

MRSAY! Newsletter – June 2016

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President's Message

As the academic year draws to a conclusion, it is a good time to reflect on our accomplishments during the academic year. It is also a time to celebrate and to spend some time over the summer with family and friends.

As the academic year draws to a conclusion, we are getting ready to reflect on our accomplishments during the academic year, it is time to celebrate and spend the Summer with family and friends over a few weeks. As I personally reflect on my year, I would like to share some highlights for me:

I had the opportunity to represent our Association during several opportunities for the first time; this shows that our Association has grown within the domain of our University:

- A roundtable discussion that was hosted by our colleagues in the MRFA and it was about the Code of Conduct.
- A roundtable discussion that was hosted during advocacy week in Wyckham House and titled "Are You Getting a First Class Education?".
- Guest Lecturer: I was invited by Christian Cook who is one of our faculty colleagues to present the MRSA to her students in the Strategic Human Resources class; the topic that the students were discussing was Employee Relations.
- Students Presentations: as part of the Strategic Human Resources course, I had the opportunity to attend 6 presentations by our students who presented about different HR topics.

- Last but definitely not least, PD Day. On May 10th, 200 colleagues enjoyed a day of learning opportunity and laughter. In fact, a few colleagues in the management team made some comments to be about how good the day was.

Informal chat with David Docherty - June 8

Bring a colleague or two, and join us for coffee and cookies at our next informal chat with MRU President, David Docherty and MRSA President, Baset Zarrug on **Wednesday, June 8 from 2-3 p.m.** in the MRSA Staff Lounge (W305). David would like to focus this particular meeting on the search for the next Provost and VP Academic.

As such, he would be most interested in your thoughts on both the process for recruiting the new VP Academic and Provost and the type of skill set we are looking for in this position.

Be sure to come along and share your thoughts.

Employee Appreciation Day: recap May 26

Hope you had a chance to join in on some of the fun... it turned out to be a lovely day to be celebrated for all of the things we do to keep our amazing university going! A huge thank you to the MRFA for the wonderful lunch supplied once again this year.

MRSA Summer EDT Application Period Opens - June 15

Just a friendly reminder that if you have any professional or personal development courses that begin between July 1 - August 31, you can apply for funding through the MRSA EDT Committee as of June 15.

You must apply by using the [EDT database](#). The summer application period closes July 31.

If you have any further questions, please contact the EDT Committee at edtmrsa@mtroyal.ca

MRSA Professional Development Day recap **151 members attended**

Our MRSA President Baset Zarug began the day with his uplifting words....just the right start to an incredible days journey. Approximately 160 staff had the opportunity to share in a hugely successful PD Day on May 10 at the Al Alzar Shrine Center. Our numbers were quite a bit lower due to last minute cancellations due to our dedicated employees helping our Northern evacuees. We thank those staff members for their commitment and look forward to seeing you at next years PD Day.

We enjoyed three amazing speakers this year Jody Urquhart, Tamara Gaudet and Sunjay Nath. All speakers were very motivating in their own unique style and laughter quickly became a huge part of our inspirational day. Along with Mark Eshpeter giving us tips on stretching at our workplace and the ever popular Loose Moose Theatre made for an extremely motivating and fun day indeed. Our very own MRU Conservatory brought in some extremely talented young performers to entertain us with their singing and violin playing at lunch time.



- MRSA General Meeting recap
- How many showed up Christine?? 64 members attended-

MRU General Meeting: recap

We held our General Meeting on May 25 in Lincoln Park. We were excited to introduce the new MRSA Executive for 2016-2017. They work tirelessly on your behalf to voice the collective and individual concerns, these colleagues work hard to ensure that we create and have a good working environment for all us.

Staff enjoyed coffee, tea, water and cookies as the MRSA business was discussed.

The Annual General Meeting will be held in November.

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Karen's Korner

This column is dedicated to our very own Mount Royal University.

Yes, each one of us needs to be extremely proud of our workplace, "our home away from home" is now home to approximately 500 Fort McMurray evacuees. The behind the scenes involvement boggles my mind as it encompasses so many staff and volunteers in so many aspects. The lives of each of these Northern new friends have been forever changed, impacted by something so huge and frightening that most of us cannot even imagine.

Check out this MRU link for more info on MRU involvement as well as to meet another family.

