

# MRSAY! Newsletter January 2017 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

Happy 2017!

I hope that you enjoyed plenty of quality time with family and friends, and indulged in good food and good conversations. If one had to reflect and ask why aren't we living at the intersection of these four: family, friends, food and conversations throughout the year, how would you respond? It is a fair question for one to ask but often not a practice for us to do little things on a daily and weekly basis.

One of my new year's resolutions is to enhance my living at the intersection of family, friends, food and conversations in 2017. My new year's resolution is not to lose weight, not to workout more (or less), or not to cut out coffee drinking, it is about connecting more with friends; enjoying a conversation over a meal. Possibly, these are simple acts but I did not do a good job last year and I want my new year's resolution and my commitment to be better this year. Commitments such as these would have a great impact on us. This will be new for me and it is going to my 2017. I hope yours will be the same or even better. Have a great semester.

-Baset Zarrug

## Meet your MRSA Executive:

MRSA President Baset Zarrug



My name is Baset Zarrug, I have had the honor to be employed at MRU for 18 years not knowing that I was going to be here for this long when I started. As time has passed by, I am glad that I decided to stay at MRU; my employment at MRU has fulfilled my professional and personal goals in life. I have been employed in the IT Services and I have held four different positions. I am a member of the network team that manages and maintains the network infrastructure at MRU.

As time has gone on, working at MRU has become more than a job, it has become a higher calling for me, it is a place of work where I see myself making a difference in the lives of others; this has aligned with my personal values and beliefs as a contribution to the collective good.

MRU is where I have grown the most and where I have been challenged the most. The MRU campus is where I can serve in a way to help prepare future leaders of tomorrow; leaders who will make a great impact on their professions and career path trajectories; leaders who will make a great impact in their communities and within the global village. I believe the work that I do at MRU has a great impact in creating and shaping the future of our communities – city, province, country and the world.

I began my MRSA journey around 2001 when I started to seek opportunities to get involved and add value to my employment at MRU; I served the EDT committee for several years where I saw many of my colleagues submit applications to empower themselves by enrolling in different types of courses, workshops, conferences, and other educational opportunities. The EDT experience ignited my curiosity as to what was out there, so I decided to join the MRSA Executive Board for several years; then a VP role opened and I ran for it. As time went on, my curiosity grew bigger wondering about one can do. At this point in time, I decided to run for the presidency of the Association, I have wanted the Association conversations to be out of our boardroom, and into the University hallways and University meeting rooms. I wanted the Association to be part of the MRU organizational dialogue and participating in conversations that take place on campus. I have wanted our Association and its members to be valued and appreciated by our organizational structures, contributing to the decision-making processes that impact our organizational systems.

*"Fostering an organizational culture of ongoing recognition and respect as an equal partner within the MRU community."*

The MRSA vision, mentioned above, calls for organizational systems that create a continuum of ongoing recognition as equal partners striving to provide great learning experiences for our students.

In addition, I have had the opportunity to be a Lecturer in the Bissett School of Business. I have taught the Management Information Systems course in the evenings for seven years. Being engaged in the arena of teaching has given me another view of the institution. I consider myself to have multidimensional views of MRU: MRSA, IT Services (Administrative) and part-time teaching (Academic).

Two things I would like to change: the first one is the “the organizational behavior of silos” within MRU, we tend to use verbal (or oral), and written communication that is not conducive to the values we teach in our classrooms.

The second thing is have two permanent and voting staff members on the General Faculties Council (GFC). This is an important governing institutional body and it requires staff to participate in the decision-making process in matters that pertain to academic affairs. GFC is the governing body, “academic authority”, and together with the Board of Governors, we have a bicameral governing model at MRU.

