SPRING,2022

FACULTY NEWS & VIEWS

The Bow Valley College Faculty Association's Newsletter

A message from the President!

President, Penny Marcotte

Dear friends and colleagues -

Spring is in the air! Well, some days it is... I don't know about you, but there is something exhilarating about longer days and warmer weather that makes it easier to jump out of bed and face the day.

As we wrap up the Winter 2022 term, I feel we have closed a significant chapter on the pandemic. I'm not saying this coronavirus is finished with us - I do not believe this to be the case. Instead, I feel we have weathered enough waves to know how to manage impacts on our personal and professional lives. It does not matter if we are remote or on campus; we have developed the skills and tenacity to push forward into uncertain times.

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President's Message continued, Penny Marcotte

Our reaction to the pandemic and all it has forced upon us reminds me of a topic I was fascinated with during my undergraduate degree: sand dunes. You see, a sand dune is a remarkable structure. Wind and water constantly punish a dune, but it gracefully shifts and morphs in response to the environmental pressure and keeps its overall structure. This allows the dune to provide shelter to the flora and fauna that rely on it for survival. I see this level of resilience and unwavering support for students in all of you. You have displayed remarkable creativity, ingenuity, flexibility, and compassion, and I am in awe of your collective talents.

Speaking of shifting, our FA Executive is again celebrating the arrival of new members. Charlotte Beaubier has assumed the VP Professional Affairs role, and you can learn more about her passion for PD and plans for the PAC Committee within this newsletter. An even newer face in the executive is Lindsey Marofke, who was recently acclaimed as Treasurer. Lindsey brings a wealth of experience to the role, and we are grateful she will be sharing her knowledge and expertise with us.

This newsletter also includes a brief update on bargaining from Phil Flegel, VP Negotiations. Phil and the rest of the bargaining team continue to passionately make a case for improvements to language, especially regarding big-ticket items such as workload, professional responsibility, and compensation.

If the thought of negotiations elevates your stress levels, do not worry - Dara has you covered! Our resident yogi shares incredible insights into mini-meditation for well-being (p.8). Please do yourself an immense favour and read her article. On subsequent pages, you will also find productivity tips, information on decoding course codes, and information on upcoming events. So please grab your favourite beverage, sit back, and enjoy the newsletter!

In closing, I hope the rest of your term goes well, and I look forward to seeing you at the Virtual AGM on May 19th, 2022.

In solidarity and friendship,

Penny Marcotte

Faculty Member Housekeeping

Work Stoppage?

WE NEED TO GET A HOLD OF YOU!

In the unfortunate situation of a work stoppage, we will need a non-BVC email address, this will be the only way for BVCFA to personally contact you.
Use the link to access the Google form and enter your non-BVC email.

HTTPS://FORMS.GLE/VQZPDV3LTX2USFJE6

Here's the Link

&

Check out our Website!!

The BVCFA website had a makeover, and it sure looks GOOD!!

All BVCFA membership is able to login to the private area of the website to access several resources

Private Area Just for BVC Faculty

Ready?

Check it out!!!
www.bvcfa.com

Email bvcfa@bvcfa.com if you are having any trouble logging onto the private members' area of the website

COMMITTEE CALL OUTS

PAC

PAC is looking for new committee members from different schools and departments. Please get in touch with our VP PAC if interested.
pac@bvcfa.com

Communications & Engagement

The VP Communications & Engagement is forming a new committee to help with "You're on Mute: The BVCFA Podcast" and other engagement activities. Please reach out to the VP if you're interested!
communications@bvcfa.com

Your FA Team

NEW!

Contact Us!

Labour Relations	labourrelations@bvcfa.com
President	president@bvcfa.com
VP Operations	operations@bvcfa.com
VP Negotiations	negotiations@bvcfa.com
VP Professional Affairs	pac@bvcfa.com
VP Communications	communications@bvcfa.com
Treasurer	treasurer@bvcfa.com
Past Executive	pastexec@bvcfa.com
Board of Governors Rep	bogrepresentative@bvcfa.com
Academic Council Faculty Chair	accouncil@bvcfa.com
Office - General Inbox	bvcfa@bvcfa.com

Q & A With Charlotte Beaubier

Q: How long have you been at Bow Valley College and what do you do here?
A: It may surprise people to know that I have been at Bow Valley College for 23 years.

Q: What kinds of PD things have you done in the past?
A: I have always had a passion for PD. I have often presented at provincial and national conferences and I started a Professional Development community of practice in the SGA about 9 years ago and I was going strong until Covid hit. That is why I was interested in becoming VP PAC.

Q: What is your vision for the PAC under your leadership?
A: I would like to reach out to some of the newer schools and see what they have to offer. One thing I have learned in my experience with PD is that we have a very talented faculty here and they have a lot of great ideas. I don't want it to be "been there done that" and hoping to find something fresh.

Q: What do you love most about PD?
A: It may sound corny, but I am a big believer in lifelong learning and I have rarely attended a session where I didn't learn something new.

