



SAMRU Calendar

Students' Association News

What's Happening On Campus?

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What's Happening On Campus?



Welcome from your Students' Association! | January 2012

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Your choice, your voice – nominate yourself for a role on Students' Council



By Nicole Boyce

The semester is almost over, but there's still plenty of time to run in the 2012 - 2013 SAMRU elections! If you're looking for a fun way to get more involved in campus life, consider running for a position on Students' Council, the directing body of the Students' Association. As a Governor or Executive, you'll have the chance

to help shape the future of our association.

to meet new people, advocate for your fellow students, and impact issues like tuition, transportation, and academics.

Additionally, elected representatives have the chance to study the workings of a multi-million dollar organization, learning about the policies and procedures that make the SA tick. Whether you're interested in management, non-profit, finance, public relations or policy, Students' Council is a great way to gain insight into board-governed organizations, while working to improve post-secondary education. Plus, it looks great on your resume.

Any credit student at Mount Royal with a GPA over 2.0 can run in SAMRU's elections. Just stop by our Reception desk (in room Z222, on the second floor of Wyckham House, above the food court), ask for an elections application package, fill out the forms, and collect nomination signatures from twenty other students. Then drop off your application and get started on your campaign strategy.

If you'd like more information on the SA's governance structure or the responsibilities of student governors, speak to our Receptionist about meeting with our current governance team. Nomination packages are due by 4:30pm on Monday, February 14th, 2012.

[Get more information >>](#)

Like a genie in a bottle, your wish is our command

Along with a whole host of new weekly programming, the Hub presents By Request Wednesdays. This is your chance to influence what kind of events we host in The Hub.

Since the Hub opened, SAMRU clubs have been highly active, and Amber Mader, the Clubs Coordinator added that clubs "have had some very successful events lately" with a high number of students and guests attending. "Joli Fou's Rock Slide had one of the bigger Hub events" she added, with over 140 students attending. "Most of the events have been dance parties; most of them are themed, and lately they've been really good" she commented, in the few months that The Hub has been open.



"We asked Clubs what they wanted, and they wanted Wednesdays at the Hub" Amber said. The Hub management took the survey results seriously, and decided to open up one more night for clubs to do their thing in the space; helping them produce the kinds of events they want to host, and that other students want to attend!

If you are a club member, that means you need to get your thinking caps on, talk to Amber, and start planning some amazing events! If you aren't a member of a club, now is your chance! In January all the clubs will be looking for new members, including those of you with creative ideas on how to make even more interesting, engaging, and valuable activities happen right here on campus to engage, inform, and entertain MRU students.

On the rare occasion that a date isn't snatched up by a club to host an event, SAMRU's programming department will be putting on some excellent events to fill the gap – so if you head down to The Hub on a Wednesday night, there will always be something going on. From Open Mic nights, live music, or special guest performers, we've got it covered. Kick off the night right with our wings special from 4-8pm, and then a variety of events are headed your way from 8pm-2am depending on your host.

For more information about The Hub, By Request Wednesdays, or other Hub programming, check out our website at: <http://www.inthehub.ca>

The Season of Caring is a community effort

The winter holiday season is over for many people (although there are still celebrations coming for some) and this has been a wonderful year for the Season of Caring – an annual project spearheaded by the Students' Association's Peer Support Center along with the Student Outreach and Safewalk team.



Another team on the MRU campus that assists with part of the Season of Caring is students in the Transitional Vocational Program (TVP).

"The program assists adults with developmental disabilities by enhances their employability skills using a combination of on-campus learning and work practicum" according to Olivia Parsons, an Employment Specialist who works for the program. Students from the program are responsible for collecting all of the non-perishable food donations that are donated within MRU to the Season of Caring. The food is then donated to the Calgary Interfaith Food Bank and the Peer Support Centre food bank in Wyckham House.

