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The Publication Of The Concordia Students Association

September 1st 2005

Orientation Issue





Ask Barb



Barbara van Ingen

Welcome to all our new students and welcome back to our returning students. My name is Barbara van Ingen and I am Concordia's Counselling Psychologist. Many events and situations in our lives present significant challenges, and sometimes those challenges require professional support.

Psychologists are committed to helping people improve their well-being and deal with problems effectively. I am here to help you identify your problems and then figure out ways to best cope with them; to change contributing behaviors or habits; or to find constructive ways to deal with a situation that is beyond your control. In other words, we will work to improve both your physical and mental well-being.

Some of the reasons students come to see me include, personal growth, life transitions, learning and attention difficulties, marital and relationship issues, parenting and family concerns, separation and divorce, depression, stress, anxiety, health and wellness, traumatic experiences, sub-

stance abuse, time management, and study skills.

My services are confidential and are free to all of Concordia's students. To book an appointment with me, please contact Student Services in person or phone 479-9241.

In addition to counseling students, I also offer presentations throughout the academic year. Here are some of the upcoming presentations. Please look in the Blue & White and watch for signs throughout campus for more information on these events.

Wednesday, September 21, 2005 at 1:00pm

Budgeting Presentation by the Credit Counseling Services of Alberta

Wednesday, September 28, 2005 at 2:50pm

Personal Safety Presentation by the Edmonton Police Service

Tuesday, October 18 at 10:00am and Wednesday, October 19 at 1:00pm

Schedules and Time Management by Barbara van Ingen

HAVE A QUESTION? Please send us any questions you have for Barb. You can drop them in the submissions box or email them to

blueandwhite@csa.concordia.ab.ca
Questions may be submitted anonymously.

Tuesday, November 8 at 10:00 am and Wednesday, November 9 at 1:00 pm

Writing Essays – presented by Concordia's Writing Centre

Tuesday, November 29 at 10:00am and Wednesday, November 30 at 1:00pm

Exam Anxiety by Barbara van Ingen

If you have a question for me or a topic you would like me to write about in the Blue & White, please submit your questions and ideas to the Blue & White.

Best wishes for the new school year!



General Interest Writer - \$25 per issue Sports Writer - \$25 per issue

Send your resume to blueandwhite@csa.concordia.ab.ca or Drop it off in the mailbox on the Blue and White office door

Introducing: CSA President

Hi, my name is Quinn Moerike and I am your Students' Association President! Does that ever sound weird to say. It was just last year that I ran in the Presidential election, and I have spent a good part of the summer stressing out about how I am going to live up to the expectations of the student body here at Concordia.

There are some exciting things going on, and your Executive Council has been hard at work this summer already trying to get things done to make your experience here enjoyable and to continually improve our service to you year after year.

I have been asked to try to say who I am, where I'm from and what my role is, so here it goes. I am 26, I worked in restaurant management, financial services and the oil field before coming to Concordia, I have been married for three years to my beautiful bride Vanessa; a brilliant math major who attends Concordia as well, and work in a Homeless Shelter for men in the summer here in Edmonton. I am actually quite boring. I tend to study a lot and get into long, drawn out debates about the minutia of my field of study on occasion. And lately I have had the annoying habit of periodically yelling "Hockey's back!" at the top of my lungs, while bursting into tears at the sound of the Hockey Night in Canada theme music. Except for my secret love of ear-splitting volumes of hard music, that is pretty much me.

I am from southern Saskatchewan, though I also

spent some of the formative years of my teenage-hood (is that a word?) in Hinton, AB, and a few places like that wasting my life and making my parents cry. I now live full-time in Edmonton, and I like the city, though coming from Saskatchewan, having to actually look up to see the sky is a little much to bear. If you watch *Corner Gas* you'll see what I am talking about.

My role as your Student President is to represent the students to the Concordia institution at large while working with the administration here to try and continually improve the learning, social and spiritual life of the students here at the school. In that regard I do things like hold meeting with the President of Concordia, Dean of Students, etc., while sitting on several boards as the student representative in order to let the student body have a voice in the direction of the school, advising on policy, etc.

Well, my office is down in the CSA area just off Tegler and I will be having posted office hours as well as trying to talk to as many people as possible on my own. Please, come and talk to me if you want to talk about anything. It can run the gamut of topics from your stress at being away at school, to complaining about something that you feel needs changing here, to explaining to me how all the NHL rules work.

