Tugging for charity

Despite the rain, Memorial staff, faculty and students showed their spirit during the Barnes House Truck Pull, a charitable event where university groups literally pulled a big truck to help raise money for the Iris Kirby House in St. John’s. The event was part of Celebrate Memorial, which was held from Oct. 19-23. Hundreds of people from across the campuses took part in this year’s events which ranged from random acts of music to a campus dash to a celebrity basketball game. This year’s theme was I Love MUNdays on the St. John’s campus while at Sir Wilfred Grenfell College in Corner Brook it was I Fell for Grenfell. Here (from front to back) Ania Polomska a proctor with Coughlan House; Catherine Strong, a resident with Coughlan House; Dr. Lilly Walker, dean of Student Affairs and Services; and Tracy Bannier, health and fitness co-ordinator with Housing, Food and Conference Services, give it their best during the truck pull. The event raised about $1,000.

For more information on Celebrate Memorial visit www.mun.ca/mundays or www.swgc.mun.ca/celebrate.

Great place to work

Memorial wins top award

Memorial University was honoured with the prestigious Employer of Distinction Award by the Newfoundland and Labrador Employers’ Council (NLEC) at a gala ceremony Sept. 28 in St. John’s.

Accepting the Employer of Distinction Award from Denis Mahoney of the NLEC (left) was Lisa Carran, employee relations officer, Department of Human Resources, and Memorial President Dr. Axel Meisen.

The university was recognized in the large employer category along with North Atlantic Refining Ltd.

The Employer of Distinction goes to organizations which encourage excellence in all areas of a progressive employment relationship and recognizes leadership, innovation and a fundamental belief in the value of a healthy, safe and motivated workforce.

The award underscores the notable programs and workplace initiatives Memorial has developed in recent years, said Claude Horlick, associate director of Human Resources.

He said when the university decided to apply for the award, officials looked at its criteria including the presence in the community, compensation and advancement, as well as strategies for how well an organization communicates with employees in building stakeholder awareness. He said Memorial was an ideal candidate.

“The initiatives in particular that contributed to the strength of our application included the university’s focus on the promotion of a healthy workplace through the development of wellness programs, especially the pilot preferred rate program at the Memorial University recreation complex,” said Mr. Horlick.

The award is a major accomplishment for the university, added Lisa Carran, employee relations officer with HR, especially since Memorial was chosen as a provincial leader and an employer of choice.

“More importantly it acknowledges the dedication of our employees in delivering exemplary service to our students, fellow coworkers and the community as a whole,” she said.

Mr. Horlick said the award also reinforces several key goals the Department of Human Resources has been working towards under the leadership of its director, Gerard McDonald.

“We have developed a process that establishes goals and objectives of the department that are in keeping with the university’s overall strategic direction,” he said.

“We will continue to use this process and consult with employees and departments within the university community as we develop and introduce new initiatives and enhanced services in areas such as advisory services, wellness education, a respectful workplace program, and improved work flex and the employee self service (ESS) portal.”

Barbeque benefit

Hundreds of faculty, employees and students filled the courtyard outside the Arts and Administration Building on Memorial University’s St. John’s campus on Sept. 9 in support of a barbecue fund-raiser to help those affected by Hurricane Katrina in the U.S. Memorial’s Office of Student Recruitment organized the event, selling hamburgers, hot dogs and beverages. They also sold tickets on a number of prizes. The event raised $2,842.29, which was turned over to the Canadian Red Cross.

The event was part of Celebrate Memorial.

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This fall has been important for charting the future direction of our university. In addition to university-wide strategic planning, important initiatives were considered for Sir Wilfred Grenfell College (SWGC), Memorial University’s west coast campus, and for Labrador. These developments will have great impact on the future of our university and I am pleased that the deliberations are occurring in a spirit of collegiality and optimism.

Sir Wilfred Grenfell College

During the summer and early fall, I worked with members of SWGC to address their concerns regarding governance and administration. We discussed important changes to ensure a bright future for the college and I gained insight into the views of the SWGC community regarding the Ivany Commission’s recommendations.

