United Way of Central New York honors Colleen Nassimos
United Way of Central New York press release

The United Way of Central New York recently honored Colleen Nassimos, administrative coordinator and team advisor, COVE, with the Exceptional Community Volunteer Award. This award is given bi-annually to volunteers who give outstanding gifts of their time and talents to Central New York non-profits.

Colleen volunteers about 35 to 40 hours each month for Liberty Resources, Inc.’s Victims of Violence, a program assisting victims of sexual assault and domestic violence. For the past two years, Colleen has volunteered as a hotline crisis counselor on the program’s 24-hour telephone crisis hotline, giving a total of about 2,000 hours of her time.

“Colleen has helped women and children explore options for safety, advocacy and support as they begin to heal from their trauma,” said Carlene Holt, volunteer coordinator at Liberty Resources. “She is a compassionate woman who truly wants to help make a difference.”

In addition to her work on the crisis line, Colleen has offered her talent to the agency in a variety of ways. She has recruited about 25 Colgate students to become hotline counselors. The collaboration between Colgate and Liberty Resources has strengthened the program’s mission and helps educate the student population about domestic violence and sexual assault, according to Holt.

Colleen also has helped increase community awareness about the services offered by Victims of Violence. She is a member of the Madison County Domestic Violence Coalition, and helps inform people in the community, other nonprofit agencies and law enforcement about the services available through Liberty Resources. “Victims of Violence has increased its exposure in southern Madison County thanks to Colleen’s individual outreach efforts,” Holt said.

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Colleen goes above and beyond for the agency in many other ways, according to Holt. Last February, she gave the women in the Victims of Violence shelter Valentine’s Day bags containing chocolates, scented lotions, nail-care items and candles. She helps spearhead successful fundraising efforts, and she organizes donations from students and faculty at Colgate University to women and children in the shelter.

“Colleen’s willingness to take on tasks is second to none,” Holt said. “She is creative and is always thinking of additional ways to serve those in need. She engages her colleagues with her philanthropic ideas, and before you know it, a wish or need of our program is fulfilled.”

“Colleen is truly an outstanding volunteer. She exemplifies the type of service we are looking to recognize with the Exceptional Community Volunteer Award,” said Craig Collie, vice president of United Way of Central New York’s Volunteer Resources Division. “We would like to thank Colleen for her volunteer service and her gifts of expertise, compassion and creativity.”

Victims of Violence, a program of Liberty Resources Inc., provides a wide range of services. To learn about the services and volunteer opportunities go to www.victimsofviolence.org or call 315-363-0048, office, 315-366-5000, 24 hour hotline.

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**Make a plan to get things done**

Conquer procrastination by mapping out your day and making it easy to stay on track. Here are some pointers:

- **Draft “tomorrow goals.”** At day’s end, identify three or four important tasks you need to complete tomorrow. Write them on a sticky or index card and leave them on the center of your desk. Since this will be the first thing you see when you sit down the next morning, it will give you instant direction.

- **Clear your desk** of everything that doesn’t relate to the top-priority task you’ve set for yourself tomorrow. That way, you’ll have all the necessary resources within reach so that you can make quick progress in the morning.

- **Anticipate interruptions.** As you plan tomorrow’s priorities, take steps to reduce the distractions of phone calls, drop-in visitors or other potential derailments. **Example:** If you predict people will return your calls while you’re at lunch, send them e-mail or leave voice-mail messages now that specify when you’ll be available.

—From the editors of Corporate Writer Resources

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**Building Bridges, Making Connections**

**2009 Staff Development Week**

*Mark your calendars.*

Register at [http://cu.colgate.edu](http://cu.colgate.edu), click on the Staff Development Week link and follow instructions.

**Tuesday, January 6**

-- Kick-off Event All Staff - Keynote by Keenan Grenell *(Note: registration is not required for All Staff)*

-- Question, Persuade, Refer (QPR) - Mark Thompson

-- NCBI - National Coalition Building Institute - Part I

**Wednesday, January 7**

-- How to use Emotional Intelligence for Personal and Professional Success Outcomes - Carlos Raposo

-- Meetings, Bloody Meetings - Dave Baird

-- Learn at LUNCH - Eldercare - Dr. Miller facilitator

-- Question, Persuade, Refer (QPR) - Mark Thompson

-- NCBI - National Coalition Building Institute - Part II

**Thursday, January 8**

-- What to Say to a Porcupine - Rich Gallagher

-- How to Tell Anyone Anything: The Power of Strength-Based Feedback - Rich Gallagher

-- NCBI - National Coalition Building Institute - Part III

**Friday, January 9**

-- Breakfast Reception

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**2009 Open 'Gate Schedule**

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Eleanor Marks Retires

Eleanor Marks began working at Colgate on August 28, 1978 as a custodian. She retired on December 2.

The custodial staff had a pizza and wing luncheon in Eleanor’s honor. Buildings and grounds staff and recent retirees, Lynn Basher and Pat Rundell, came to wish Eleanor well on her retirement. She received cards from the staff and a Blessings Tree in a frame. Bob Pils presented Eleanor with a hooded sweatshirt from the bookstore. Eleanor also received flowers, cards and gifts from her co-workers. Best wishes to Eleanor for a long and happy retirement.

Eleanor sends a special thanks to Bob Pils for the pizza party and to everyone for the cards, gifts, flowers and well wishes. She will miss everyone.

For your benefit

Ten reasons to call HEALTH Advocate

1. Untangle billing claims
2. Negotiate provider charges
3. Find the right provider quickly
4. Clearly explain your health plan
5. Obtain second opinions
6. Locate specialists; make appointments
7. Provide information about a condition
8. Find low-cost prescription medication
9. Locate mental health services
10. Sort through doctors’ explanations

New York City bus trip a grand success!

