive*, on January 21, 2016, at 5:30 p.m. This exhibition features more than seventy-five linocut prints by renowned South African artist William Kentridge. Drawn from the artist’s *Universal Archive* series (begun in 2012), works on display are based on an earlier set of ink drawings and explore recurring themes in Kentridge’s art and stage productions: coffee pots, typewriters, trees, birds, and nude figures. Juxtaposing text and image as well as figuration and abstraction, *Universal Archive* illustrates the artist’s creative process and experimentation across media. The Picker’s presentation will also include two sculptures entitled *Nose II (Walking)* by Kentridge as well as a video recording of his Norton Lectures, *Six Drawing Lessons*, delivered at Harvard University in 2012. In addition, two documentary films, *Drawing the Passing* and *The End of the Beginning*, will be on view. Please join us for the opening reception to be held at the Picker Art Gallery on Thursday, January 21, 2016, at 5:30 p.m. Opening remarks will take place at 6 p.m. followed by exhibition mini tours by Colgate students at 6:30 p.m. Light refreshments will be served in the lobby. The exhibition runs through May 15, 2016 and is free and open to the public.

*William Kentridge: Universal Archive* is organized for tour by the Gund Gallery at Kenyon College and is made possible, in part, by contributions from Alva Greenberg ’74, the Gund Gallery Board of Directors, and the Ohio Arts Council. Additional support comes from Colgate University’s Robert J. Gerberg ’59, P’85 Endowment for the Visual Arts.

**Opening Events:**

All events are free and open to the public!

**Thursday, January 21, 2016:**

EXHIBITION OPENING RECEPTION

5:30–8 p.m., Colgate University, Picker Art Gallery, Dana Arts Center

6 p.m., Opening remarks by Anja Chávez, director of university museums; Sarah Horowitz, curatorial assistant, Picker Art Gallery & Longyear Museum of Anthropology; and Daniel Serrano ’16.

EXHIBITION MINI TOURS BY COLGATE UNIVERSITY STUDENTS

6:30 p.m., Colgate University, Picker Art Gallery, Dana Arts Center

Tours led by Colgate students Natalie Ramirez ’19 and Daniel Serrano ’16.

The gallery is open Tuesday–Friday, 10 AM–5 PM

Saturday and Sunday, noon–5 PM

Third Thursday of every month, 10 AM–8 PM

Closed Mondays and major holidays