In the meeting, SWGC Principal Dr. John Ashton conveyed the following expectations for change that were based on earlier consultations with SWGC stakeholders:
- a seat on the senior executive committee
- financial certainty assured by formula funding or a direct allocation from government

Felicity O’Brien’s life has taken on a whole new meaning since she retired from Memorial University more than a decade ago. The former professor of both geography and general science has traded in her lab coat and microscope to become one of Newfoundland and Labrador’s most dedicated organ donors. She has also become a tireless advocate for organ donations, a subject near and dear to her heart.

“In 1994, I had a kidney transplant and after it I was pretty sick for about five months. But when I got over all the infection that followed I got healthy again,” said Ms O’Brien, 66. “I ended up being more energetic than I had been in the past 10 or 15 years and I really felt well again. That’s when I got very involved with the Kidney Foundation and with the Canadian Transplant Association.”

That’s when she also began training non-stop for the World Transplant Games, which were being held in Sydney, Australia. Already one of this province’s elite athletes — she has a third degree black belt in judo and was a star field hockey player recording a three-year shut out at Memorial — Ms O’Brien captured three awards at the Games, a gold, silver and bronze. Since then she has travelled to Hungary and Japan, winning medals for everything from table tennis to race walking to badminton. Earlier this year she was in London, Ont., for this year’s Games where she garnered another four awards. In total, she now has 13 medals, but Ms O’Brien is quick to point out that her mission is to encourage people to donate.

A native of England, Ms O’Brien first came to Newfoundland and Labrador in 1967 and began teaching in the geography department. Initially she came on a three-year contract with her first husband, Peter O’Brien, the first person appointed to the biochemistry department.

“Eventually I started doing my master’s in geology all the while raising my three children,” she said. “I’m a paleontologist. I was working on Cenozoic, which are the teeth of an extinct marine worm.”

“I left in 1991 and started dialysis shortly after. I was finishing in the lab at 5 p.m. and walking across to the Health Sciences for dialysis.”

Ms O’Brien admitted there were days when she wasn’t too sure what life was going to be like after her operation. “I had about six times amount of hair as I had before which stuck right up. My face was like a pumpkin and I looked a little bit like a laboratory brush,” she said with a hearty laugh. “I was a little down at this time, too. But, my doctor said the kindest thing anybody has ever said to me and that was ‘You know, Felicity, the prettiness will come back.’”

After years of worry about her health, Ms O’Brien said she is now doing fine. She enjoys her volunteer work, spending time with her family and taking long walks with her dog and her new husband, Dr. Allan Stein, a former chemistry professor at Memorial, whom she married eight years ago.

“He’s a big supporter of me and the transplant association and whatever we’re doing,” she said with a wide smile. “That’s so important to me. I’m contented with my life and how things are going.”

If any vital transplant recipients would like to find out more about the Canadian Transplant Association, and enjoy the support of other transplant recipients, you can get in touch with Felicity O’Brien at 709-895-2306.

— Obituaries —

Rosemarie Murphy, a library assistant with the Health Sciences Library, passed away suddenly on Sept. 14, 2005, in St. John’s, aged 45.

Dr. Gerald Thomas, retired from the Department of Folklore, passed peacefully away on Tuesday, Sept. 6, 2005, at his home in Torbay after a short illness. Dr. Thomas was also a member of the Department of French and Spanish. He served for a number of years in what was then the Department of Romance Languages before the Department of Folklore was established.

Dr. Joe Brown passed away suddenly at his home in Shoe Cove on Sunday, Sept. 4, aged 58 years. Donations may be made to the Dr. Joe Brown Scholarship Fund, Memorial University of Newfoundland.

Klaus R. Gries, manager of labs with the Faculty of Engineering and Applied Science, passed peacefully away in hospital on Aug. 2, 2005. Mr. Gries had been with the faculty since 1971.

Doug Seymour, retired from the Department of Technical Services, passed away in August.

Memorial University’s Employee Newsletter Fall 2005
Focus on Fitness

Wellness events

Getting active and staying healthy

Employers at Memorial’s St. John’s campus have an opportunity this fall to stay active during the workday. The Memorial Employee Lunchtime Sports (MELTS) has started up again. Here’s a schedule of events:

- Mondays – Volleyball 1-1:50 p.m.
- Wednesdays – Badminton 12-12:50 p.m.
- Tuesdays – Soccer 12-12:50 p.m.
- Thursdays – Basketball 12-12:50 p.m.