A student in the program, Sabrina Brooks, added that there are people "without a lot of food to eat, so it's important to share". She chose to come to MRU because of the classes available and the opportunity to make new friends. She credits her involvement with the Season of Caring with reinforcing organizational and communication skills.

"Some of the work skills the students learn come from collecting food and sorting them into different boxes" added Olivia. Talking to people in different departments helps further build communication skills and punctuality and dependability are also important work skills enhanced through volunteering. "The goal of the Program is for students to obtain and maintain competitive employment".

Learn more about the [Season of Caring >>](#)

Learn more about the [Transitional Vocational Program >>](#)

SAMRU needs you! Volunteer positions now available

By Nicole Boyce

If you're looking for a new opportunity this New Year, consider volunteering with the Students' Association. Volunteering is more than just a resume-builder; it's a great way to meet people and build a strong campus community. As part of our volunteer team, you'll have the chance to plan and host fun events, run interesting programs, and assist your fellow students.



"I met tons of people as a volunteer," says Jon Heath-Smith. "It's easy to get so engrained in school that it becomes your life, but you can't really function that way—you need the social aspect too."

In addition to making great connections, volunteers gain valuable skills and experience. "I learned a lot about different people, places, and ideas," says Jon. "Volunteers come from all faculties and ways of life, so you start to learn things that you wouldn't normally learn." Offering workshops on skills like conflict resolution and working with diversity, SAMRU encourages our volunteers to learn and grow outside the classroom.

The SA is currently seeking volunteers for all our service centres, with options to suit your interests and availability. If you'd like to feel more connected at school and to have some fun this semester, stop by the SAMRU's Reception desk (Z222) to pick up a volunteer application.

[Or learn more about our volunteer centres online >>](#)

Low Light Tuesdays at The Hub

If a wild dance party isn't your idea of socializing after class, check out The Hub every Tuesday evening from 7pm-11pm for Low Light Tuesdays. Tuesday night resident DJ Bobbie Kidd will spin chill R&B and conversation-friendly lounge music; a perfect setting to relax with



your friends, catch up on some reading, get a bite to eat at an affordable price, or just play a game of pool before heading back home to study.

Low Light Tuesdays run every Tuesday that The Hub is open; check out <http://www.inthehub.ca> for all of The Hub's new programming. >>

Important news about your Health & Dental plan

Did you know that as a credit student (9 credits or more) you have extended health and dental insurance benefits through your Students' Association? You are automatically enrolled in the program, and the fees are included in your university fees. Our partner, Gallivan & Associates Student Networks provide you with a comprehensive plan, but we need you to play your part too.



Activate your coverage now!

- Head down to the basement of Wyckham House and visit the Student Benefits Plan Office in Z001 to activate your benefit account. Then you can start taking advantage of the plan.

- If you want to opt-out or add a family member onto your coverage, visit the office before January 27th.
- If you have previously opted-out of the benefits plan and did not pick up a reimbursement check, please also call 403- 440-6267 to inquire.

Deadline

For all full-time students enrolled in 9 or more credits: the Opt-Out, Opt-In and Family Add-On deadline is January 27th. You can opt-out online or in person – just be sure to do it before January 27th!

Want more information?

The Student Benefits Plan Office is staffed full-time, Monday through Friday, so you can always head down to Z001 to ask a question. Alternately, you can call 403-440-6267 or [visit our website](#) for more information.



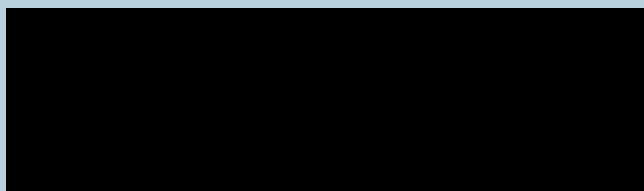
Make new friends – join a club!

