

## MRSAY! Newsletter May 2016 EDITION

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### President's Message

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The Winter semester has just concluded and another academic year has come to a close; another chapter has been added to the MRU book. This academic year has been very interesting organizationally. You have heard a good story, you told a good story or shared a good story.

This academic marked a great year for the Association as we participated in the learning experience of our students. The students were enrolled in the Strategic Human Resources (HRES5101) course that was taught by Christian Cook; she invited the us to present the Association to the students. In addition, we were invited to six presentations that were done by the students as part of the learning experience. Here are some of the unsolicited comments and thoughts that students share with the instructor at the conclusion of the course:

"I learned a ton this semester and will carry this information and experience forever."

"I spoke about this assignment in my recent job interview, and am pretty sure it is the reason I got hired."

"I feel more able to speak to my HR knowledge now that I have a little bit of HR experience."

"I hope that these CSL projects become more common as I felt it was very interesting and insightful to HR."

"This was a remarkable learning experience."

"This project was an amazing experience."

"It is exciting as this project allows us to show employers that we have what it takes to remedy a potential issue. In addition, it allows a plus to see us working functionally with HR professionals in a work setting. I have learned that the ability to build this rapport is crucial."

For me, these comments and experiences make a difference

Baset Zarrug

### TVP Floral Fundraiser - Mother's Day Bouquet - May 6

TVP students will be selling Mother's Day bouquets on Main Street. Proceeds are in support of the TVP program.

## MRSA PD Day: May 10



We have an exciting Professional Development Day lined up once again this year. Our venue will be the incredibly serene location of the "Al Azhar Shrine Centre" located in NW Calgary on May 10. ([map](#))

## Informal Chat with David Docherty

We had a very large turnout for our staff chat with David last week. Staff had some very hard questions answered by David in his frank and honest way. Our next chat will be on June 8 in our staff lounge from 2-3. Staff were treated to fresh coffee and Subway cookies.

## Big Bob's BBQ - Save the Date - May 19th

May 19, 2016 - Save the date for the 34th Annual Big Bob's BBQ in support of our Transitional Vocational Program. Come out and enjoy live entertainment, delicious food, tremendous door prizes all while supporting TVP to continue providing a variety of post-secondary courses that foster personal, professional and academic growth for adults with developmental disabilities. This annual event was started by Bob Charlton and Stu Gauthier in 1982 and has grown into an event for the whole MRU community.

## MRU General Meeting: save the date May 25

We encourage all staff to attend the MRSA General meeting on May 25 in the Lincoln Park room - J301 from 11 a.m.-12 p.m. As per our collective agreement, all staff are permitted to attend this meeting with paid time off-subject to operational requirements of MRU. We will provide coffee and a treat and promise to keep it short. Staff are encouraged to stay and chat with the Executives after the meeting ends at noon for further clarification on anything you may be curious about.

## Employee Appreciation Day: May 26

Join the fun... it's going to be a great day in celebration of all of the things you do to keep our amazing university going! Employees can register at [mru.ca/ead](http://mru.ca/ead), and view all of the activities online. Registration opens on Mon, May 9 @ 9 a.m. and closes on Fri, May 20 @ 10 p.m. All MRU employees are invited to take part.

## Employee Awards Ceremony: Jun 9

An annual recognition event honouring employees of distinction. Employees are recognized in the following categories: Long Service, Retirement, Distinguished Faculty Awards, Distinguished Staff Awards,

Distinguished Administrator/Manager Award, Distinguished Teaching Awards (credit free), and Effective Team Awards.

## **Goodlife Fitness: Health & Wellness Leadership Summit-May 16 Experience the Best in Work-Life Performance!**

MRSA members are eligible to register for the GoodLife Fitness Health & Wellness Leadership Summit on May 16, 2016, BMO Centre, Stampede Park (Palomino Room) 9 a.m.-4 p.m. and save 40% with Promo Code MRSA.

[Register Online](#): and use Promo Code MRSA or call Toll Free 1 877 348-8742 Ext. 230

### **Karen's Korner**

An awful lot is happening in our Province as I write this. Definitely makes me reflect and remember how lucky I am.

-to our neighbours up north in Fort McMurray—my hopes and prayers are with you.

-to the extremely brave firefighters-Thank you for all you do. Stay safe and remember--any home can be rebuilt, *you* cannot.

Should you wish to help: I encourage contributing to the Red Cross. There are various ways including texting REDCROSS TO 30333 to make a \$5.00 donation.

Karen Hiebert



Just a friendly reminder to check your [myMRU](#) Events Calendar (found on your Home tab in the middle screen) frequently for upcoming MRU events, courses and workshops!

### **MRU Health Challenge Event: May 1 - June 5**

Be Active and Be Connected! Don't Miss the opportunity to use your Fitbit to join MRU's 2016 Health Challenge Event!

The primary goal of this event is to raise awareness of health and wellness while creating a sense of community with Mount Royal employees. Last year's event was a success with over 114 employees participating in the event. Participants walked a collective 34,806,011 steps, that's similar to walking from Newfoundland to Anchorage 3 times!

For more information, please check out the [mru.ca/HealthChallenge](http://mru.ca/HealthChallenge) website



## IT Training

Google Drive

May 11 - 9:30 a.m. - 11:00 a.m. Room E229A

Are you being asked to save things on Google Drive? Are people sharing documents with you and you can't figure out where the heck they are? Not sure what Google Drive is, where it is or how and when to use it? Then this workshop is for you.

Google Forms

May 19 - 10:00 a.m. - 11:00 a.m. Room E229A

Learn the basics of creating a Google Form along with setting form properties and capturing form data. Learning and Development Opportunities

Registration is now open for a variety of HR Learning and Development workshops & courses including:

Managing Difficult Conversations (May 11, 2016) - Register: <http://goo.gl/forms/ux84kCOJI2>

LAPP Basics 101 (June 15, 2016) – Register: <http://goo.gl/forms/xMuhAOEXUs>

Reserve your seat today! For additional course information please visit the Learning and Development website.

## “MRU Think Talks”

The Faculty of Continuing Education and Extension are excited to be piloting "MRU Think Talks," a series of Ted Talk style presentations that will position our Faculty as thought leaders in the community.

On May 16 at 1:30 p.m. we will be videotaping our first live session with Leadership instructor, Joanne Leskow. The talk will focus on building resiliency which helps us to prepare, embrace, learn, and grow from change of all types: personal and professional, local and global, and current and future.

We need your help to fill the first several rows of the Bella concert hall to create a high caliber video.

Session details:

Monday, May 16, 1:00 – 2:30p.m. \*\*Please arrive 15 minutes early to be seated. Please hold 1.5hr but it may take less time\*\*

Where:

Bella Concert Hall

RSVP to [cebusiness@mtroyal.ca](mailto:cebusiness@mtroyal.ca) by May 12 to confirm your attendance.

Please feel free to forward this to your students, instructors, and advisory groups.