## Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13</td>
<td>Colgate Day</td>
</tr>
<tr>
<td>9/20</td>
<td>Deadline for next edition articles/ads</td>
</tr>
<tr>
<td>10/2</td>
<td>New Employee Orientation</td>
</tr>
<tr>
<td>10/4</td>
<td>Next Open 'Gate Issue</td>
</tr>
<tr>
<td>10/15</td>
<td>All Staff Meeting</td>
</tr>
</tbody>
</table>

### Retirement Individual Counseling Sessions

**TIAA-CREF**

- **9/12** Bookstore, Conference Room
  - [www.tiaa-cref.org/events](http://www.tiaa-cref.org/events)

**Fidelity**

- **9/17** ALANA, Seminar Room
  - [www.fidelity.com/atwork/reservations](http://www.fidelity.com/atwork/reservations)

### CU Well

**Wellness Programming**

- **Weekdays** CU Walking Group, Dunlap Track
- **9/12** Nutrition: Good Eating Guide
- **9/2** Stress Reduction
- **10/10** Control What You Can: Cancer Risk Reduction
- **11/14** Your Role in Diabetes Management
- **12/12** Dinning for Health and Enjoyment

**Wellness Resources:**
- National Cholesterol Health Month
- National Dental Health Month
  - Click [here](http://example.com) to read more.
- Member Health Assessment
- Healthy Coaching
- Nutrition Information
  - [www.myviverae.com](http://www.myviverae.com)
- Shaw Wellness Institute
- Trudy Fitness Center

Submit articles and items of interest to:

- humres@colgate.edu

---

### Lynda.com

Have you been thinking about learning a new skill? Maybe you would like to know the latest tips, tricks and shortcuts on the software you are using? Perhaps you have staff members that are seeking new skills as professional development goals? The solution is here and ready for you!

Lynda.com is a on-demand, online learning tool that is available to everyone with a valid Colgate network account. This learning system provides access to hundreds of instructional videos on the latest software tools and skills as well as professional development courses. It has a library of options that help users learn software, design and business skills to achieve their professional and personal goals. With over 1,400 titles available, there is something for everyone!

Several Colgate employees have already discovered the benefits and flexibility of Lynda.com. **Jeanne Smith, Stewardship Coordinator in Advancement,** wanted to broaden her knowledge when a new version of *In-Design* was released. Jeanne felt it would be helpful to learn the latest enhancements since she uses the software frequently in her position. She found Lynda.com to be user-friendly and was easily able to find the answers to her questions through the video tutorial.

Diverse and convenient is how **Maureen McKinnon, Senior Administrative Assistant to the Vice President for Finance and Administration,** describes Lynda.com. Maureen says "it is a very user friendly website and I love the variety of courses they offer and the convenience of taking them. The instructors are also very knowledgeable and teach at a pace where you feel you can keep up. You can stop and rewind a presentation whenever you want, especially if you need to repeat a topic". Maureen also indicates that once you add a class to your playlist, you can go back to review it at any time. She found this helpful as she could bookmark a section for future reference or share pieces of information with colleagues.

For Colgate leaders, Lynda.com can be a valuable resource when coaching employees on the development of their goals and skills. **Sue Dolly Lathrop, Senior Associate Dean of Admission for Admission Operations,** has recommended Lynda.com to her staff to help them enhance their work-related skills. Sue states "it has been very useful for several of my staff members; I know if I assign a project to an employee, they have the opportunity to go to Lynda.com to learn the skills they need to complete the task successfully".

Fall is the perfect time to take a class, start today!
Friday, September 13, 2013 is Colgate Day

What is Colgate Day?

It is an opportunity for the Colgate community of students, alumni, parents, staff, faculty, and friends to celebrate our love of the number 13 and announce our affiliation by wearing school regalia and/or maroon. Colgate Day is held anytime the 13th day of the month falls on a Friday! We at Colgate love the number 13 and celebrate it differently all across the globe. So grab your favorite Colgate cap, sweatshirt, tie, or pin, and wear it proudly on Colgate Day!

Calling All Notaries!

We would like to update our list of available employees who are commissioned as a Notary Public. Please email humres@colgate.edu by September 20 if we can include you on our list.

Would you like to become a notary public?

