

CAFETERIA MENU: NOV 5-9

- Monday: Chicken Fried Rice (Halal, GF)
- Tuesday: Breaded Veal with Mashed Potatoes and Gravy
- Wednesday: Beef Lasagna (7.99)
- Thursday: Chicken Chow Mien Noodle Bowl (Halal)
- Friday: Fish and Chips



INSIDE THIS EDITION:

- United Way Campaign Underway
- Prime Minister's Youth Council Information
- VP Marketing Volunteer Wanted
- Movies for Mental Health
- Data Month Speaker Series
- Financial Literacy– Invest in Your Well Being
- November Wellness Events
- This Week in the Gym
- International Pizza Day
- Fine Arts Profile– Preston Gray
- November is Financial Literacy Month
- Health Insurance Information
- Peer Support at Concordia
- Indigenous Student Assembly
- Study Abroad: Brazil
- Diwali Festival
- Study in Spain Info Session



CONCORDIA PRIDE CLUB

CANDY & BAKE SALE

FRIDAY, NOV. 9

11:00-1:00 PM



GRAD PHOTO SESSION ON CAMPUS

Date: Nov .13 - 15

Time: 9am - 4pm.

Location: CRSI Building Design Thinking Space.

[BOOK ONLINE](#)

Questions: csaed@student.concordia.ab.ca .



Remembrance Day & Fall Break Hours

Library is Closed for Remembrance Day weekend November 10 - 12

Fall Break Hours

Tues, 12th - Fri, 16th: 7:30am - 4:30pm

Regular Fall Hours resume Sat, 17th

FALL READING WEEK

- Monday, Nov. 12– Campus Closed
- Tuesday, November 13-No classes, Regular university program
- Wednesday, Nov. 14-No classes, Regular university program
- Thursday, Nov. 15-No classes, Regular university program.
- Friday, Nov.16- No classes, Regular university program
- Monday, Nov.19th– Classes resume, Regular university program

**WRITING CENTRE
OPEN**

BOOK NOW





United Way
Alberta Capital Region
myunitedway.ca

EVERY DOLLAR AND DONATION COUNTS.



**DONATION BINS
ARE LOCATED AT:**

**Concordia University of
Edmonton Library**

**Indigenous Knowledge
& Research Centre**

**Ralph King Athletics
Centre**

Student Success Centre

PURCHASE 50/50 TICKETS



**\$2 each, available at Student
& Enrolment Services (HA 120)**

Available for purchase until Friday, November 9th!

**One lucky ticket purchaser will win half of the
raised proceeds from this 50/50 ticket raffle!**

**The other half of the funds will go directly towards
the Breakfast/Lunch Program with the *Ben Calf
Robe Society.***

DONATE MITTENS & SOCKS for



***The Edmonton Mennonite Centre
for Newcomers***

**The EMCN works with thousands of newcomers
each year, from all parts of the world, out of
various community locations.**

**Please donate new mittens and socks to help keep
new Edmontonians warm this winter.**

For more information visit: emcn.ab.ca

DONATE TOWELS & TOOTHBRUSHES for



A Safe Place, Domestic Violence Shelter

**Since its opening in 1984, this shelter has
accommodated over seventeen thousand women
& children.**

**Please donate new towels and toothbrushes to
help this vital organization.**

For more information visit: asafeplace.ca



PRIME MINISTER'S

— YOUTH COUNCIL —

APPLY NOW!

OR LEARN MORE AT

CANADA.CA/YOUTH

BE THE **VOICE** FOR YOUR

COMMUNITY

@LEADERS TODAY



#PMYOUTH COUNCIL

DEADLINE TO APPLY IS NOVEMBER 30

Canada

Opportunity

Volunteer Marketing Position

Do you have an interest in sharing or gaining skills? If you answered yes, we have the perfect opportunity for you. We are seeking a Concordia student to fill out VP Marketing position. If you or someone you know is interested in this position please contact us at isc@student.concordia.ab.ca for further information.

Deadline for nominations is November 5th, 2018

- Excellent teamwork and communication skills
- An interest/enjoyment in managing social media
- Good organizational and planning skills
- Strong writing skills



Submit your short film to

MOVIES

for

MENTAL HEALTH

Have your work shown at an on-campus event and the chance to win

\$500.00

towards film/video equipment

Guidelines

Create a short film, 5 minutes long or less, that is either interpretive of mental health or addresses mental health directly.

Deadline

Submit a Google Drive share link (edit-enabled) of your film, along with your name and student number, by email to either barbara.vaningen@concordia.ab.ca or tom.corcoran@concordia.ab.ca by November 18th, 2018.

