CONCORDIA WEEKLY NEWSLETTER

Sept 2nd, 2016
Issue#1 Vol.7

CO-ED RECREATIONAL VOLLEYBALL

The School of Physical Education and Wellness is pleased to be offering FREE intramurals this 2016-2017 school year! Co-ed recreational volleyball (minimum 2 females) will run throughout the fall semester, every Monday and Wednesday from 12:00-1:00pm.

To register, please email erinn.jacula@concordia.ab.ca with your team name and roster. Only two varsity athletes per team will be allowed. Registration deadline is Sept. 15th; however space is limited, so register quickly! All skill levels are welcome!

FITNESS FRIDAY'S

The School of Physical Education and Wellness is thrilled to be offering free drop-in fitness classes for students, staff and faculty. Every Friday, join us in the gym for 30 minutes of exercise and experience all of the amazing benefits of increased physical activity. Increased energy, improved health and cognition, and stress relief are just a few examples of how physical activity will benefit you.

Get a Friday boost by joining us in the Ralph King Athletic Centre Gymnasium. Classes are designed for all levels of fitness. Whether you have never exercised or are regularly active, you are sure to benefit from a Campus Wellness Fitness Class. Classes start September 19th! See you there!

CROSS COUNTRY

The Cross Country Running and Indoor Track teams are always looking for new runners. Team meeting is on *Wednesday, September 7th from 5-7pm.*

All abilities welcome, all you need is a positive attitude and the willingness to work hard and you will get faster. Come out and meet some great people and have some fun with us this year! Contact coach Matt for further details: matthewn@runningroom.com

INSIDE THIS EDITION:

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FREE MANDARIN LESSONS

The Center for Chinese Studies encourages CUE students, faculty and staff to study the Chinese language, be involved in intercultural discussions, and develop cross cultural competencies.

CLICK HERE for more information.

CAMPUS PARKING IS FREE TUESDAY SEPT. 6TH

On Tuesday Sept 6th, parking in the campus parking lot is free to students attending New Student Orientation.

Concordia Students' Our CSA Association
Wellness Wednesday
Pancakes
September 7th
Lower Tegler
9am-1pm
ourcsa.ca

CLUB FAIR
FROM 11AM-1PM
SEPT.14-15TH
@TEGLER
Concordia Students' Our CSA Association

Concordia Students
Our CSA
Association
Beer Gardens
soccer field
@ 12:30pm
9pm
Free Entry
BUS
Ride to
Knoxville
Sept. 9th
ourcsa.ca

SECURITY TIPS

Although Concordia has a low crime rate, every year a few students at Concordia are victims of acts of vandalism, theft or other crimes. Be Safe.

- Never leave your valuables; laptop, tablet, smartphone, package, purse or wallet unattended. That quick walk to the cafeteria washroom is all the time it takes to lose your valuables.
- Always keep expensive items on your person. Lockers and cars can be broken into. Better yet, don't bring these articles to campus unless absolutely necessary.
- Always lock your vehicles and store valuables in the trunk or out of sight.
- Lock bicycles with a good quality lock.
- Become familiar with people who have lockers in your area.
- Keep your locker combinations to yourself and use a good quality lock.
- Walk with a trusted friend or call Campus Security, 780 479-8761 or 5555 from an internal phone, when leaving campus buildings late at night.
- Know your surroundings and do not place yourself in dangerous situations.

Recommended Locks:

These styles of shrouded locks make it hard for anyone to break in to your locker. If you purchase this style or another style of good quality lock you are making it hard for a criminal to steal your property.

Wellness Wednesday
What is it?

As part of 2016/17 Mental Health Initiative the CSA brings you Wellness Wednesdays. Every Wednesday the CSA holds an event to promote the mental well being of students at Concordia.

Wear GREEN on Wednesdays in support of mental wellness and win countless prizes.

Buddy Program

-volunteer opporunity-

The University matches new International students with current domestic students who have attended CUE for over a year or more. These relationships provide ongoing advice and information about life at CUE and in Edmonton.

