



November 2020: Issue #3  
New Council & Mental Health

# Congratulations to the new Student Council!

Last month, RRUSA held the annual student council elections. Thank you to all those who participated in the election. We would like to introduce you to the 2020/21 Student Council!

- President:** Vivian Cheung (BAPC oc)
- VP On-Campus:** Caylin Rutherford (BAJS oc)
- VP Online:** Daryl Doyle (BAJS blended)
- VP Finance:** Emma Hodges (BAGTM oc)
- VP Communications:** Marie Del Cid-Luque (BAPC blended)
- VP Engagement:** Alli Boyd (BAPC oc)
- VP Executive Administration:** Shreya Singh (BBA oc)
- Indigenous Student Rep:** Tutchone Dunfield (BscES oc)
- Program Representatives:**
  - Zack Daigle (BAJS blended)
  - Joy Ehiwere (BScES oc)
  - Dan Morris (BComEM blended)
  - Haley Gong (BAIHM oc)
  - Shea Watson (BAGTM oc)



### Important RRUSA Dates

- **December Council Meeting:**  
December 10th 7:00pm PST  
zoom.com

### - Events in the Westshore Community :

<https://web.westshore.bc.ca/events?oe=true>

**Global Mental Health Resources:**  
<https://checkpointorg.com/global/>

### International Survivors of Suicide Loss Day



November 21, 2020 is International Survivors of Suicide Loss Day. This day allows survivors of suicide, or loved ones who have lost someone to suicide, come together and find comfort and understanding in shared experiences. Although starting in the U.S.A, Survivors of Suicide Loss Day has spread internationally. In 2019, 417 Survivor Day events took place across 26 countries.

According to Canada.ca, on average, 10 Canadians die every day by suicide. Use the link below to search for virtual events regarding mental health support happening near you on November 21, 2020.

<https://isosld.afsp.org/>

### LOOKING FOR STUDENT VOLUNTEERS!

Are you interested in becoming a sitting member on one of the following committees?  
If you would like to join please email the corresponding address below.

**Peer Support Committee:**  
-Supports students to engage in a physically and mentally health lifestyle.  
[RRUSA-President@royalroads.ca](mailto:RRUSA-President@royalroads.ca)

**Industry & Sustainability Committee:**  
-Partners with the community to promote engagement, networking, social innovation and sustainable initiatives.  
[RRUSA-VPEngagement@royalroads.ca](mailto:RRUSA-VPEngagement@royalroads.ca)

**International Committee:**  
-Promotes intercultural activities and holidays and works to help students adapt and connect.  
[RRUSA-President@royalroads.ca](mailto:RRUSA-President@royalroads.ca)

\*Committees will choose their own meeting times and govern themselves as they see fit subject to the University's policies and RRUSA bylaws.

### How do you Keep your Mind Healthy?

@rrusaed  
Our instagram followers said.....

1. Take a stroll by the lagoon at the university
2. Regular exercise and yoga
3. Spend one day a week catching up on cleaning, homework, and responsibilities
4. Spend time with family
5. Explore the campus trails



Above: Japanese Garden - RRU Campus

"Royal Roads University acknowledges that the campus is located on the traditional lands of the Xwsepsum (Esquimalt) and Lkwungen (Songhees) ancestors and families who have lived here since me immemorial.

This land has been part of the fabric of the life of Indigenous communities long before Hatley Castle was built, and it will be long into the future. It is with gratitude that we now learn and work here, where the past, present and future of Indigenous and non-Indigenous students, faculty and staff come together."

@rrusaed  
 Royal Roads University Student Association  
 [www.rrusa.ca](http://www.rrusa.ca)