FOND FAREWELL

On Thursday, February 2, friends and colleagues gathered in Merrill House to wish Pamela Prescod-Caesar well as she departs for a new adventure as Vice President for Human Resources at Swarthmore College effective February 15.

Pamela came to Colgate on September 2, 2008, as the Associate Vice President for Human Resources. While at Colgate, she has been a key leader, serving on the president’s staff and has advanced numerous initiatives to attract, retain and support all Colgate employees.

We wish Pamela all the best in her future endeavors.
Beat Coffee Trash Without Sacrificing Convenience - 
A Greener K-Cup

Submitted by the Sustainability Office

There is no denying that single-use coffee k-cups are hugely convenient. The Keurig brewing systems that use them have become widely popular across the Colgate campus and beyond. Last year, five billion Keurig k-cups that are made of non-biodegradable plastic and tinfoil were sold, used, and then discarded in the United States after their intended singular use. “The whole concept of the product is a little bit counter to environmental progress,” said Darby Hoover, a senior resource specialist for the Natural Resources Defense Council. “If you are trying to create something that is single use, disposable, and relies on a one-way packaging that can’t be recycled, there are inherent problems with that.”

Luckily, there is a solution that allows us to continue to enjoy the convenience of the coffee k-cup without compromising our environmental values. The Keurig Company now offers ‘Ecobrew’ – a reusable filter for Keurig Brewers. With the Ecobrew, you simply pour ground coffee into the reusable filter, which is the same size as the standard plastic k-cup, and then everything works exactly the same way. The Ecobrew filter is made of plastic as well, but it is BPA-free and of course, it is reusable, which helps reduce landfill waste. The Ecobrew filter can hold up to 14 grams of coffee and still allows each individual to get exactly the cup of coffee he or she desires conveniently and quickly.

Single-cup coffee systems are efficient as they use only the energy required to produce one single cup at a time. With the reusable filter, the whole process is even better. Ecobrew reusable filters can be purchased at Amazon.com, and they are cheap – each costing ten dollars or less. Consider ordering one for your office today! To further green your cup of joe, drink it from a reusable mug instead of a disposable cup, and try organic and Fair Trade Coffee such as the Shapna coffee that is sold at the Barge in downtown Hamilton. The Sustainability Office would like to recognize the green efforts of Colgate’s Grants Office, which is one of the campus’ earliest adopters of the Ecobrew reusable filter, and we invite all employees to share your own “green” best practices via email: sustainability@colgate.edu, for future articles.

America’s Greatest Heart Run & Walk 2012
Saturday, March 3, 2012
38th Anniversary Event

“Team Colgate” is once again participating in America’s Greatest Heart Run & Walk. Faculty, students and staff, as well as family and friends, are welcome and encouraged to join “Team Colgate.” This is a great opportunity to share some Colgate camaraderie, to get some healthy exercise, to serve our community, and to have FUN.

Please join us in Utica on Saturday, March 3, 2012 as “Team Colgate” shows its commitment to prevention of the disease and the care and treatment of those afflicted by it. If you did not receive a pledge/sign up form from the American Heart Association, email one of the contacts below for a form, get a minimum of $25 in pledges and then pre-register at Reid Athletic Center on Tuesday, February 28, 2012 from 5:00 p.m. to 7:00 p.m.

Organizers of this year’s Heart Run and Walk have set an overall goal of $1.1 million for the March 3 event.

Colgate community members have participated in the Heart Run & Walk for many years. “Team Colgate” NEEDS YOU to be a part of the best team in America’s Greatest Heart Run & Walk 2012; we hope you will be able to participate. So sign up now and join the fun!

If interested, or for more information contact either:

Heather Payne
228-6206
hepayne@colgate.edu

Di Lundrigan
228-7411
dlundrigan@colgate.edu

Tinashe Nyanhete ‘14
tnyanhete@colgate.edu

Kelsey Bash ‘15
kbash@colgate.edu

‘GATE HAS HEART
Open 'Gate

IT’S THE QUIT FOR LIFE PROGRAM
Excellus BCBS

Join the Quit For Life® Program today to get an early start on successfully achieving your 2012 New Year’s resolution to quit tobacco. This may not be your first time adding “quit tobacco” to your list of resolutions, but it can be your very last.

Enroll in the Quit For Life® Program today so you can be prepared to quit in January. Highly trained Quit Coaches will help you create and follow a Quitting Plan tailored to your needs. You’ll have their expert support via unlimited one-on-one coaching on the phone and online.

By joining the Quit For Life® Program, you will also receive:
· An easy-to-use printed Quit Guide you can reference in any situation to help you stick with your Quitting Plan.
· Advice on which type, dose, and duration of nicotine substitute or medication is right for you, and on how to use it so it really works. You may even qualify for free nicotine replacement therapy products (patch or gum ), if they are part of your plan.
· Membership to Web Coach®, a private, online community where you can complete activities, watch videos, track your progress, and join discussions with other participants.