-click the link below for more information-

http://international.concordia.ab.ca/buddy-program/

Department of Information Systems Security and Assurance Management is welcoming THREE new professors.

Masters of IS Security Management and Masters of IS Assurance Management programs at CUE are welcoming THREE new professors:

Dr. Neelam Memon, Ph.D. (Computer Science), Cardiff University, UK

Dr. Bobby Swar, Ph.D. (Information and Telecommunication Technology Management), Korea Advanced Institute of Science and Technology, South Korea

Dr. Fehmi Jaafar, Ph.D. (Computer Science), Montreal University

New faculty members will start teaching regular courses and provide research advise to graduate students starting Fall 2016 term.

Welcome to Concordia!

CSA Health & Dental Op-Out Information

Welcome Concordia Students!

The Concordia Students' Association (CSA) is proud to provide a Health & Dental Plan to all eligible students (those in full time studies & a member of the student association). Your CSA Benefit Plan includes coverage for: prescription drugs, vision care, paramedical practitioners, dental, emergency travel insurance & more! For more information about your student benefit plan visit: mystudent-plan.ca

If you currently have alternate insurance coverage through work or your parents, you have the option of opting out of the student benefit plan. Deadline to do so is September 20, 2016. Opt out at mystudentplan.ca. You MUST have alternate coverage for your opt out application to be accepted.

This is also the time to add a family member onto your student benefit plan! Visit mystudentplan.ca to submit your online application.

Returning Students: If you opted out of the CSA Benefit plan in previous years, you DO NOT need to resubmit. It is a ONE TIME OPT OUT.

SEPTEMBER 20, 2016: DEADLINE FOR OPTING OUT & ADDING A FAMILY MEMBER

COUNSELLING SERVICES

Where healing begins...

Did you know that Concordia provides psychological counselling to students? Yes, we are here for you!

Sometimes life can get a little rough. At counselling services, it is our goal to help you recognize your strengths and resilience, so you can enjoy your life to the fullest. We know school can be stressful (course load, due dates, papers, finals! Ahhhh...). Keeping your mental health in good shape can help you with retention of study materials, increase your energy and boost your motivation!

WHAT WE DO

- Free Counselling Sessions
- We Help You Develop Concrete, Achievable plans and goals.
- Confidential One-on-One Support
- We Connect you to Different (and superb!) Resources - On and Off Campus-
- Caring, Supportive, and Non-judgmental Environment
- We Help You Work Towards Making the Changes that Matter Most to You

MAKE AN APPOINTMENT WITH A COUNSELOR TODAY THROUGH THE STUDENT LIFE & LEARNING

780.479.9241

studentlife@concordia.ab.ca.

Wellness Wednesdays

YOGA

Free Yoga Classes

Professional Instructor

Yoga Matts Provided

Dates: Sept. 14th
Oct. 12th
Nov. 30th
Dec. 7th

Concordia Students' Our CSA Association

Location: Ralph King Athletic Centre

Provided by your CSA

Discount to Concordia Students

Manning Pizza has had wonderful customers from Concordia and we thank you for your business. To show our appreciation, Manning Pizza is letting you know that we're offering a 20% discount on all menu items to Concordia students.

For before or after hours, orders can be placed by sending an email to Forest at forest.manningpizza@gmail.com; please provide contact person's name, number, email address and the time, date and address of delivery; and then a confirmation email will be sent back.

We do lunches for large groups and companies on a pre order basis.

Book Buyback

Sell your books back at the bookstore

Concordia University of Edmonton Bookstore

Wednesday - Friday
Sept. 7th - 9th
&
Monday
September 12th

9:00am - 4:00pm

CONCORDIA UNIVERSITY OF EDMONTON

SEPTEMBER 28 2016

VOLUNTEER FAIR

10AM TO 2PM IN TEGLER

INCLUDING:

Alberta AdaptAbilities • Special Olympics • Big Brothers Big Sisters
Young Life • Habitat for Humanity • Catholic Social Services
Uncles and Aunts at Large • And More

Professional tutoring at your students' fingertips!

eTutor Alberta

Flexible. Friendly. Free.

