Campus Life Facilities Holds Annual Workshop
Facilities staffers learn “How to…”

Cindy Ledward

Despite the winter weather and local school closings, Campus Life Facilities staff braved the elements to attend their Annual Employee Workshop held January 6. The focus of the day revolved around various “How To…” topics designed to provide professional as well as personal growth opportunities. The session also took advantage of the many resources and expertise available right on campus.

Both McKinnon and Rath Martin-Doyle from the Staff Firms provided staff with a “How to Quit Smoking” class designed to share strategies to set a quit date, Bill Druggan, a counselor from Benefit Services, held a seminar on how to quit, and Paula Swadlin from the Cornell Health Service provided further information regarding the signs and symptoms of domestic violence and the resources available.

Along with the optional seminars offered, Campus Life Facilities staff also attended a presentation sponsored by the CLF Diversity Committee. The Committee, comprised of CLF staff members, wrote and presented a skit on the reality of domestic violence and its impact on the family and workplace. Looker Fitch, USW Benefit Liaison and Philip Morgan, USW/CU/VISO were on hand to provide further information regarding the signs and symptoms of domestic violence and the resources available.

Scott Doyle, who started his first day as a conference coordinator in Campus Life the day of the workshop said, “It was a tremendous way to view the many aspects of Campus Life.”

Mind, Body, and Soul Cooking Classes begin February 4

To learn new cooking techniques and have fun in the kitchen! Mind, Body, and Soul is a five-session series held February 4, 11, 18, 25 & March 4 from noon–1:15 p.m. in 300FTE. The theme is Easy and Elifying Meals. Class size is limited, so be sure to register! The cost is $30 for members and $35 for non-members. For more information or to register, call 255-5133.

Wellness

Lifetops Weight Management Classes Announced

Lifetops is a 12-week educational program to help participants maintain control of a lifetime through eating and activity. This interactive program is designed for people wanting to lose 15–25 pounds. Lifetops begins January 31, running Mondays from noon–1:00 p.m., in the Newman Hall Classroom. The cost is $55/person. Class size is limited. For more information or to register, call Frank DiMeo at 255-3791.

Open Mind Lunch Series Scheduled

The Cornell Wellness Program announces the upcoming Open Mind Lunch Series, focused on reducing your stress.

Thursday, February 8: You Can Reduce Blood Pressure Without Medication; noon–1:00 p.m., GIAC.

High blood pressure is a common, yet controllable condition. Find out the many simple lifestyle changes that you can make to lower your blood pressure without medication. Also, if your doctor is recommending you start taking medication, learn what questions to ask your doctor about blood pressure management.

Thursday, March 24: Turn Distress Into De-Stress; noon–1:00 p.m., GIAC.

Programs are free and open to the Cornell community. To register for events, call 255-5133.

Thursday, January 20, 2005
www.pawprint.cornell.edu

A NEWSPAPER BY AND FOR THE CORNELL COMMUNITY

Save the Date...

Fireside Chat with Kathy Okun
Sponsored by the Employee Assembly

Date:
Thursday, February 10

Place:
Memorial Room, WSO

Time:
12:00–1:00 p.m.

Bring a cozy blanket, dessert & beverages will be provided.
Facilities Management Adds Five to Gold Bear Club

Eleventh annual Breakfast of Champions

Facilities Management (FM) is excited to announce that the annual Breakfast of Champions, an FM tradition, will be broadened to include the Golden Bear awards. On January 31, Facilities Management, in conjunction with Golden Bear award recipients, hosted a breakfast at Trillium that drew approximately 150 people. The Golden Bear award recipients included Industry, Building, and Facilities Management value.

The 2006 Golden Bear winners are:

Doug Allen
A 1966 Cornell graduate, Doug Allen (juniors), has been a regular volunteer at the Johnson Museum for many years. Doug is an effective leader and an advocate for the museum, encouraging other Cornellians to become involved in the Johnson. Doug is a member of the Johnson board and regularly donates up to $5,000 per year to the Johnson.

Elaine Cole
Elaine Cole has a quiet humility and determination that I will always remember. On FM’s core values, include positive, helpful, and teamwork, and she knows that her dependability is one of the keys to the successful completion of any project. Elaine has always been a positive force in the service of the student community.

Brigid Colson-Shelton
Brigid Colson-Shelton has been a valuable member of the Facilities Management community for the last two years and continually volun-

to protect students from fire and other emergencies on campus, such as the building fire that occurred at the beginning of the year. For more information, call Michelle Shelton at 662.1593 or click on CAPE.

Guitar Lessons to Begin January 31

The 603 Program Board presents Phil Gregory’s Group Guitar Lessons, starting January 15th at 5:30 pm. Eight sessions for guitar students, ages 10-15, will be held at the Johnson Museum. For more information, call Phil Gregory at 662.1593 or click on CAPE.

Clemence S. Pilling

Employee Management Award Rider Members

Employees should be recognized for their efforts and accomplishments. The Employee Management Award Rider Members is a recognition program that celebrate the efforts and accomplishments of employees. The program recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Department.

The Employee Management Award Rider Members recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Department.

The Employee Management Award Rider Members recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Department.

The Employee Management Award Rider Members recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Department.

The Employee Management Award Rider Members recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Department.

The Employee Management Award Rider Members recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Department.

The Employee Management Award Rider Members recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Department.

The Employee Management Award Rider Members recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Department.

The Employee Management Award Rider Members recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Department.

The Employee Management Award Rider Members recognizes employees for their dedication, hard work, and accomplishments. The program is open to all employees at Cornell University and is administered by the Employee Management Departm