



JULY 2021: ISSUE #11

SUNSHINE IS MY MEDICINE OF CHOICE

IMPORTANT RRUSA DATES

Next Council Meeting:
August 5, 2021

Zoom Meeting - 7 pm - 9:00 pm

Last Council Meeting: July 8, 2021

Minutes can be found [here](#)

VIRTUAL SUMMER CAMP – TRAVEL & TRANSPORT

Aug 4, 9 am - noon (PDT) Are you planning on travelling to Canada or Victoria to begin your program at Royal Roads University or want to know more about public transport in Victoria? Join us on Aug 4!

VIRTUAL SUMMER CAMP – HOUSING & STUDENT ACCOUNTS

Aug 6, 9 am - noon (PDT)

Need housing help? Do you want to know more about tuition payments and invoices?

VIRTUAL SUMMER CAMP – INSURANCE & WELCOME DESK

Aug 11, 9 am - noon (PDT)

Learn more about insurance coverage, fees, student ID cards, parking passes and more.

VIRTUAL SUMMER CAMP – BANKING & SHOPPING

Aug 13, 9 am - noon (PDT)

Learn more about the banks, mobile services, shopping, and places to explore in Victoria.

VIRTUAL SUMMER CAMP – RRUSA

Aug 18, 9 am - noon (PDT)

Join us to learn more about the Royal Roads Student Association and things to do on campus.

VIRTUAL SUMMER CAMP – IMMIGRATION & PERMANENT RESIDENCY

Aug 25, 10 am - noon (PDT)

Learn more about Permanent Residency options.

WHAT TIME IS IT? SUMMERTIME!

Summer is upon us, hopefully most of you are taking advantage of the warm weather! ☀️ 🍹

While painful sunburns and the risk of skin cancer are real threats when you overexpose yourself to the sun without any SPF, there are also many positives effects when we catch some rays. The sun can do plenty of good things for your body — some sunlight can do wonders for your mind, bones, and more. Read more on the [5 Ways The Sun Can Affect Your Mental and Physical Health](#).

On July 15 RRUSA held a giveaway, *Midsummer Night Dream*. If you missed it, don't fret, stay connected and watch out for more giveaways on Instagram [@RRUSAED](#)

SEND US YOUR WORK!

Have something you think everyone would love to see or read? We would love to hear from you - send us your:

- Funny memes
- RRU Stories and/or Experiences
- Creative Artwork or Photography

Email us at: RRUSA-VPCcommunications@royalroads.ca

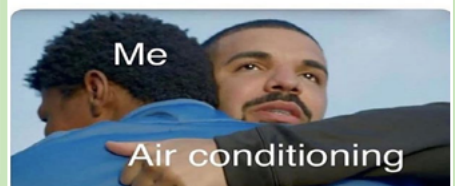
Today we are featuring a [blog post](#) written by a fellow RRU student, Taylor Koel who is studying environmental science at RRU. Her blog post was published on [The Starfish](#) (a youth journalism online forum focused on environmental awareness in Canada). Read and learn why [Greenspaces are the key to elevating our communities](#)

IN OTHER NEWS

These snazzy cohort sweaters arrived earlier this month! If you live in Victoria and you still haven't picked up your sweater be sure to get in touch with us so we can help you. For those that live abroad, your sweater should be on its way.



Friends: What's your plans for today?



JULY MEME:

"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