<http://www.mtroyal.ca/AboutMountRoyal/MediaRoom/Newsroom/fortmcmurrayguests.htm>

I had the honour of meeting a family and hearing their incredible story. I have been given an inside view of what most of these Fort McMurray residents have gone through and have graciously been given permission to share their story.

Let me introduce Qaiser Kayani and his adorable sons Taha 8, and Muaaz 6. His wife Shabana was not with us during our chat as she was back in residence sleeping. One

of the many side effects of this event is the lack of sleep that stress causes.

Qaiser has an amazing story. He immigrated from Pakistan in September of 2014 looking for a better future for his family. He had worked in Dubai for 8 years and explained that after the excitement of being there wears off, one realizes the “vanity” of the city. Lots of tall buildings and a city full of concrete was not where he wanted to raise his family. Off to Toronto for 7 months and then onto Fort McMurray with his IT skills in the summer of 2015. He was not prepared for the total change and the isolation and the cold, but was happy with his new home. He rented an apartment in a condo and commuted downtown to work, a short 10 minute drive.

On May 2 they were advised to keep their children home from school, on May 3 he kept them home because of the smoke. At 2 pm he could see fire from his office downtown and left work to head home. A 10 minute commute took forever. They decided to leave FM around 4:30 and so packed a few important items as they believed they would be gone just a few hours.passports, immigration documents, health records, coats and books for the boys to read. That was it.

He told me there is really only one way out of FM. Highway 63 South. No sense going North as it leads to a dead end. SO like a nightmare...fire on highway 63 going south blocking them.... that forced them to then head North. The Noralta camp was full so they stopped just outside the Suncor Lodge to wait things out as they kept thinking it would be over shortly. They met some new friends..a family of 4 like themselves but with 2 girls the same age as their boys. A new and close friendship had begun. Some Suncor employees drove out and said to follow them as they had rooms available, a long 6 hour wait but they were safe in their rooms and well looked after for a few days. As the danger increased, Suncor put everyone on busses and took them to the Firebag airstrip where both families were flown out on a Suncor executive jet to Edmonton. Qaiser says "When the jet took off from Firebag, we could see the extent of devastation through the window. It was really a traumatizing moment. The whole city where we lived was up in smoke. It's never going to be same again."

Upon arrival in Edmonton and thinking this would be temporary, they booked a hotel room for a few nights instead of staying with the Red Cross offered Recreation facility. Then off to Vancouver for 2 weeks to wait things out with friends there. Meanwhile their new friends had worked their way down to the less crowded UofC evacuee center and were encouraging Qaiser to come to Calgary where news was more plentiful about their beloved home. Once in Calgary on May 24, Red Cross directed them to MRU as only bachelor rooms available at UofC.

Both families have wonderful insurance companies that have covered car rentals for them and given money to Qaiser for basics...like clothes, toothbrushes etc. He said that they could not brush their teeth for the first 3 days as the convenience store at Suncor quickly ran out of supplies.

His plan is to keep listening to the news, today at noon he will find out if he can head back up home tomorrow June 1st as first thought. Although things have changed once again, as the city is now discovering the danger the chemicals released into the air have done. His long term goal is to head home himself first, leaving his precious family at MRU as long as possible, as he ensures his home and city are safe for their return. He fully expects them to be at MRU for at least another month.

Qaiser is grateful he has an amazing boss as his wages are covered for now and his job is safe. He has seen that the Timberlea area was partially hit by the fire but his condo looks to have been spared. He says his new friends apartment is also safe. He and his wife have a close bond and are able to help each other as they cope with the day to day stresses. They have carefully shielded the boys as much as possible and they are also enjoying life as only children can.

Qaiser has said he will keep in touch with me as his new journey continues; and I as well as MRU wish him and his lovely family the best as the rebuilding begins.

Karen Hiebert



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

Spring Convocation

June 2 & 3 from 10 a.m.-4 p.m.

Triple Gym

Convocation is a time-honoured tradition that commemorates students' accomplishments. It is the formal ceremony where the administration, faculty, the Mount Royal community, your family and friends honour your achievements.

Thursday, June 2, 2016 - 10 a.m.
Faculty of Health, Community and Education (except Bachelor of Education)

Thursday, June 2, 2016 - 2 p.m.
Bissett School of Business

Celebrate the achievements of Chad London and Vince Salyers

All are invited to the Cougar Concourse to celebrate the achievements of Chad London (Dean) and Vince Salyers (Associate Dean) of the Faculty of Health, Community and Education.

Tuesday, June 6 from 2 to 4 p.m.