Films will be shown, and winner announced, at:
Movies for Mental Health
November 21st, 2018 at Noon in Tegler



Concordia **TALKS**

Have questions?
Need more information?

 @CUE_Management
@CUE_Library



DATA MONTH SPEAKER SERIES

CELEBRATING 100 YEARS OF STATISTICS CANADA

PRESENTED BY FACULTY OF MANAGEMENT, DEPARTMENT OF PUBLIC HEALTH, & CUE LIBRARY.

NOVEMBER 2018



Monday, Nov 5, 12 - 1 pm
Sarah Ahmed, Statistics Canada
Data User Services & Research Data Centres
Room: HAC 310

Wednesday, November 7, 12 - 1 pm
Jason Lau, Policywise
Expanding the Reach of Your Data Through Secondary Use
Room: HAC 310

Monday, Nov 19, 12 - 1 pm
Kirk Mcleod, Government of Alberta, Open Data Portal
Room: HAC 310

Wednesday, Nov 21, 12 - 1 pm
Sarah Ahmed, Statistics Canada
Celebrate 100 years of Statistics Canada!
Room: HAC 310

Monday, Nov 26, 12 - 1 pm
Karen Parker & Norman Mendoza, City of Edmonton, Open Data Initiative
Room: HAC 310

Wednesday, Nov 28, 12 - 1 pm
Ryan Mazan, Government of Alberta, Chief Statistician & Director of the Office of Statistics and Information, Treasury Board and Finance.
Room: HAC 310

Invest in your financial well-being



Knowledge of money basics is key to achieve financial well-being. People who are in control of their finances have greater peace of mind and overall well-being. Financial literacy is a critical skill at every stage of life, from childhood, to adulthood and into the retirement years.

The Financial Consumer Agency of Canada (FCAC) is a federal government agency responsible for protecting consumers of financial services & products and expanding consumer education.

Follow #FLM2018 for tips and tools on how to invest in your financial well-being and visit Canada.ca/Financial-Literacy-Month.

The first step toward financial success is to understand that you're in control of your financial future. Taking care of yourself includes investing time and effort to improve your financial literacy. Start now!

Having trouble paying your bills on time? Following these tips will help guide your spending: <https://goo.gl/f8t7YX>

Money is a major cause of stress. Knowing the secret of budgeting helps you find peace of mind. <https://goo.gl/RmtMhQ>

Plan for life's changing priorities so you can make responsible financial decisions and reach your goals. <https://goo.gl/qL1YQU>

Saving for a down payment, an emergency fund or a trip? This tool can help: <https://goo.gl/e5ALSQ>

Avoid surprises! Build your future with the right financial tools: <https://goo.gl/2llqgL>

Invest in your financial future with the right tools. Use the Budget Calculator, mortgage calculators, credit card tools and more: <https://goo.gl/2llqgL>

Worries about personal finances are at the top of the list when Canadians talk about their sources of stress. By clearly showing you where your money goes, a budget is a simple yet powerful tool that gives you not only valuable insights into your spending habits, but also an increased feeling of control and protection from unexpected financial surprises. <https://goo.gl/RmtMhQ>



finaid@concordia.ab.ca

THIS WEEK IN THE GYM

Monday:

Strength Training with Elise Nawrocki
12:10 - 12:50 - Ralph King Gymnasium

Wednesday

Yoga with Jess
12:10 - 12:50 - Ralph King Gymnasium

Friday

Drop In Intramurals
12:00-1:00 - Ralph King Gymnasium

Wellness Wednesday November

Family Violence Day

Nov. 7th - Lower Tegler - 11am to 1pm

Reading Week

Nov. 12th - 16th

Therapy Dogs

Nov. 21st - Tegler - 11am to 1pm

Free Yoga Class

Nov. 28th - GYM - Noon to 12:50pm





PIZZA



INTERNATIONAL PIZZA

**Come and meet CUE's international students and
Internationally minded students!**

HA206 Wednesday, November 7 @ noon

CONCORDIA FINE ARTS PROFILE

Preston Gray

Fourth-year music student Preston Gray is on dual display this weekend, in the Drama production *Almost, Maine*. He had planned to play the piano score he wrote as background music live during the play—until he discovered the cast was short of male actors, and agreed to act.

