



ASSEMBLY MEETING
January 15, 2015

Welcome: The meeting was called to order at 3:00 pm by Dee Cook, President. Dee welcomed everyone to the meeting.

Roll Call: Roll was taken via sign-in. 11 representatives and 2 visitors were present for the General Assembly meeting.

Minutes Approved with no changes:

- A motion was made to approve the December 11, 2014 minutes. The motion was seconded. The assembly unanimously approved the December minutes.

Dee Cook introduced and welcomed our speakers:

Speaker: Dr. Rebecca Kelly, Director of Health Enhancement Planning/Asst. Professor

Rebecca Kelly gave a presentation on personal and professional happiness. She stressed the importance of finding happiness in everyday life, and its role in boosting an individual's health and well-being through gratitude, kindness, and optimism. Dr. Kelly shared that over 200 scientific studies have shown that happy people are more productive and creative at work. Studies have also revealed that happy people experience greater success, make more money, and hold superior jobs. Those with happiness make better letters, have strong immune systems, and live longer lives.

Dr. Kelly explained that a person's happiness is based upon three factors: 50% genetics, 10% situation, and 40% choice/outlook. Although it's not always possible to change your genetics or situation, a person has 100% control over his/her choices/outlook. Some suggestions on how an individual can improve their outlook: committing acts of kindness, writing gratitude letters or journals, visualizing best possible futures, savoring joys and replaying happy days, nurturing relationships, forgiving and learning to let go of stress, etc.

Dr. Kelly closed her presentation by reminding the assembly that "happiness takes work" The Office of Health Promotion & Wellness and Human Resources Department offers opportunities for staff employees to better their physical and emotional health. Some upcoming example programs are Strive for Five, WellBama, and the West Alabama Hearth Walk.

For more information about the programs in Office of Health Promotion & Wellness visit <http://wellness.ua.edu/>.

And for more HR Development workshops visit <http://hr.ua.edu/learning-development>.

Introduction of Visitors:

We had two visitors: Mary Mock from Facilities and Benita Collins from University Housing.

Old Business:

Alabama REACH Pantry Drive – **Dee** reminded the assembly that donations for the Alabama REACH Pantry are still being accepted and can be dropped off at our assembly meetings. A list of needed pantry items can be found on the home page of the OCTSA website.

Coat Drive – **Lynnette Scales** reported that 33 coats, 6 gloves, 3 scarves, and 5 hats were collected by the OCTSA for this year's Coat Drive.

Parking Update – **Dee** reported that she is working to set up a meeting for the Staff Life and Steering Committees to present the assembly's parking proposal to Dr. Lynda Gilbert, Vice President for Financial Affairs.

New Business:

Award Ceremony – **Dee** announced that the annual OCTSA award ceremony will be Thursday, May 17th. **Leslie Davis** is working to obtain our FOAPAL information, so that we can make purchases for the event.

Officer Elections – **Dee** reminded the assembly that the elections for 2015-2016 OCTSA officers would take place at the March assembly meeting. Dee made a call for nominations, but none were provided. She agreed to allow for electronic nominations via email for the following positions: President-Elect, Secretary, and Treasurer.

TRS Runoff Ballot – **Dee** reminded the assembly that there is an upcoming runoff election for the TRS with both Alabama and Auburn candidates.

Association of American University Women (AAUW) – **Dee** announced that the Association of American University Women is trying to start a chapter in Tuscaloosa, and any staff member interested in participating should let her know. The AAUW works to encourage the advancement of equality for working university women.

UA Standing Committees Report:

- Committee on University Committees: No report
- Campus Master Plan: **Todd Hester** reported that 2012 Master Plan is still being implemented on campus, and a new plan to amend the 2012 Master Plan will happen in 2017. He reported new information regarding the estimated \$464 million renovation plans on the Bryce property, which will include space for: a new auditorium, three theaters, and Performing Arts Center; Classrooms; Auxiliary Services; Bicycle Repair Shop; University Printing, Welcome Center; Rec Buildings with Zip-line; and History of

UA/Mental Health Museum. This committee also spoke about health issues with the artificial grass on Butler Field.

- Equal Opportunity: No report
- Faculty and Staff Benefit: No report
- Information Technology: No report
- Intercollegiate Athletics: No report
- International Education: No report
- Libraries: No report
- Parking: No report
- Professional Staff Assembly: No report
- Safety and Security: No report
- Student and Campus Life: No report
- Student Health Community: No report
- Tobacco Strategic Health Team: No report
- Undergraduate Programs: No report
- University Recreation: **Marina Klaric** reported that this committee is also discussing the possible health issues with Butler Field. Risk Management has been brought in to assess the risk of the turf causing cancer. This committee is also continuing to discuss issues with the new Rec Center. There is not enough parking at the building. UA is considering closing the new Rec Center for the summer due to lack of funding in the budget to cover summer salaries. The Rec Center locations will no longer be providing free towels. It now costs. \$4.00 to buy a towel. The Aquatic Center has finally been repaired after a fire, which forced the University Swim Team to travel daily to Birmingham to practice.

OCTSA Committee Reports:

Staff Life Committee-

- The Staff Life Committee is still working on the Parking Fee Project and Direct Deposit for Staff Meal Plans.

Communications & Public Relations Committee-

- **Allyson Holliday** announced that OCTSA's Twitter account and Facebook page are live, and she encourages everyone to check them out. The brochures for OCTSA are being updated.

Professional Development Committee-

- No report

Service/Outreach Committee-

- Announcements about current service projects have already been made.

Ad Hoc Committee

- No report

Steering Committee

- See report listed under Staff Life Committee

Dee thanked everyone for attending meeting today.

Meeting dismissed.

Next Meeting: 2/12/15