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.

DEC 15 | 535 CASE-GEYER
JAN 14 | 515 CASE-GEYER
FEB 16 | SEMINAR ROOM, ALANA
FEB 17 | 415 CASE-GEYER

FIDELITY
FIDELITY APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.FIDELITY.COM/ATWORK/RESERVATIONS OR BY CALLING 1-800-642-7131.

DEC 3 | 515 CASE-GEYER

WINTER BREAK
DECEMBER 24, 2015 - JANUARY 3, 2016

CU WELLNESS PROGRAMMING
JOIN THE 2016 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 FOR THE JAN/FEB ISSUE IS JANUARY 11.
‘Tis the Season….
Of Giving!

Each year we solicit donations of sick and vacation time to sustain a pool of catastrophic leave for eligible employees. Since the implementation of the catastrophic leave program in 2002, nearly 30 employees have benefited from this program!

Hourly employees may donate vacation and/or sick time to the pool and administrative employees may donate vacation time. Donations must be in increments of not less than one day and not more than one week, provided that a minimum balance of 60 days of sick leave is maintained after the donation of sick time. Last year’s donations totaled 142.5 hours to the pool, bringing the total balance in the pool to 1,665 hours. These hours carry over from year to year until they are distributed.

Catastrophic leave is granted when a medical catastrophe affecting an employee or an employee’s immediate family member has caused the employee to deplete his/her sick and vacation balances. The medical catastrophe must be severe enough that it requires continuous, long-term medical treatment by a licensed medical practitioner.

If you would like to donate leave time, please contact Human Resources, or stop by to pick up the form. Further details about this program are available by contacting Meghann Losee at x7743.
New Faces At Colgate

Tina Sharp accepted the position of medical receptionist in health services on November 11. She also works as a realtor with Eagle River Realty. She and her husband, Robert, enjoy life on their small farm, and taking care of the animals which include llamas, pot belly pigs, peacocks, beef cows and cats.

Jennifer Chapman accepted the position of campus safety officer on November 18. She has worked with Campus Safety part time since February of 2010. She enjoys camping and traveling with her husband, Chad, and two children.

Julia Palmer accepted the position of senior associate director of annual giving on November 30. She formerly worked at Bennington College as the director of annual giving. She holds a masters degree in international affairs from American University and a certificate in non-profit management from UConn. Julia enjoys knitting, reading, and spending time with her puppy, Marilla and her cat, Hettie.

Kelly Dempsey accepted the position of learning technologist on December 1. Formerly of Babson and Skidmore Colleges, she holds a masters degree from Columbia University. She enjoys golf, skiing, and traveling, and makes her home with her husband, and two children.

Anniversaries

5 YEARS
KATHERINE MUTZ, communications

10 YEARS
CARRIE McFALL, chemistry

25 YEARS
GAIL CHLAD, Raab House

30 YEARS
DIANE ENGLISH, history

Retirements

RICHARD LOSEE- facilities- Dec 18
ANN KEBABIAN - library - Dec 31
MARY JANE WALSH - library - Dec 31
JACQUELINE HOLT - mail services- Jan 8

Transfers & Promotions

MAIKO FILLER - assistant director, international student services

CHELSEA LEHMANN - assistant director for alumni engagement, career services

ASHLEY Weaver - work control coordinator, facilities

Marriages

KATHY (BRIDGE) OWENS, senior administrative assistant, was married in September.

JOANNE SCHNEIDER, university librarian, was married on September 26 to Gary Meyers.
Join director of the Shaw Wellness Institute, Thad Mantaro, for a lunchtime workshop on MBSR—or mindfulness based stress reduction. In this workshop, Thad will lead attendees in a guided mindfulness program focused on experiential activities. Be prepared to come and take an end-of-the-semester reprieve and to relax deeply, refreshing and rejuvenating your spirit.

The program will last approximately one hour, and will focus on three experiential exercises central to MBSR: a classic mindful eating exercise, mindfulness practice for anxiety and stress reduction, and “metta” or loving kindness meditation. Participants will receive a copy of the “Mindfulness based stress reduction workbook” complete with CD and a bag lunch to go. Attendance will be limited to the first 15 to register.

We will use the time to reset the stress cycle, and learn new skills. As a break from the traditional lunch and learns, we will instead focus the time on mindful practice, and those attending will receive a box lunch to eat after the program. This program will start earlier than is typical and run from, noon to 1 PM.

**CLICK HERE TO REGISTER!**
Thank you to everyone who attended and participated in the 2015 Wellness & Benefits Fair on November 17. Over 25 vendors and benefit providers were on hand to provide information, free health screenings, and to encourage active and healthy lifestyles.

Congratulations to all our Door Prize winners!

Grand Prize Winner:
Marni Manwarren
Gift Certificate to Turning Stone Spa
This fall, Colgate University welcomed Cory Hancock, RD as the new full-time, registered dietitian. She will begin providing employee nutritional appointments on a limited basis in early January.

