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.
AUG 18 | 438 CASE-GEYER
SEPT 15 | SEMINAR ROOM, ALANA
SEPT 15 | 107 CONFERENCE ROOM, LATHROP HALL
OCT 19 | 535 CASE-GEYER

FIDELITY
FIDELITY APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.FIDELITY.COM/ATWORK/RESERVATIONS OR BY CALLING 1-800-642-7131.
AUG 18 | CASE-GEYER 535
SEPT 21 | SEMINAR ROOM, ALANA
SEPT 22 | SEMINAR ROOM, ALANA

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
SUBMISSION DEADLINE IS SEPTEMBER 1.
New Arrivals

NIKI KEATING, STAFF PSYCHOLOGIST, & HUSBAND MARK WELCOMED SON QUINN ON JUNE 3. He was 9lbs., 8 oz., and 23" long. Quinn joins big sister Nathalie. AUTUMN THOYRE, VISITING ASSISTANT PROFESSOR, & HUSBAND JOSEPH RIEGEL WELCOMED A DAUGHTER. Alexis Jessamine Riegel-Thoyre was born July 15.

Retirements

JESSICA MORGAN
FACILITIES, AUGUST 28

Anniversaries

5 YEARS
NADY ABDAL-GHAFFAR, university studies
JEANNE WILLARD, biology
KRISTI MANGINE, Cooley science library
BOB DOW, facilities department
REBECCA DOWSLAND, Colgate bookstore
BRUCE WHITNEY, facilities department

10 YEARS
MARK GODSHALK, facilities department
JASON OWEN, facilities department
BRENT NOLAN, facilities department
LARRY CRANDALL, equipment cage

15 YEARS
ANAT GUEZ, humanities

20 YEARS
MIKE JASPER, facilities department
DANA YERTON, facilities department
VICKI GODFREY, facilities department
JANE JONES, Shaw wellness institute

25 YEARS
DEBBIE BOLTON, career services

30 YEARS
RON BAKER, facilities department
LORI GODSHALK, athletics
JIM BOSS, facilities department
PATRICIA JUE, chemistry

35 YEARS
LORI CHLAD, human resources

40 YEARS
CINDY CHAMBERLAIN, athletics

Colgate
GLEN DENING BOAT HOUSE HOURS
(THROUGH AUGUST 19)
SAT & SUN - NOON-6 PM
WED - 4-7 PM
BORROW CANOES, KAYAKS, ROWBOATS, PADDLE BOAT, PICO SAILBOATS, OR STAND UP PADDLE-BOARDS FOR AN EXCURSION ON THE LAKE.
MORE INFO

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

TRUDY FITNESS CENTER
SUMMER HOURS
MON-FRI - 6 AM-7 PM
SAT & SUN - 9 AM - 4 PM
FREE FITNESS PROGRAMS AVAILABLE
MORE INFO

SEVEN OAKS GOLF COURSE
OPEN DAILY
www.sevenoaksgolf.com

LINEBERRY NATATORIUM
OPEN DAILY
FOR POOL HOURS CALL 228-7449
HOURS ALSO AVAILABLE USING THE COLGATE APP

HARRY LANG CROSS COUNTRY & FITNESS TRAILS
AT THE VERY TOP OF THE CAMPUS HILL ARE MILES OF PROFESSIONALLY MAINTAINED TRAILS IDEAL FOR CROSS-COUNTRY RUNNING, HIKING, AND GENERALLY IMMERSING YOURSELF IN SCENIC VISTAS AND COLGATE’S BEAUTIFUL SETTING.
DOWNLOAD TRAIL MAP
The first Colgate Boilermaker Corporate Cup team recently competed in the 38th annual Boilermaker 15k road race. Open to any Colgate employee or retiree who was registered for the Boilermaker, the team had 13 finishers (appropriately) with three team members missing the race due to illness or injury.

Wearing Colgate running shirts, the Colgate runners often heard “Go ‘gate” throughout the 9.3 mile course. The team members were among the 11,000 plus runners to finish the challenging course, which is highlighted by large supportive crowds, hot temperatures and a great post-race party. Overall, the team finished sixth out of nine co-ed teams with a very competitive average time.

The Boilermaker Corporate Cup is a race within the race, pitting employees of various organizations in Central New York against each other in a friendly competition. The two fastest men’s times are combined with the two fastest women’s times plus the next fastest time to provide an average team time. But the emphasis is on camaraderie and fun and this event allowed several Colgate employees to meet each other for the first time.