Neither role was one this self-avowed shy guy could have imagined before coming to Edmonton to move beyond his comfort zone. He was listening to Gershwin, honkey-tonk, and 70's folk and composing music for his rock band in Chilliwack, BC, when his sister, a theatre music director there, pointed him to Concordia's reputation for collaborative music and tight-knit community. Over the last three years, fortuitous associations and opportunities at Concordia have led him into a passion for composing music that elevates what is happening on the stage. After a chance meeting in drama class Preston wound up collaborating with student playwright Joel DiNicola, composing, arranging, and performing music for the Fringe-worthy "Conventional Musical" (2017). Still, he was stunned when Caroline Howarth invited him to provide music for the rollicking *Dada Play* last year; and excited when director Glenda Stirling asked for his help with *Almost, Maine* this year, resulting in a whimsical, melodic score.

Preston loves the process of underscoring the script, finding the "sweet spots" to heighten the audience's involvement with whatever is happening onstage—helping to tell the story--and "how alive it feels" to feed into that drama anew each night. He now writes not for himself but for others—"to give the music away," he says. This time around he finds himself on the receiving end as well, as he listens for an actor's cues on his recorded soundtrack.

Just a few weeks after the drama run ends, Preston's summer project comes to fruition—a contemporary pop album with his new band Stuarts Dove, a collaboration with fellow students Andrea McHenry (vocals), Greg Crawford (cello), and Aaron Addoriso (drums), available in December on iTunes, Spotify, and Amazon.ca.

But it has been the professional platform afforded by the university context—real-life experience with people who believe in his potential and depend on his output, and the energy and perspective that invariably return to him—that have propelled him to a vantage point from which he can dream of a future composing for the stage, film, television, and/or commercials. Stay tuned!



Music major Preston Gray wears two hats in the current Drama production Almost, Maine



One week left!

Nov 9 & 10 at 7:30 pm

Nov 11 at 2 pm

November Is Financial Literacy Month!



It's worth investing time and effort to improve your financial literacy, and Financial Literacy Month is the perfect time to do it! We invite you to join the conversation on social media using the hashtag **#FLM2018**.

You can also stay informed by following FCAC on the following channels:

- **Financial Consumer Agency of Canada (FCAC) website:**
- canada.ca/financial-literacy-month
- **Twitter:** @FCACan
- **Facebook:** www.facebook.com/FCACan
- **YouTube:** www.youtube.com/fcacan
- **LinkedIn:** www.linkedin.com/company/financial-consumer-agency-of-canada
- **Instagram:** www.instagram.com/fcac_can

Learn more in our November CUE weekly newsletters (Mondays)

финаid@concordia.ab.ca

mystudentplan.ca

Health insurance that won't give you a headache.



Learn about your student
health and dental plan at
www.mystudentplan.ca.



PEER
SUPPORT
PROGRAM



**WE ARE HERE TO
LISTEN.**

Room A212 (across from the CSA office)

Peer support will not be available November 12-16 (Reading Week).
The program resumes Monday, November 19th, 2018.



COME JOIN US FOR OUR FIRST

INDIGENOUS STUDENT COUNCIL ASSEMBLY

Date: November 7, 2018

Where: Indigenous Knowledge Resource Center (New Building)

Time: 4 to 6 pm

Special points of interest:

- * Marketing position
- * Updates on Completed Events
- * Upcoming Events
- * ISC logo contest
- * Discuss the purchase of swag

*Come Join Us for a bite.
We will have
pizza for attendees*



Meeting is open to all Concordia students

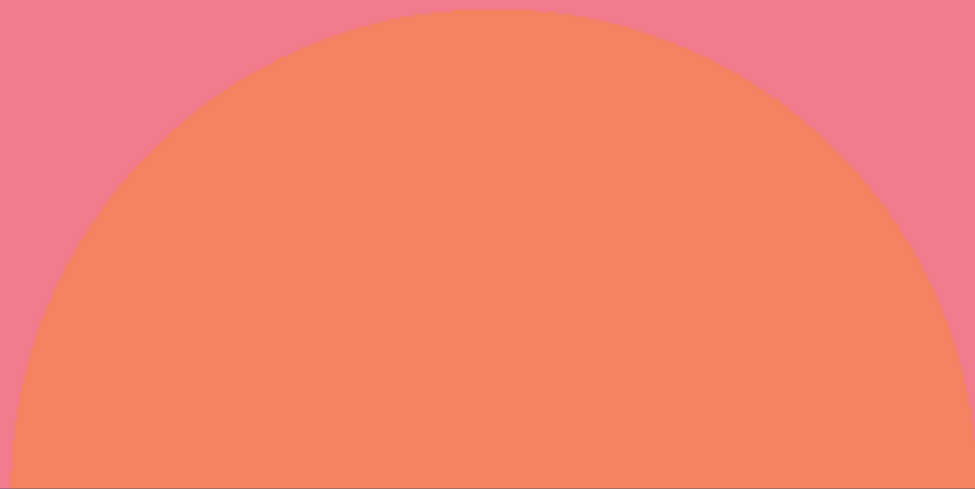
Do you want to
make a Difference?