To register, visit the Wellness Web site listed below.

Ahchoo!!

Ten tips to help keep germs away

Cold and flu season are upon us once again. Fall and winter are prime time for catching nasty bugs that can cause sore throats, ear infections, fevers, body aches and chest discomfort. However, there are a few things you can do to help stay healthy this time of the year. We’ve compiled these tips to help prevent you from catching a cold or flu.

1. Wash your hands frequently and well.
2. Get plenty of rest and sleep.
3. Eat a healthy, balanced diet.
4. Exercise regularly.
5. Consider getting a flu shot, especially if you are over the age of 50 or have a chronic health problem.
6. Cover cuts with bandages and wear gloves for added protection.
7. Keep your hands away from your eyes, nose or mouth.
8. Clean office telephones and keyboards, mouse and doorknobs frequently.
9. Don’t sneeze into your hands. Multi-ply tissues are best or use your arm to cover up instead.
10. Clean your fingernails properly. Artificial nails and chipped nail polish have been associated with an increase in the number of bacteria on your fingernails.

Better prices and no lineups

Memorial’s Computer Purchasing Centre

Craig Head is still surprised by the number of Memorial University employees and students who head to big-box stores when buying new computers, equipment or software – especially when they could’ve gotten a much better deal within minutes on their lunch break. Mr. Head is the supervisor of the Computer Purchasing Centre (CPC), a year-round retail store located on the St. John’s campus which is celebrating its 10th anniversary this year.

Tucked away in a small corner of the Computing Services Building – which is nestled between the new Inco Innovation Centre and the Science Building – the CPC, a division of the Department of Computing and Communications, offers a wide range of products including desktops, laptops, iPods, scanners, printers and monitors. It also stocks Web cams, digital cameras, headphones, mice and a long list of software products.

“You can buy anything you need,” said Mr. Head, who has worked with the centre for nine of the 11 years he has been at Memorial. “The most important point about us, though, is that we offer academic pricing on most items we carry.” That means products are discounted a certain amount below a list price. Most manufacturers publish a suggested retail price along with corporate, volume and academic discounts, the latter of which is the best for consumers. “Those discounts are complimented by the fact that we operate on a cost-recovery basis so we make every attempt to realize zero profit at the end of the year. In the unlikely event that profit is realized, it is put back into student computing like student labs,” added Mr. Head.

Discounts can range anywhere from 10 per cent for some items, while some of the Microsoft products can be as much as 80-90 per cent off their list price.

According to quarterly market analysis done by CPC staff, their prices average to be 20-25 per cent lower than outside vendors.

The Computer Purchasing Centre is also a founding member of Campus Retail Canada (CRC), a national buying group comprised of university computer stores, which negotiates the lowest possible pricing for products with suppliers. This gives member schools – such as Memorial – access to prices they wouldn’t get anywhere else.

“They also help us with nationally-funded advertising campaigns like back to school flyers and university newspaper advertising,” said Mr. Head.

Memorial’s CPC also offers experienced consultants who work with faculty, staff and students to recommend the best product for their needs.

Although the majority of the centre’s users are departments and faculties, there has been a huge influx in the number of students taking advantage of its prices.

Mr. Head said that the majority of the CPC’s sales are probably 80 per cent university based. “It’s more university sales as opposed to personal sales. On the personal side it’s mostly students coming here,” he said. “During the last year we have seen personal sales double from previous levels.

“This centre is here as a service to everybody at Memorial. We’ll work with you to figure out what your computer needs and then work to give you the best possible price.”
New mandatory office paper recycling program at Memorial University has caught on in a big way since being launched Sept. 1. Thousands of pounds of white paper have been recycled instead of being thrown into garbage bins. Faculty, staff and students are doing their part to create clean offices and campuses.

"In the first eight months of 2006 we averaged 5,300 pounds per month of white paper recycled. In the month of September, 18,960 pounds of fibre products were recycled or 3.5 times what we were averaging in white paper previously," said Darrell Miles, director of Facilities Management at Memorial. "The new program is a huge success." The provincial government introduced the new office paper recycling program on Sept. 1 for hundreds of businesses in St. John's, Mount Pearl, Paradise and Conception Bay South, including Memorial's St. John's campus, the Marine Institute and the Ocean Sciences Centre. The list includes everything from white paper to business cards (see sidebar).

