Calendar of Events

7/3  Fourth of July Holiday Observed

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.

8/5  415 Case-Geyer
8/18  438 Case-Geyer
9/15  Seminar Room, ALANA Cultural Center
9/16  107 Conference Room, Lathrop Hall
10/19  535 Case-Geyer

Fidelity
Fidelity appointments can be scheduled online at www.fidelity.com/atwork/reservations or by calling 1-800-642-7131.

7/23  Case-Geyer 535
8/18  Case-Geyer 535
9/21  Seminar Room, ALANA Cultural Center
9/22  Seminar Room, ALANA Cultural Center

CU Well
Wellness Programming

Join the 2015 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.

Celebrate Summer

The rain held off just long enough for employees to enjoy the annual Celebrate Summer Picnic. May you all have a safe and enjoyable summer. Congratulations to Julie Dudrick who won the raffle prize!
Celebrate Summer Continued

Prize Winner!

HAPPY 4TH OF JULY!
HAVE A SAFE AND ENJOYABLE HOLIDAY
FROM THE HUMAN RESOURCES DEPARTMENT.
Congratulations to the employees who reached their 5 & 10 year employment milestones! Thank you for your dedication and service to Colgate. Honorees and their supervisors celebrated at a breakfast on June 9.
Congratulations to the employees who reached their 15, 20, 25, 30, and 35 year employment milestones!
Thank you for your dedication and service to Colgate.
Pictured are honorees who attended the service awards dinner on June 10.
**Children's Event: Reading with Rover**
*When:* July 14 / 10:30 a.m.  
*Where:* Colgate Bookstore  
*Cost:* Free  
*Description:* Share stories with furry friends from Wanderers' Rest Humane Association.

**Book Release Party: Go Set a Watchman, by Harper Lee**
*When:* July 14 / 4:30 p.m. & 5:30 p.m.  
*Where:* Colgate Bookstore & Hamilton Movie Theater  
*Cost:* $2.00 for movie  
*Description:* Enjoy Southern inspired refreshments at the bookstore, while you pick up "Go Set a Watchman", followed by a screening of "To Kill a Mocking Bird" at 5:30. Be sure to reserve your copy today!

**Health and Wellness Fair**
*When:* July 18 / 12:00 p.m. - 2:00 p.m.  
*Where:* Colgate Bookstore  
*Cost:* Free  
*Description:* Learn more about options in our community that support healthy lifestyles. There will be a fashion show highlighting our new Athleisure department, healthy cooking demos, and informational demos from community members.

**Children's Event: Read with the Raiders**
*When:* July 25 / 12 p.m.  
*Where:* Colgate Bookstore  
*Cost:* Free  
*Description:* Fans ages 3-13 will be able to listen to stories read by Colgate's very own student-athletes. There will be crafts, giveaways, and pizza. Plus, kids will receive autographs from the athletes and meet Raider!

**Book Release Party: Go Set a Watchman, by Harper Lee**
*When:* July 14 / 4:30 p.m. - 6:30 p.m. & 7 p.m.  
*Where:* Colgate Bookstore  
*Cost:* Free movie screening  
*Description:* Come to the bookstore and enjoy Southern inspired refreshments, while you pick up Harper Lee's anticipated new release, "Go Set a Watchman". Be sure to reserve your copy today! Then refresh your memory with a free screening of "To Kill a Mocking Bird" at 7:00 p.m. in the 3rd floor event room.

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**Mindfulness Based Stress Reduction**
*By Thad Mantaro, director Shaw Wellness Institute*

I’ve just had the opportunity to take part in a wonderful five day intensive course in mindfulness based stress reduction. John Kabat-Zinn, author of Full Catastrophe Living and Wherever You Go There You Are, has championed this form of stress reduction—MBSR—since the late ’70s.

Kabat-Zinn is Professor of Medicine Emeritus and creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School (who also hosted the training I attended). The stress reduction program created by Kabat-Zinn is offered across the country by medical centers, hospitals, and other types of health care organizations.

From [Wikipedia]: “Kabat-Zinn was first introduced to meditation by Philip Kapleau, a Zen missionary who came to speak at MIT while Kabat-Zinn was a student. Kabat-Zinn went on to study meditation with other Buddhist teachers such as Thich Nhat Hanh and Seung Saahn. In 1979 he founded the Stress Reduction Clinic at the University of Massachusetts Medical School, where he adapted the Buddhist teachings on mindfulness and developed the Stress Reduction and Relaxation Program. He subsequently renamed the structured eight-week course Mindfulness-Based Stress Reduction (MBSR) where he removed the Buddhist framework and eventually downplayed any connection between mindfulness and Buddhism, instead putting MBSR in a scientific context. His secular technique, which combines meditation and Hatha yoga, has since spread worldwide.”

