

# GSD Staff News



## Who's Who? Who's New?

**Peggy Burns**, Associate Dean for Development & Alumni Relations, [peggy\\_burns@harvard.edu](mailto:peggy_burns@harvard.edu)

**Sophia Wedeen**, Research Assistant III, JCHS, [sophia\\_wedeen@harvard.edu](mailto:sophia_wedeen@harvard.edu)

**Kweta Henry**, Program Coordinator, Loeb Fellowship Program, [khenry@gsd.harvard.edu](mailto:khenry@gsd.harvard.edu)

**Taylor Ko**, Communications Manger, HCGBC [tko@gsd.harvard.edu](mailto:tko@gsd.harvard.edu)

**Tara Coates**, Financial Aid and Registrar Coordinator, Student Services, [tcoates@gsd.harvard.edu](mailto:tcoates@gsd.harvard.edu)

## SAVE THE DATE

**Staff Potluck & Bake-off**  
Wednesday, March 18  
12 - 1:30pm Porticos

**Dean's Award**  
Wednesday, April 1  
2:30- 4pm Piper

## Dean's Message

“ Welcome back, everyone, to 2020—a rather startling number to write out, as it always seemed like it was so, so far away from us. Yet, it’s here now, and its optical resonance is a good reminder to us all that we can only move forward with clear vision. The best way to ensure clarity is to pay attention to communication: take the time to make sure that whomever you’re communicating with understands what you think you’re saying, whether in email or in person. Time crunches can make our email or verbal exchanges more brief or more direct than some people would like - but even a short exchange can be considerate. Clear vision also means holding to your (and our) values: respect, empathy, and initiative are the best means of prioritizing all that lands on our plates daily, whether expected or not. And take time to take care of yourselves: no one can work well if frazzled or sniffled!

The GSD staff is an extraordinary group — I’ve really enjoyed meeting you over this past semester; I look forward to learning more about each of you and to working with you in this new year. Don’t hesitate to reach out to me or others if you see ways to make the school, and our lives, better. The staff is our school’s infrastructure. You make the school hum for our extraordinary students and faculty, and for me. Thank you for all that you do and happy 2020: let’s set our sights full steam ahead!

Sarah M. Whiting  
Dean and Josep Lluís Sert Professor of Architecture

## Committee Announcement GSD Green Team

The GSD Green Team, founded in 2009, is comprised of GSD staff who are dedicated to finding innovative solutions, challenging norms, and encouraging behavior change. This year, we are celebrating our 10-year anniversary. Our achievements are the results of the combined efforts of every individual. The GSD Green Team is open to all members of the GSD community.

### GSD Green Initiative Over the Past 10 Years:

- Any event held on campus, including Commencement, is zero waste, using only 100% compostable products, and utilizing compost and recycling bins instead of trash cans.
- In 2009, Dyson hand dryers were installed in Gund Hall Lobby and 5th floor bathrooms. Using Dyson hand dryers creates a 95% cost saving. They also use 80% less energy than conventional hand dryers.
- The GSD has switched from bottled water bubblers to filtered water, eliminating water bottle truck deliveries and plastic bottles.
- Over 150 ft. of bike racks are installed outside of Gund Hall promoting a sustainable, and healthy mode of transportation for members of the GSD community.
- All bathrooms are now equipped with lighting sensors .
- The 40 year old HVAC cooling and heating units within Gund Hall are being updated and replaced.
- The GSD Freecycle program encourages reuse through the donation of goods within the GSD community. Take an item. Leave an item. Find the wire racks for donations by the elevator in the basement and in the studio areas.
- The woodshop has recycling for wood, plastic, paper, and even Styrofoam!
- GSD has reduced greenhouse gas emissions 14.1% since 2006.

