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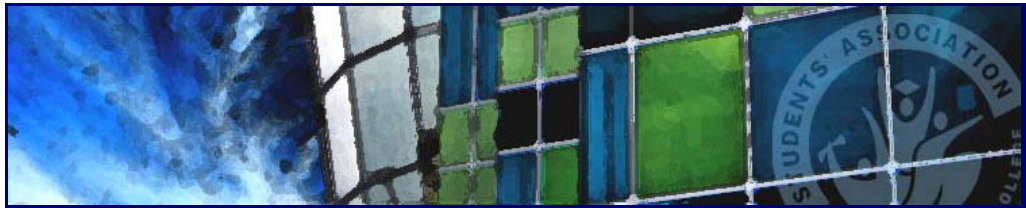
What's Happening On Campus?

Contests

## EVENTS & NEWS

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### What's Happening On Campus?



Welcome from your Students' Association! | September 2011

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#### Welcome or welcome back!



Whether this is your first year at MRU or you are returning back again, welcome! We're your Students' Association and we're here to support you and make your whole experience better. Keep reading to learn more about what the SAMRU offers students at Mount Royal, who we are, and how you can get involved!

#### The SAMRU dream team – your elected Executive Committee

Members of the Executive Committee (EC) are current students, just like you. The EC is your voice and under Students' Council, governs and guides the association. The EC is elected annually by their peers – members of the Student's Association of Mount Royal University (SAMRU). The EC is a standing committee of Students' Council and deals with issues like tuition and loan policies, student life, advocacy and lobbying,

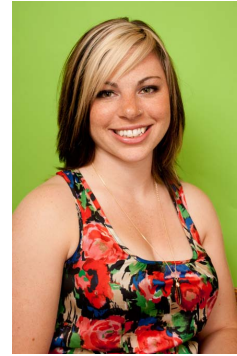
academic appeals, and external relations.



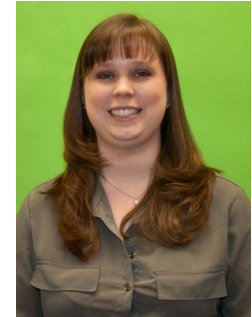
*Meghan Melnyk –  
President*



*Michelle Dennis – VP  
External*



*Kaylene McTavish – VP  
Student Life*



*Jennifer Langille – VP  
Academic*

Your 2011-2012 Executive Committee includes:

- Meghan Melnyk – President
- Michelle Dennis – VP External
- Kaylene McTavish – VP Student Life
- Jennifer Langille – VP Academic

If you want to contact anyone from the Executive Committee or Students' Council, come on up to the second floor of Wyckham House and pop into Z222, or [visit us online](#) where you'll find contact information for each executive member as well as email information for each member of Students' Council.

[Contact your SAMRU Executive Committee >>](#)

## Your health and dental plan

Did you know that as a credit student (9 credits or more) you have extended health and dental insurance benefits?

The Students' Association, through Gallivan & Associates Student Networks, provides you with a comprehensive plan. Students taking nine credits or more at Mount Royal University are automatically enrolled in the Student Health and Dental Plans. The fees for these plans are included in your university fees.

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 September 30th.

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.

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.

### IMPORTANT! SAMRU HEALTH & DENTAL PLAN

For all full-time students enrolled in 9 or more credits: the **Opt-Out, Opt-In and Family Add-On deadline** is September 30th. You can opt-out online or in person – just be sure to do it before the September 30th deadline!



[Find out more about your health and dental benefits >>](#)

## Top tips for your first week of school

If this is your first year here at MRU, you're probably a bit overwhelmed with all of the possibilities – but once you settle in, you'll hopefully find that your SAMRU is here to help you have a great time between tests, quizzes, and all-night study sessions!

Here are our top-ten ways to make your first week memorable, enjoyable, and just a little less stressful!

