

## **MRSAY! Newsletter December 2016 EDITION**

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*Be sure to check the MRSA Events Google calendar often to stay informed about the various events and activities taking place on campus.*

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### **President's Message-Your well-being bank account**

It is hard to believe that December is here as 2016 and another academic semester is coming to a close; Christmas is weeks away, final exams are 10 days away.

As we are all under greater amounts of stress in our personal and professional lives; we need to think of ways to minimize the impact of stress on us. All of us need to create and maintain a well-being bank account; it is an account that involves emotional, mental and physical transactions. It is an account that we can use to withdraw from when our times and our lives are influenced by stress. By reflecting and monitoring our emotional, mental and physical well-being bank account, we would reduce the risks that come with stress and we can manage our lives much better. I hope your well-being bank account this year was a great one and there are high positive energy deposits to carry you into next year and beyond.

This time of the year is when reflecting and appreciating our lives, friends and families is very important. By connecting and reconnecting with colleagues (current and former) family and friends we can enhance our well-being bank account; also, having an active lifestyle will help tremendously as we have access to a great recreational facilities. These are opportunities to increase the number and the amount of positive energies into your well-being bank account.

Your Colleagues on the MRSA Board would like to wish you Happy Holidays from your MRSA Executive Colleagues. and all those close to you, a joyous holiday season and happiness throughout the coming year. Take care.

Thank you for all of your hard work and collaboration in 2016! And the best of 2017!  
-Baset Zarrug

### **New opportunity for Staff at Convocations**

Since we are talking and feeling celebratory at this time of the year; we would like to mention another MRU celebration: convocation; It is a time when we see our students ready to start their life journey after completing their unbeaten academic path.

If you would like to high five and cheer students (or dependent, a friend) as they cross the stage; now you can. If you are interested in attending our MRU Fall (November) and Spring (June) convocations and be a member of the platform accompanying our faculty colleagues, now you can. You will need to apply (submit) your name to through the MRU Convocation process, you will be asked to fill a form and follow the formal convocation protocol.

Hope to see colleagues on stage in future convocation.

### **Meet your MRSA Executive: Cheryl Melatdoost**



MRSA Vice-President Cheryl Melatdoost

Cheryl joined MRU in May 2011 after almost ten years of working within the PSE system at other institutions in Calgary. She started at MRU as an Academic Advising Assistant then moved into an Instructional Assistant role within the School of Nursing and Midwifery, then as an Advisor within the same School and then in April 2014 joined the Faculty of Science and Technology as the permanent F/T Advisor.

Cheryl is also an alumni and calls her MRU employment experience as 'coming home' in many ways. She has witnessed the changes of the institution and is excited for the MRU of the future. It is with this enthusiasm she joins the MRSA Executive. In June 2014 Cheryl joined as a Director at Large and the following year became one of two Vice-Presidents. Cheryl enjoys the lateral growth opportunities that have come with serving on the MRSA, most notably sitting as the MRSA representative on Dean Selection committees and on the Academic Plan Steering committee. She has also been involved with the MRSA PD Day Committee, the Social Committee and numerous other committees related to her Advising role within the MRU community.

Outside of work Cheryl and her husband (also an alumni) are full time parents to their seven year old daughter and thirteen year old son; both of whom keep her extracurricular life buzzing with activity! Cheryl, and her family, are also very involved in the Calgary Baha'i Community, giving of her time to Children's Moral Education Classes and helping to organize the many multi-faith activities hosted by the Community throughout the year. Known among her peers as a coffee lover Cheryl openly invites anyone in the MRU community to join her for a coffee and good conversation, MRSA related or not!

### **GingerBread House Decorating Contest**



What an amazing time staff had at our first annual GingerBread House decorating contest on Thursday Dec 1 at noon. There was SO much interest in this first time event that I am sure we could have easily had over 20 teams participate but the deadline for sign-up got in the way! We had 15 Teams participate this inaugural year (1 had to drop out at the last minute due to work commitments or there would have been 16). We had such unique team names such as "Presidential Sweets", "Vanilla Icing and the G-Dogs", "Rowdy Rudolphs" and even "Ginga Ninja's". Our event location on the 2nd floor Recreation course (by the cougar) was perfect as spectators had lots of room to walk around to cheer on the teams as they worked hard to perfect their houses in the allotted 45 minutes. Each team was allocated their own table, with identical Ginger Bread Houses supplied, as well as lots of surprise extras. There were tables up front with rolling pins for the fondant, and lots of extra candies for the Team runners to snatch up. We even had a table set up with Gingerbread cookies and edible gingerbread ornaments for our many guests to decorate. At 12:50 sharp....those dreaded words occurred "HANDS UP"....and then it was up to the voters to decide who had the best and most unique decorated house! Each team assigned a member to carefully and lovingly transport their creation to the MRSA lounge where voting continued until 4:30. The lounge was very festive with a gorgeous Christmas tree, many decorations and lovely Christmas music playing in the room to set the stage for the voting. All houses looked incredible as they sat in their spots with their Team names in front of them. Gosh, the voting was HARD! We had MANY staff and faculty come by to view the creations and vote for their favourite... 139 votes to be precise!



