

## **MRSAY! Newsletter February 2016 EDITION**

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### **NEW**

- MRU General info and events-
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## **Presidents Welcome Back Message**

Baset Zarrug

We hope that your keeping well personally and professionally!

Two months have gone by in 2016. There are a few activities on campus that I would like to bring to your attention. The first item is the Academic Plan that will be presented to General Faculties Council (GFC) on March 17th for approval. This is an opportunity to bring forward some feedback if you have not already had a chance. The academic plan influences all of us, as it is the academic direction for the University. GFC meets in i115 between 4:00 and 6:00.

The second item that I would like you to be part of, is the Advocacy week. These events are organized in collaboration with other colleagues in the MRFA and SAMRU. There is an event on March 7th at 2:00 in Wyckham House; the other event is a presentation on March 10th between 3:00-4:30 in the Lincoln Park Room (J301); the presenter is a professor at Brock University with expertise in Labour Relations.



### MRSA Staff Appreciation--cookie day at MRU

The MRSA Executive Board had the pleasure of visiting many of you on Tuesday, February 16 and Wednesday, February 17 with a cookie from Subway to show our appreciation for all that you do- each and everyday. You make MRU a great place to work! Sorry if we missed you last week, drop by during the next "Chat with the President" on March 15 at 3-4pm to enjoy one of the cookies.

We would like to personally thank Neri Dalugdugan, Manager at "Subway" (located in Wyckham House) for her continued good spirit and willing support to our MRSA employees. She and her staff worked very diligently to ensure we had 400 hot and fresh cookies ready for delivery Tuesday morning, and the final 200 on Wed morning. She once again was very generous with her discount and we are VERY appreciative. If you drop by Subway, ensure you say Hi and Thank You to the staff.





### Annual Potluck with David Docherty

Our annual Potluck on Thursday, January 28 with Presidents David Docherty and Baset Zarrug in the MRSA Staff Lounge (W305) was a huge success with lots of food and laughter. Approximately 25 staff enjoyed Tacos and pizza and various other yummys. We look forward to perhaps doing another one sometime during this coming year.

### MRSA Treasurer Announcement

We were very pleased at the number of applicants that quickly stepped forward to offer their expertise in this challenging role. The executive voted (as per protocol this late in the year) and we now welcome J'Nan Sturgis to the role of MRSA Treasurer effective immediately. J'Nan brings with her, her love for MRU community services volunteering in many capacities over the past 9 years. As well she has a wealth of financial expertise and experience that will be extremely valuable in this often demanding role. J'Nan graduated with BBA in Accounting and she has successfully completed her CMA and CPA accounting designations. She can be located (if lucky to catch her) in Recreation. We thank Cyndi Cave for her past commitment to the role, and for aiding J'Nan during the transition period.

### MRSA PD Day May 10: Registration Coming Soon!



Celebrating all that you are; your gifts, talents and contributions to MRU and beyond! Our theme this year is meant to remind us of all that we are and offer not only as employees of MRU but to the world around us. We are husbands, wives, sisters, brothers, friends, volunteers and much, much more. In all of these roles we are beautiful, talented, highly skilled individuals. In a word "AWESOME"! Our goal is to have each and everyone who attends this year's PD Day recognize what truly awesome

individuals they and their colleagues are, and as such bring so much to not only their job, but to their world as well.

For more information about the event including keynote speakers for the day, please click [here](#).

## **Online Registration opens on March 15!**

### **MRSA Executive elections in May**

There are MRSA executive positions coming up for election as their 2 year terms are ending. More information can be found about all positions via <https://mrustaff.ca>. Click on "Elections" to see which positions will be up for election this year. Consider what capacity you are able to help in, applications open March 21. More information will be sent then.

You may remember a new part of our MRSA collective agreement Article 37...."MRU SERVICE and COMMUNITY ENGAGEMENT". 37.1 (a) MRU values Employee engagement and involvement and the contributions Employees make to the mission of the University.

This article goes on to say staff are encouraged to participate in the MRSA Executive and other Association committees etc.

To see position descriptions: <https://mrustaff.ca/governance/constitution/>

### **MRSA General Meeting-May 25**

We encourage all staff to attend the MRSA General meeting on May 25 in the Lincoln Park room - J301 from 11-12 pm. 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 12 for further clarification on anything you may be curious about.

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

"May 19th, 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 1992 and has grown into one of the largest MRU community events. Now organized by volunteers through the MRU Employee Alumni chapter, this event provides vital support for TVP students through bursaries."

### **MRSA Bursary for a TVP Student**

"The MRSA has established a bursary (based on financial need) for a Transitional Vocational Program student who is registered in TVP's full time Employment Preparation Certificate Program . The bursary, for \$500, will be awarded annually based on the financial need of the student.

Since 1980, TVP has been providing a variety of personal, professional and academic programs for adults with developmental disabilities. As the cost of courses increase, one of the main barriers facing adults with developmental disabilities is the affordability of education. Individuals with disabilities face including a much higher proportion living in poverty. According to Statistics Canada, 22.3% of individuals with "any cognitive or psychological disability lives in poverty vs. a 9.7% poverty rate for those with "no disability"[1]. This bursary will compliment other bursaries that TVP offers in an attempt to minimize financial barriers to

education for those with disabilities."

## **MRU Coalition - MRSA, MRFA and SAMRU**

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Advocacy Week 2016! - March 7 – 11, 2016.

Your colleagues (Baset Zarrug, Kristen Garcia and Whitney Bawel) are your MRSA Executive Board colleagues who are involved with the MRFA and SAMRU to keep the dialogue ongoing about the enhanced value that Post Secondary Education system brings to the community, city and the province.

