



## President's Message

### DO YOU LIVE A BALANCED LIFE?

When I injured my foot last spring at Olds College, I completed a WCB form which asked me to fill in my hours of work. When I stated that my hours varied because I am an instructor, I was told that I worked 40 hours a week. I was quite surprised!!! What HAVE I been doing with the rest of my time all these years?

Our contract (8:03.04) states that "a **normal** workday shall consist of a period of a maximum of eight hours between when the instructor starts instructing his first course of the day and when his last course is finished."

My strong suspicion is that faculty does much more than the 8-hour 9 to 5 routine; however, we do it in silence, without counting, without fanfare, and without expectation of thanks. Our workday truly does not begin and end with the time of our courses. There is so much more to what we do: we coach, we research, we learn, we meet, we network, we prepare, we mark, and then we mark some more. As instructors, we do what it takes to be successful in the classroom so that the students can be successful in their careers. This raises the question of life balance.

**"Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some." ~Robert Fulghum\***

In *Choice Theory: A New Psychology of Personal Freedom* (1998), William Glasser identified the five needs of people who live a life of balance:

Love & Belonging		Power
	SURVIVAL	
Fun		Freedom

If our needs are not being met, we experience the following in one, some, or all areas: loneliness, powerlessness, hopelessness, boredom, and the feeling of being trapped. As the prolific writer Anonymous once said: "The key to keeping your **balance** is knowing when you've lost it."\*

**Here's a challenge:** Keep a record of your time for one week. At the end of the week, review your schedule. Ask yourself:

- How am I spending my time?
- Do I get quality rest, food, and exercise?
- Do I spend time with family and friends?
- Do I schedule time for myself?
- Do I have time in my schedule for fun and spontaneity?

For more information, check out the following website:  
[www.essentiallifefskills.net/balance.html](http://www.essentiallifefskills.net/balance.html)

The quality of our lives and the lives of our students are improved when we live a life of balance.

Take time to sing, draw, and dance some!

As always: Focusing on Faculty

\*Source: <http://www.essentiallifefskills.net/balancedlifequotes.html>



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



### SPECIAL POINTS OF INTEREST

- ◆ OCFA Meeting
- ◆ Thursday, December 9, 2010
- ◆ OCFA Christmas Dinner
- ◆ Wednesday, December 22, 2010
- ◆ ACIFA 2011 Spring Conference  
Call for Submissions
- ◆ ACIFA 2011 Award for  
Innovation in Teaching

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## *OCFA Famous Christmas Dinner 2010*

*Please Join us, Wednesday, December 22*

*For the:*

### *OCFA Famous Christmas Dinner*



*Location: Royal Canadian Legion #105*

*Time: 11:30 a.m. - 1:30 p.m.*

*Ticket Price: \$15 (Members & Non-Members)*

*Advance ticket sales only—no tickets sold at the door*

*Tickets Available From:*

*Annelise Doolaege, Veronica Barkowski, Robert Laflamme*

### **Recipe for Christmas All Year Long**

Take a heap of child-like wonder  
That opens up our eyes  
To the unexpected gifts in life  
Each day a sweet surprise.

Mix in fond appreciation  
For the people whom we know;  
Like festive Christmas candles,  
Each one has a special glow.

Add some giggles and some laughter,  
A dash of Christmas food,  
(Amazing how a piece of pie  
Improves our attitude!)

Stir it all with human kindness;  
Wrap it up in love and peace,  
Decorate with optimism, and  
Our joy will never cease.

If we use this healthy recipe,  
We know we will remember  
To be in the Christmas spirit,  
Even when it's not December.

*By Joanna Fuchs*

## *Olds College Recognition Awards November 26, 2010*

### CONGRATULATIONS TO THE FOLLOWING FACULTY:

#### *25 Year Award*

- ◆ Bill Souster
- ◆ Eugene Hallett

#### *20 Year Award*

- ◆ Darlene Morton
- ◆ Ed Toews
- ◆ Darrell Tompkins

#### *15 Year Award*

- ◆ Gord Ahner
- ◆ Corrine Eliason
- ◆ Gordon Gilchrist
- ◆ Carmel Maloney

#### *10 Year Award*

- ◆ Anne Blackburn
- ◆ Brad McLeod
- ◆ Laurie Newsham
- ◆ Dean Sinclair



A teacher affects eternity; he can never tell where his influence stops.