Sitting Greenville College in Corner Brook implemented its own recycling program about seven years ago, which goes hand-in-hand with the environmental programming the college offers. At first it recycled only white paper and pop cans but about three years ago officials started recycling newspaper, coloured paper and cardboard.

In order to significantly reduce waste brought to local landfills, the provincial Department of Environment and Conservation set up the new paper fibre recycling program that applies to industrial, commercial and institutional facilities with 25 employees or more. The new rules mean all recyclable paper products must be separated and diverted from regular waste. Organizations must also ensure that their employees and visitors are aware of the requirement to recycle paper products and understand how to do it. "The university is in line with these regulations. Facilities Management has made significant changes to the system of paper recycling within the university," said Mr. Miles. Under the new regulations paper products are to be disposed of separately in the blue recycling containers that exist throughout most offices and workstations. Regular garbage shouldn't be placed in the same containers.

"Custodial staff will empty the blue recycling containers in addition to the traditional waste containers as part of their routine cleaning service," said Mr. Miles. "Office and worksta-

Businesses with less than 25 employees have until March 1, 2006, to comply with the regulations.

The new mandatory office paper recycling program includes a wide range of items including:

- White paper
- Coloured paper
- Newspapers
- Flyers
- Glossy magazines
- Telephone books
- Catalogues
- File folders
- Soft-covered books
- Business cards
- Post-it notes (white or coloured)
- Shredded paper (white or coloured)
- Hard-covered books (covers removed)
- Envelopes (with and without windows)

Items not covered by the new rules include:

- Carbon paper
- Tissue paper
- Waxed paper
- Board
- Food packaging
- Styrofoam materials
- Plastic binders and other plastic materials
- Paper plates
- Padded (bubble) envelopes

The Department of Human Resources

Strengthening partnerships with departments

In 2004, the Department of Human Resources (HR) conducted a business process review to analyze its processes and identify improvement opportunities. This review concluded with the documentation of a process improvement plan this past February which was later endorsed by the university's senior administration. A number of the changes in the plan are currently being implemented or will be over the next several weeks and months.

In addition to the focus on process improvements, the review examined how Human Resources could strengthen its strategic role within the university, while providing more effective support to departments in HR advisory services areas. To do this, the department considered how to make the most effective use of its resources, and in the process, help it fulfill its departmental mission of ensuring Memorial's reputation as an employer of choice.

The Department of Human Resources will be revising its approach to service delivery in the areas of recruitment, job evaluation and compensation, organizational development/employee/labour relations, leave management and employment/policy. Its new delivery model will enhance its working relationships with each of the university's faculties and departments, while at the same time providing departmental administrative services with the tools, resources and support they need to effectively manage their human resources requirements.

A key change for Human Resources over the next few months will be the implementation of some organizational changes which will feature the following:

- The establishment of a team of HR advisers who will strengthen relationships with university departments by providing a single point of contact on a variety of HR issues and areas. This relationship will streamline the interaction between Human Resources and departmental administrators, provide generalist HR consulting services, and better enable HR to provide greater strategic service.
- A group of senior HR functional leaders working with both the advisers and university units to provide strategic/proactive HR advisory services and support in the development of plans for addressing longer term and broader human resources issues.
- A continuation of Human Resources' current single-point-of-contact structure for services provided by its staff in

Welcome aboard!

Memorial's Department of Human Resources held its Employee Orientation session on Sept. 30 for roughly 30 new staff. The one-day workshop included an overview of the services and benefits offered to employees, a history and overview of the university and session in the main functional areas of Memorial. From left: new employee Daph Crane, senior instructor and coordinator of Distance Education and Learning, presents Family/worklife programs specialist with HR and Lisa Curran, employee relations officer with HR, and new employee Dave Rideout, project technician with Facilities Management. HR holds the session each semester. For more information contact Pam Murphy at 737-7408 or pmurphy@mun.ca.

Memorial University held its 19th annual Employee Service Awards ceremony on Oct. 11 at the University Club. Awards were handed out to employees for 20, 25, 30 and 35 years of service. To view a listing of this year's recipients visit www.mun.ca/humanres/award_cert.php.