Cory, an employee of Chartwells, has her primary office in the Shaw Wellness Institute; she provides a range of nutritional services to Colgate students and assists Chartwells with numerous employee trainings and outreach. As a Registered Dietitian, she maintains an approach that there are no “good” or “bad” foods, and that all foods can be eaten in moderation in a balanced diet.

Cory came to Colgate from SUNY Geneseo, where she held the position of Nutrition and Wellness Coordinator for Campus Auxiliary Services. She holds a Bachelor of Science in Dietetics from James Madison University.

Cory embraces an intuitive eating perspective—a non-diet approach to balanced eating that often helps people maintain a positive attitude toward food and their bodies. As the Dietitian for the Shaw Wellness Institute she provides guidance to individual students, student organizations, athletic teams, fraternities/sororities, and starting soon—for faculty and staff, in the following areas:

- Intuitive/Mindful Eating
- Healthful cooking and meal planning
- Healthful eating on a budget
- Fueling athletic performance
- Nutrition-related medical conditions, such as diabetes, acid reflux, gastrointestinal issues, food allergies and celiac disease
- Dietary concerns such as vegan/vegetarian, low-sodium, mechanical soft diet, lactose intolerance, etc.
- Maternal and child health, picky eaters, and trying new foods
- General nutrition questions/concerns
- Weight concerns
- Disordered eating support

Cory will begin to see employees for one-hour, individual appointments on a limited basis after January 4. Appointments times will be open to all staff 1-2 days per week with some evening appointments available. For those seeking to make appointments, please do not use the student portal (Schedulicity) but instead contact Cory directly at chancock@colgate.edu.
Making it Through the Holidays Without Gaining Any Weight

Cookies, sweet potatoes, eggnog, oh my!

Did you know that the average American gains 1-2 pounds every year during the holiday season, from Thanksgiving through New Year’s? While this may not sound like a lot, most people never lose those pounds, so that weight adds up over the years.

People who are already overweight or obese tend to gain an average of 5 pounds during the holiday season. By controlling holiday weight gain and adopting a healthier lifestyle, you will feel better, have more energy, and even decrease your risk of diabetes, heart disease, and other lifestyle related illnesses.

Maintain - Don’t Gain

Why not set a goal for yourself to maintain - don’t gain your weight through the holiday season? Start by knowing when to stop. It takes 20 minutes for your stomach to signal your brain that you’re full. So if you think you want second helpings, take a break for 20 minutes, then ask yourself if you really want more. Fill up on vegi’s first! They are low in calories and loaded with vitamins, minerals and fiber, which helps you feel full.

KEEP MOVING!

Not only will exercise help you maintain your weight, it is also one of the best ways to help manage holiday stress. Aim for at least 30 minutes a day of exercise. If you aren’t currently active, start with 5-10 minutes and build up to 30 - any exercise is better than none.

Schedule your exercise so it doesn’t get forgotten amidst all the holiday activities.
HOLIDAY OPEN HOUSE
When: Friday, December 11 | 9 AM-7 PM
Where: Colgate Bookstore
The entire store is 10% off! Plus, faculty and staff discounts will stack on top of all ongoing sales. Refreshments and specials all day long.

CHILDREN’S EVENT: GRINCHMAS PARTY
When: Saturday, December 12 | 10:30 AM
Where: Colgate Bookstore
The Grinch is coming to the Colgate Bookstore! Take photos with the Grinch, read how he grew his heart three sizes, and learn how you can grow your heart, too! Grinchy snacks and crafts to follow. There will be prizes and refreshments.

WWW.COLGATEBOOKSTORE.COM
9th Annual
Holiday Cookie Exchange

Bring 4 dozen of the same kind of cookies and take 4 dozen assorted cookies home!

Tuesday, December 15
101 McGregory Hall
Center for International Programs

To sign up contact Makiko Filler:
mfiller@colgate.edu
Culinary 101 is a faculty and staff cooking series that will be offered during the below dates in the Merrill House, Fireplace Room. All participants will learn to prepare new dishes and take home helpful techniques to make cooking at home more enjoyable.

**January 26 - 12:10 PM**
Cooking With Grains

Please R.S.V.P. by January 20 to Colgate Dining Services at diningservices@colgate.edu or 315-228-7366

**WE HOPE TO SEE YOU THERE!**
EMPLOYEE DISCOUNTS AVAILABLE!

We are pleased to remind you of the online employee discount for Colgate employees. We have partnered with the Corporate Shopping Company which features an incredible portfolio of top national retailers offering employee discounts, member benefits, corporate perks, student discounts and coupons. Discounts are available from more than 200 of the world’s most popular online retailers, including Costco, Lands’ End, Ralph Lauren, Kate Spade, The Children’s Place, Overstock.com, Brooks Brothers, Macys, Target, Sephora, J.Crew, 1-800 Flowers, ProFlowers, Restaurant.com, and Shoes.com.

