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## 2016 is the Year of SwatFit

For those striving for a lifestyle change—and for those who are looking to add to their current fitness regimen—the Committee on Work Life Initiatives, Athletics, and the Health Center created SwatFit 2016. This yearlong campaign, which kicked off in February, includes on-campus programs and initiatives aimed at tackling the most common obstacles to reaching fitness goals.

The first two initiatives—no-cost classes and Get to Steppin’, a Fitbit pilot program for faculty and staff to track fitness achievements—have been very well received.

The no-cost yoga class, led by Stacey Miller, is a favorite, as is an additional class led by student wellness coordinator Noemí Fernández. There is a great group attending Zumba on Thursday mornings, and

many community members have taken advantage of Weight Training 101 led by Eric Hoffman, fitness center coordinator/head strength and conditioning coach, at the Matchbox. He offers two sessions, Wednesdays at 12:15 p.m. and Thursdays at 2 p.m., and is very pleased with the first-time weight trainers he has worked with. Pilates and step aerobics classes were added in early April.

The Fitbit pilot program has distributed 50 Fitbits with an additional 20 Fitbit owners joining the program, which was extended to take advantage of the spring weather.

The seven Fitbit teams (Walkmore Swarthmore, The A-Team, My Team, Phit Phoenix, the Cline and Patterson team and Sneaky Ninjas)

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### Calendar of Events

Through April 29  
**Spring Health and Wellness Week**

Monday, May 23  
**Spring Gathering**  
 2:30 p.m.–4:30 p.m., Sharples Dining Hall

### Summer Schedule

The 2016 flexible summer schedule will be June 6 through Aug. 12.

The most widely used schedule is:

- 8 a.m.–4:45 p.m., Monday through Thursday;
- 8 a.m.–noon, Friday

The list of participating departments will be distributed in late May.

### Annette Newman Honored for Dedication, Service



Assistant to College Librarian Annette Newman (right) received the 2016 Suzanne P. Welsh Award from Vice President of Human Resources Pamela Prescod-Caesar at the College’s spring all-staff meeting. She was nominated for the award by her peers and chosen by a committee with staff and Board of Managers representatives. This honor recognizes a staff member’s

professionalism through dedicated service, initiative, high standards of quality work, integrity, and commitment to the College’s mission, while serving as a model and inspiration for members of the staff community. As part of the award, Newman will have an existing endowed scholarship named after her until the naming of next recipient of the award; receive an honorarium of \$500; and will be honored by the Board of Managers and President Valerie Smith. The Welsh Award, which is given every other year, was established in 2011 by Eugene M. Lang ’38 to honor Suzanne P. Welsh, then-vice president for finance and treasurer.

Submit items of interest to:  
[humanresources@swarthmore.edu](mailto:humanresources@swarthmore.edu)

# Self-Study Action Committee readies its 'action items'

The Self-Study Action Committee, comprised of staff and faculty members as well as students (see the full list at right), met during the spring 2016 semester to process the Self-Study Report and to organize ways of engaging community members. The goal has been to gather ideas and solutions from as many community members and constituencies as possible to build a stronger, more equitable, and more supportive campus environment for all persons who live, work, and study here.

Online submission forms, physical idea boxes, the Community Roundtable, and support for small groups to gather and brainstorm have been provided in order to garner as

many ideas as possible. As of March 31, more than 100 ideas had been submitted.

Participation in the Roundtable Sessions on March 18 was particularly strong. The terrific turnout was filled with positive energy and mutual respect that everyone brought to the discussions and deliberations.

The committee has been sorting through the ideas and solutions with the goal of recommending three to four "action items" to President Smith by April 30. Community members may continue to send ideas, solutions, or questions to Betsy Durning at [edurnin1@swarthmore.edu](mailto:edurnin1@swarthmore.edu) or Diane Anderson at [danders1@swarthmore.edu](mailto:danders1@swarthmore.edu), or contact a committee member directly.