Thanx for your time, see ya. WWJD. Amen.



Quinn Moerke CSA President

Introducing: VP Internal

First things first, let me extend a hearty and enthusiastic welcome to all staff and students, new and old. Welcome to a new school year, brand new for some, the beginning of the end for others. I hope that the coming year looks as exciting and promising for all of you as it does for me.

Let me move on to my next point and the focus of this article: my introduction. This is not a personal ad, although I am a fun loving Scorpio with a passion for

the outdoors and good music, but that's not important. My name is Scott Gamble and I'll be your (the Student Association's) Internal Vice President for this coming year.

"Ooh. Aah. What a fancy title!"

Now I know it sounds pretty impressive but I'll ask you to remember the old adage about judging books by covers. Let me break it down for you. I'm here to serve you on the Concordia campus in as many different ways that I can manage. I get to oversee

clubs and organizations and help them out with their cool events. I have my hand in the Blue & White (what you're reading right now) making sure that you the student body gets your fill of Concordia propaga ... information. But the best part, at least the part that is the most fun, is that I get to inflict my own brand of strange and unusual fun upon you the student during any and all internal events. That's right, I get to plan fun stuff to

do and you get to sit back and enjoy the ride, unless of course the event requires audience participation in which case you'll have to dive right into the insanity - please.

Don't worry, you'll get some time to ease into things, but not much time - so be wary. I hope you all have an excellent year, but remember that you are the only one who can ensure that.

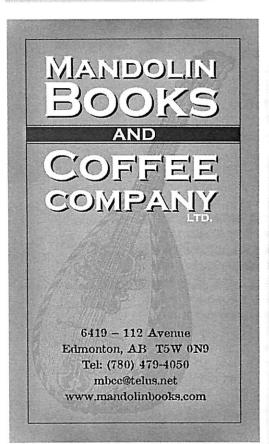
Read the Blue & White.



Scott Gamble VP Internal

...dive right into the

insanity - please...



Submit your articles to the Blue and White. Put them on a disk and drop them off in the submissions box, or e-mail them to:

blueandwhite@csa.concordia.ab.ca

Send us:

Your experiences
Your insights
Your poetry
Your artwork

Next submission Deadline: Monday, Sept. 12th

Introducing: VP Christian Life



Beth Lang VP Christian Life

Hello everyone! My name is Beth and I am your Vice President for Christian Life. This is my 2nd year at Concordia and

I look forward to a GREAT year! I'm passionate about my position and love to do the Lords work. I was pursuing a career in ballet when I had a major injury. I look back to that time with nostalgia but feel fortunate that when that door closed, this door opened. I'm in

the management program, majoring in non-profit organizations. Some things I love are family, friends, my puppy (appropriately named Chaos), shopping, and having FUN. My main focus this year is to get everyone involved in awesome Christian life activities like bible studies, volunteering, prayer walks, and fundraising as well as fun activities like potluck dinners and trips to the waterpark. I look forward to seeing you there! I welcome any suggestions you have for events, so feel free to come talk to me. my door is always open! Have a great year and I look forward to meeting you!

Introducing: VP Finance



Paul Ney VP Finance

I was born in Ontario, but have spent most of my life in a small town named Stony Plain just outside of Edmonton. I love playing basketball and volleyball,

and I go snowboarding every chance I get. I dream of becoming a rock star, but if that doesn't work out, I'm currently studying to become a pastor in the Lutheran church.

My job? I do a lot of behind-thescenes work. I'm the guy who manages a portion of the money you pay to come to school here at Concordia. One of my primary responsibilities is to make sure the rest of council follows their budget. I keep track of all expenditures and revenue, take care of relations with the bank, make deposits, sign cheques, and all sorts of other exciting things.

What does this mean for you? It means I am 100% accountable to you. After all, it's your money! So come visit if you have any questions about how your money is being spent. My office is always open.



Sam

Coleridge

Small Talk With Drywall

Two students were mounting drywall in a bunch of mini-storage units for a summer job. While they worked, they talked and listened to music.

Sam opened the new package of exacto blades, took one, and put it in his knife. Then he turned around and cut the piece of drywall that Will was holding.

"I love opening things. It's like Christmas in the middle of the year."

"You mean God becomes a human being when you open a package of blades?"

Sam stopped cutting, made a face, and then kept going.

"No, I mean I get stuff. Smart guy."

"So Christmas is the time when people give you stuff."

