CALENDAR OF EVENTS
RETIREMENT INDIVIDUAL COUNSELING SESSIONS

**TIAA**
TIAA APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.TIAA.ORG/EVENTS OR BY CALLING 1-800-732-8353.
AUGUST 22 | 535 CASE-GEYER
AUGUST 24 | 535 CASE-GEYER
SEPTEMBER 20 | 107 LATHROP
OCTOBER 12 | 515 CASE-GEYER

**FIDELITY**
FIDELITY APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.FIDELITY.COM/ATWORK/RESERVATIONS OR BY CALLING 1-800-642-7131.
SEPTEMBER 22 | 535 CASE-GEYER
OCTOBER 20 | 535 CASE-GEYER
DECEMBER 1 | 535 CASE-GEYER

**ALL STAFF MEETING: AUGUST 24**
9:30-10:30 a.m. | COLGATE CHAPEL
REFRESHMENTS AT 9:15 a.m.

**LABOR DAY HOLIDAY: MONDAY, SEPT 4**

**CU WELL**
WELLNESS PROGRAMMING
JOIN THE 2017 WELLNESS INITIATIVE AND EARN $250!
CLICK HERE TO LEARN MORE.

**WELLNESS RESOURCES:**
- VISIT WWW.CONNECT.VIVERAE.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 SEPTEMBER ISSUE IS AUGUST 18.
Hello faculty and staff of Colgate University, my name is Lee Ann DiBiase and I am the new Chartwells campus dietitian or nutritionist (as I like to call myself). My role on campus is to provide nutrition information, counseling, and programming for all faculty and staff on campus—and it is FREE!!

I wanted to use this space to describe my approach to nutrition and how I could be of service to this incredible community. First, my role is to help you by providing the most up to date science based information covering areas such as food choices, metabolic issues, and food and your health. Second, I am here as a coach, to help guide you if you choose to make changes in your nutritional choices. Those choices and changes are yours to make—my role is to educate, guide, and offer tips.

Food is a great thing! Not only does it taste good but some foods have been shown to actually improve your health. The issue today is that we as the consumer are constantly bombarded with different messages—for example eggs were off limits if you had high cholesterol, now they are okay to eat up to four times a week if you have high cholesterol. The science is always changing as researchers learn more about the structure of food and how it interacts with the human body. That is what makes nutritional science so interesting. Please remember, nutrition is a science so as you are reading, listening, and choosing your meal patterns please do not fall prey to “fake science”. My job is to give you the straight facts—along with some really delicious recipes.

So if you are looking for individual counseling, a presentation or cooking demo for your department or group, or even a simple recipe please contact me. My email is ldibiase@colgate.edu and office number is 315-228-6410. If you are near the Shaw Wellness Institute stop by and we can have a cup of tea and chat.

So here is a quick tip to get you started on a healthy way of eating. Summer is a great time to work on increasing your intake of fruits and veggies. Farmer’s markets are under way and there is nothing better than ripe tomatoes, fresh picked squash and green beans. So pick some veggies up today—take the squash and green beans, slice the squash and snap the beans, put in a roasting pan, top with olive oil, your favorite dried spices and roast at 425° oven for 25 to 30 minutes. Grab a rotisserie chicken from the market and dinner is served. For dessert grab some peaches, slice and serve with plain yogurt drizzled with local honey. A perfect summer dinner. Enjoy! ~LeeAnn
The fall semester will be upon us soon. Now is a good time to make sure your contact information is up-to-date for the on-line directory and Colgate emergency alert notifications.

For the on-line directory:

1). Log into the portal at portal.colgate.edu using your Colgate username and password.
2). Locate the My Contact Information portlet on the Home tab.
3). If updates are made, click the Submit Changes box.*
4). Checking the Show photo in the View Book will allow Colgate users to see your Gate Card ID photo in the View Book portlet.

*Submitted updates to your personal information may take several days to appear online so please verify your listing accordingly. Please note that due to automated processes in the system, not all changes can be made exactly as submitted.