Congratulations to all!
De’Brian Johnston has officially retired from Memorial University after more than three decades of service and several accolades. He stepped down as director of Housing, Food and Conference Services Oct. 5; he was with that unit for the past 25 years. Dr. Johnston first came to Memorial as a student in 1966 and become an employee in 1972. Christine Burke, the former assistant director of Housing, Food and Conference Services, has taken over as the new director.

Dr. Johnston said one of the biggest changes he helped implement at the university was a residence life program to make living away from home much more bearable for students. “We very quickly developed my motto, which is still used, that residence is more than just housing. And that’s what I tried to promote,” said Dr. Johnston, who was awarded the 2005 Atlantic Association of College and University Student Services Award for Merit. “There will definitely be things I’ll miss,” he said. “The contact with students, which was my joy, that’s what kept me young. I’ll miss the camaraderie and the excitement and the challenges my staff and I faced over the years. But, I won’t miss the three o’clock in the morning phone calls!”

From left: Christine Burke, Memorial’s new director of Housing, Food and Conference Services; Dr. Brian Johnston, the former director; Dr. Lilly Walker, dean of Student Affairs and Services; and Mary Johnston, Dr. Johnston’s wife.

Mun employees share their culinary creations

GreeK Briami (Vegetable Stew)

Submitted by Gillian Noseworthy, archaeology curator, Queen’s College

2 tbsp olive oil
1 large onion, sliced
2-3 potatoes, sliced
1 large can of chopped tomatoes or {5-6 fresh individual ones}
Salt
Pepper
Worcestershire (optional)
Paprika

Heat oil in a deep skillet, preferably one with a cover. Saute onions for several minutes, then add potatoes, tomatoes and seasonings. Reduce heat and simmer. Cover. Next, add liquid (water, white wine or broth). Add peppers and chickpeas. Cook for 15-20 minutes then add eggplant or zucchini. Simmer until vegetables are tender but not mushy. Add olives, put on serving plates and sprinkle with crumbled feta.

Serve with crusty bread and olive oil/balsamic vinegar for dipping.

This recipe can be adopted with any vegetables you have on hand or substituted with favourites such as: Broccoli, cauliflower, kidney beans, carrots, mushrooms etc.

Little fingers, little toes

The Memorial family welcomes its newest additions

Pamela Gill, communications co-ordinator with the Division of Community Education and College Relations at Sir Wilfred Grenfell College, and her husband Mark Bradbury welcomed their son Thomas Paul Bradbury born on Feb. 15, 2005, at the Health Sciences Centre, weighing seven pounds, two ounces.

Sandi Tulk, development officer for research and information management, Office of Alumni Affairs and Development, and her husband Ken welcomed their daughter Sera Rejean Williams, a laboratory technical assistant for the Centre for Sustainable Aquatic Resources (CSAR) at the Marine Institute. They were born on Sept. 10, 2005.

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Christmas cards with Newfoundland appeal

Visit the St. John’s campus bookstore, where you will find specially-designed cards featuring unique words from this province’s rich vernacular, on sale for $13.95 (plus tax).

The cards were designed and printed in-house by Image Services and Printing Services. They are available in four designs, in packages of 12 cards with envelopes. The cards are packaged flat (scored only) so they can be overprinted (customized) with your personal holiday message. Printing Services will do customized overprinting for $60 per setup.

Supervisory skills development program underway

Memorial’s Department of Human Resources, with the support of the university’s senior administration, has sponsored the development of a supervisory skills development program specifically designed for the university environment.

The target group for this pilot program is front-line supervisors. The number of nominations received from across campus has been overwhelming and 20 employees from various units and departments have been selected to participate in the program, which was launched Oct. 6. Human Resources Director Gerard McDonald highlighted the university’s focus on people during his opening remarks at the session. He also welcomes feedback from participants on the program.

Designing the content was both challenging and rewarding for Learning and Development Officer Ann Marie O’Reefe-Penney. She collaborated with many key stakeholders to bring the program to life. It consists of 12 distinct components including planning and goal setting, the importance of active listening, effective meeting management, effective presentations, problem solving and decision making, performance coaching, banner finance, respectful workplace, developing a customer service approach, conflict management, interview skills, and project management.