"Well, yeah... I mean no... Hey, stop trying to make me think! This is summer vacation, and thinking's not allowed."

"If this is vacation, why are you working?"

"Shut up!"

They finished cutting the piece, then lifted it and carried in into the unit they were working on. The radio was playing inside the unit. There was an oil stain in the back corner.

They mounted the piece, and began putting screws in.

"Why do you like opening new things?" asked Will.

"...I don't know. It's kind of a thrill to be the first one."

"Why?"

"Maybe because then it's like it's mine. Nobody else has touched it, so it's mine."

"Finders keepers?"

"Yeah. You know what I mean." Sam grabbed a step ladder and climbed up to reach the top screws.

"Would you give up that feeling if you could help feed a starving person?"

"Where the heck did that come from?"

"Just a question."

"Okay. Sure I would."

"Then why do you buy new clothes instead of Salvation Army

merchandise?"

Sam stopped his drill and stared. Then he threw a screw at Will.

"Ow!"

"You know what, shut up and let me work."

..why do you buy new clothes?

Rubbing his arm, Will shook his head and smiled.

CALLING ALL CLUBS

AND DRGANIZATIONS:

For those of you who don't know:

The CSA funds clubs and organizations on campus. If your club wants in, it needs be open to all Concordia students, and needs to be educational, recreational, or supportive in its goals for the student body.

For those who do know (and now you all know): To receive a CSA funded budget for the 2005-06 school year the

CSA needs a copy of your budget before September 22nd (among other things)

Here's a list of last years clubs:

Education Students Association Green Thespians Collective Christian Vocations Association United Nations Club Psychology Students Association Native Association Business Club

If you were a part of these clubs in the past or would like to look into forming your own, please contact Scott Gamble, VP Internal, for any information.

My Summer Vacation

Andrew Hoffman Do you remember the first day of school in grade three? It was exciting to see all your friends again... but everyone is whispering to each other that the meanest teacher in the whole school is teaching your class this year. You and your friends go into the class and pick desks, not sure about what is going to happen. Then the teacher walks in, says hello, and then does the worst thing your eight-year old mind can imagine; she tells everyone to write a short story with the title "What I did on my summer vacation."

Concordia Career Services--Information For Students

FREE COFFEE!! Drop by the Career Services Office, fill out an information form. You will receive a coupon for a free coffee at the kiosk—until September 23rd.

At Career Services, students can access information and support in regards to:

- -Career & Educational Planning
- -Making Career Decisions
- -Job Search
- -Resume Writing
- -Portfolio Development
- -Preparing for Interviews
- -Tracking Labour Market Trends

The Career Services Office and Resource Centre are in the Library (Rm # L265). To book an appointment with Career Services, go to Student Affairs (Rm # G212)/ or call 479-9244/ or email dorothy.ritz@concordia.ab.ca

Note the following schedule of career events and workshops. The first one is on September 8th, All students are welcome.

CAREER SERVICES EVENTS FOR CONCORDIA STUDENTS 2005-2006

EVENT	DATE AND TIMES	LOCATION
Making Career and Educational Decisions	Thursday, September 8th, 2005 3:00-4:00 pm	CSA Meeting Room
Where are the Jobs? How to Track the Work Market	Wednesday, September 28, 2005 3:45-4:35 pm	CSA Meeting Room
Researching and Applying For Graduate Study or Professional Programs After Concordia	Thursday October 13, 2005 11:10 am-12:25 pm	CSA Meeting Room
How Do I Decide What Kind of Work I am Suited To?	Wednesday, October 26, 2005 1:00-1:50 pm	CSA Meeting Room
International and Volunteer Opportunities Fair-chat with presenters to explore options	Wednesday, November 2 nd 10:00 am-2:00 pm	Tegler Centre
Researching and Applying For Graduate Study or Professional Programs After Concordia	Wednesday, November 16, 2005 2:50-3:40 pm	CSA Meeting Room
Career Forum-Alumni Guests Share Their Career Experience With Students	Thursday January 12 th 2006 4:00-5:30 pm	TBA
Career Fair-chat with employers and, or possible educational programs after Concordia	Wednesday February 1 st , 2006 10:00 am-2:00 pm	Tegler Centre
Exploring International Education or Employment	Wednesday, February 15, 2006 11:10 am-12:00 pm	CSA Meeting Room
Job Search Tips and Techniques	Tuesday, March 7, 2006 12:35-1: 35 pm	CSA Meeting Room
Developing Your Resume and/or Portfolio	Thursday, March 23 rd , 2006 2:00-3:00 pm	Library Conference Room
Interviewing-for jobs or for further education	Friday, April 7 th 2006, 1:55-2:45 pm	CSA Meeting Room

Immediately, everyone in the class freezes. Half of the class can no longer remember anything that they did over the summer, including the 'frog incident' at gramma's that nobody will ever forget. The other half of the class is frozen because they remember *everything* they did over the summer, and they don't know if it's going to be as good as the first half's.

