Calendar of Events
December 13- Fidelity Counseling Sessions
December 24- Day before Christmas holiday
December 27- Christmas day holiday
December 28, 29- President’s Discretionary day
December 30- 1/2 day President’s Discretionary day and 1/2 holiday; full day holiday for Local 200 Bargaining Unit
January 13- All Staff Meeting

Next Issue:
Deadline for articles and ads: December 20
Submit articles/items of interest to: Jackie D’Amore, editor of the Open ‘Gate at HRD or email: jdamore@colgate.edu

Distributed: January 7

Past Issues: www.colgate.edu/opengate

Click here for: Wellness Newsletter

Published by the Human Resources Department.
www.colgate.edu/humanresources

Services tab at Colgate’s Portal

2010 Wellness & Benefits Fair

The Wellness and Benefits Fair was held on Wednesday, November 17 in the Hall of Presidents. Over 200 employees attended the event and had the opportunity to meet with Colgate’s benefit providers and wellness vendors. This year human resources combined, what was in the past, two separate events into one in order to offer a comprehensive program that covered both wellness and benefits.

Benefit representatives provided information on retirement programs, health and dental services, including Health Advocate, a service made available by the university to help employees navigate the health care system. Wellness representatives offered information on nutrition, stress reduction, eldercare, focus on fitness programming, and sustainability.

Employees had the opportunity to have their cholesterol and blood pressure checked, to get their flu shot, and a massage. Focus on Fitness demonstrations included Zumba and Aerobic Country Line Dancing. There were four stations set up for employees to try their hand at Wii fitness sport competitions and RockBand. Both are interactive video games that are not only a lot of fun, but a healthy form of entertainment.

Thanks to all those who helped human resources in making this fair a success and thanks to all those who joined us for the event. Pictures of the event below include grand prize winner Heather Payne, parent’s fund.
Historically, the holiday season spanning from November to February is among the worst months for residential fires and related fatalities. The following precautions, many of which appear in the U.S. Fire Administration holiday safety guidelines, are provided to help ensure you have a safe and happy holiday season:

**Trees**
- When purchasing an artificial tree, look for the label Fire Resistant.
- When purchasing a live tree, check for freshness.
- Do not place your tree next to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame, or sparks.
- Keep the tree stand filled with water at all times. A dry tree has a much greater potential for catching on fire than a moist tree.

**Lights**
- Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up.
- To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them.
- Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Periodically check the wires—they should not be warm to the touch.
- Do not leave holiday lights on unattended.

**Decorations**
- Use only non-flammable decorations and place them away from heat sources.
- Never put wrapping paper in a fireplace. It can result in a very large fire, throwing off dangerous sparks and embers and may result in a chimney fire.

**Candles**
- Avoid using candles. If you do use them, make sure they are in stable holders and place them where they cannot be knocked over.
- Never go near a Christmas tree with a lit candle or any other open flame.

Finally, ensure that working smoke alarms are installed on every level of your home, test them before the holiday season, and keep them outfitted with fresh batteries at all times. Keep emergency phone numbers posted in a highly visible location and practice your home escape plan.

Are you interested in doing simple (and sometimes not so simple) things to "green" your office environment? Are you and employees in your work area interested in joining forces to become an officially certified green office? If so, then now is a good time to register your team and join Colgate's new Green Office Program.

Dozens of Colgate employees are already participating and in pursuit to be among the first cohort of "green offices" on campus. In fact, the race to become the very first certified green office in Colgate's history is reaching fever pitch. We want to remind employees the Green Office Program was designed to be voluntary and fun in nature.

The Green Office Program was developed by Colgate employees for Colgate employees. Starting last year, a small group of curious, willing, and sometimes unsuspecting faculty and staff gathered in the basement of Merrill House. Our goal was to create a new program intended to promote individual and workplace sustainable behavior at Colgate University. Over the course of several meetings, we developed a checklist of "green" actions, a website, and a suite of easy to follow how-to-guides.

If you are interested in finding out more about the Green Office Program then we encourage you to visit our website: http://www.colgate.edu/about/sustainability/greencampusinitiative/greenofficeprogram

You can also view our short video for a quick introduction (starring Colgate employees): http://offices.colgate.edu/video_console/preview_player.asp?videoID=552

Contact John Pumilio (jpumilio@colgate.edu) for more information. I would be happy to meet with you or your team to review the program in more detail and answer any questions.

Finally, the Sustainability Office would like to thank the following employees who graciously offered their time and enthusiasm in helping to develop Colgate's Green Office Program:

- Jill Dinski, human resources
- Amy Davidson, facilities
- Connie St. Hilaire, purchasing
- Beth Holcomb, athletics
- Maureen McKinnon, finance & administration
- Jodi McNamara, geology
- Ross Miller, information technology
- Bruce Selleck, geology
- Katryna Swartwout Ryan, admission
Lyle Roelofs runs in Greek Marathon
submitted by Lyle Roelofs

The Greek Marathon took place on Sunday, October 31st this year and I had the wonderful experience of running it along with my younger brother, Evan. Evan is a colonel in the Air Force and is currently stationed at the U. S. Embassy in Hungary, so it was convenient for us to meet in Athens, run the race and then travel to Budapest to see where he has been living.

Some of you may have seen the article in the New York Times on October 29 about this race. This was the 28th running, but in some sense it is the oldest marathon in the world because it commemorates a run 2,500 years ago by a Greek soldier from the village of Marathon on the eastern sea coast of Greece, about 26 miles, to Athens to report a victory over the invading Persians. This victory and the subsequent follow up battles also won by the Greeks are said to have made possible the survival of the Greek experiment in democracy.