Visit the New York State Division of Licensing website to learn more: http://www.dos.ny.gov/licensing/notary.

Five hour Exam Review Courses are being offered this fall for $50 at the following locations:

Oneida-Herkimer-Madison BOCES-New Hartford:
9/23 and 9/25 from 6-8:30 p.m.
Call 315-793-8696 to register.

Madison-Oneida BOCES-Verona:
10/22 and 10/24 from 6-8:30 p.m.
Call 315-361-5800 to register.

Walk-in exams can be taken at the following locations:

Syracuse-American Postal Workers Union Hall, 407 E. Taft Rd,
North Syracuse: Every Tuesday at 11 a.m. & 1:30 p.m.
Utica-State Office Bldg., 207 Genesee Street 1st Floor,
Room 107: Tuesdays at 11 a.m. & 1:30 p.m. on 9/10, 9/24, 10/8, 10/22 and 10/24 from 6-8:30 p.m.
The cost of the exam is $15.

*Times and locations are subject to change, please confirm prior to attending.

Get Connected!

Engage with Colgate University social media

Twitter—engage with the community during events
Facebook—discuss the things going on at Colgate
Google+—see events, hangouts, and live to air content
Delicious—follow the accomplishments of our alumni
YouTube—relish the event, or catch up
Flickr—Colgate is beautiful—this collection of photos is the proof
LinkedIn—follow Colgate updates

Sustainability Spotlight

By Jack Eiel ’15 and John Pumilio,
Director of Sustainability

Have you noticed the newly assembled solar panels on the side wall of the Creative Arts House (100 Broad Street)? Students living in the building are now using renewable solar energy instead of fossil fuel for their domestic hot water use!

People may be more familiar with solar photovoltaics (solar PV) that capture the sun’s energy to produce electricity, but here in the Village of Hamilton, solar thermal can be a much more cost effective and attractive option over solar PV. At Colgate, for example, we use expensive and dirty fuel oil #2 to provide heat and hot water for our buildings on Broad Street (and for campus buildings off the main steam line). Using solar thermal heating not only eliminates carbon emissions and other air pollutants, but can be very attractive financially especially when coupled with state and federal incentives.

Solar thermal systems work by starting with a solar panel that is filled with a liquid (typically a non-toxic, food grade propylene glycol) that can be heated to reach temperatures exceeding 200 degrees Fahrenheit. The panels concentrate the sun’s energy and as the fluid heats up, it flows toward a heat exchange tank. The sun’s energy is then transferred from the glycol to heat your domestic water supply replacing expensive and polluting fossil fuels in the process. The hot water is then pumped to your showers and faucets and the solar fluid goes back to the solar panel to be reheated. The process is clean, safe, and very effective. Yes, even on cloudy days and in the winter!

The solar thermal panels will eliminate our use of nearly 900 gallons of fuel oil while reducing our heating costs by over $2,600 each year. Furthermore, the 600 square-feet of solar panels will reduce Colgate’s carbon footprint by over nine tons, inching us ever closer to our goal of carbon neutrality by 2019. Since these systems can last for over 20 years, this turns out to be a good deal for both our energy budget and for the planet.

If this solar thermal installation at 100 Broad Street is successful, this could pave the way for future installations along Broad Street. Since this is Colgate’s first solar installation on campus, it has been an exciting project to be a part of. A huge amount of credit goes to Paul Fick, Joe Bello, and Patrick Leamy for all their hard work and perseverance. Their support made this historic project possible.

What are your thoughts on renewable and solar thermal energy at Colgate University? Like us on Facebook, follow our Twitter feed, or email us at sustainability@colgate.edu.
Wellness Spotlight

Stress and the Autonomic Nervous System

By Thad Mantaro, Director Shaw Wellness Institute

This article draws on the book Stop Stress this Minute by the Wellness Council of America. Stop by the Shaw Wellness Institute to pick up a free copy of the book!

As we begin a new semester, the campus is abuzz with energy. It’s great to have the students back and to gear up for another exciting year. With that vitality, however, sometimes comes stress, and over the course of the next several months we will initiate an extended series on stress and relaxation that draws on the book Stop Stress this Minute. The helpful and practical information in this book is simple and accessible to anyone hoping to lower their stress. It gives good real life tips on how to improve overall wellness; the starting point is to first become aware of your stress level.