Both the Centre for Management Development and the Division of Lifelong Learning are key providers for much of this training, with some of the training being delivered by Financial and Administrative Services and the Department of Human Resources.

One of the key strategic issues identified for discussion during Memorial University’s strategic planning process is people. Employees are central to the success of any organization, and this is particularly so in a university setting, where we are so people-intensive—both in terms of the services we provide and the students and others who benefit from them. I am delighted there will be an emphasis placed on the human dimension of our institution. The vital areas of recruitment, retention, and people development and renewal will be obvious areas of focus, as they should be. But I am sure there are other priorities of strategic importance to the university will also receive attention.

All units throughout the university have been asked to formulate submissions to the Strategic Planning Working Group. In the brainstorming sessions we have done in Human Resources, we have identified several people-related areas which we feel will be relevant to the university’s planning. I expect that others within the university, including individual faculty and staff, and members of both the Strategic Planning Working Group and the KSI Group dealing with people, will bring many of these forward as well.

For example, we have talked about how Human Resources can more effectively facilitate and support a culture of innovation within our institution. Ingenuity is a distinctive characteristic and strength of our institution and our people, and we can play a key role in building on this strength through expanded training and other initiatives.

Succession planning and the development of employees to meet the growing needs of the university in the years to come will be an increasingly important people priority. An aging workforce both inside and outside the university, a declining birth rate and forecasted trends regarding the availability of qualified faculty and staff will oblige us to consider how we will meet possible shortages in key skills areas. The public policy areas of mandatory retirement age and immigration may factor into our discussion of options and strategies.

An issue I know administrative departments encounter frequently, and I'm sure academic areas do as well, is the availability of physical office space. Employees deserve and require adequate facilities to do their jobs well. As we discuss targets for future growth in our student population, consideration needs to be given not only to student infrastructure requirements, but to facility requirements for our people.

I hope we will have a discussion about our organizational philosophy relative to the place and value of our employees, and the kind of environment and culture we feel we must sustain in order to encourage the best in our people. A statement of organizational values is something which commonly accompanies a statement of mission in many organizations. I do feel that many of our HR practices are frequently and are becoming more effective, and that they reflect a commitment to some key underlying values.

I am looking forward to our discussion of these and other topics, and hearing what I expect will be a diverse range of perspectives and suggestions.
The Mission is Possible

Memorial employees offer tips on leading a healthier lifestyle

Keeping active and eating right — that’s the mantra organizations such as the Heart and Stroke Foundation have been preaching for decades. According to the group’s Web site, active living is the best way to maintain a good heart throughout your life. That could mean anything from walking or running to gardening, dancing or coaching a soccer team. Physical activity can help lower your cholesterol, manage your stress and help you drop a few inches off your waist. It can also help prevent type 2 diabetes, osteoporosis and mental health problems such as depression. Now more than ever, keeping active has become a vital component of people’s lives here in Canada, where heart disease and stroke remain the number one killers of both men and women. Each year, 79,000 Canadians die from heart disease and stroke. To put that into perspective, imagine more than half of the City of St. John’s dying each year!

Leading active lifestyles and watching what they eat also play an important role in keeping them healthy. Supporting the Faculty and Staff Wellness Committee, Memorial’s full-time and part-time faculty members and students are striving to improve their health and overall well-being. Here are some tips from a few of the university’s most active employees:

Kevin Hicks, duplicating satellite supervisor with Printing Services in the Science Building on the St. John’s campus, stays active by doing everything from volunteer work to exercise several nights a week. “I’ve got an elliptical trainer at home and a Bowflex-style machine so I do a bit every four nights a week.” He said. “When I think of keeping active, I also do a fair amount of volunteer work for Clifftop 1615, the local union here at the university and my local church in Conception Bay.”

For Dr. Michael Newton, a religious studies professor at Sir Wilfred Grenfell College in Corner Brook, staying active usually means physical exercise outdoors — running or jumping on his bike. When working, he stays on his cross-country skis. “I keep myself motivated by preparing for specific events like the Sydney Marathon [in Nova Scotia] and the World Cup Diathlon in Corner Brook next year,” he said. He and his wife also like to stay active whenever they travel. “This spring we hiked in Chile and Peru. We hiked and camped in Patagonia in southern Chile and on the 4,000 metre high trails in the Macchu Piccu area of Peru.”