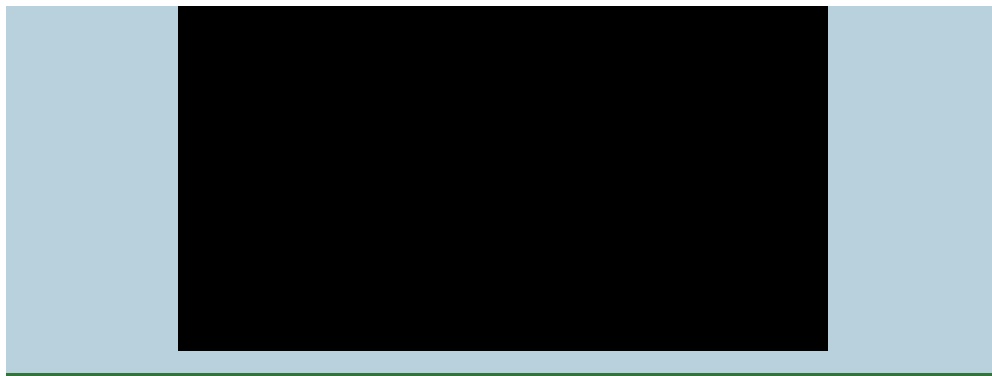
If you want to meet people outside of your existing social circle or classes, one great way to meet new people is to join a club. SAMRU helps students with similar interests come together through clubs, and we have lots of resources (including a great clubhouse) to help you connect.

Come check out all of the clubs that want YOU as a member at Clubs Days!

Located on Main Street (near the bookstore and the library) different clubs will have representatives and table displays set up January 17 & 18 so you can learn more about the Clubs, what they offer their members, and how you can participate.

Thinking of starting your own club, or want more information? Check out the [Club's home on the SAMRU website!](#) >>





The Hub's new menu

"The Hub should be a home away from home for students" starts Michael Buffet, The Hub's Kitchen Manager, when talking about the SAMRU's brand-new pub and restaurant. "It's a place where they can come and get a high-quality, fresh, home-cooked meal" he adds. With these goals in mind, Michael has designed a brand-new menu to kick off the winter 2012 semester right for MRU students.

The chefs took student feedback to heart when designing the new menu – adding in much-loved pub-favourites like nachos (with three cheeses and all of the traditional toppings), poutine (starting with home-made French fries), and soft pretzels (served with a creamy cheddar cheese sauce).

Other new additions include a grilled Portobello mushroom burger and a steak sandwich among other new entrees. A brand-new build-your-own pasta selection is also on the new menu with two types of pasta, two sauce options, and four protein choices. There are also two new tempting desserts to satisfy your sweet tooth. Regulars might notice that some items have been removed or tweaked based on customer feedback, but your favourites still remain.




Feedback is always welcome according to Bar Manager Tiffany Riddell. Customers can give their feedback directly to their servers or bartenders, and can always call or email as well. The Hub's Facebook Page is also another great tool to share your comments, thoughts, and suggestions.

[Share your great ideas for The Hub >>](#)

Addressing Conflict: 5 Tips from the Trenches

By Andrea Davis



In my work over the past semester as the Student Advocacy Coordinator, I've seen some emerging trends on addressing conflict. Conflict is totally normal; we won't always agree with people. If you want to be successful during conflict, keep these tips in mind:

- 1) Prepare. Remember the most important points you want to make. Organize your thoughts in a notebook. Show the other person that you are prepared for a discussion rather than a 'venting' session.
- 2) Stick to the facts. Avoid words that can escalate people's feelings. Instead of saying, "This situation is stupid", try describing what you heard or observed. Steer away from belief statements.
- 3) Use "I" statements. Take ownership of your words. (I.e.: "I feel unheard." instead of "You make me feel that my points aren't valid.")
- 4) Tone of voice matters. A harsh tone often escalates a situation. Keep your tone calm to help keep others calm too.

5) Active listening helps. You know you want to be heard. The other person wants the same thing. Check your understanding of their words with them. (I.e.: "Tell me if I got this right; you're saying you'll do the citations if I do the formatting on this group paper?")

Remember, the sooner you talk about those nagging concerns, the better you'll feel.