The votes were counted and the winners declared on Friday morning. 1st place went to "Student Learning Snowflakes", each team member received a \$10.00 Subway card and the team was awarded the GingerBread House decorating contest trophy.....to be kept safe in their various MRU offices until late Nov 2017 when it will reluctantly need to be turned back into the MRSA Committee.



L-r Silvia Rossi, Melanie Busch, Ashley Davidson, Carina Hickey, Jenny Crump

2nd place winners were "Who Let the Dogs Out", the Team is sharing a \$10 Tim Horton's gift card





L-r Barb Lindsay, Janey Sondergaard



L-r April Lynch, Wanda Smith, Jane Hawkins, Carol Peters

The MRSA Social Committee had a lot of fun organizing this event and we look forward to this becoming our new Christmas tradition in early December each year. Please contact Karen at [klhiebert@mtroyal.ca](mailto:klhiebert@mtroyal.ca) if you would like to be part of this fun committee.

The MRSA Social Committee wishes to thank J'Nan Sturgis for her amazing commitment of taking the event and team photographs literally on the way to the airport AND ensuring we received ALL team photos as she was at the Calgary Airport...so that we could send out the winning teams photos on Friday morning! Thanks J'Nan!

**Door prize winner** – Janelle MacArthur



**Janelle MacArthur receiving her tower of chocolates from Karen Hiebert.  
Special thanks to Cheryl Melatdoost for donating the Ferrero Rocher tower.**

(ps...I tried to do a collage but was not able to download a program....so look WAY down for more team photos!)

**Photo credits: J'Nan Sturgis, Base Zarrug, Karen Hiebert, Christine Pepper**

### **Presidents' Holiday Reception Dec 14**

Wed. Dec. 14 from 2-4 p.m. – Ross Glen Hall

Gathering to celebrate the season with our Presidents. Come by to meet MRU President David Docherty, the Faculty President Marc Schroeder and our very own MRSA President Baset Zarrug. This is a fun time to socialize and to reconnect with your colleagues around MRU. Lots of great appetizers, coffee and tea as well as a cash bar. RSVP not required. If her schedule permits, the SAMRU president Shifrah Gadamsetti will also attend.

## Staff Survey update

Once the survey is concluded, we will schedule at least two open house dates with our members to give you another opportunity to share your thoughts, we will send you the dates in the next week or two, the Open House dates will be in December.

## Informal chat with MRU President: Dec 15

Join us for coffee and conversation at this month's informal meeting with the presidents.



As we head into the Winter break, catch up with MRU President, David Docherty and MRSA President, Baset Zarrug on Thursday, December 15 from 9-10 a.m. in the MRSA Staff Lounge (W305). Hope to see you there! Coffee, water and treats supplied.

## LOOKING AHEAD....save the date!

CANADA will turn 150 years old on July 1, 2017!!!  
Save the date to celebrate with MRSA at noon on June 30

Answer to last month's question....What was the #1 hit single in Canada in 1967?

This most awesome song was "Canada" written by Canadian Bobby Gimby who passed away in 1998. It was the most successful single in Canada in 1967. This was OUR song, our way to celebrate our amazing country and enjoy 100 years together. As a child in 1967, I was one of thousands of Grade 5 students across Canada whose curriculum was changed that year to learn all about Canada and who learned our special song "Canada".

December's question....Who almost had his leg amputated as a child, was a boxer at 15 years old and won the Lightweight Championship of Manitoba, was a champion debater, was a Baptist minister, did his 1933 thesis on eugenics, was voted the greatest Canadian of all time, is an Order of Canada recipient, is Grandpa to Keifer Sutherland and who is known as the Father of Medicare?

Answer.....it was the logo of Canada's Centennial in 1967

Canadians had adopted a new flag in 1965 –our current Maple Leaf- and this combined with being 100

years old, led to the biggest Canadian celebration ever and goes down in history as "one of the most notable years."

Look forward to Canada being in a large party mode once again in 2017 as we celebrate 150 years. Stay tuned for more trivia in the coming months as we work feverishly to stir up even more Canadian pride here with staff at MRU!