For Colgate Alerts: Log into the RaveAlert system on the portal and make sure you are signed up to receive emergency notifications via text, email and/or voicemail.

Should you have any questions, feel free to contact the Human Resources Department at x7411 or at humres@colgate.edu.

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Colgate Hot Jobs: Spread the Word

Colgate is a very special place to work! Let’s spread the word! Periodically, human resources will showcase jobs listed on our Careers @ Colgate website in hopes that staff will share these opportunities and links with colleagues and/or potential applicants who may be interested in working at Colgate.

The following positions are presently available:

- Associate director of residential life
- Temporary - athletic event staff (casual wage, part-time)
- Temporary - administrative assistant
  (casual wage August 14-October 31, 2017)

Please remember to view all of our jobs at https://careers.colgate.edu
Anniversaries

5 YEARS

KAREN BELANGER, Center for L, T & R.
TRACY DORMAN, facilities
SHERRI FIDLER ROSE, facilities
MIKE JORDAN, athletics, basketball
CHELSEA LEHMANN, career services

PAM LEWIS, health services
JOHN PAINTER, athletic communications
JOHN ROLLER, physics & astronomy
ESTHER ROSBROOK, residential life
MICHAEL SCIOLA, career services

10 YEARS

JIM AYERS, facilities
STAN DAKOSTY, athletics, football
TERESA FRAVIL, admission
BILL GUNTHORPE, facilities

MAUREEN MCKINNON, president's office
REBECCA RALPH, dean of the college
TONYA RAYMOND, athletics, basketball

15 YEARS

EMERSON BUELL, facilities

20 YEARS

RENE BEERS, biology
CHRIS NAYLOR, facilities
BARB SPRINGER, facilities

25 YEARS

Tom Howard, university studies

30 YEARS

Mark Button, facilities

35 YEARS

NANCY ORTH, health services
BBQ Lunch Thursdays!

Colgate Dining Services will be offering a variety of options available to the Colgate community throughout the summer, including the return of our weekly BBQ!

Dining Services is also offering an exclusive summer dining membership that can be used at both Hieber Café, in the library, and Frank Dining Hall during their hours of operation. Further info can be found at: https://new.dineoncampus.com/Colgate

**BBQ LUNCH - EVERY THURSDAY**
11:30 a.m. - 1:30 p.m. | $6.50
AVAILABLE ON THE WESSON TERRACE

Questions? Contact Dining Services at x7670 or diningservices@colgate.edu.

Retirement

JOANNE SCHNEIDER, library, August 18

In Memoriam

RAYMOND KREHEL, retiree, former treasurer, July 6
BRUCE SELLECK, Thomas A. Bartlett chair, professor of geology, July 31

Reminder: Labor Day
Monday, September 4

Our academic calendar calls for classes to be held on Labor Day, Monday, September 4. Labor Day is a designated holiday for staff; supervisors should be clear if staff are required to work.

Hourly employees who work on a holiday will be paid for the number of hours worked on the holiday and, in addition, will either 1). receive pay for the holiday or 2). be granted another day off within 60 days. The method of payment will be at the discretion of the supervisor.
Paul McLoughlin began on July 26, 2017 as vice president and dean of the college. His joins us from Lafayette College, where he served as dean of students. At Lafayette and at Harvard University, Paul has led a series of initiatives that have well prepared him for this role at Colgate, including the launching of residential commons, the renovation and creation of student-centered spaces, and the development of inclusion initiatives to support a diverse student body.

During his decade in Cambridge where he served in a number of roles, including associate dean of Harvard College, Paul established the Student Organization Center at Hilles, a space dedicated to student life and student organizations. He also created spaces for the Harvard College Women’s Center as well as prayer spaces for Muslim and Hindu students. His participation in a comprehensive LGBTQ student services review resulted in gender-neutral housing policies and the creation of the Harvard College BGLTQ Student Center.