Q: What is something about yourself that people might not know?
A: BVC is the only professional job I have had? I was hired one month after I graduated from University and I am still here.

Q: What is coming up for PAC in the next few months?
A: We are hoping to send out a survey soon and see what people are interested in learning about for the fall. I have inherited a fabulous PAC committee that has a wealth of experience and knowledge and we are hoping to get some fresh ideas.

CEA

With the start of 2022 came the launch of the new Bow Valley College Centre for Entertainment Arts and partially opened the newly built area at the college.

Starting in Fall of 2022 we launched two new programs:

- Foundations in Visual Arts
- Advanced 3D Animation
- 3D Modelling

Followed up with:

- Advanced VFX (Virtual Production) in the Spring/Summer
- Advanced Game Development in the Fall
- Advanced Film Production diploma starting in Winter of 2023.

All these programs are taught by industry experts with a long list of credits in the industry including working with major studios like Marvel, DC, Disney, etc. So, a big BVCFA welcome to the new instructors in these courses.

Current School of Technology instructor Dan Barnfield has also joined to teach classes within the CEA. We are lucky to be able to have Dan, a published artist, add his skills to the team at CEA. Along with new instructors we also have EAs who are joining the team with the CEA. Taia DeBona and Sasha Zherdeva join the team as full time EAs within the CEA and Marie Elsayed-Anderson and Spencer Ecker have joined the team as casual EAs. We're excited to have these young professionals join the team.

We also have a very exciting new space built. This space will be used by students to ensure they're getting an education as close to industry as possible. This means that the studio classroom and labs are all black inside and have been closed off to outside light. That will help to ensure that the view seen on the computer is not interrupted by glare and the environment is better controlled. There is also a common area for students and staff set up which is done in a way to encourage collaboration and will also have the extra elements students will need for their studies. This includes games (video and board) to help students to better understand how to build a game successfully and to understand the user experience.

negotiate, collaborate & get a fair deal.

A brief update on bargaining.

- No bargaining in the Month of March
- The bargaining team has resumed its prep meetings to prepare for the next round
- Bargaining will resume Wednesday, April 20, 2022

Cheers

TO THE NEGOTIATIONS TEAM

Mental Health

DARA MACKAY

Mini-Meditations to Get You Through the Day

Meditation might be a buzzword these days, but the power of this tool is actually palpable. Simply google "power of meditation" and you will find that a plethora of benefits bombard your screen. Go ahead, just try it. What do you see?

Let me guess: It lowers blood pressure, increases focus, lowers stress and heart rate, increases brain function and many more. There are many scientific studies that show the benefits of meditation. I don't need to sell you on them. What I do want to do is give you some mini-meditations you can incorporate into your day when you are feeling the stress go up, the focus go down, and your brain doesn't want to cooperate anymore. They are simple. They are short. They are impactful. They are easy. But, best of all, they take very little time!

For the breathing meditations, I like to close my eyes. You may also choose to soften your gaze or fix your gaze on an object that brings you comfort or peace. How you do it is up to you.

3 Breaths of Awareness

This one can be done anytime, anywhere. The key here is not to just breathe, but to breathe with awareness. Take a deep inhale, and notice how it feels entering your body. Notice it moving through the body, and then notice the exhale, whether through the nose or mouth. Repeat 2 more times. Do this process as many times as you need in order to come back to your body and to calm down the heart rate and stress response.

Breathe with Self-Compassion

This meditation ties into the first one, and can be added as a layer of the 3 breaths. Do this one once, or many times. In this breathing exercise, not only do you notice the breath as it enters your body, but you visualize it as an all encompassing hug of compassion washing through you. As you breathe in, visualize this touching each part of the body as the oxygen you are breathing moves through your blood stream. First, see it enter the lungs and move to the heart. Then imagine it flowing through your arteries to all your tissues. Then, as you exhale, visualize your body releasing gratitude for this act of compassion. Repeat as needed.

Walking Meditation

In this meditation, you are going to walk. You can do this in your classroom, in your workspace or office, in the hallways, or even outside. Go where you can. Here, you are going to bring your attention to your feet as you walk. First, as you put your heel down, feel the contact with the ground or your shoe. Then deliberately, slowly bring the rest of the foot down. Notice how it feels when the middle, arch and ball of your foot make contact. Then bring the toes down. Notice the feeling against the ground. Now, deliberately lift the next leg and repeat this process. Walk slowly and with purpose, fixing your attention on the feet and the legs and how they feel as you walk. When you get distracted, acknowledge it, and gently bring yourself back to the feet and their contact with the ground.

BVCFA PRESENTS

Decoding Course Codes

"What the...?!?!"

Decoding Course Codes at Bow Valley College

TRAD — IN-CLASS OR 'TRADITIONAL'
in-person, classroom-based delivery of all course content

OC — OFF CAMPUS
scheduled activities at non-college sites, such as practicum, field work, clinical, etc.

ATOL — ANY TIME ON LINE
digital, asynchronous delivery of all course content

RTOL — 'REAL TIME ON LINE'
digital, synchronous delivery of all course content.