Look for an announcement sometime in March encouraging anyone associated with Colgate to register for the Boilermaker and join the Colgate team. All levels of runners are wanted and the Colgate Corporate team may be the motivation you are looking for to get you to lace up the running shoes!
This September I will turn 50, and as a result will need to complete a colonoscopy for the first time. This routine preventive care milestone, like many others, is a crucial form of self-care, central to the maintenance of optimal health. These milestones, though periodic, form the basis for ongoing, lifelong wellness, and, like having a relationship with a primary care physician, immunizations, or regular checkups, are critical.

Screenings differ for men and women and also change over the course of one’s life. They contribute to the prevention and detection of various diseases that can significantly impact your health. By maintaining an ongoing relationship with a PCP that is focused on prevention you can extend the quality of your life.

Tests are individualized and depending on your health risk factors, your care schedule may vary slightly from the standard recommendations. Ask your PCP for more information.

As you may have seen in recent notifications from human resources, these preventive care compliance tests play a role in participation in CUWell, the employee wellness program. An added benefit for Colgate employees, CUWell and these preventive screenings count toward points in the program that can add up to a $250 bonus in your last paycheck of the year.

As a reminder, you can still get involved in CUWell this year. Ways to get involved include:
- Taking the Member Health Assessment (MHA) online questionnaire,
- Going to your physician for your Biometric Screening,
- Meeting the Preventive Care requirements for your age and gender,
- Taking part in an educational Online Course,
- Joining an Employer Challenge.

For more information call Viverae directly at 888-VIVERAE (848-3723) to speak with a Health Professional or log on to www.MyViverae.com.

Preventative Care Compliance

EXTEND THE “LIFE IN YOUR YEARS” THROUGH SUCCESSFUL PREVENTIVE CARE COMPLIANCE CHECKS!
VENDOR FAIR
SEPTEMBER 10
11 AM-2 PM
Huntington Gym

Come see what Hamilton businesses have to offer!
There will be several local and regional vendors
displaying their products and/or services including
Food Services, Travel Agents, Rental Cars, Furniture
Vendors, Insurance, etc. Raffle prizes will be awarded.
The fair is a great opportunity for the Colgate
community to get to know our regional and local
vendors as well as the products and services they
have to offer, and to interact and learn
about each other.

Questions? Contact Connie McGregor at the
purchasing office at x7474.

WHAT’S NEW AT LYNDACOM

Google Drive
Essential Training

In this course, you’ll cover
organizing, finding, and sharing
files with Google Drive. Learn
how to upload, convert, sync,
and delete files, plus the basics
of working with Google Docs,
Sheets, and Slides, forms and
drawings, as well as the ins and
outs of collaboration, including
how to share, comment on,
and edit files, and how to best
use Drive on mobile devices.

Get Started!

The 5 Day
Excel Challenge

Take this fun and fast 5-day
Excel challenge to test and
build your Excel skills. The
challenges are based on the
questions that Excel expert
Dennis Taylor encounters
most often, and they grow
progressively harder each day.
For every challenge, Dennis
offers a few different
solutions, as well as useful
time-saving shortcuts and tips.

Get Started!

Phone, Email & Text
Etiquette

Phone, email, or text? Learn
what communication method to
use when. Learn how to strike
the right tone in emails, texts,
requests for payment, and
thank-you’s, and how to make
action items communicate the
right level of urgency.
Refresh your phone etiquette,
including proper greetings,
voicemails, out-of-office
messages, and essential
phone behavior.

Get Started!

FOR MORE BUSINESS DEVELOPMENT COURSES VISIT
lynda.com
1. Jennifer Maholchic accepted the position of assistant dean of admission, effective August 3. With a BA in International Affairs and French, she recently spent time in Paris, and enjoys running, hiking and traveling.

2. Alamgir Khan accepted the position of custodian on August 3. He enjoys technology, hiking, and the outdoors. His wife, Christina, is the assistant dean and director of international student services.

3. Tim Horn accepted the position of creative director starting July 7. With a BA in media arts and MS in visual communications, he previously served as an art and design instructor at Arizona State University Preparatory Academy.

4. Tanith Sherman accepted the position of administrative assistant in residential life starting July 27. A graduate of LeMoyne College, she and her husband, Josh, have three children.