At Lafayette, he has overseen residential life, recreation services, student conduct, wellness, student leadership and involvement, fraternity and sorority advising, and numerous other campus life initiatives.

As an administrator and as a scholar, Paul has a true understanding of student life in a liberal arts context. He has an ability to connect with students in a genuine way while working strategically to shape a robust residential learning environment on campus. I am very happy to welcome him into our community at this important time in Colgate’s history.

Paul earned his bachelor’s degree at Miami University and his master’s degree at the University of Vermont. He received his PhD in higher education administration from Boston College, where he also taught graduate courses as an adjunct faculty member in the Lynch School of Education. He has served as an author, external reviewer, consultant, and frequent conference presenter on topics related to financial aid and access, intercultural education, LGBTQIA+ student life, alcohol and other drugs prevention education, and wellness.

Paul has an ability to connect with students in a genuine way while working strategically to shape a robust residential learning environment on campus.
After serving a year as interim vice president for finance and administration, JS Hope ’97 was appointed senior vice president for finance and administration, chief investment officer effective July 1, 2017. JS returned to Colgate in November 2008 when he was hired as the university’s first dedicated director of investments, later promoted to chief investment officer.

In his new position, JS is responsible for ensuring the university has the financial resources to fulfill its mission and fund strategic initiatives. He assumes the additional responsibility of oversight for the Division of Finance and Administration, which includes Accounting, Budget, Purchasing, Risk Management, Bookstore, Conference Services and Summer Programs, Document and Mail Services, Facilities and Capital Projects, Human Resources, Seven Oaks and Dining Services.

As chief investment officer, he continues to be responsible for the university’s endowment by managing the portfolio and building an investment office, tracking investment managers, and sourcing and building new relationships. Working with the Board of Trustees’ Endowment and Finance Committee, JS and his team lead the way on protecting and growing the university’s endowment.

JS has a passion for golf and has been instrumental in improving Seven Oaks Golf Course. Playing since age six, he was a two-time all-Patriot League selection for the Raiders and captained Colgate’s golf team in his senior year. In 2011 and 2012, he was the Seven Oaks club champion.

JS and his family, wife Leigh, and daughters Reagan and Abbey, are big supporters of Colgate athletics. They attend numerous games, and frequently host teams for dinner in their home.

As we move forward to our Bicentennial, JS looks forward to working collaboratively across campus to build an even stronger Colgate.

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New Faces At Colgate

Jeannette Scherer accepted the position of assistant volleyball coach on June 9. A graduate of Clemson University, Jeannette enjoys volleyball, and spending time outdoors with her husband, Andrew, and their two dogs, Big Foot & Little Foot.

Alan Lawton accepted the position of senior network engineer on July 10. He previously worked at Morrisville State College as a senior network engineer. Alan holds a degree from Alfred State College, and lives with his wife, Kelly, and two sons.

Vincent Lentini accepted the position of full stack programmer/analyst on July 10. He previously worked at Morrisville Auxiliary Corporation as an IT specialist. Vinnie holds a bachelor’s degree in engineering from Vermont Technical College. Vinnie enjoys video games, board games, hiking, and camping. He and his wife, Mindy, have one child.

Jenna Schell accepted the position of investment analyst in July. She holds an associate’s degree in business administration from Tompkins Cortland Community College, and a Bachelor’s in early childhood education from SUNY Cortland.
If you are like most people, then you may have old electronic devices piling up at home or in your office. Electronic devices include just about anything that plugs in or takes batteries. These items shouldn’t be placed in the trash since they often contain toxic materials such as lead, mercury and cadmium that can contaminate our air, water and soil. Many electronic devices also contain precious metals and other valuable materials that can be reclaimed and recycled (instead of mining and manufacturing new raw materials). All electronic devices need to be properly recycled, but how and where?