In the June Open 'Gate Wellness Spotlight, some of the causes of stress were reviewed, including increasing connectivity and overall demands on our time. Also mentioned was the toll on our body, mind and spirit, and other causes including conflicts real or imagined.

What you may not know about the fight or flight response was that until the 1960s, most medical researchers didn't believe we could modify this response because it was thought that the Autonomic Nervous System (the system that controls stress regulation) was beyond conscious control. In an experiment that was radical at the time, Dr. Herbert Benson demonstrated that one can in fact control this response by using very simple techniques including breath work, yoga, meditation, progressive muscle relaxation, body scan techniques, stretching and others.

The best way for you to understand this is to conduct a quick check in. Take a moment and rank your overall stress (how tense or relaxed you feel right now) on a scale of 0 to 10. Then write that number down. Now, for the next two minutes use the following technique: breathe in deeply to a count of four, hold that breath for a count of four, breathe out for a count of six, and repeat this cycle three times. Check back in and compare your stress numbers before and after.

If the second number is lower you've done something science once thought was impossible: you've intentionally changed your level of stress and improved your wellness. Next month, other practical techniques will be discussed so that you can lower your stress number and improve your wellness.

Open 'Gate

Focus on Fitness

Classes started: Tuesday, September 3rd

Classes include: Zumba, Yoga, Boot Camp, Power Toning, Deep Water Exercise, Spinning, Interval Strength, Advanced Kettle Bell, and Beginner Kettle Bell

To see the complete schedule and register visit: www.colgate.edu/Trudy

Wellness Spotlight

Classes started: Tuesday, September 3rd

Classes include: Zumba, Yoga, Boot Camp, Power Toning, Deep Water Exercise, Spinning, Interval Strength, Advanced Kettle Bell, and Beginner Kettle Bell

To see the complete schedule and register visit: www.colgate.edu/Trudy

Fall Stress Reduction Program

Colleen McSweeney, EAP coordinator, will provide a lunch and learn on stress reduction, October 1 from 12:15 p.m. to 1 p.m. at the Shaw Wellness Institute.

The session will include practical tips and an experiential practice in guided imagery and relaxation. Lunch is provided.

Wellness Spotlight

Nutrition: Good Eating Guide

Join us on September 12 from 12:15 p.m. to 1:15 p.m. at the Shaw Wellness Institute to explore what it means to eat healthy in practical terms. The workshop will be presented by Excellus and is sponsored by Human Resources and the Shaw Wellness Institute. Please look for a registration email coming soon.

Wellness Spotlight

Staff Bus Trip

Where: New York City
When: Saturday
October 5, 2013
Cost: $45 per person

The bus leaves at 5:30 a.m. and departs NYC at 8:00 p.m., returning to Hamilton at approximately 1:30 a.m. For additional details, please contact Colleen Nassimos at cnassimos@colgate.edu or at extension 6880.

Wellness Spotlight

September Anniversaries

40 Years
Helen Payne, Provost and Dean of Faculty

35 Years
Joann Papelino, Campus Safety

25 Years
Lisa Diehl, Athletics Communications

20 Years
Cherie Stevens, Facilities

15 Years
Nancy Schult, Biology
Michael Evans, Information Technology

10 Years
Mark Goff, Facilities

5 Years
Darlene Virgil, Library
Tracy Kelly, Accounting & Control

Daniel Sloan, Information Technology
Lucas Burdick, Athletics

Wellness Spotlight

Staff Bus Trip

Where: New York City
When: Saturday
October 5, 2013
Cost: $45 per person

The bus leaves at 5:30 a.m. and departs NYC at 8:00 p.m., returning to Hamilton at approximately 1:30 a.m. For additional details, please contact Colleen Nassimos at cnassimos@colgate.edu or at extension 6880.

Wellness Spotlight

Nutrition: Good Eating Guide

Join us on September 12 from 12:15 p.m. to 1:15 p.m. at the Shaw Wellness Institute to explore what it means to eat healthy in practical terms. The workshop will be presented by Excellus and is sponsored by Human Resources and the Shaw Wellness Institute. Please look for a registration email coming soon.