[Need more suggestions to handle conflict? Visit the Student Advocacy Coordinator >>](#)

Thursday Night Out: Welcome to Winter Party

Are you ready to kick off another semester here at MRU? New to campus and need a great way to meet your fellow students and start your time off right?

Head to The Hub in Wyckham House on January 12th for the very first Thursday Night Out of the winter 2012 semester! Dance the night away, chill with your friends, enjoy a beverage or bite to eat, and listen to some great tunes from Discotecha's DJs.

The party starts at 9pm, and it's free for all MRU students with student ID. 18+ only, please bring government-issued picture ID. \$5 cover for guests (or anyone who forgets their student ID). Please party responsibly!



[Check out what else is happening at The Hub this semester >>](#)

A little money back in your pocket



By Lisa Antichow

Located in the basement of Wyckham House, Copywrite & Used Books offers you the opportunity to sell and buy used textbooks.

It's easy to sell your books - all you have to do is visit <http://samru.ca/businessServices/usedBook.htm> to get started in our simple consignment process. With consignment, you set the selling price of your book. Once it sells, you get a check for 75% of the price you set! This puts the selling power in your hands – you decide how much, or how little, you want for your textbook.

And don't forget: Copywrite is also an excellent place to buy textbooks. If steep textbook prices are making your wallet cry, Copywrite can help ease some of the pain. Our books are priced competitively, and by purchasing at Copywrite, you are supporting your very own Students' Association.

Be sure to make Copywrite one of your first stops early in the semester. Books go fast and you don't want to miss out on a chance to save some money!

A third place to call home

A number of students have mentioned that they really think of a campus pub as a third home – a place after your home or apartment and your classroom where you can relax, meet people, and really be yourself. With that in mind, we've got some brand-new programming for your third home – Living Room Mondays at The Hub.



The idea behind Living Room Mondays is to give you a chance to tell us what you want – how you want to socialize, how you want to connect, and how you want to spend a Monday evening, either winding up for the school week ahead, or winding down after a crazy day of classes. We'll have games, movies, and special activities based on what you want.

So, tell us what you want to see! [Drop us a line at The Hub>>](#)

Or [contact us on Facebook!](#) >>

Catch a flick in The Hub



Every Monday The Hub brings you a double-header of back-to-back movies to make you laugh, make you think, or help you reconnect with your inner child.

January's movies include:

- January 9th – Fifth Element, Matrix
- January 16th – Star Wars 4 and 5
- January 23rd – Star Wars VI: Return of the Jedi and Kung Fu Panda
- January 30th – Pixar Night: ~~Fox Story~~ Finding Nemo and WALL-E

The first movie starts at 7pm with the second starting around 9pm.

Got suggestions for future movies in The Hub for Living Room Mondays? Let your server know!

Click! Got your picture!

When visiting dignitaries, celebrities, guest speakers or musicians visit Wyckham House it's reasonable to expect that photographs will be taken and some of these photographs might be published in the media, including on-campus media like The Reflector. When the public is invited to attend events like these, the event can be considered a 'public' event, and MRU students (along with staff, faculty, and other guests) attending the event can reasonably assume that anyone, including the media, can take photographs without first obtaining written or oral permission from the subjects they are photographing. In all of these cases, your Students' Association requires photographers and videographers – both professional and amateur - to apply for and receive a media pass before photographing within Wyckham House.



Photo from The Hub

So what about other events happening within Wyckham House? Generally all events that take place in Wyckham House are open to the public in some way. You might see a photographer or videographer who works for SAMRU taking photos at events in Wyckham House both large and small. These staff members will not have a media pass, but you'll probably recognize them from the halls of MRU and throughout Wyckham House.

How does SAMRU use these photos? Well, the fun photos of students taking advantage of everything that we have to offer usually go up on [our Facebook page](#) for starters. We might also use the photos we take in our digital displays, our [online newsletter](#), [our website](#), our Annual Report, or in other materials we produce not limited to this brief list.

