



President's Message

“It was the best of times, it was the worst of times.” These words by Charles Dickens, published in *Tale of Two Cities* in 1859, can also be used to simplistically describe the foundation of the Demartini Method®. Dr. John Demartini (who spoke at the college a number of years ago) suggests that what attracts us and what despises us, drives us.

“According to The Great Discovery™ no one can experience a one-sided event. All reprimands are balanced by praises, all pains by pleasures, all negatives by positives and all challenges by supports.” (p.34) The key to not being driven by our emotions is gratitude; that is, recognizing that every benefit has a drawback and every drawback has a benefit.

So, as we come to the end of the semester, and we await the new year, I would like to share my gratitude list with you. I am grateful for:

- The people who challenge and the people who support
- The arbitration process that teaches me patience
- The grievance process that gives us voice
- The teaching process that brings me joy
- The Faculty Association and the executive who continue to focus on faculty matters.

On behalf of the executive, we wish you the gifts of health, wealth, and happiness in the New Year!



**2010 - 2012
OCFA PRESIDENT:
CARMEL MALONEY**

SPECIAL POINTS OF INTEREST

- ◆ Next Meeting Wednesday, January 13, 2011
- ◆ OCFA Famous Christmas Dinner, Wednesday, December 22, 2010.
- ◆ Return to Work January 4, 2011

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We are bringing the
Famous OCFA Christmas Dinner
back to the **Faculty Centre!**
Wednesday, December 22, 11:30 am to 1:30 pm



Change in Venue!!

Tickets are **\$15** and will remain on sale until
December 17. Contact:
Annelise Doolaage, Veronica Barkowski or
Robert Laflamme for tickets

Please join us for a delicious roast beef dinner
Catered by: **Granny Jack's**

Don't forget to bring a donation for the food bank and wear a Christmas mask!

Sun Life Assurance

Please note that Sun Life claims for health, dental and the health spending account are now to be sent to:

Sun Life Assurance Company of Canada
PO Box 2010 Stn Waterloo
Waterloo, ON N2J 0A6

You may be assured that claims sent to the Edmonton address will be forwarded to Sun Life in Waterloo.

New forms are available at Human Resources.

Extended Health - Vision Benefit

Eligible Expenses

Eligible expenses mean reasonable and customary charges for the following items of expense:

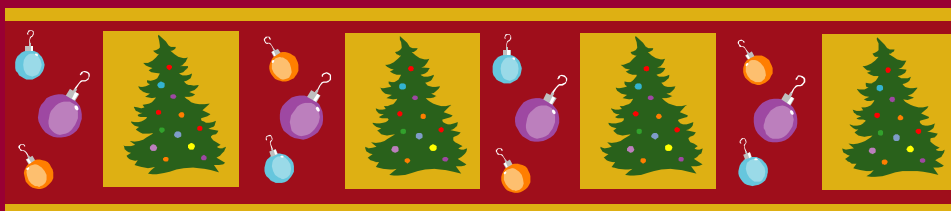
1. Eye examinations by an optometrist limited to one examination in a 24 month period (12 month period for a covered dependant under age 18).
2. Eyeglasses and contact lenses and repairs to them that are necessary for the correction of vision and are prescribed by an ophthalmologist or optometrist, limited to the maximum specified in the Summary of Benefits less the amount incurred during the previous 24 months for you (12 months for each covered dependant under age 18).
3. Eyeglasses and contact lenses certified by an ophthalmologist as necessary due to a surgical procedure or the treatment of Keratoconus, limited to a lifetime maximum of \$200 for the non-surgical treatment of Keratoconus for you and each covered dependant and a maximum of \$200 for each surgical procedure.

Preferred Vision Services (PVS)

The Preferred Vision Services (PVS) vision care program enables you to purchase eyewear at savings of up to 20%. These savings are available on all frames, prescription lenses and lens add-ons at registered PVS locations. Most locations will also apply the discount to non-prescription eyewear and accessory items. This provision applies if your plan has extended health coverage. You do not have to be covered for Vision Care benefits to receive the discount.

PVS locations can be identified by calling the PVS information centre toll-free number 1 800 668-6444. After selecting your eyewear, tell the practitioner that you are covered under a plan through Sun Life (proof of plan membership may be required) and pay the reduced price. If you have vision care coverage, submit your claim to Sun Live.

Taken from page O-1 of the Sun Life Group Insurance Booklet



Merry Christmas to all from the OCFA Executive!

My Christmas Wish to YOU

By Catherine Pulsifer

*If I could wish a wish for you,
It would be for peace and happiness not only now,
But for the whole year through!*

*I wish that there always be food on your table.
And that you always remember those less fortunate.
May you always take time to share,
and thank those who share with you.*

*I wish for time, so you may reflect
On the blessing that you have,
and that you express your love
To those who are dear to you.*

*May you never feel lonely,
because there are those who care,
That you realize:
you are special,
You are unique,
you make a difference,
Not only at Christmas, but all year!*

*I wish for your thoughts to be positive ones,
That you never quit, that you never give up,
And that you continue to learn.*

*I wish for the love, peace,
and joy of Christmas be yours always.*



The OCFA Office
will be closed
December 23, 2010
To
January 4, 2011

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Fax: 403-556-4637
E-mail: ocfaea@oldscollege.ca

WE'RE ON THE WEB

www.oldscollege.ca/OCFA

Did You Know...

Yule Log

The word yule meant “infant” in the language of the Chaldeans, who lived in the Middle East. The Germanic tribes of Northern Europe, including the Anglo Saxons, celebrated “Yule-day” or “Child's Day.”

The custom of the Yule log has been noted in France and Italy as far back as the 1200s. It later spread throughout Europe. On Christmas Eve an enormous log would be cut and placed in the hearth. The log would be sprinkled with salt, oil, and mulled wine, and prayers said to protect the house from the Devil and lightning.

In some regions, the daughters of the family lit the log with splinters of the previous year's log. In other regions, the lady of the house had the honor of lighting the log.

As iron stoves replaced giant hearths in the 1800s, Yule logs became decorative, often being used as Christmas centerpieces and decorated with evergreens and candles. Cooks began creating pastry Yule logs, rolled cakes covered in chocolate or coffee and decorated with sugared holly and roses

Taken From: <http://www.infoplease.com/spot/christmas2.html>