Interested in getting involved? Connect with the committee:  
Instagram: [@gsd\\_greenteam](https://www.instagram.com/gsd_greenteam) Email: [buildingservices@gsd.harvard.edu](mailto:buildingservices@gsd.harvard.edu)

## Mindful Movement: Yoga for the Office

As every office worker knows, sitting for long periods can result in stiffness and discomfort. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints – thereby improving one's range of motion – and also aid in relaxing the hips and lower portions of the body to increase one's ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice.

No previous knowledge of yoga is necessary. This class does not require special clothing or equipment. Reserve a space, invite your colleagues and Zoom into the class anywhere on campus for a lunchtime mindful stretch!

Wednesday, February 26 | 12 – 1pm

Thursday, March 26 | 12 – 1pm

Register in the training portal on [hr.harvard.edu/](http://hr.harvard.edu/)

## Introduction to Mindfulness

Mindfulness is a quality of alert, open awareness. In contrast to multitasking mind, mindfulness is a state of mind that has the ability to pay attention in a particular way on purpose, in the present moment. The program introduces the basic principles and practices of mindfulness, a concentrate state of awareness that helps people see and respond to situations with clarity. Participants will be introduced to meditation practices that will teach them how to be more focused, creative and resilient in all aspects of their lives.

These free sessions will be held live and via Zoom for benefits-eligible faculty and Staff:

Wednesday, May 6 | 12 – 1pm

Register in the training portal on [hr.harvard.edu/](http://hr.harvard.edu/)

## Total Rewards

Harvard's total rewards package includes your compensation combined with Harvard's comprehensive benefits and resources. You have the opportunity to select from the wide array of benefits, services and facilities Harvard offers to support your work and life. It's up to you to learn about the rich rewards offered and make the most of them

Here you will find:

- A personalized view of your total rewards
- Frequently refreshed data and updated information
- Links to additional resources and program

This site is designed to provide you with a personalized view of the current value of your total rewards and to be a resource for information about the benefits and services available to you to help you shape your experience and maximize your options. Please visit often and make it your Harvard.

Take a look at how the total value of your employment experience adds up: [harvardtotalrewards.hr.com](http://harvardtotalrewards.hr.com)

## Bike Commuter Benefit

A qualified bicycle commuting month is one during which a benefits eligible employee/postdoc is biking for a substantial portion of the commute and does not receive a monthly transit pass or parking permit through Harvard University. Bicycle commuters are eligible for reimbursement of up to \$30/month at a maximum of \$360/year for the costs associated with bicycle purchase, improvement, repair and storage.

Eligible expenses include:

- New or used bicycles purchased from a store or a private party.
- Purchasing parts and/or the service used to improve a bicycle as well as accessories, such as on-bike racks and locks.
- Parking and storage
- The costs associated with parking or storing a bicycle anywhere from a day to a year.
- Helmets, lights, bells, and reflectors (attached to the bike).

**The deadline to submit for reimbursement of 2019 bike expenses is January 31, 2020.**

Questions? Email [commuterchoice@harvard.edu](mailto:commuterchoice@harvard.edu)

For more information visit: [transportation.harvard.edu/commuterchoice/bike/bike-commuter-benefit](http://transportation.harvard.edu/commuterchoice/bike/bike-commuter-benefit)

## Remy the Harvard Cat



While Harvard has had its share of notable visitors some would argue that one in particular is the cats meow. Harvard's very own unofficial mascot, "Remy the Cat" is beloved and welcomed by the entire community! Along with his growing presence on social media where he has a combined 13,700 followers between Facebook, twitter and Instagram, Remy has been featured in The Boston Globe and the Harvard Gazette where his feature was among the best-read stories of 2018! While he can often be found sunning himself around the science center or perched in a law school window, don't be surprised to find him perusing Gund Hall or lounging on a desk at 7 Summer.

Facebook: [@remythehumanitiescat](https://www.facebook.com/remythehumanitiescat)

Instagram: [@remy.the.harvard.cat](https://www.instagram.com/remy.the.harvard.cat)

Twitter: [@RealRemyTheCat](https://twitter.com/RealRemyTheCat)