5. Laura Hartpence accepted the position of career advisor on July 27. She last served as director of career development at Defiance College. Laura holds a BA in biology from Denison University, and a MS in parks and resource management. She and her husband, John, have one daughter, with baby number two on the way.

6. Corey MacPherson accepted the position of associate university chaplain & protestant campus minister on July 6. He joins us from Eastern Nazareth College where he served as VP for spiritual development and church relations. He is joined by his wife, Edie, and two children.

7. Alisson Fry accepted the position of program assistant for the center of women’s studies on August 3. She holds a BA in gender and women’s studies and Africana studies from Knox College.

8. Doreen Lewis (unpictured) accepted the position of custodian on July 13. She previously worked at the Hamilton Central School.
Transfers & Promotions

Step Ahead Challenge
Sign-up: 8/24/15 | Challenge runs 9/7/15 - 10/4/15

Your goal: log a total of 100,000 steps
(a maximum of 12,000 in one day)

Challenge Sign-up:
Log on to www.MyViverae.com
Scroll down to the Challenges section
Click Go to Challenges to display details around dates, challenge goals, disclaimers, and sign up for current challenges
Click Sign Me Up to progress to the sign-up screen

Challenge Tracking:
Log on to www.MyViverae.com
Track your progress from the Challenges section of the homepage
Use a pedometer to track your steps each day of the challenge. Log your steps on the MyViverae website!

15 Wellness Points earned if completed!

Introducing:
Colgate Bookstore’s Customer Loyalty Program...

Raider Rewards

- Free loyalty program
- Available to all Colgate Bookstore customers
- For every $300 you spend (online & in store), earn $10 off your next purchase
- Exclusive member events & sales
Once again, we are planning an employee funded bus trip for Colgate staff and their family and friends. This is always a great opportunity to spend time with colleagues, family and friends while exploring Boston for shopping, entertainment, dining, and more!

SCHEDULE:
4:45 AM: Boarding begins (James C. Colgate Hall)
5:00 AM: Departure from Hamilton
11:00 AM: Arrive in Boston* (approx. time)
   *One rest stop scheduled en route each way
6:45 PM: Boarding for departure from Boston
7:00 PM: Departure from Boston

Boston drop off and pick up will be at Quincy Market, where public transit is available

M ASS TRANSIT DETAILS

Questions? Contact Kelly Snyder x7220, Colleen Nassimos x6880, or Makiko Filler x6016.

MORE DETAILS & SIGN UP
Imagine reducing or eliminating your monthly electric bill by utilizing the sun's energy to provide free, clean, and renewable electricity for your home. If you have been interested in solar energy but are not sure where to begin, then now is the time to enroll in the Solarize CNY program.

In 2012 and 2013, Madison County launched the first solarize campaign in the state of New York. In those two years, a total of 47 solar energy systems were installed benefiting homeowners, our local economy, and our environment. Building off of this highly successful program, we are proud to announce the launch of the 2015 Solarize CNY program, the largest solar energy campaign in New York State.

Solarize CNY is open to any home, business, farm, and municipality in Madison, Cayuga, Cortland, Onondaga, and Oswego counties.

Solarize CNY is a volume purchasing program that streamlines the process and reduces the cost of installing solar energy for electricity. Through existing federal and state incentives coupled with the bulk purchasing power of the program, residents and small businesses can save up to 64% off the sticker price of a solar PV system. With the Solarize CNY program all permits and paperwork associated with installing the system are taken care of for the participant.

To participate, those interested must enroll for a free site assessment by October 15, 2015. To sign up for a free site assessment or for more details on the program including testimonials from past year’s programs, information of solar systems, and pricing visit [www.solarizecny.org](http://www.solarizecny.org) or attend one of the many public informational sessions in our region.

Here are the remaining informational sessions in Madison County:

**Thursday August 6, 7-9 PM**
**Kallet Theater**
159 Main Street, Oneida, NY

**Wednesday August 12, 6-8 PM**
**Canastota Public Library**
102 West Center Street, Canastota, NY

**Thursday August 20, 7-9 PM**
**Cazenovia Public Library**
100 Albany Street, Cazenovia, NY

Check out [www.solarizecny.org](http://www.solarizecny.org) for a list of other informational sessions in our region. You may also contact John Pumilio, director of sustainability, with any questions.