~Henry Adams

*Supporting our Community*

# EXTREME

*Fresh to the  
Extreme!*



**OLDS WELCOMED EXTREME PITA IN JUNE, 2010  
CORNERSTONE SHOPPING CENTRE, 340, 6900 46TH STREET, OLDS, AB.**

Owner and operator Veronika Mokrzycka  
welcomes the Olds College Faculty Association to visit Extreme Pita.

Faculty may present their Olds College business card and receive a 20% discount off pitas and flat bakes  
through the month of December, 2010.

Veronika kindly offers a 10% discount to Faculty from January - December 2011.

We're fast, fresh, fun, and full of flavor. Besides all that, we're EXTREME when it comes to our  
commitment to creating a unique product bursting with ingredients that are healthy.

Taken from: <http://www.extremepita.com/about-us>

**THE OLDS COLLEGE FACULTY ASSOCIATION THANKS VERONICA FOR PROVIDING THESE  
DISCOUNTS TO MEMBERS!**

## Group Benefit Tid Bits - Sun Life Financial

### **Travel Assistance Services:** *Your Group Insurance Booklet, Page Q1-4*

Out-of-province and around-the-world services are provided through Worldwide Assistance Services, Inc., a company specializing in emergency medical assistance for travelers. By calling the 24 hour helpline, Worldwide Assistance will be able to provide you and your covered dependants with the following emergency assistance services during the first 60 days of travel:

Physician and hospital referrals,

1. On-going monitoring of medical treatment if a family member is hospitalized,
2. Coordination of transportation arrangements via ground or air ambulance if it is medically necessary to return a family member to Canada or transfer him to another hospital that is equipped to provide the required treatment,
3. Payment assistance for hospital/medical expenses,
4. Legal referrals,
5. A telephone interpretation service,
6. A message service for you, your family, friends and business associates.

### **24 Hour Helpline:** *Your Group Insurance Booklet, Page Q1-5*

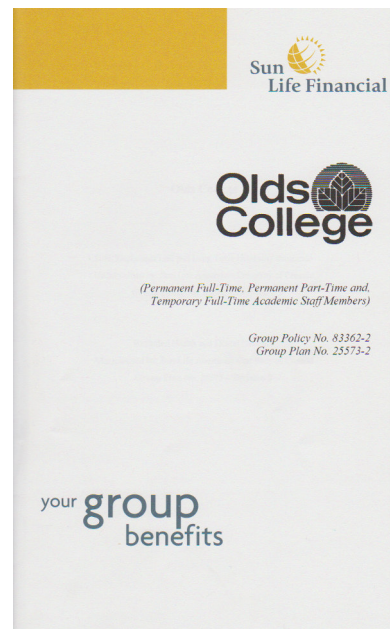
If emergency assistance is needed, a 24 hour helpline is available. Multilingual coordinators at Worldwide Assistance can access a worldwide network of professionals who offer help with medical, legal, and other travel-related emergencies.

The 24 hour helpline can assist you and your covered dependant if you have lost your passport or visa, if you need to find a local legal advisor, or if you require telephone interpretation services. You can also call the helpline and leave important messages for family, friends or business associates; likewise, they can call the helpline and leave messages for you while you travel. Worldwide Assistance will hold such messages for 15 days.

When calling the 24 hour helpline, please be ready to state your Plan No., Certificate No., ID no., and Provincial Medical Insurance Plan/Health Card Number.

Please consult the telephone numbers on your travel assistance card.

*If you have out-of-province Christmas travel plans please read through your Group Insurance Booklet pages Q1-1 through Q1-5, prior to your departure.*



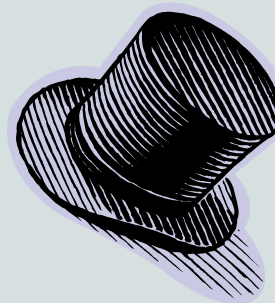
## Seeing Stars



## Hats Off to All Members!!

The Olds College Faculty Association Executive wish to thank all Members for their dedication and commitment to the Association in the following areas:

- ◆ Holding committee positions
- ◆ Attending meetings on behalf of the Association
- ◆ Attending and participating in OCFA meetings
- ◆ Attending Association social functions and events
- ◆ Attending Olds College events on behalf of the Association
- ◆ Contributing financially to the Association
- ◆ Contributing articles for the *Focus on Faculty Ezine*