Events include:

Monday, March 7, 2:00-3:00pm, Wyckham House – Round Table Discussion: Are You Getting a First Class Education? Your MRSA President Baset Zarrug has been invited to participate in the Round Table Discussion.

Thursday, March 10, 3-4:30pm, Lincoln Park Room – Presentation: The Strategic Challenges Facing Faculty Associations

## **MRU's Proposed Academic Plan - Academic Plan Update**

As recently announced by the Provost, it is now anticipated GFC will discuss and vote on a 2015-2020 Academic Plan for Mount Royal at its March 17 meeting.

Please consider attending. If you have important questions, you will have a chance to bring them forward.

## **Informal Chat with David Docherty-March 15**

Bring a colleague or two, and join us for coffee and Subway cookies at our next informal chat with MRU President, David Docherty and MRSA President Baset Zarrug on Tuesday, March 15 from 3 - 4 p.m. in the MRSA Staff Lounge (W305).

## **Karen's Korner**

Well, this is weird indeed as I am not at the bottom of the newsletter this time!

I hope that most staff were able to enjoy one of the delicious Subway cookies that the MRSA Executive handed out during MRU Reading week. It was such a hit with staff, and we all enjoyed meeting our colleagues...some of you are definitely hidden away in the nooks and crannies of MRU! We managed to give out over 500 cookies in two days; there was lots of planning, walking and smiles involved in our 2nd annual cookie event.

Celebrating each other, whether it be with a cookie or a smile is a wonderful way to ensure we feel like a big family. Basically we all work here for the same reason.....money- as we all do get paid to be here. The non monetary bonuses are the feelings we have because we are happy where we are. If we weren't-we most likely would not be here. I am sure you know personally of people whom have left higher paying jobs because they were not happy. Money does happen to pay the bills but it does not make you happy. I was one of those people, and thank goodness I learned in my 20's that there is no stress like the stress of being in a job that leaves you well paid but very unhappy. It is a lesson I have carried with me throughout my working life and it has been the most valuable lesson for me.

Karen Hiebert



Just a friendly reminder to check [MyMRU](#) frequently for upcoming events, courses and workshops!

### **NEW (temporary) section:**

The new CASL (Canada's Anti-Spam Legislation) is proving quite challenging to all, especially to the MRSA, as we are being inundated with information requested to be re-directed to our valued employees. We don't wish our newsletter to become the advertising field for MRU, so we have created the space below as a temporary measure for upcoming events, items etc. Also, enclosed both above and below, is the link that we are hoping all MRU staff will slowly wear themselves to, as within a few months we will no longer put all this advertising here.

### **Boom, Bust & You Free Workshop at MRU**

Your Health. Your Career.

Get the information you need for your health and your career in a boom/bust economy.

Tools to reinvent yourself in the marketplace

Health and wellness coping techniques

Networking tools that work

**Saturday, February 27, 2016**

9 am - 4 pm

Location: Mount Royal University - T143

Cost: FREE

Click [here](#) to register.

### **Safe Space Training--March 17 10-12pm T107**



[Click here to register!](#)

In an effort to foster safe spaces for the LGBTTIQQ2A community on campus, the Positive Space Committee has developed a Safe Space Training workshop. This workshop is open to the whole Mount Royal Community and has been designed to train you about topics related to LGBTTIQQ2A identity, how to make your office classroom and work areas a safe place, and about what it means to be an ally. You will receive a Safe Space Certificate that can be hung in your work space that will serve to indicate to all that

a) you have been trained and b) that you are committed to fostering a safe space for LGBTTIQQ2A identified individuals.

Thursday, March 17, 2016  
10:00 a.m. - 12:00 p.m

## Wills and Estate Planning Seminars

The Mount Royal Development Office is hosting another series of lunch and learn seminars pertaining to Wills and Estate planning.

Register through <http://goo.gl/forms/jxeh4Edvbx>.

Additional program, and location details will be forwarded to you upon confirmation of registration. Space is limited. Lunch is not included but feel free to bring a brown bag lunch.

## Prenatal Massage Appointments with the MRU Massage Diploma students

Students in the [Massage Therapy Diploma](#) are providing FREE massage treatments for prenatal clients who are in their 2nd and 3rd trimesters. These supervised treatments are 1 hour in length (including the assessment time) and take place in the Student Practicum Clinic, EC 2120.

How to register:

Fill out the form at the link below.

[Prenatal Massage Outreach](#)

Please forward the invite to anyone you know as this is an opportunity for MRU Staff and members of the public.

If you have any questions, please contact [massage@mtroyal.ca](mailto:massage@mtroyal.ca)

## IT Training

IT Training

Did you know that Information Technology Services provides training and documentation for staff and management on all of Mount Royal's core software applications? That includes Gmail, all the Google apps, the Microsoft Office suite and more. We are conducting a survey to determine the best way to conduct training and what courses to offer. Please take a minute to answer the multiple choice survey and help us help you. Your responses will determine what courses we offer. Thank you for your participation!

The link to the survey is here: <http://goo.gl/forms/XfDD5K7uEg>

Check out the list of upcoming workshops for February and March on the [IT Training page](#)

## Learning and Development Opportunities

Please take a moment to check the 2016 [learning and development calendar](#) for upcoming workshops and courses:

[\\*Cancer Risk Reduction and Programs](#)

[\\*Beyond the Basics](#)

[\\*Supervisory Excellence \(Facilitated by Continuing Education\)](#)

[\\*Protect Your Health](#)

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