Do you have an idea
you want to share?

Your Voice Counts
Have your say!!



CONCORDIA
UNIVERSITY | International
EDMONTON | Office



Study
ABROAD: BRAZIL

MAY 9- JUNE 1, 2019 WITH PARTNER UNIVERSITIES

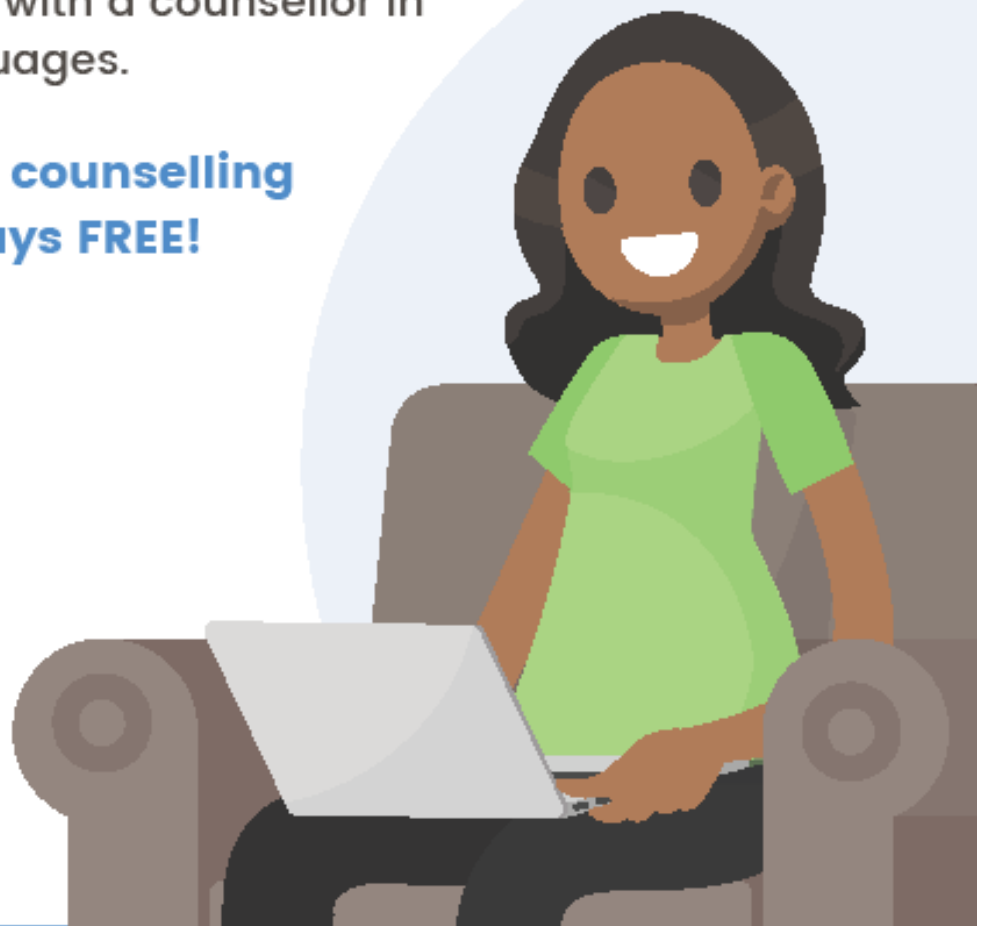
Information Session

November 26, 12-1 pm in HA208

Did you know that you have access to **online video counselling**?

Online video counselling is affordable and appointments are available outside of traditional office hours. You can book an appointment with a counsellor in 18 different languages.

...and your first counselling session is always FREE!



Inkblot



www.inkblottherapy.com/concordia



CONCORDIA
UNIVERSITY
OF EDMONTON | International
Office

A central image of a lit Diwali diya (oil lamp) with a bright flame, surrounded by a bed of colorful flower petals in shades of red, orange, and yellow. The background is dark, making the light from the diya stand out.

Diwali Festival

**NOVEMBER 5, 2018 • TEGLER
PROGRAM STARTS FROM NOON TO 1 PM
HENNA ART BOOTH: 11 AM TO 1 PM • RANGOLI PAINTING: 9 AM TO NOON**



STUDY IN SPAIN (SPA 102)

AT

UNIVERSITY of SALAMANCA

SHORT TERM FACULTY LED STUDY ABROAD JUNE 2019

Information session: November 28, 12-1 pm HA 208