## *Contract Corner*

### **Collective Agreement Article 24 - HOLIDAYS**



- 24.01 Members are entitled to the following paid holidays:
- |               |                       |                  |
|---------------|-----------------------|------------------|
| New Year's    | Day Victoria Day      | Thanksgiving Day |
| Family Day    | Canada Day            | Remembrance Day  |
| Good Friday   | Civic Holiday (1 day) | Christmas Day    |
| Easter Monday | Labour Day            | Boxing Day       |
- 24.02 In addition to the holidays contained in Article 24.01, Members shall be granted the work days between Boxing Day and New Year's Day as a Christmas Break, or, if required to work on those days, shall receive overtime rates for each day or part thereof worked.
- 24.03 If Christmas Day, Boxing Day, or New Year's Day falls on a weekend, days in lieu of shall be designated either before December 25 or after January 1.
- 24.04 When a holiday as defined in Article 24.01 falls within the normal vacation period of a Member or Counsellor who is working an eleventh month as referred to in Article 23, an additional day off at a date mutually agreed upon shall be granted.
- 24.05 When a holiday as defined in Article 24.01 falls on a Saturday or Sunday, the President shall designate a day in lieu thereof. When a Member is required to work on a holiday as defined in Article 24.01, the President shall designate a day in lieu thereof.
- 24.06 Requests for leave without pay on religious holidays will be considered provided that adequate notice of the request is given.

### ***Note from Human Resources:***

As both Christmas Day and Boxing Day fall on the weekend, faculty members will be entitled to December 23 and 24, 2010 off of work as days in lieu. In addition, they will be entitled to January 3, 2011 off of work in lieu of New Years Day which also falls on a weekend.

## *In Memory*

The Faculty Association expresses sympathy to family and friends of fellow colleague Bruce E. Martin who passed away at the age of 92, on October 15, 2010, in Victoria B.C.

Bruce received his Master of Agricultural Engineering degree from the University of Saskatchewan in 1942. He had a distinguished career in the field of agriculture in Western Canada.

An OCFA retiree noted that Bruce was known as the Allis Chalmers "block man" for Olds and area. Bruce came to Olds College in 1969 and instructed in the Agricultural Mechanics department prior to moving on to work in Extension Services. Bruce left Olds College to pursue other adventures in 1972.

Bruce retired to Victoria (Oak Bay) where he and his surviving wife, Grace, participated in many community activities but in particular in service to Oak Bay United Church.

Excerpt from Bruce's obituary, October 26, 2010, Olds Albertan:

A long life well spent, an inspiration to all!



*iShare*

**The Secret Powers of Time:** Professor Philip Zimbardo conveys how our individual perspectives of time affect our work, health and well-being. Time influences who we are as a person, how we view relationships and how we act in the world.

“I think we are underestimating the power of technology in re-wiring young people’s brains.”

Professor Philip Zimbardo

Time perspective is the way each person frames the flow of personal experiences. Although most people use the idea of past, present and future to categorize experience, many of us develop biased time perspectives. Every decision and action we take is in some way influenced by our specific time perspective. When large groups of people in various nations adopt common time biases, such as excessive focus on the past, present or future, it influences world events. Developing a balanced and unbiased time perspective is critical for well-being and success.

Philip G. Zimbardo is an internationally recognized scholar, educator, researcher and media personality, winning numerous awards and honors. He was recently president of the American Psychological Association and has been a Stanford University professor since 1968, having taught previously at Yale, NYU, and Columbia. Zimbardo has been associated with the psychology department at Webster University Vienna where he will also be teaching in May 2007.

Taken from: <http://www.webster.ac.at/psychology/secret-power-time-perspective>

**Teaching:**

My love for classroom teaching spills over to wanting to understand ways to improve teaching effectiveness, for which I have turned to some field research that combined experimental designs with novel classroom practices.

Taken from: <http://zimbardo.socialpsychology.org/>

To view “The Secret Powers of Time” video go to:

<http://www.youtube.com/watch?v=A3oIiH7BLmg&feature=channel>

or Google: RSA Animate, the secret powers of time

***Facts about Christmas Decorations***

*Did you know.....*

Each year between 34 - 36 million Christmas trees are produced to cope with the holiday demand.



Electric tree lights were first used just 3 years after Thomas Edison has his first mass public demonstration of electric lights back in 1879.

Thomas Edison’s assistant, Edward Johnson, came up with the idea of electric lights for Christmas trees in 1882.

His lights were a huge hit. It took quite a few years, however, before they would be made available to the general public.



Taken from: <http://www.woodlands-junior.kent.sch.uk/customs/Xmas/facts.html>

**WE'RE ON THE WEB**

[www.oldscollege.ca/OCFA](http://www.oldscollege.ca/OCFA)

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