Makiko Filler, administrative assistant, ALANA Cultural Center, organized her second staff bus trip to New York City on November 29. These bus trips are a perfect opportunity to get to know people outside of the work environment and to develop new friendships and working relationships. A total of 54 people consisting of faculty, administrative, buildings and grounds, support, and Sodexo staff and their families and friends enjoyed the camaraderie and the opportunity to explore the city.

Makiko would like to thank the following employees for their help in making this trip a wonderful success: Kate Higgins, Lisa Diehl, Colleen Nassimos, Pat Kane, and Vicky Stone. Congratulations and thank you Makiko on a job well done!

Future trips will be advertised in the Open "Gate once plans are finalized.

'Slims at Work program works!

Joelle Faulks, senior technology support analyst, ITS, looks amazing! She is a member of the Weight Watchers at Work program and has lost 66 lbs. since January. Joelle laughs when she says “a lot of people don’t recognize me now.” She continues her journey toward her goal weight and plans to get there in time.

What’s the secret to her success? Joelle credits the program, the convenience of having it offered right here at work and the support received from its members. She realizes that the key to a healthy lifestyle includes eating right, exercise, attitude, and making a lifetime commitment to oneself.

She stresses that it’s important to “switch it up,” and not get bored with the program. Learning to make healthy eating choices is step one, keeping it interesting is step two for Joelle. She recommends the websites listed below for new recipes, inspirational messages and restaurant menu information. “Meal planning is half the battle,” she says. Becoming more disciplined, creative and organized during the meal planning process is key for her.

Regular exercise is important too. Joelle has always walked, but since starting back with the Weight Watchers program she has increased her walking. She has also joined two Focus on Fitness classes: Spinning and Deep Water Aerobic Exercise.

Joelle says she feels better than ever. She sleeps better and she has more energy. Joelle has plans with her husband to take a 12 day Caribbean cruise in February. She smiles when she mentions that she is busy shopping for bargains on summer clothes to fit her new size.

Joelle’s website recommendations:

- www.hungrygirl.com
- www.sparkpeople.com
- www.dwlz.com

Weight Watchers at Work 17 week program will begin on December 23. It meets Tuesdays at 4:45 pm in the Wooster Room, Huntington Gym. For information call Di Lundrigan at x7411.
**NEW HIRES**

Jennifer Abelson has accepted the associate director, annual fund position effective December 1. She was most recently employed with Jewish Community Centers of Greater Boston as a membership and sales director. Jen received her MS from Syracuse University S.I. Newhouse School of Public Communication. She enjoys writing, reading, skiing, running and spending time with friends and family.

Kristen Kimber has been hired as the new grants assistant, corporation, foundation and government relations effective November 5. She received her BA from SUNY Geneseo.

Carolyn Shain accepted the position of program coordinator, off-campus study effective October 9. She received her Ph.D. from Purdue University. Carolyn is married to Barry Shain, associate professor of political science. They have one child, Susan, 22. Carolyn enjoys traveling and watercolor painting.

**PROMOTIONS**

Patty Staskowski has been promoted to administrative assistant to the director of the annual fund effective November 17.

Lisa Wynn was promoted to LASR Supervisor effective November 24.

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**Reminder:** Information about Job Postings

For complete information on position vacancies and to submit an application visit our website at: [https://careers.colgate.edu](https://careers.colgate.edu)

Due to technical issues, this link is not available on the portal. [Note: Bargaining Unit positions will continue to be handled in accordance with the Collective Bargaining Agreement.]

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**DECEMBER ANNIVERSARIES**

5 Years

Michael Holobosky - Document Services

The staff of human resources wish you a happy and safe holiday season.

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**BIRTH ANNOUNCEMENTS**

Sarah and Chad Sparber welcomed daughter Ciara (6 lbs. 14 oz, 21.5" long) on November 20. Chad is an assistant professor of economics.

Derek and Kim Kane welcomed daughter Madison Ann (7 lbs. 6 oz., 21" long) on December 6. Proud grandparents are Andrea and Tom Kane. Tom is the plumbing shop foreperson, B&G.

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**QUOTE OF THE MONTH**

Some days there won’t be a song in your heart. Sing anyway.

~Emory Austin

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**CLASSIFIED ADS**

**POSITION VACANCIES**

Assistant Dean for Administrative Advising
Athletics Event Staff (pt - no benefits)
Campus Safety Officer/Dispatcher (part-time positions)
Custodian (3 positions)
Director of Advancement Services Foreperson, Heating Plant Human Resources Assistant Regional Advancement Director (2 positions) Staff Nurse (per diem) Sustainability Coordinator Telecommunications Network Administrator

For complete details on how to apply visit: [https://careers.colgate.edu](https://careers.colgate.edu)

**SELL & SWAP**


For Sale: SONY PSP handheld game w/6 games, 1 movie, 3 game/unit cases. All cords included. $100 or BO. SONY Play Station 2 w/18 games, 2 wireless controllers + Guitar Hero I & III w/ Guitar. Some games rated (E), most rated (T) and (M). All cords included. $250 or BO. All items used but in great condition and ready for a new owner! Call 893-7379 after 6 pm.

For Sale: Antique roll top desk, smaller size, ~ 90 yrs. Old, dark stain. Height 45 1/2", width 28", top 11” x 42". Call 607-674-9656 weeknights after 5 pm or weekends. Best offer.

For Sale: programmable treadmill, multi-speed and multi-elevation, $600 or BO. Call 824-4412.

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.