Fortunately, we have a few convenient options for you. Here we will answer a few frequently asked questions:

**How do I recycle Colgate-owned electronic devices such as my computer, monitor, printer, and television?**
If items could be reused, refurbished, or salvaged, contact Salvage / Purchasing (x7838). They maintain an online listing of items and goods recovered from Colgate’s departments and offices that are available for purchase or exchange. For computers and printers call ITS (x7111) to set up a drop-off or pick-up time for your items.

**How do I recycle spent printer and toner cartridges?**
Give them to the Staples representative when they make your next delivery or send them back to the manufacturer. As a last resort, you can also send them to the Sustainability Office (Lathrop 109M).

**How do I recycle my personally-owned ewaste materials?**
If you are a Madison County resident, you can drop off your ewaste free of charge at LoJo Technology in Oneida.

**What happens to your electronic waste after you drop it off?**
All of our electronic waste on campus or at the warehouse goes to EWASTE+ (once RCR&R) in Rochester, NY. EWASTE+ is R2/Rios and NAID AAA certified which gives us confidence that our electronic waste is being handled responsibly. EWASTE+ also wipes all data and destroys all circuit boards by feeding them through a metal shredder that completely renders the circuit board useless.

**Have additional questions?**
Watch our two-minute video for more answers or contact director of environmental health and safety Maryanne Ray (mray@colgate.edu).
On August 8, take advantage of the on-campus biometric screening as part of the CU Well program for 2017. This free and confidential screening takes just a few minutes of your time and can provide you with an overview of your health, a first step to being well!

**BIOMETRIC SCREENINGS**
**AUGUST 8**
**8:00 a.m. – 5:00 p.m.**
Clark Room, James C. Colgate Hall

Registration is now open at connect.viverae.com under the Biometrics Screening link. By participating in the CU Well program, benefit eligible employees who earn 200 points will receive a taxable cash incentive of **$250 in their December 2017 paycheck**. The completion of one biometric screening each calendar year is required and will provide 50 points towards the incentive. If you are unable to attend an on-campus screening event, you may participate by submitting a physician form with your screening results conducted by your physician. The form can be found online at connect.viverae.com. Please note that you are only eligible for one biometric screening per year.

**Questions?** Contact Human Resources at x7565.

To reserve an appointment visit [www.MyViverae.com](http://www.MyViverae.com)

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**FIRST TIME USER - REGISTRATION INSTRUCTIONS**

1. Log into [connect.viverae.com](http://connect.viverae.com).

2. Complete the new user registration:
   a. Identifier: DOB (MMDDYYYY) + Last 4 digits of SSN
   b. Registration Code: colgate (lower case)

*Please Note: Any information you share with the Viverae team will not be disclosed to Colgate, and Colgate will not have access to your medical or other information.*

This program is confidential and complies with the Health Insurance Portability and Accountability Act (HIPAA).
Payroll Deduction Plan

Any employee of Colgate University is eligible to purchase a personal computer or other eligible electronic device - at an educational discounted price - from the Colgate Bookstore under the Voluntary Computer Purchase and Payroll Deduction Plan. All employees are eligible to defer payment of the purchase price, up to a pre-determined maximum amount of $2,000, and then pay this deferred amount with 0% interest through after-tax payroll deductions. For more information about this plan, contact the computer department at the Colgate Bookstore at 315-228-7776.

Click here for eligibility details.
Viverae mobile app

Transform your experience.
Viverae® members are raving about our new mobile app—and guess what? It's available for iOS (Apple) and Android users!

Take your Member Health Assessment

Use Touch ID for added security and convenience

Sign up for Biometric Screenings

Participate in challenges

Earn points on-the-go

Track your progress, and more

SLEEK • CONVENIENT • FREE

AT WORK? HOME? ON THE GO?
It doesn’t matter! The new app allows you to easily participate in your wellness program and personalize your journey from anywhere. It’s convenience at your fingertips.

Download the App: Click above or search “Viverae” on the App Store or Google Play.

Need help downloading or updating the app? Here are helpful links for Apple and Android users.

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