According to the legend, the Greek runner, Pheidippides, arrived in Athens, announced, “Athens is saved!” and then collapsed and died. 12,000 of us ran roughly the same route this year, a few in battle armor as Pheidippides must have done. (That number of 12,000 runners probably exceeds the combined participants in the original battle!) As far as I know, we all survived, despite the fact that the middle of the race consists of a killer hill that lasted about 12 miles and climbed over 850 feet, almost the total height of Bonney Hill and Johnny Cake Hill put together. The race follows the route of the marathon run as part of the 2004 Olympics, ending in the Olympic stadium in Athens. The stadium itself is a beautiful site/sight (especially after running 26 miles to get there) and very historic, the location having been used as early as 330 BC for the athletic competitions of ancient Athens.

The stadium can be seen in the background of the photo, which also shows that I was able to stand and smile after the run, and that it was a very nice day for running and that Laurie was able to make the trip, too. Wearing Colgate colors, I received encouraging shouts from spectators along the way, usually "Bravo Colgate Raider" in a Greek accent.

It was my first marathon and will be my last. It was as painful and difficult as I thought it would be, and even more satisfying than I had hoped.

Simple Food Swaps for Healthy Holiday Eating
www.healthywomen.org

Maybe you’ve been able to drop a few pounds recently or hold your weight steady by eating more healthfully and exercising a bit. Are you worried that seasonal indulgences might sabotage your efforts? You’re not alone.

The holidays are coming, and you know what that means—sit-down dinners with heaping platters of meat, gravy and sauce-laden vegetables, and buffet tables so filled with cheese-topped appetizers, mayonnaise-soaked salads and rich desserts that you can’t see the tablecloth underneath. Gifts of irresistible candy, cookies, pies and cakes add to the temptations. No wonder our best intentions to eat in moderation crumble faster than fresh gingerbread!

De-stress for success
Jo-Anne Rizzotto, M.Ed., R.D., L.D.N., C.D.E., a registered and licensed dietitian at the Joslin Diabetes Center, Harvard Medical School, Boston advises, "take time for yourself, even for just a few minutes." "Make the holidays a conscious thought." By doing a little pre-planning, "you may be able to make different decisions.”

Evaluate your traditional family favorites and decide to serve just the must-haves this year. Then perform what Rizzotto calls "recipe reconstruction" to lighten the ingredients in each. "Alter the fat or sugar content a bit," she says. That reduces calories and "you can still make them taste good."

A few ideas for turning popular holiday foods healthier:

- Use olive oil and herbs instead of cream or cheese in veggie dishes.
- Make green bean casserole with low-fat or dairy-free sour cream.
- Replace sausage, white bread and butter in stuffing with nuts, whole grains and broth or water (if you can't give up the sausage, opt for the turkey or chicken version).
- Choose for sweet potatoes with cinnamon and spices (maybe add a drizzle of agave nectar) over scalloped white ones with butter and cream.

Click here to view the full article and for more strategies on healthy holiday eating.


Wedding Announcement

Congratulations and best wishes to Scott Dinski and Jill Burdick Dinski who were married on October 15 in Ocean City, New Jersey. Jill is a human resources associate.
NEW Hires
Danelle Delaney accepted the position of financial aid assistant effective November 1. She received her B.S. from Cazenovia College. Danelle and husband Kevin, groundskeeper in facilities, have two children; Emily, 7; and Kiley, 5. She enjoys running, gardening, reading, camping and spending time with her family.

Tammy Ertley accepted the position of administrative assistant in the admission office effective October 25. Tammy and husband Michael have three children; Colvin, 6; Hunter, 3 and Blake, 5 months.

Ellen G. Rougeux accepted the position of grants assistant effective November 1. She was most recently employed as an evaluation consultant with the R/E/D Group, LLC. Ellen received her MPA from Long Island University. Ellen and husband, Philip have two children; Jennifer, 19 and David, 17. She enjoys reading and watching her children’s sporting activities.

Farewell and best wishes
Warren Wheeler, photographer, is retiring on December 31. Best wishes as he begins his new adventure!

DECEMBER Anniversaries
25 Years
Diane English-History

20 Years
Gail Chlad-Watson House

5 Years
Carrie McFall-Facilities

Birth Announcements
Becca and Brian Jones welcomed daughter Eowyn (7 lbs. 11 oz.) on October 19. Proud grandparents are Bob and Jane Jones. Jane is the coordinator of alcohol and drug education in counseling & psychological services.

Molly and Jon McConville welcomed Natalie Marie (6 lbs. 15oz., 19" long) on November 18. She joins big sister Alyssa, 2. Jon is the superintendent of the golf course.

4th Annual Holiday Cookie Exchange
When: Monday, December 13 from Noon – 1 p.m.
Where: ALANA Multi-Purpose Room

Bring: 5 dozen of the same kind of cookies and take 5 dozen of assorted cookies home!

Please contact Makiko Filler at mfiller@colgate.edu by Wednesday, December 10 if you are interested in participating.

Season’s Greetings from the human resources team.

Sell & Swap
For Sale: Subaru Outback 2.5i. Pre-certified condition. 64,000 mi. Willow green. Bumper to bumper warranty, including electronics, to Jan, 2012 or 100,000 miles. Asking $14,000. Call: 520-528-5.


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.