The course has clinical documentation that it can help patients cope with stress, pain, and illness by using what is called ‘moment-to-moment awareness’. This approach has been the subject of increasing research interest: 52 papers were published in 2003, rising to 477 by 2012. Nearly 100 randomized controlled trials had published by early 2014, also according to [Wikipedia].

In the program we spent nearly 10 hours each day in a successive exploration of breath work, seated meditation, moving meditation, body scan techniques and simple yoga postures. The intensity of the practice—with a strong emphasis on moment-to-moment awareness with no judgment of what arose—was powerful and compelling. Insight and awareness was central to the practice. Group members came from locations as far afield as Brazil, Columbia, Italy, Hong Kong, and Japan, and included several psychiatrists, and professionals from a number of fields including therapists/social workers, several CEOs, attorneys, and teachers.

A key component of any mindfulness meditation practice (for a fun explanation on the basics of meditation see [this video]) is to cultivate this present awareness but to also cultivate a sense of gratitude, curiosity and loving-kindness as central to the process of meditating. The repeated valuing and emphasis on these components provided what I can best describe as a “dose effect” that improved my mental clarity, concentration and mood. Attendees were often powerfully affected, and the end result was remarkable. It was an astonishing experience and the results were tangible and helpful.

The Shaw Wellness Institute has numerous books on mindfulness (some authored by Kabat-Zinn) including Mindfulness for Beginners, The Mindfulness-Based Stress Reduction Workbook, and Wherever You Go There You Are available to loan to staff. Please stop by if these pique your interest!
New Hires

Bilal Badruddin accepted the position of assistant director of residential programs effective July 1. He has a MEd in Higher Education from Loyola University. Bilal previously worked as an area coordinator at Eastern Washington University. In his free time he enjoys dancing.

Stacey Millard accepted the position of director of residential housing effective July 1. She has a MEd in Higher Education and Student Affairs Administration from the University of Vermont. Stacey enjoys being outside, running, and spending time with her family, friends and husband Geoff.

Kyle Crumrine accepted the position of Environmental Health and Safety Specialist effective July 1. He has a BS in Safety Management from Mansfield University.

Nicole Carvell accepted the position of administrative assistant in the music department effective June 29. She has a BA in German Studies from the University of Arizona. Nicole has been working part time for Colgate since April. She enjoys crocheting, knitting and beadwork. Nicole and her husband Adam have two young children.

Di’Monique George accepted the position of assistant director of residential programs effective July 1. She has a MS in Higher Education from the University of Rochester. She previously worked in residential life and housing at the University of Rochester.

Transfers and Promotions

Joe Alfonso, senior web developer, ITS
Jillian Arnault, assistant director, institutional advancement
Brian Bain, shift supervisor, campus safety
Karen Belanger, associate director for CLTR
Barbara Brooks, associate vice president for public relations and marketing
Tony Burns ’02, director of parents’ fund, institutional advancement
Lindsay Hoham ’05, director of advancement operations
Dianne Johnson, assistant general merchandise manager, Colgate bookstore
Ahmad Khazaee ’05, assistant director for end user support, ITS
Karen Luciani, senior designer and visual brand manager, communications
Katherine Mutz, senior designer, communications
Glenn Packer, manager of application development, ITS
Andrew Porter, senior budget analyst, finance
Heather Palmer, operations manager, endowment services
Tim Ratcliffe, painter foreperson, facilities

New Arrivals

Jesi Buell, assistant professor and instructional design and web librarian, and husband Josh welcomed daughter Karlyn Charlotte Buell, on June 16. She weighed 6lbs, 9oz and was 19” long. Both of her proud paternal grandparents, Pauline Schambach, custodian foreperson and Emerson Buell, custodian, work for Colgate as well. Emerson Buell, retiree, is the great-grandparent.

Mark Hine, project and communications manager, and wife Bridget welcomed daughter Emerson Leigh on June 9.

Niki Keating, staff psychologist, and husband Mark welcomed daughter Quinn on June 3. She was 9lbs, 8 oz, and 23” long. Quinn joins big sister Nathalie.

Matthew Smith, associate professor and head of user services in the university libraries, and wife Heather welcomed daughter Amelia Rose on June 13.

With Appreciation

We would like to thank the Colgate community for their kindness and support extended to me and my family during the recent passing of my brother Tom Murphy. Your generosity during this difficult time is greatly appreciated.

Tracy Piatti & Family

Marriages

Leah Guilmette, custodian, was married to Rourke Devlin on June 6.

Thirza Morreale, associate vice president, institutional advancement; director of campaign operations; director of stewardship and Doug Chiarello, assistant vice president, institutional advancement; campaign director, were married on June 13.

In Memoriam

Margaret McNulty, retiree, passed away on June 4.

Career Opportunities

All current staff position vacancies and our online application can be found online at: https://careers.colgate.edu

Colgate University is an EEO/AAE.