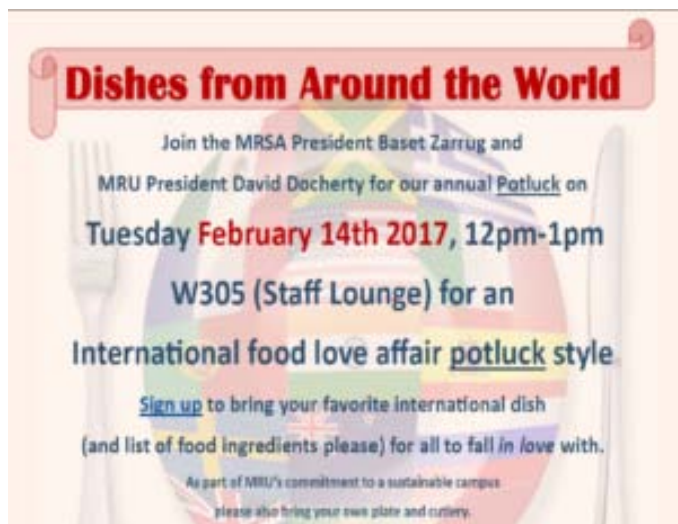
What I would like my colleagues to know about me is that I am very appreciative that I live in a great country, a great province and a great city. I consider myself very fortunate to have these opportunities. Having lived in a different part of the world for 17 years (not 18 yet), I treasure and appreciate the legal, the political and the governing systems that are in place even though they are not perfect, they still serve citizens well; these types of systems allow one to be and live as a human being with dignity.

In addition, I am very grateful that I work at MRU, it is a place of work that has had a great, long history in transforming people for the last 107 years, “...it opens up some celestial vision or enables the young mind to catch the gleam.” Founder and Principal Rev. Dr. George W. Kerby. I feel honored to be an employee at this institution. It was an early childhood dream of mine to work at a University (or a place of learning) and my dream has come true, I am employed at MRU. I truly like getting up and heading into work knowing that I am going to make a difference in someone’s life. It is one of the best gifts that we all present to our learners as they come to our campus and leave empowered. As we all know, we live in an age where knowledge is power. As we empower individuals, they in turn empower their communities and their societies. It is priceless.

I consider myself lucky that I work among great colleagues who are passionate about their work and what they do for the University, they inspire me and give me the motivation to move forward towards a greater collective cause.

## SAVE THE DATES FOR THESE TWO EVENTS!

### MRU Staff Potluck Lunch

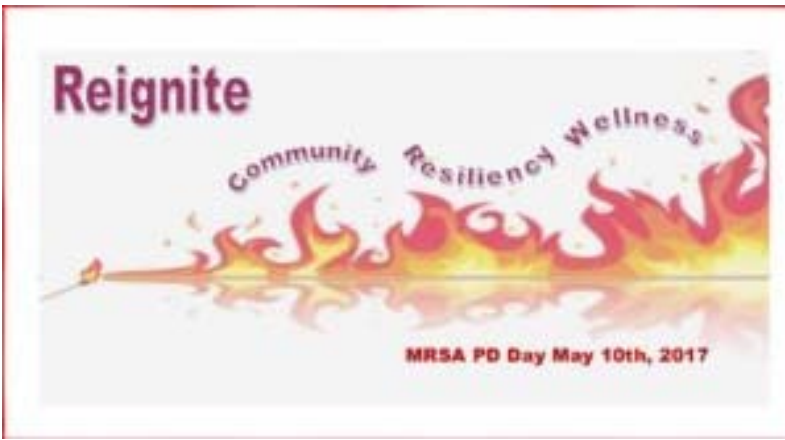


(click on photo to enlarge)

[Sign up](#) to bring your favourite international dish to share!

### MRSA Professional Development Day–May 10

More information to come in February’s newsletter.



(click on photo to enlarge)

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

Preparing for Canada's biggest birthday party EVER!!! Canada is turning 150 on July 1, 2017.  
Save the date to celebrate with MRSA at noon on June 30



**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 to December's question?—**

The one and only..... Tommy Douglas. 1944-1961

- elected to House of Commons in 1935
- during the 1939 special House of Commons debate on whether Canada should enter the war or not, Tommy was "disgusted by what he saw, & supported going to war against Hitler." He was not a pacifist.
- Premier of Saskatchewan 1944-1961
- as Premier he had the honour of attending the coronation of Queen Elizabeth in 1953
- his government "called the CFF or Co-operative Commonwealth Federation" was the first democratic socialist government in North America.....and introduced NA's first ever universal health care program.....often seen as Tommy's most notable achievement and he has been called the "father of Medicare"
- his successful health care model was soon adopted by two other major political leaders "Prime Minister John Diefenbaker with the Progressive Conservative party, and Liberal Party leader Lester B Pearson.
- a huge advocate of unions; and the rights of citizens

- he then went on to lead the newly formed New Democratic Party
- he is an Order of Canada recipient
- based on a Canada-wide CBC survey in 2004, Tommy Douglas was named "The Greatest Canadian"

**January's question**....how many people live in our great nation consisting of "10 provinces, three territories and six time zones"?