## **SAMRU Season of Caring**

The donation box for the SAMRU Season of Caring is in full swing again this year. Donations of non-perishable food and toiletries for MRU students are being collected until Dec. 21.

Thanks so much for your continued support of the Season of Caring program, your support makes a huge difference in the lives our students.

Information for sponsoring a family as a department is available on our website. For all details on donating to support a student and more detailed information on the student application process please visit [www.samru.ca/caring](http://www.samru.ca/caring).

Your MRSA has once again supported this worthy cause with a donation of \$450.00.

## **Karen's Korner**

As we begin to get engrossed in the hustle and bustle of the holiday season, may we all take time to remember those less fortunate than ourselves.

The ones that struggle aren't always on our roadways panhandling....sometimes they are your coworkers who are too proud to say anything. Sometimes they are the students who are walking our halls, maybe hungry or perhaps lonely for a warm word and/or a smile.

Should you be one of the fortunate ones this year, please share your love with others in whatever manner you are able to- it is our gift....to give of ourselves whenever possible, but it always seems more needed at this time of year when hardships seem multiplied.

Whatever your belief, may your heart be full of love as we enjoy a well earned break and return again on Jan 3, 2017.

Wishing you all a very Merry Christmas and a wonderful New Year.

-Karen Hiebert



Just a friendly reminder to check your [myMRU](#) Events Calendar (Home tab) frequently for upcoming MRU events, courses and workshops.

## **ITS Congratulates the CSAM Dell Chromebook winner!**

Congratulations to Danielle Perreault, the winner of the Chromebook donated by Dell for our second [Cyber Security Awareness Month draw!](#)

A big thank you to everyone who participated and completed their training. If you haven't yet completed the training, we encourage you to join us in the fight against cyber crime and take the time to do so. Be a superhero like Danielle and Michelle...complete your [Basic Security Awareness training!](#)



## **Goodbye MRwave, hello MRvisitor!!**

On Nov. 30, 2016, ITS rolled out the MRvisitor wireless network service to provide free wireless connectivity for basic Internet service to all Mount Royal University visitors. At that time, the MRwave wireless service was discontinued. As MRvisitor is intended for use by visitors only, it does not provide access to internal services such as Blackboard or MyMRU. If you are an employee or student, please use [MRsecure](#) as your wireless network.

– Bernadette Pasteris  
Technology and Client Services

## **The Working Mind**

The Working Mind (TWM): Workplace Mental Health and Wellness is an education-based program designed to promote mental health and reduce the stigma of mental illness in a workplace setting.

Goals of the training are to support the well-being of employees; to enable the full productivity of employees; to ensure the workplace is respectful and inclusive of all employees; and to encourage employees to seek help for mental health problems.

To register, go to:

[www.mtroyal.ca/mentalhealth/educationtraining](http://www.mtroyal.ca/mentalhealth/educationtraining)

Click on the link under "Upcoming Open Sessions"

For more information contact Rhonda Anderson at [rlanderson@mtroyal.ca](mailto:rlanderson@mtroyal.ca)  
403.440.5951

Date: Jan. 24, 2017

Time: 8:30 a.m.-12 p.m.

Location: I119

## **Recreation: Winter Registration**

[Registration for all winter activities will be available:](#)

Online: Monday, December 5 at 6:00 am

Swim Lessons (online / in person / by phone): Thursday, December 8 at 7:00 am

Open (online / in person / by phone): Monday, December 12 at 6:00 am

**GingerBread House remaining 12 Team photo's and event photos...thanks to all participants, it was a fun time indeed!**



Team members=Emma Cullen, Andrea Gill, Alexis Handford



Team members=Courtenay Smart, Kristine fulton, Anne Marie Wetter



Team Members=Lindsey Wynder, Janelle MacArthur, Heather Whelan, Terri Parmley



Team Members=Don Vocong, , Rea Sauter, Jill Yaeck,



Team Members=Trinda Guillet, Jessica Mossiere, Cindy Duke, Marisa Norona



Team Members=Crystal Koch, Lara Millar, David Docherty, Erin Lassiter, Kathy Homer



**Team Members=Morgan Stanton, Robyn Alford, Dana Heise, Marlene Mellow**



**Team Members=Julianna Michayluk, Eduardo Ramirez, Sarah Callaghan**



**Team Members=Pam Karlenzing, Charissa Hovdebo, Stephanie Spencer**



**Team Members=Sheila Tappan, Kiomi Sakata**



**Team Members=Jesse Sheets, Brenda Stroud, Lori Ostergaard, Marc Iturriaga**