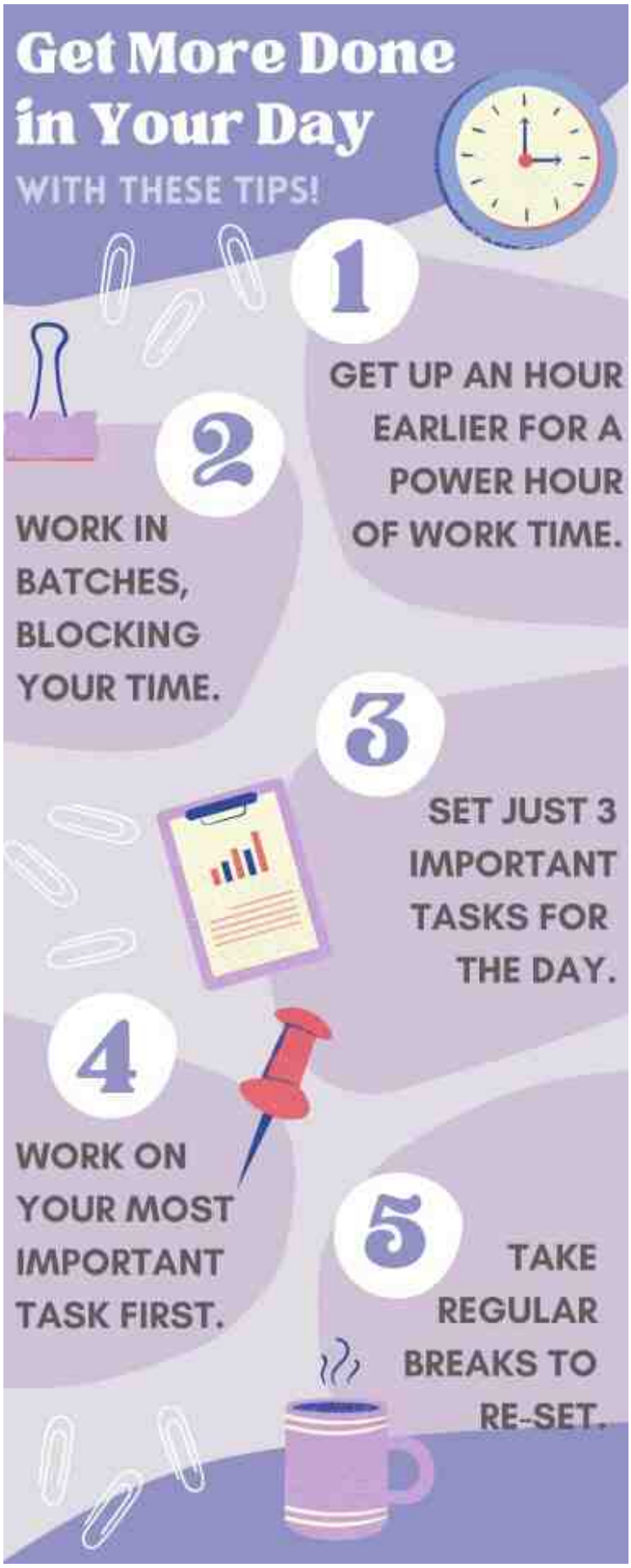
OT — "OTHER"
A blended (or 'other') delivery that includes both scheduled in-class activities and asynchronous/ synchronous online activities, such as with the Modern Classroom

COOL — COMBINED ON LINE
a combination of both synchronous and asynchronous digital delivery of all course content

MN, CO, OK, AI, ST, BA, HI, — CAMPUS CODES
Main, Cochrane, Okotoks, Airdrie, Strathmore, Banff, High River; these codes are embedded in your service offering, or section code (e.g. 22JAN**OKOT** would be "Okotoks Blended")

"PRODUCTIVITY IS NEVER AN ACCIDENT. IT IS ALWAYS THE RESULT OF A COMMITMENT OR EXCELLENCE, INTELLIGENT PLANNING AND FOCUSED EFFORT."

Paul J. Meyer



UPCOMING EVENTS

WE'LL SEND AN EMAIL INVITE FOR UPCOMING EVENTS WHEN SCHEDULED!

Queer First Fridays

COMING YOUR WAY

Next Session: May 6

FIND US ONLINE

BVCFA

Fostering Academic and Social Community Among Members Of The Association. The BVCFA is here to ensure that you feel supported.

Coffee & Chat with Penny & Matt

COFFEE PLEASE

A CHANCE TO BE ABLE TO CHAT, ANSWER QUESTIONS AND CONNECT WITH MEMBERS

UPCOMING SPRING DATES TBD

Craft Show!

Authentically Indigneous Spring-time Craft Show & Market |...

Looking for a unique shopping experience? Come shop at Authentically Indigenous Craft Show ...

todocanada.ca

Click here for more info.

Please vote on your preferred time to attend this year's AGM, May 19, 2022, and some other preferences you may have by clicking on or searching the link below.

https://forms.gle/wvWJnohfEGVgp3nH6