- 10 Eat right. Starting off your day with a good meal gives you energy to last and helps with your concentration. If your cupboards are bare (or the idea of Ramen noodles for breakfast seems like a bad idea already) then head to the [Peer Support Centre on the second floor of Wyckham House](#) for a free breakfast.
- 9 Be prepared. Make sure you're ready to participate in class by having your supplies and all of the course materials you're going to need. If you're looking to save some money on text books, head down to [Copywrite Used Books in the basement of Wyckham House](#) to see if your text book is available second-hand.
- 8 Meet new people. One of the best things about coming to university is the chance to meet new people and being open to new experiences. A great way to meet new people is to join one of SAMRU's many student-organized clubs. If you want to [start your own club](#), start-up funding is available too!
- 7 Take advantage of your student status. There are a lot of perks to being a student, so take advantage of them! One great way to save some money is by using the UPass for transit. You already pay for it anyways, so why not skip paying gas money even just twice a week and take transit instead? [MRU manages the UPass program](#), and you can find out more by visiting their website.
- 6 Make a difference. SAMRU can help make a big difference in your life, but you can also help make a difference in the lives of your fellow students. Volunteering with the SAMRU can give you valuable networking opportunities, great resume-friendly experience, and can help you put some of what you are studying to practical use. Plus, our Executive Committee has also been working with the [provincial government](#) on a '[volunteer your debt away](#)' program, where your volunteer work with [non-profit organizations](#) (like the SAMRU!) can help chip away at some of what you'll owe after graduation. If you want to join [Students' Council](#) and help influence policy, seats will be filled by appointment in the fall, and by election in the winter.
- 5 Keep informed. There are a lot of things going on at MRU, and it's hard to keep on top of everything, but SAMRU tries to make it easy – you can follow us on [Twitter](#), join us on [Facebook](#), or check back to our [events calendar](#) - either way if you make a little effort to stay informed, you'll be rewarded with details on concerts, [contests](#), free food, [scholarships](#), [job opportunities](#), and much more!
- 4 Learn more. Obviously you're at university for the classroom education, but so much learning is done outside of the classroom too! Talk with your classmates about their experiences, join a club, or check out what SAMRU's [numerous service centres](#) are all about! You can learn more about the world around you at the Cultural Mosaic Centre, celebrate diversity at the Pride Centre, learn about reducing your eco-footprint at the Sustainability Centre, and much more!
- 3 Relax. Make sure you take time for some fun in between studying and working too. [MRU recreation](#) has great options, or you might just want to kick back and enjoy some sunshine (while we still have it!) on the lawn. If music, games, a cold beverage and some friendly company is more your style, come into [Wyckham House and visit The Hub](#) – our brand new campus pub.
- 2 Stay healthy. It's hard to study if you're not feeling well, so try to maintain your health while here at MRU. Visit the [Encana Wellness Centre](#) and make sure that you activate your [Student Health & Dental Benefits plan](#).

# 1 And our number one top tip for enjoying your first week at MRU – have FUN!

## Free money!

Your SAMRU rewards excellence – with over \$42,000 in scholarships, rewards, and bursaries rewarding community involvement and volunteer commitment, there's a good chance you're eligible! [Grab a 2011-2012 E-Award package](#) starting in October from Z222 or [online](#).

Want to attend an out-of-town conference or work abroad? [The Membership Development Fund](#) can help with up to \$1000.



## Getting around Wyckham House

So you already know about Wyckham House's great Food Court (how could you miss it?!) but there's more to Wyckham House than just fast food and a great campus pub.



**Basement**  
*As you're just coming into Wyckham House from MRU, you'll find stairs to the basement across from Subway – or take the elevator to access everything in the basement.*

- Copywrite Used Books
- Ticketmaster outlet
- Eco Store
- Reboot Inc.

- Student Benefits Office
- Reflector Office

**Main floor**  
*The main floor of Wyckham House is where you'll find regular events, so if you're looking for something to do, check there first!*

- The Hub
- Food Court
- Collegiate Shop

Tables and chairs to eat, study, or socialize



- Second floor
- Want a slightly less busy area to study, or want to access some of SAMRU's services? Head up the stairs or elevator to the second floor! SAMRU Reception in Z222 (right near the restrooms) along with professional offices for our Executive Committee members, research, governance, business services and more along with rentable meeting spaces.
- Council Chambers
- Art Gallery
- Second floor study lounges
- Peer Support Centre
- Pride Center
- Native Student Centre
- Sustainability Centre

## More power!

Need a place to eat, study, catch up AND charge your laptop? Check out the [second floor study lounges](#) in Wyckham House.

**Third floor**  
*Just one more flight of stairs (or an elevator ride) will bring you up to additional services!*  
Professional offices for our communications, programming, support services, business services, accounting, IT and more

[Clubhouse and the Clubs Coordinator office](#)  
[Student Advocacy Coordinator](#)  
[Student Outreach and Safewalk](#)  
[Cultural Mosaic Centre](#)

[Add our maps to your bookmarks! >>](#)

## Food court survival guide (a.k.a. avoiding the freshman 15)

The [Wyckham House Food Court](#) is the home of 12 independently-owned food kiosks which serve a delicious array of snacks, meals, drinks and treats. Our Food Court includes Japanese, Middle Eastern, Thai, Mexican, Italian, and Vietnamese options, along with delicious burgers and sandwiches. You can quench your thirst with a caffeine fix, adult beverage or a milkshake too. Plus you can pick up those last-minute necessities in the Collegiate Shop convenience store. Don't forget [The Hub](#), our brand-new restaurant/pub, where you can find just-like-home comfort food, refreshing beverages, friendly people and great music.