After thirteen years, I think it's time for me to finally confront my fear. So, this is what I did for my summer vacation:

I spent the past summer finding out that what I give as advice isn't worth pen and paper. It is ironic, then, that I am now working for the school paper, n'est ce pas? Fortunately, the job of your Blue & White staff is not to tell you what we think, but rather to show you what you and your peers think. So, in keeping with that general philosophy, here is something that I learned over the summer from people in your situations:

For the first years: one of the most exciting discoveries of the last few decades in terms of physical science is that black holes aren't actually black. They glow. If you didn't know this, and you wanted to, I hope your major is physics.

For the mid-years: Opium was used by the Romantic poets to stimulate creativity. I recommend (as an effective substitute) denying yourself food for three days, donning a linen robe and asking yourself (and the people around you) "What if things were different?"

For my fellow graduates: You may have realized recently that you know nothing. It's all right; you don't have to worry. Uncertainty prevents you from stagnating as you grow older. Just don't let your questioning make you complacent.

I hope you all have a wonder-filled year.





WALLE GET CHSH?

The Blue and White is now Hiring!



Sports Writer - \$25 per issue

General Interest Writer - \$25 per issue



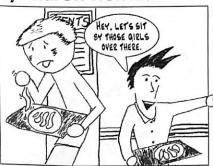


Send your resume to blueandwhite@csa.concordia.ab.ca

or

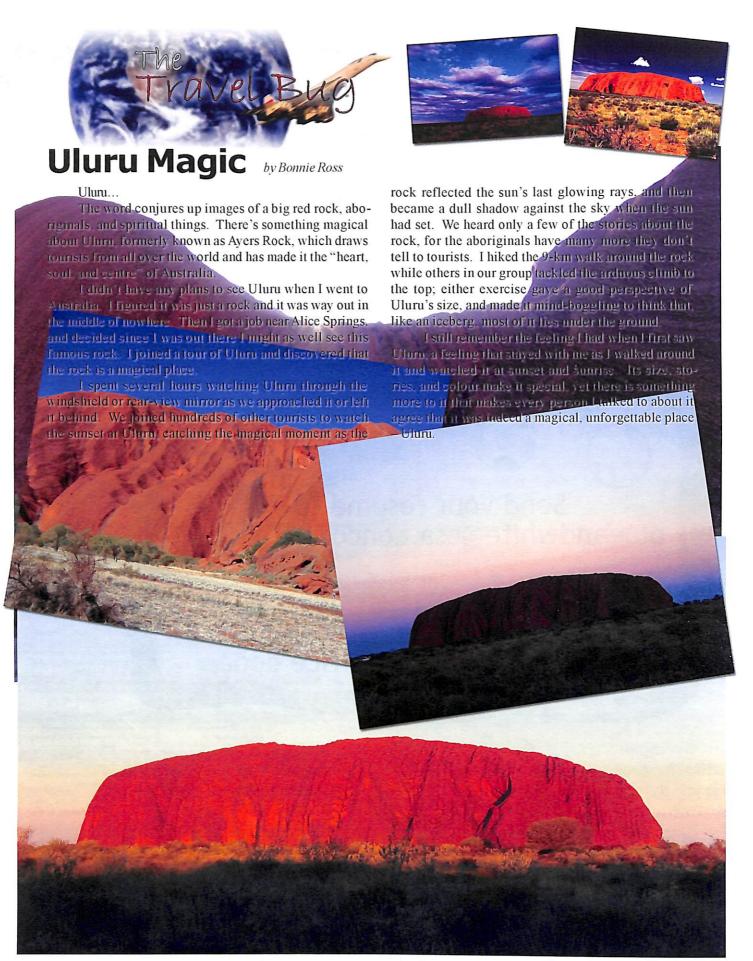
Drop it off in the mailbox on the Blue and White office door

First Day by Andrew Hoffman









Share your travel adventures and advice! Send your story and pictures to: blueandwhite@csa.concordia.ab.ca