Mission

eTutor Alberta is a collaborative online tutoring service provided by Alberta's publicly-funded post-secondary institutions. For undergraduate students at participating institutions, we offer free, flexible, high-quality online tutoring that serves multiple disciplines and learning styles. Whether students study online or on-site, part-time or full-time, we're there with expert help.

We currently offer support in writing (genre, organization, argumentation, grammar and mechanics, research skills, etc.) and mathematics (foundational mathematics, calculus, and statistics).

Services

eWriting

Personalized feedback at every step of the way.

Students can submit written assignments for feedback and receive a response from a professional tutor, generally within 24 to 48 hours.

A great fit for any discipline involving writing, from health sciences to philosophy.

eChat

Real-time help from real tutors.

Students can sign into an online classroom where professional tutors help them work through a problem in real time. Students can interact with the tutor using the virtual whiteboard, text chat, audio, video, or screen share.

Currently available for foundational mathematics (academic upgrading and trades math), calculus (Calculus I), and statistics.

eQuestions

Tips and resources to get students going.

Students can submit short, specific questions about writing or mathematics and receive a response from a professional tutor, generally within 24 to 48 hours.

Currently serving students in writing, foundational mathematics (academic upgrading and trades math), calculus (Calculus I), and statistics.

For more information, visit eTutorAlberta.ca or email info@etutoralberta.ca.

EDMONTON PUBLIC SCHOOLS

Virginia Park
ARTS CORE SCHOOL

Lunch Room Supervisors Needed (PAID)

We are looking for committed lunch supervisors at our elementary school.

Regular daily or casual positions are available.

Steps away from Concordia campus.

Location: Virginia Park Arts Core School
7324 - 109 Avenue NW
Edmonton, AB

For more information and to apply, contact:

Colleen Esplin
Administrative Assistant
Virginia Park
7324 - 109 Avenue NW
Edmonton, AB T5B 0A1
E: colleen.esplin@epsb.ca
T: 780-477-8152
F: 780-479-1615

The Corporate Wellness Program is available for Concordia Staff and Students and Their Families!

Get a Discount at ANY City of Edmonton Recreation and Leisure Centre!

The program entitles Concordia's employees or staff, their spouses and children under the age of 18 a 15% discount on a Multiple Admission Pass, or a 20% discount on an Annual or Continuous Monthly Membership at any City of Edmonton Recreation and Leisure Centre. Staff must show company photo ID. Students must show a current student ID (with a sticker reflecting the current year)

For the spouse/partner or children to take advantage of the discount, the employee or student must accompany them to the facility to register. The family member may be asked to prove they reside at the same residence as the employee/student.

Eastglen is just a 12 minute walk away and has a saltwater pool. One of the few in the city!

Please check the following URL for more information about this hidden gem!

http://www.edmonton.ca/activities_parks_recreation/eastglen.aspx

Fall 2016 Term

TUITION INFORMATION

NOW ONLINE

Fees are due the first day of classes— Sept. 7th , 2016

Fall 2016 tuition fees are available to view online. Please check your account information online through Concordia's website **http://onlineservices.concordia.ab.ca/student/**

The **Concordia Students' Association Benefit Plan** may have been charged to your account. If you already have comparable coverage and want to **opt out** of the CSA Student Benefit Plan then you will need to do this online **before September 20, 2016**. Students can opt out at: **https://mystudentplan.ca/csa/opt-out-form**

If you opt out of the student benefit plan your student account will be credited after September 20, 2015. If you previously opted out then you do not need to opt out again. Please ensure that you receive a confirmation email if you opt out of the plan.