Trivia....did you know that 2017 is our "sesquicentennial"?

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!

## Karen's Korner

Welcome to 2017!!!

I do hope everyone had a wonderful and restful few days off during the break.. ..("few"- hahaha—not too shabby, us getting all those days off –and WITH –pay!!!)

It is a new year with extraordinary opportunities—what that can mean to us if we want it too:

-a brand new calendar with a new month—sort of like that brand new pair of runners you got as a youngster—didn't you always feel you could run SO much faster?

-a brand new slate...i.e., a time to start fresh, start over, begin anew. What challenges you had last year are behind you now. There will be new challenges this year for you to meet head on.

-you have "old" challenges not yet resolved? –that is OK, with your new "2017 eyes and mindset", you can decipher new and better ways to handle those annoyances and hardships.

– Family and friends—guard your family and friends closely, as they are the key to your life. There is no human enjoying a rich full life, without family and/or friends there every step of the way.

-a song made famous "Don't worry, be happy"—The one thing I have finally-and hopefully- successfully learned in my life, is that "all my worrying will not change a thing". I cannot count the number of times I have wished I learned that lesson many, many years earlier!

So, my wish for you all this year? Enjoy the time you have here at MRU, as you are here for a reason. See me in the hall?...Stop and say hi, I would love to meet you.

-Karen Hiebert



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

## 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 HR's Employee Training portal on [myMRU](#)

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

## Mount Royal University Alumni Achievement Awards–Nominations open!



Each fall, Mount Royal University hosts the annual Alumni Achievement Awards celebration. The awards celebration gives alumni, faculty, staff, students and the greater community, including alumni, friends and family, the opportunity to recognize our alumni leaders here in Calgary, across Canada and in more than 42 countries around the world.

As engaged alumni chapter board members, you might have connections with other alumni leaders in our community. They could be your fellow chapter members, former classmates, colleagues, bosses and friends. Please take the time to nominate these inspiring, innovative, talented, passionate people for the 2017 Alumni Achievement Awards. We are looking for nominees who we can celebrate publicly as great ambassadors for MRU. They still belong here!

The online nomination process makes it quick and easy to nominate. All you need is the name, phone number and email address of the person you wish to nominate and say a bit about why you think he/she should receive the award.

Can't think of someone to nominate but still want to help alumni get recognized? Spread the word on social! Follow us on Twitter and share on your personal social channels. We will be sending an email to all alumni on Jan. 25; we ask you to please forward it to encourage others to nominate.

For more information and to nominate, please visit [mru.ca/AlumniAwards](http://mru.ca/AlumniAwards)

**Deadline:** Saturday, Feb. 25, 2017

### Employee Development Opportunities

Dates are quickly approaching, be sure to register to reserve your spot!

Advanced Gmail Techniques presented by IT – Jan. 19 from 10-11:30 a.m.

The Working Mind presented by Wellness Services – Jan. 24 from 1-4:30 p.m.

Creating a Basic Google Site presented by IT – Jan. 26 from 9:30-11 a.m.

Increasing Your Influence presented by HR – Jan. 26 from 8:30 a.m.-4:30 p.m.

\*Please navigate to the Employee Training portal through [mymru](#) and scroll through the calendar to register!

Note: Registrations will only be accepted by completing the registration form.

### Canada 150 for 150 Volunteer Challenge

Do you have a 2017 New Year's resolution picked out yet? Consider participating in the Canada 150 for 150

Challenge.

Many volunteers like you give time and talent to several organizations. Volunteer Centres across the country are challenging people to volunteer at least 150 hours in 2017 for Canada's sesquicentennial. Join the challenge and register at <https://volunteer150for150.ca/sign-in/>. Use your volunteer hours from any organization to complete the challenge.

Read more about the challenge at <https://volunteer150for150.ca>