Fall Stress Reduction Program

Colleen McSweeney, EAP coordinator, will provide a lunch and learn on stress reduction, October 1 from 12:15 p.m. to 1 p.m. at the Shaw Wellness Institute.

The session will include practical tips and an experiential practice in guided imagery and relaxation. Lunch is provided.

Wellness Spotlight

September Anniversaries

40 Years
Helen Payne, Provost and Dean of Faculty

35 Years
Joann Papelino, Campus Safety

25 Years
Lisa Diehl, Athletics Communications

20 Years
Cherie Stevens, Facilities

15 Years
Nancy Schult, Biology
Michael Evans, Information Technology

10 Years
Mark Goff, Facilities

5 Years
Darlene Virgil, Library
Tracy Kelly, Accounting & Control

Daniel Sloan, Information Technology
Lucas Burdick, Athletics
Welcome New Hires!

Justin Blakeslee accepted the position of Human Resources Analyst effective August 19. He received his B.S. from Clarkson University. Justin enjoys camping, playing video games and cooking.

Stephen Dickinson ’13 accepted the position of Program Assistant in Environmental Studies and Sustainability effective August 12. He enjoys photography, running and music.

Tamala Flack accepted the position of Director of Equal Employment Opportunity/Affirmative Action effective August 21. She received her B.A. from the University of North Carolina-Chapel Hill and her J.D. from Campbell University. Tamala enjoys running, cooking and reading.

Kathryn Hollerbush ’09 accepted the position of Assistant Director of Alumni Relations effective August 19. She received her M.S. from Binghamton University.

Timothy McEvoy ’13 accepted the position of Assistant Director of Alumni Relations effective August 5.

James Mlasgar accepted the position of Custodian effective August 27.

Connie McGregor accepted the position of Purchasing Assistant effective August 19. Connie and her husband Jamie have two children, Damian and Savannah.

Gary Orendorff accepted the position of Custodian effective August 19. He is a graduate of Waterville Central High School. Gary enjoys hunting and fishing in his free time.

John Paul Ortiz ’10 accepted the position of Assistant Director of Admission effective August 5. He enjoys running, CrossFit and playing with his dog Raider.

Promotions

Jamie Bergeron has been promoted to Assistant Dean & Director of LGBTQ Initiatives effective August 1.

Kip Manwarren has been promoted to Print Shop Supervisor effective August 5.

Mark Hine has been promoted to Project and Communications Manager-ITS effective August 15.

September Retiree

Thank you and Best Wishes!

Tom Hoe, Clerk, Mail Services, retiring September 27

Birth Announcements

Brenda Ice, Director of Residential Life, and husband Brandon, Business & Operations Manager-Dean of the College, welcomed son Xane Brandon on August 22. Xane weighed 8lbs, 3oz. and was 20” long.

Jenna Reinbold, Assistant Professor of Religion, and Joseph Alfonso, Senior Business Systems Analyst, welcomed daughter Eleanor Opal Dawn Alfonso on August 10. Eleanor weighed 7lbs, 13 oz.

Marriages

Congratulations to Mike Roberts of ITS who recently married Meghan (Nicholls) on August 9 at Willard Chapel in Auburn, NY.

In Memoriam

Retiree Alyn S. Hughes Sr., 94, of Bouckville, passed away peacefully at home on Sunday, August 11. Alyn formerly worked in typewriter repair.

Do you know someone looking for part-time employment?

Colgate has several casual wage positions available, seasonal and year round.

Online applications can be found at: https://careers.colgate.edu

Open Positions

Colgate University is an EO/AAE. Developing and sustaining a diverse faculty, staff, and student body furthers the university’s mission.

Correction

Our sincere apologies for misspelling the names of Butch Wootton and Rene Beers in last month’s newsletter.

Sell and Swap

For Sale: Two (2) bedroom house, two (2) bath with full basement, new kitchen, sun room, attached garage, large deck and pond on 6+ acres. Hamilton School district. Very private. Call 315-264-0867 for additional information or an appointment.

For Sale: 2002 Coachmen Catalina Camper: 29ft trailer, includes oven, 3 burner stove, microwave, booth dinette, 3 bunks, couch, recliner, double bed and shower/tub. Includes necessities for hook up (water, sewer, towing). $5,000. Call 315-824-1142 for additional information or an appointment.

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.