TWO TYPES OF DISCOUNTS ARE OFFERED:

Certain retailers offer a set employee discount that employees can enjoy for their everyday shopping. A few examples include: 15% Off 1800Flowers.com, 15% Off Brooks Brothers Corporate Membership Program, 15% Off ProFlowers.com, 15% Off Shoes.com, 10% Off FragranceNet.com, and more. Other retailers rotate their discount offers and make available for limited time periods. For example: 25% Off Land’s End Friends & Family, 25% Off Macys, 30% Off Timberland, 25% Off Ralph Lauren Private Sale, 10% Off Home Depot and more.

Many thanks to the collaborative efforts of the Purchasing Department, ITS and Accounting to make this available to Colgate employees. Best of all, this discount was able to be obtained without incurring any cost to Colgate. Colgate joins the growing list of universities that feature these benefits including Northwestern, Cornell, NYU, University of Michigan and Penn State, just to name a few. The shopping portal is updated daily in real-time to capture and feature the absolute best employee deals available in the marketplace.

To start enjoying savings on your personal purchases, register at https://corporateshopping.com/login/colgate using a personal e-mail address and password. The website is mobile-friendly so you can enjoy this benefit from your mobile device as well as from your personal computer.

If you have questions about this program or need assistance with registration, please contact Corporate Shopping Company at info@corpshopping.com.

House/Pet Sitter Needed

Love dogs and living in the woods? I am looking for a dog and house sitter who can live with and take care of two dogs for any part of the window from December 27, 2015 through January 15, 2016. Car provided, house about 20 minutes from Colgate. Will of course compensate you for your time and caring attention to the dogs! Contact Karen at kharpp@colgate.edu if interested.
Colgate Faculty and Staff,

It goes without surprise that over the years Seven Oaks Golf Club has been recognized as one of the finest collegiate golf courses in the country. Many of those who play the course regularly can easily attest to its current condition and the care the course receives by the staff.

It is our pleasure to announce for 2016 a new membership program for employees to enroll into that allows for larger savings than in previous years in hopes that more faculty and staff may enjoy the facilities. Each membership encompasses unlimited greens fees, discounted cart fees, guest passes, a free GHIN handicap, and discounts in the Pro Shop.

To join, simply follow this link to the Employee Membership Store. Select either a family or individual membership within the appropriate salary range. The drop down menu will allow you to take advantage of discounts of up to $250 for early payment. Payment can be made by credit card or electronic check.

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* The member has to be a current benefited employee.
* The salary is the annualized number, based on 2015/16 salary.
* If the family contains two Colgate employees, the higher salary will be the one that determines the family rate.

Makes a GREAT Gift!
Weather getting cold? There’s plenty to do indoors!

**COLGATE OPEN SKATE**
THROUGH DEC 21
MONDAYS: 1-2:30 PM
WEDNESDAYS: 11:30-1 PM
MORE INFO

**COLGATE OPEN HOCKEY**
THROUGH DEC 21 | MONDAY NOON HOUR
(HELMET REQUIRED)

**OUTDOOR EQUIPMENT RENTAL CENTER BASE CAMP**
RENT WINTER AND OUTDOOR GEAR SUCH AS SNOWSHOES, CROSS COUNTRY SKIS, ICE CLIMBING EQUIPMENT AND MORE!
RATES VARY, SEE WEBSITE FOR DETAILS
PRICES AND HOURS

**OPEN BOWLING**
SUNDAYS 1 - 5 PM
FOR MORE INFO CALL 228-7613

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

**TRUDY FITNESS CENTER**
HOLIDAY HOURS
THURS, DEC 24 | CLOSED
FRIDAY, DEC 25 | CLOSED
SATURDAY, DEC 26 | CLOSED
THURSDAY, DEC 31 | 6 AM - 2 PM
FRIDAY, JAN 1 | CLOSED
FREE FITNESS PROGRAMS AVAILABLE
MORE INFO
Employee pick-up volleyball games

Volley Ball

TUESDAYS | 12:10-12:50

HUNTINGTON GYM

SIGN UP TODAY!

Click [here](mailto:) to sign up for email updates. | Questions? Contact Laura Masse at [lmasse@colgate.edu](mailto:lmasse@colgate.edu)
FRIDAY, DECEMBER 4
Men’s Hockey vs Clarkson | 7 PM

SATURDAY, DECEMBER 5
Men’s Hockey vs St. Lawrence | 7 PM

WEDNESDAY, DECEMBER 9
Women’s Basketball vs. Connecticut | 7 PM

THURSDAY, DECEMBER 10
Men’s Basketball vs. Utica | 7 PM

SUNDAY, DECEMBER 13
Men’s Basketball vs New Hampshire | 12 PM
Women’s Basketball vs Gonzaga | 2 PM

SATURDAY, DECEMBER 19
Men’s Basketball vs. Keuka | 2 PM
Women’s Basketball vs. St. Bonaventure | 4 PM

MONDAY, DECEMBER 28
Women’s Basketball vs. Siena | 5 PM

WEDNESDAY, DECEMBER 30
Men’s Basketball vs. Lafayette | 7 pm

SATURDAY, JANUARY 2
Women’s Basketball vs. American | 4 PM