IT Training (Welcome back Verle!)

Want to be more effective and efficient in the workplace? Tired of struggling and using workarounds? Save yourself time and frustration, and sign up for a fun, interactive 1.5 hour training session. Workshops are led by the IT Trainer and include handouts, hands on exercises, and an opportunity to ask questions.

Call the **IT Trainer** (Verle Winsor) at **403.440.8740** or through email at vwinsor@mtroyal.ca to register. Because schedules may change, registration will be left open up to **30 minutes** prior to class. Check out the list of workshops shown below.

Using Google Drive

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.

June 6 - 9:30 a.m. to 11:00 a.m. **Room:** E229A

Using Google Forms

June 15 - 10:00 a.m. to 11:30 a.m. **Room:** E229A

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

Advanced Word Techniques

June 23 - 9:30 a.m. to 11:00 a.m. **Room:** E229A

Do you struggle with formatting, get frustrated working with large documents or waste time wading through menus to access features? Then this course is for you. Learn how to use styles and sections to format like the pros. Discover the tricks to quickly format, navigate and move text around within a large multi-page document. Lastly learn how to customize your work space so frequently used features are at your fingertips.

Note: You must have basic Word skills to take this course.

Website:

<http://www.mtroyal.ca/CampusServices/CampusResources/InformationTechnology/Training/index.htm>

Presented By: Information Technology Services

Contact: Verle Winsor

Contact Number: 403.440.8740

Learning & Development

Retirement Workshop

June 14 & 15 from 8:30 a.m.-4:30 p.m.

This hands-on workshop is designed for participants who would like to evaluate their ability to maintain their lifestyle at a chosen retirement date. There are three basic objectives to the workshop:

1. To identify and address any immediate issues with respect to your retirement plans
2. To provide a planning framework to help you plan long term goals
3. To provide specific information in the key areas of lifestyle, finance and estate planning

Facilitated by: Patricia French

LAPP 101 - The Basics

June 15 from 1-3 p.m.

Everything you want to know about your Local Authorities Pension Plan (LAPP) but were afraid to ask. LAPP has been invited to present a morning seminar by one of their Client Education Specialists to answer all of your questions such as:

What is Defined Benefit Pension Plan?

What is Optional Service? Should I buy back prior service or not (pros and cons)?

What does it mean to be vested?

What is an 85 factor?

Register: [Register Now](#)

REGISTER NOW: Leading with Emotional Intelligence

Registration is now open for the Leading with Emotional Intelligence course taking place on **June 21, 2016** from **8:30am to 4:30pm**.

Course Overview:

Whether it's in the boardroom or at home, emotional intelligence equips us to communicate clearly and effectively with others, solve problems, make thoughtful decisions and earn others' trust and respect. This course introduces essential concepts and opportunities to increase emotional intelligence to form powerful, healthy relationships and succeed professionally.

Facilitated by: Continuing Education

Reserve your seat today and [Register!](#)

Registrations will only be accepted by completing the form.

You will receive a confirmation email once registered. Seating is limited and a wait list will be started if necessary.

Campus Orientation

June 15 from 1-4:30 p.m.

If you have missed the new employee orientation or it's been quite some time since you've attended this orientation, please join us!

Registration is required.

Register: <http://goo.gl/forms/xMlyvbr33w>

You will receive a confirmation email once registered. Seating is limited and a wait list will be started if necessary.

Presented By: Human Resources

Contact: Lori Klosch

Contact Number: 403-440-6923

MRU Active Office Study

Emerging evidence suggests that long term sedentary behavior has profound effects on human health, with increases in all-cause morbidity and mortality with increases in sitting time over a working career. This study aims to investigate the long term effects of sit-stand workstations on Cognitive function, Brain Flow and vascular health, as well as workplace sedentary behaviour.

Participants will be asked to provide 4-6 hours of their time over a 6-month period with testing occurring at 0, 3, and 6 months. Participants will be given Varidesk sit-stand desk to use at their MRU workstation.

Individuals with a history of seizures, epilepsy, balance issues, or pre-existing injuries that would prevent them from standing for extended periods of time will be excluded.

This study is open to all MRU employees. Participants must be 18 years or older. Study includes standing for prolonged periods of time, and exposure to strobe lights.

If you are interested in participating or would like more information please contact:

Emily Johnson, Project Manager

ejohnson2@mtroyal.ca

403.440.5147

Please include "Active Office Study" in subject line.