## The Self-Study Action Committee Members are:

Diane Anderson (chair), associate dean for academic affairs and associate professor, educational studies  
Katie Clark, coordinator, Center for Innovation and Leadership  
Leonie Cohen '16  
Betsy Durning, administrative assistant, Dean's Office  
Zenobia Hargust, director, Equal Opportunity and Engagement  
Kenny Jones, environmental services  
Keton Kakkar '19  
Meghan Kelly '18  
Mohammed Lotif, assistant director, Intercultural Center  
Sheila Magee '81, gardener  
Jen Moore, administrative assistant, history  
Gina Patnaik, assistant professor, English literature  
Hank Robinson, environmental services  
Ben Roebuck '17  
Peggy Seiden, College librarian  
Robin Huntington Shores, director of institutional research and assessment  
Elizabeth Vallen, professor, biology  
Robert Weinberg, professor, history  
Kaaren Williamsen, Title IX coordinator

## Dinners with Strangers

Would you like to join President Smith for dinner at her house on campus? She'd like that, too. Since last semester, the President has hosted about 30 staff and faculty members, students, and alumni at Dinners with Strangers events, designed to bring people together to share a meal and get to know each other.

Based on a program President Smith first encountered when she taught at UCLA in the 1990s, she explained that these gatherings offer community members the chance to share a meal with people they might not ordinarily meet.

Head volleyball coach Harleigh Chwastyk attended the first dinner in December and described it as "a wonderful, intimate opportunity" to connect with members of the community. "To me, it was like a traditional dinner party," she added, "a lost art of sharing a delicious meal and genuine conversations that often gets lost in our world of busy schedules and emails."

**"Having the opportunity to be fêted with a diverse group of community members gave us the chance to discover similar interests and the importance of setting aside time for hobbies. The depth and passion of each member of our community is what makes Swarthmore so special."**

**—Pamela Harris**

"It was a lovely affair," agreed political science professor Rick Valelly '75, who attended the same dinner. "I had great conversations with people I hadn't met and the idea behind the gathering is inspired."

Taylor Morgan '19, from Brick, N.J., attended the February dinner and said, "What I thought was this mysterious invitation is now a won-

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## Holiday schedule set

The following 2016–17 holiday schedule is meant to help community members plan their schedules and includes an additional holiday and a new alternate holiday. Most offices will be closed on the scheduled holidays. However, some offices must remain open, so staff members should check with their supervisors on departmental requirements. The holiday schedule is determined annually based on how holidays fall in the week as well as the academic calendar.

### Scheduled holidays for Sept. 1, 2016–Aug. 31, 2017

**Thanksgiving:** Thursday and Friday, Nov. 24–25 (two days)

**Winter Break:** Friday, Dec. 23–Monday, Jan. 2, 2017 (seven days)

**Martin Luther King Jr. Day:** Monday, Jan. 16, 2017 (one day)

**Memorial Day\*:** Monday, May 29, 2017, or an alternate day (one day)

**Fourth of July:** Tuesday, July 4, 2017 (one day)

*\*Please remember that the alternate holiday option for Memorial Day must be used during the September to August time period and cannot be carried into the next calendar year.*

derful Swat memory. We'll be able to take this experience and share it with others, and I think that's special."

"Val greeted me at the door like an old friend, as if I had simply stopped by to borrow a cup of sugar," added Pamela Harris, associate college librarian for outreach, instruction, and research, who attended an event in March. "Having the opportunity to be fêted with a diverse group of community members gave us the chance to discover similar interests and the importance of setting aside time for hobbies. The depth and passion of each member of our community is what makes Swarthmore so special."

President Smith said she will continue to host these dinners and has already heard from other community members interested in hosting, as well.

"Dinners with Strangers is designed to remind us that even on the campus of a small residential college like Swarthmore, we don't often make time to meet and share ideas with people with whom we don't have an obvious connection," she said. "Opportunities like this one are intended to cultivate our curiosity about and respect for other people, other experiences, and unfamiliar ideas."



Have you ever had an "a-ha" moment when teaching or working with a student?

Did you ever feel like you discovered something new when interacting with a colleague?

The Communications Office would love to hear from you! If you have a story or moment to share, please let us know at [news@swarthmore.edu](mailto:news@swarthmore.edu)

recently completed a How Many Steps Challenge. For a complete list of the entries, check the SwatFit 2016 website at

<http://www.swarthmore.edu/work-life-initiatives/swatfit-2016>.

There will be a mini-wellness fair the last week of April, highlighted by the National Walk at Work day on Wednesday, April 27. The College will offer free biometric and blood pressure screenings, chair massages, and lunch-and-learn sessions.

SwatFit 2016 has helped many community members work towards a healthy lifestyle. For example, "I've made plenty of excuses in the past," says one participant. "Being competitive by nature, the Fitbit Pilot Program pushes me to compete with other team members to beat their number of steps each day."