While there are lots of tempting treats and guilty pleasures, it's also possible to select healthier, well-balanced options as well. With food that is made to-order, opt for whole grain breads, light dressings, and lots of vegetables. Grab a bottle of milk a few times a week, or a healthy shake instead of sugar-filled pop, and carry around a reusable water bottle to stay hydrated.



If you tend to eat less-than-healthy options when you're stressed, our [Peer Support Centre](#) can help you tackle some of the things causing you stress by offering things like Emergency Student Loans, free textbooks, free breakfasts, and service referrals.

If you tend to have gastronomic regret because you're bored, then come get involved in one of our [service centres](#). The Pride Centre, Cultural Mosaic Centre, Sustainability Centre, and Native Student Centre all have things going on, and if you want to get some exercise while meeting new people and learning new things, you can also join the Student Outreach and Safewalk team!

If you find it hard to incorporate healthy, fresh produce into your diet while at university, we can help there too! Sign up for the [Good Food Box](#), and get good food at a great price!

## More new SAMRU staff!

If you had the chance to read our [July/August issue of What's Happening](#) I let you know about some new staff members who joined our team or took on new roles over the summer. I've got even more to share with you for September!



PLEASE WELCOME:

Michael Buffett – our new Kitchen Manager. Michael's creativity, enthusiasm, and experience will no doubt add to the successful launch of our newest operation – The Hub.

Tiarra Keim - our new Assistant Bar Manager who will be helping the team make The Hub an awesome place to hang out.

Amber Mader - our new Clubs Coordinator who will be helping existing clubs re-ratify, and new clubs get off the ground!

Stephanie Symington - our new Cultural Mosaic Centre Coordinator taking over from Tiffany to help students explore this amazing world!

Kelsey Springate - our new Peer Support Centre Coordinator, working with all of the great programs the PSC provides students.

Stephanie Kusnick - our new Student Outreach & Safewalk Coordinator to keep our hallways well-

informed and safer!

Jonathan Heath-Smith - our new Receptionist. You might remember Jon from the work he did as last year's Pride Centre Administrator. We're happy to have him join us in a full-time capacity, so make sure you stop by Reception and give him a warm welcome.

Want to contact any of our staff? Come on up to Z222 on the second floor of Wyckham House and talk to our receptionist, or check out our website for contact information.

[Contact the people who are working hard for you >>](#)

## 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

September 6, 2011

Free Breakfast Begins

[Peer Support Centre](#)

September 6 & 7, 2011

[Student Orientation Days](#)

September 7, 2011

[New Student Orientation after-party](#)

Wyckham House

2:30pm-4:00pm

September 8, 2011

[First day of Fall Semester 2011 classes](#)

September 13, 2011

[Electro Tuesday: Massive House Party Pt. 1](#)

Wyckham House / The Hub

Doors at 9:00pm

Free for MRU Students

September 15, 2011

UFest

Bedouin Soundclash with Frankie McQueen and guests

TransCanada Amphitheatre, MRU

[Tickets \\$10, available at The Hub, Copywrite or through the MRU Conservatory](#)

Doors at 4pm

September 17, 2011

September 20, 2011

Electro Tuesday: Massive House Party Pt. 2

[Wyckham House / The Hub](#)

Doors at 9:00pm

Free for MRU Students

September 21, 2011

[Good Food Box pick up](#)

September 22, 2011

[Residence Grocery Shuttle](#)

September 24, 2011

Royal Canoe & Ghostkeeper

[The Hub](#)

Doors at 8:00pm

Tickets \$10 plus service charges, available at [primeboxoffice.com](http://primeboxoffice.com)

September 27, 2011

Electro Tuesday presents: Keys N Krates

[The Hub](#)

Doors at 9:00pm

Free for MRU Students

September 27 & 28, 2011

[Clubs Days](#)

Main Street

September 30, 2011

[Health & Dental Benefit Opt-out/Add-on deadline](#)

### Crystal Kid CD Release Party

[Wyckham House / The Hub](#)

Doors at 6:30pm

All Ages

Tickets \$25 plus service charges, available at [primeboxoffice.com](http://primeboxoffice.com)

September 20-22, 2011

[SAMRU Volunteer Days](#)

October 1 & 2, 2011

First Annual Calgary Horror Convention

[Wyckham House](#)

10:00 am – 6:00 pm

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



## SAMRU in the news



[Mount Royal's Newsroom](#) interviews your four elected Student Executives! Article includes videos shot by SAMRU's videographer, Michelle.

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!](#)

*Check out our great videos!*

## Archive

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

[October 2010](#)

[November 2010](#)

[December 2010](#)

[January 2011](#)

[February 2011](#)

[March/April 2011](#)

[May/June 2011](#)

[July/August 2011](#)

[August Supplement](#)

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

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