PAY YOUR FEES:

- **at the Student Accounts Office during normal office hours by cash, cheque or debit.**
- **through your Bank by setting up Concordia University of Edmonton as a biller /payee and using your ID number as your account number.**
- **by Credit Card through Plastiq by accessing online student services through Concordia's website: https://onlineservices.concordia.ab.ca/ or www.plastiq.com**

Please allow 5– 6 days for your credit card payment to be receipted to your account.

If you anticipate student loan payments that have not been received, please ensure that you have completed the student loan process. If you have questions about your student loan, please contact: **finaid@concordia.ab.ca**

***For full reduction of tuition and fees, withdrawals must be done by September 13, 2016 for the Fall term. "Non-payment of fees and/or non-attendance does not constitute official withdrawal from Concordia. Page 22 section 5.4.4 Academic Calendar 2016/2017."**

If you have any questions, please don't hesitate to contact our office at **studentaccounts@concordia.ab.ca**

CONCORDIA UNIVERSITY OF EDMONTON | School of Music

Join a musical group
Develop performance skills
Learn more about ensemble playing & singing
Build a team & make personal & musical contacts

MUSIC ENSEMBLES for ACADEMIC CREDIT

Concordia offers music ensembles as part of the academic program (1.5 credits per term)
Auditions open to all university students, regardless of major or background

Concordia Concert Choir
MUP 142–143

- Student-based
- M-W-F afternoon rehearsals
- Concerts & tours (this yr to Europe!)
- Music reading an asset
- Audition/interview required
- Contact Dr. Joy Berg, 479-9368
  joy.berg@concordia.ab.ca

JuBELLation (Concordia Ringers)
MUP 164–165

- Student-based
- Wed. 5–6:15 p.m. rehearsals
- Concerts & tours
- Handbell experience not required
- Interview required
- Solo option also available
- Contact Debbie Rice,
  debbie.rice@concordia.ab.ca

Festival City Winds (Concert Band)
MUP 168–169

- For woodwind, brass, & percussion
- Community-based
- Evening rehearsals
- Novice, Intermediate 2, Intermediate 1, & Advanced Bands
- Audition required
- Contact Wendy Grasdahl,
  info@festivalcitywinds.ca

PHY 175 THE PHYSICS OF MUSIC
Dr. Zoltan Berkes
TT 2–3:20 pm

Oscillations, waves, resonance, pure & complex tones, Fourier analysis, basics of acoustics, hands-on lab experience

Some music literacy recommended as a prerequisite. Does not count toward a Physics minor ("but it is FUN!" says Dr. Berkes).

Theatre at CUE Events

AUDITIONS For the Fall production

Salman Rushdie's

Haroun and the Sea of Stories

Adapted by Tim Supple and David Tushingham

Directed by Caroline Howarth

Auditions

In the Huehn Theatre (Auditorium)

Monday, September 12

4:30 to 6:30

Tuesday, September 13

3:30 to 6:00

If you wish to read the play prior to auditions please stop by Caroline's Office A-201-A to sign out a copy

Auditions will consist of a cold reading. You are not required to prepare a monologue.

If you are not able to attend the auditions please come and see Caroline Howarth to arrange an alternate time

Rehearsals will begin on Monday, September 19

Rehearsals will be finalized when casting is completed but will likely be on Monday, Wednesday, Friday with Saturdays added in mid-September

Production opens Friday, October 28

Annual Drama Retreat and Intro to Theatre at CUE

Saturday, September 24

A full day of workshops, theatre games, and theatrical fun

For more information contact Caroline Howarth A-201 A or

caroline.howarth@concordia.ab.ca

WEN-DO
WOMEN'S SELF DEFENCE

BASIC COURSE WITH DEB CHARD

OCTOBER 1-2, 2016, 9:30AM TO 5:00PM

This two day course offers women of all ages and abilities the opportunity to practice easy to learn, easy to remember physical and verbal techniques.
Lunch will be provided.

Register at concordia.ab.ca/concordiatalks

Space is limited to 20, and open to students, staff, and faculty.