Even time off didn't stop one Fitbit-er from logging steps and feeling the "buzz" (the noise/vibration the Fitbit makes when a goal is achieved): "While I was away, I got my 'buzz' a number of days. ... Now back at work, I've become good about walking around most of the lunch hour ... [motivating] me to go out after dinner and walk enough to get the buzz. Every buzz still startles me a bit but a day without the buzz feels like a lesser day now."

"I have a friend who has a Fitbit and walks a little," explains another



participant. "Since I joined SwatFit, we have been doing small competitions and he wins nearly every time. Last week he told me, he has lost 10 pounds doing challenges with me."

And what's the worst thing that can happen to those in SwatFit? Losing a Fitbit and missing out on steps, as one participant lamented: "The worst was I didn't capture my three hours of walking around campus with the Scott Medal recipient."

The Fitbit Pilot Program can be about more than steps as one participant found out: "My Fitbit also helped me track my sleep. As a result, I've schedule an appointment to see a sleep specialist."

While the program is wrapping up, many participants see this as a jump start to a summer and lifetime of health.

"Eric Hoffman's Weight Training 101 has been a huge wealth of knowledge that keeps you moving and not stuck in a boring routine. I have come across some great new walking paths, parks, and even a dog park. ... My regular routine of four to five blocks with my dogs has now ventured out into a larger neighborhood loop. ... New active habits will make for a fun summer ahead."





## New Faces



Following a national search, **Anthony Coschignano** became the College's executive director of auxiliary services Nov. 9, overseeing Dining Services, the College Bookstore, the Post Office, Office Services, non-academic summer programs, and the relationship with the operator of the Inn at Swarthmore. He will also work closely with the community to implement a One-Card system to give electronic access to College facilities, streamline dining transactions, and allow a College ID to be used for purchases with local merchants.

Coschignano brings 16 years of higher education experience in food, retail, and auxiliary services. He most recently was executive director of auxiliary services at Valparaiso University.

He holds a B.A. in management information systems from Florida State University and an M.B.A. from Valparaiso University.



With a proven track record of superb project management at the College, **Paula Dale** began her newest role on Feb. 29, overseeing the current College Bookstore and helping to lead its move to the new Swarthmore Campus and Community Store within the Inn at Swarthmore later this month.

Dale has held a variety of College positions in the last 20 years, including those involving event management, contracts, and budgeting. As the director of the Swarthmore Store, she will work closely with students, faculty, staff, and

local merchants.

Originally from Charlotte, N.C., Dale holds a B.A. from Wake Forest University and an M.A. from University of North Carolina at Chapel Hill.



**David Foreman** became the College's director of institutional relations Feb. 8. He most recently was director of corporate and foundation relations at Bucknell

University.

Foreman has served colleges and universities in institutional relations for nearly 15 years, the past eight with Bucknell, where he successfully managed productive relationships with a wide range of institutions, including the Henry Luce and Andrew W. Mellon foundations. Previously, he held positions at the West Virginia University Foundation and Washington & Jefferson College.

Foreman is a leader in Some Corporate and Foundation Relations Officers (SCAFRO). He graduated from West Virginia University, where he was elected to Phi Beta Kappa and also earned an M.A. in English.



**Brandi Jones** recently returned to Swarthmore's Public Safety Department as a communications officer after a brief stint last year at the Delaware River Port

Authority. She first joined the department in February 2012. Prior to Swarthmore, Jones, who also attended the University of Pittsburgh, worked for four years as a dispatcher at the Department of Homeland Security and for five years as a police dispatcher for Montgomery County Emergency Operations Center.



**Montea Roundtree** joined Swarthmore College in December 2015 as a patrol officer. Previously, he worked at neighboring Girard and Harcum colleges.

Roundtree comes to the College with more than six years of experience in the security field. He also volunteers at neighborhood recreation centers mentoring troubled youth.



**Mariel Peart** joined the Public Safety Department in December 2015 as a patrol officer. She is a graduate of Temple University with a bachelor's degree in

criminal justice and a minor in Spanish. She's a graduate of Delaware County Community College Police Academy. During her free time, Peart she enjoys exercising, drawing, and writing music.



A self-described "passionate plants-woman," **Mary Tipping** became the curator and plant recorder for the Scott Arboretum July 1.

From 2008 to 2015, Tipping was arboretum horticulturist at Delaware Valley University, where her role included the administration of the collections database for its 40-acre arboretum. After implementing a records management system, she worked with students to map more than 1,500 specimens of plants. She also served as an adjunct professor for horticulture and greenhouse management. She previously worked as a horticulturist at the Old York Road Country Club.