Leading a healthy lifestyle and staying active doesn’t have to include trips to exotic locations or fancy exercise machines, though. For Adele Petten, the concert assistant with Memorial’s School of Music in St. John’s, it can be as simple as making sensible decisions when it comes to your diet. “I don’t eat a lot of junk food. I eat a lot of yogurt, vegetables and fruit. As for exercising, I try to keep active by walking around the campus, doing everything from volunteer work for Clifftop 1615, the local union here at the university and my local church in Conception Bay.”

Adele’s college takes a bit of motivation, though, I keep active around the building moving equipment and setting up for concerts and running up and down the stairs. I don’t really have time to go to the gym. I’d love to be a girl that does Pilates and runs the marathon. “Maybe there’s hope yet!”

What do you like about working at Memorial?

“’I love to work at Memorial University because of the people I interact with everyday. I work with a wonderful, dedicated group of fellow MUN employees who not only do good work but are fun to be around and supportive of each other. As well, as a laboratory instructor I meet great students from near and far and hopefully help them get through their university careers. I really do enjoy coming to work each day!”

VALERIE POWER, laboratory instructor, Department of Biology

Days gone by

Do these photo look familiar? The Communicator is launching a brand new contest to showcase some of the amazing photos, objects and archival treasures tucked away in our own Archives and Manuscripts Division — located on the ground floor of the Queen Elizabeth II Library.

Thanks to the great folks there, we’re going to rummage through their collection and pull out an object for each issue of our newsletter. Correctly identify the object or photo and you could win a great prize.

If you’ve never visited the archives, what are you waiting for? It’s open to the public, staff, faculty and students and houses an extensive collection of historical photos, original manuscripts, personal papers and scrapbooks which document various aspects of Newfoundland and Labrador society. Major collections include literary, labour, theatre and the performing arts, women and post-Confederation Newfoundland politics.

This photo was taken from a campus building in the 1960s and is part of the photograph collection of Dr. S.J. Canew, who was dean of applied sciences at Memorial University from 1950-1968. The photograph is on deposit at the Archives and Manuscripts Division.

Do you know where this photo was taken from and what it is of? Send your submissions to jeff@mun.ca for a chance to win a prize. The contest is open to all Memorial faculty, staff and pensioners. The deadline is Dec. 16, 2005. One entry per submission. Include your name, work number and your department in the e-mail.

To find out more about the Archives and Manuscripts Division of the Queen Elizabeth II Library, visit www.library.mun.ca/ QEII/cns/index.php or call 737-4349.

Are you in the loop?

With 2,300 administrative and support staff, 950 full-time faculty and 850 sessional instructors, plus 2,000 part-time student jobs and close to 18,000 students, there’s lots of news, events and employment opportunities happening here at Memorial University.

In addition to logging onto today.mun.ca and reading the Gazette newspaper, there are other ways to stay connected with what is happening on our campuses. Be sure you’re signed up for the following:

✓ Newsletter

Administered by the Division of Marketing and Communications, Newsletter is your main source for information on campus. Everything from upcoming lectures and concerts to book sales and important notices are sent directly to your e-mail. Every Thursday you’ll also receive an events listing. If you’re not receiving Newsletter, e-mail randa@mun.ca.

✓ my.mun.ca

Want to view your pay information online? Use the Employee Services tab on my.mun.ca to access information on some of your personal employee information and a host of other services. Go to my.mun.ca to find out how to obtain your MUN login account to access this data.

✓ listserv@mun.ca

When you register to listserv@mun.ca you receive employment opportunity notices about internal jobs for non-faculty positions sent directly to your e-mail account. To register, e-mail listserv@mun.ca and follow these points:

- Use a plain text e-mail message
- Type a single line of text: subscribe jobs
- Remove any signature files
- Do not use a title on your message
- Do not use Hotmail.com addresses as some mail software that performs spam filtering will reject listserv email as spam. Hotmail.com is the most notorious example of this.

To unsubscribe from this list, send an e-mail to listserv@mun.ca using the procedure as stated above. Type a single line of text: signoff jobs.

Memorial University’s Employee Newsletter