Making a New Year’s resolution is easy; keeping it takes work. Let us help. Call Quit For Life® today so we can set you up with the right tools, knowledge and confidence you need to deal with the unique emotional, behavioral, and environmental factors that often lead you to use tobacco.

Enroll today so you can be tobacco free in 2012.

It’s FREE. It’s Confidential. It Works.

Call 1.800.442.8904 or log on to the Excellus BCBS website today for more details:
https://www.excellusbcbs.com/wps/portal/xl/mbr/fyh/healthyliving

If you are not a member of Excellus BCBS, you can still get the help you need to stop smoking. Call the New York State Quitline at, 1-866-NY-QUITS (1-866-697-8487).

IN MEMORIAM


Phillip C. Fales, Campus Safety. Passed February 1, 2012.
NEW HIRES

**Justin Plows** accepted the position of Campus Safety Officer effective January 4, 2012. Justin received his education at Herkimer Community College. He and his wife, Chauntel have three children, Leandra, Logan and Kayden.

**Mary Williams** accepted the position of Biology and Animal Care Technician effective January 9, 2012. Mary is a 2008 graduate of Colgate University.

**Thaddeus Mantaro** accepted the position of Director, Shaw Wellness Institute effective January 9, 2012. Thad received his MS from SUNY Oswego. He and his wife Shannon have one child, Zoe.

**Kerri Mikalunas** accepted the position of Administrative Assistant for the Parents’ Fund effective January 16, 2012. Kerri and her husband, Mac have two children, Lain and Levi.

PROMOTIONS

**Roy Langworthy** has been promoted to Budget Reporting Analyst effective February 1, 2012.

ANNIVERSARIES

**20 Years**

Richard Biddle-Athletics-Football

**15 Years**

Robert Pils-Facilities Department

**10 Years**

William Miller-Information Technology

George Nugent-Facilities Department

**5 Years**

Shannon Roher-Registrar

Patrick Hurley-Facilities Department

Robert Neilan-Facilities Department

SELL & SWAP

For Sale: Upright Piano, great condition and includes bench with storage. Will need to be tuned. $20 or best offer. You will need to come get it. Please call 315-706-2846.

WANTED

Looking for a responsible person for driving 11 year old to dance/gymnastics lessons in New Hartford 1-2x week; must have a valid US driver’s license. If interested, call 315-691-2946.

Looking for a responsible and thorough cleaning person 1x week or 2x month for small home in Poolville, salary is negotiable; 6-8 hours/visit plus vacation days. If interested, please call 315-292-3854 for more information.

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.

Individual Retirement Counseling Sessions

Fidelity Investments and TIAA-CREF representatives will be on-campus to provide individual counseling sessions. These individual meetings provide you the opportunity to examine your fund selection, discuss how to achieve your financial goals, and review your retirement income options with a retirement counselor.

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

TIAA-CREF appointments can be scheduled online at www.tiaa-cref.org/events or calling 1-800-732-8353

POSITION VACANCIES

Administrative Assistant to the ONF (no benefits)

Administrative Assistant - SOAN Campus Safety Officer/Dispatcher (p/t, no benefits)

Desktop Computer Administrator

Director for Equal Employment Opportunity and Affirmative Action Information Literacy and Social Sciences Librarian, Assistant Professor in the University Libraries

International Student Services Director

Marketing and Special Projects Leader

Personal Trainer (p/t, no benefits-
multiple positions)

Senior Instructional Technologist

Vice President and Dean of the College Web Developer

Staff Nurse (per diem, no benefits)

Temporary - Athletic Event Staff, p/t, no benefits)

Temporary - Barge Customer Associate/Cashier (temporary And p/t positions)

Temporary - Equipment Service Assistant (no Benefits)

Temporary - Maintenance/ Laborers (no benefits)

Temporary - Office (no benefits)

For complete information on position vacancies and to submit an application visit our website at:

https://careers.colgate.edu

COLGATE UNIVERSITY IS AN EO/AAE

Developing and sustaining a diverse faculty, staff, and student body further the university’s educational mission.

BIRTH ANNOUNCEMENT

Gary, Campus Safety and Amanda Bridge, Counseling & Psychological Services welcomed a son, Jackson, on January 24. Jackson weighed 5lbs. 12 ozs. and was 18 1/2” long. Ruth Bridge, Student Health Center, is the proud grandmother and Di Lundrigan, Human Resources is the proud Great Aunt.

QUOTE OF THE MONTH

"And in the end it’s not the years in your life that count. It’s the life in your years.”

-Abraham Lincoln