Tipping earned a B.S. in horticulture from Temple University and

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## New Hires — Continued from page 4

an M.S. in crop sciences from the University of Illinois. She is a certified arborist, a certified Pennsylvania Horticulturist, and Pennsylvania pesticide applicator.



**Aurora Winslade** joined the College Dec. 1 as the new director of sustainability, with more than a decade of experience in higher education. She was previously the transformational program manager for Hawaii Energy.

In 2012, Winslade launched the sustainability office of the University of Hawaii and helped develop a sustainability strategy that spurred the university's commitment to climate neutrality and zero waste. While in Hawaii, she also partnered with MA'O Organic Farms, which employed at-risk youth, and designed a program to help the youths earn a bachelor's degree. She is also a senior fellow with Humanity in Action.

Winslade holds a B.A. in agriculture, ecology, and political economy and completed an M.B.A. at Duke University in December.

## New Hires

To give our campus community an opportunity to welcome its new members, the *Garnet Connection* will list recently hired staff, as space permits. Below are the individuals who began working at the College between Oct. 1, 2015 and March 1, who have not already been recognized in the *Garnet Connection*:

**Arletta Burton**, technician, Environmental Services

**Mary Ciurlino**, associate project manager, Capital Planning and Project Management, Facilities Management

**Bruce Easop**, Presidential Fellow, President's Office

**Noel Ferrol**, assistant, Dining Services

**Ashley Henry**, project director, Youth Empowerment Program (Blueprints), Black Cultural Center

**Casey Hoferica**, nurse practitioner, Health Center

**Soph Horn**, manager of information systems, Human Resources Office

**Thomas Hutchinson**, TriCollege web developer, McCabe Library

**Colin Mason**, cook, Dining Services

**Leah Orchowski**, nurse practitioner, Health Center

**Margaret Ralph**, systems support analyst, Admissions Office

**Elizabeth Slocum**, writer/editor, *The Swarthmore Bulletin*, Communications Office

**Elizabeth Stern**, baker, Dining Services

**Tobin White**, technician, Environmental Services



## Milestones

**Randy Frame**, director of advancement communications, became a first-time grandfather Dec. 30, 2015. Grandson Darren resides in Plymouth Meeting, Pa., with his parents and their two dogs Rupert and Lou.

**Sharon Green**, administrative assistant, Athletics, had a very good 2015, celebrating her 40th wedding anniversary in November and also 20 years of service to Swarthmore College.

On Sept. 12, 2015, **Kerry Kristine McElrone**, interlibrary loan specialist at the McCabe Library, married Joe Trainor, a musician and a private piano teacher. The couple live in Wilmington, Del., with their beagle Phoebe and cat Sterling. In addition to her work at the College, McElrone is an actress and the marketing and creative director of City Theater Company in Wilmington.



## Black History Month highlighted with luncheon

On Feb. 12, the College's Environmental Services Department sponsored a Black History Month luncheon in Upper Table with speakers, dancing, and food. The celebration included performances by Praise Dance and Harry Jackson, along with a talk by Dion Lewis, assistant dean and director of the Black Cultural Center. The three-hour event wrapped up with dancing to music from DJ George.



## *Garnet Club honors 30-plus years of service*

President Valerie Smith hosted a breakfast for the members of the Garnet Club Dec. 11, prior to the annual Winter Gathering. The club is made up of employees who have served the College for 30 years or more. At the breakfast were Sharon Armstrong, Angela DiPaolo, Vivian Hart, and Diane Watson, each with 30 years of service; Jimmy Ellis with 35 years; and Didi Beebe with 40 years. Pictured from left are Armstrong, environmental services; Hart, environmental services; President Valerie Smith; and Beebe, facilities management.

# *Music Through the Decades*

1. Funky Food
2. Groovy Decor
3. Retro Refreshments

4. Hip Costumes
5. Lip Sync Battle

*Spring Gathering*  
*Save the Date*

*Monday,  
May 23, 2016  
Sharples Dining Hall*

## Winter Gathering honors service



The annual Winter Gathering, held Dec. 11 in the Lang Concert Hall, honored staff service to Swarthmore. Twelve staff members were recognized for reaching the quarter-century mark with the College. Honorees also included 11 retirees along with one colleague with 40 years of service, another with 35 years, four with 30 years, 12 with 20 years, 15 with 15 years, and 14 with 10 years. The pre-ceremony music was provided once again by Andrew Hauze '04, instructor and director of musical performance.