"If a person has concerns about photographs taken of them at school, they should discuss their concerns" said Jackie Fisher, Director of Student Services for the Students' Association. While we always try to be discreet and respectful while selecting photos to use, if you don't want your photo taken in a small group setting – just let the photographer know.

If you have any questions with respect to our policies concerning the handling of your personal information, or if you wish to request access to, or correction of, your personal information under our care and control, or if you wish to make a complaint about how the SAMRU handles your personal information, please contact the Executive Director of the Students' Association or his or her designate as follows:

Marcy Fogal, Executive Director
The Students' Association of Mount Royal University
4825 Mount Royal Gate SW
Calgary AB T3E 6K6
Phone: (403)440-6415

[Contact your SAMRU](#) >>


Join the conversation



Want to be in-the-know? Want to be the first one to hear about upcoming concerts, give-aways, prizes, and freebies? Want to know about all the cool stuff your SAMRU is doing to make your life better while here at MRU?

Join us on Facebook to get event invites, concert updates, and other information that matters.

"Like" the SAMRU on Facebook for even more information, or if you only want info in 140 characters or less, follow us on Twitter! Do you want to get a bit more visual? The SAMRU also has a YouTube channel!

 [Be a friend >>](#)

 [Like the SAMRU? >>](#)

 [Tweet away! >>](#)

 [Subscribe to our channel >>](#)

SAMRU Event Highlights

Every Monday Living Room Mondays at The Hub	January 19 Residence Grocery Shuttle
Every Tuesday Spanish Speaking Circle & Low Light Tuesdays at The Hub	January 19 Thursday Night Out
Every Wednesday By Request Wednesdays at The Hub	January 20 Friday Afternoon Jazz
Every Thursday Thursday Night Out at The Hub	January 20 Club Event: Psychology Student Society Band Night
Every Friday Friday Afternoon Jazz at The Hub	January 21 Club Event: Student Nursing Grad 2012 Band Night
January 5 First day of Winter Semester 2012	January 23-31 Volunteer training
January 6 New Student Orientation Day for Winter 2012 semester	January 23 Chinese New Year
January 9 Free Breakfast Begins	January 23 Club Event: Education Undergrad Society Pizza Party
January 9 First day of Winter Semester 2012 classes	January 25 Club Event: Improv – Improvination
January 10 Low Light Tuesdays – Every Tuesday	January 26 Thursday Night Out
January 11 By Request Wednesdays- Every Wednesday	January 27 Club Event: Student Nursing Society Toga Party
January 12 Thursday Night Out: Welcome to Winter party	January 27 Health & Dental Benefit Opt-out/Add-on deadline
January 13 Club Event: Broadcasting Society Karaoke Night	January 17 Last day to adjust registration
January 13 Friday Afternoon Jazz	
January 16	

Living Room Mondays – Every Monday January 17 & 18 Clubs Days	January 18 Last day to pay fees for Winter Semester 2012
January 17-19 SAMRU Volunteer Days	January 31 Last day to be re-instated for Winter Semester 2012

For the latest updates on what's happening with your Students' Association, check out our [event calendar!](#)

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SAMRU in the news



Staff members [Shereen and Stephanie](#) are interviewed in an article about the Season of Caring

Students hosted a [moustache shave in Wyckham House](#) to raise funds for prostate cancer research. Check out this video from the event.

Wyckham House business profiled in [The Reflector](#).

For even more news about your SAMRU, students at MRU, expert staff and faculty at MRU or other news about MRU, please [visit our news page!](#)

Archive

For past issues of What's Happening, please check out the PDFs

- [February 2011](#)
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- [July/August 2011](#)
- [August Supplement](#)
- [September 2011](#)
- [October 2011](#)
- [November 2011](#)
- [December 2011](#)

This newsletter is sent from an unattended address. Replies should be sent to president@samru.ca

For further information, please contact Dawn Linnemoller, [Editor & Content Coordinator](#)

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