

APP ATTACK!

CSA info and events beamed directly to your phone.

>> Page 12



Nuclear Control?

We delve into the Iranian nuclear situation.

>> Page 10



The Bolt.

A CSA Publication.
November 18th, 2013

A WORD FROM OUR PRESIDENT.



+



=



Andrew Koning
CSA President

Last May the CSA began the process of joining Alberta's Student Executive Council, a provincial lobby group

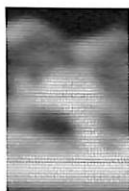
comprising 15 post-secondary student's associations representing over 175,000 students. The CSA felt that having a voice on the provincial stage was important as funding for post-secondary education is a provincial responsibility.

In addition the CSA hoped to network with the other associations and apply what we learned from them back at Concordia resulting in a better student experience for you the members. After six months of hard work it is my pleasure to announce

that on November 2nd the CSA was accepted as full members into ASEC. Ken Taylor, the Chair of ASEC provided the following welcome:

>> Check out page 8 for ASEC's welcome letter...

QUICK AND EASY.



**Life 'N.
Stuff.**
Writer

I'm going for something a little new today; Short answers to some of the questions I have received over the past little while. If you have questions you'd like answered please e-mail them to bolt.lifenstuff@gmail.com. Everything will be kept confidential and I'll do my best to get back to you in a timely fashion.

Dear Life 'N Stuff,

My girlfriend complains about the money I spend on her, what's that about? Don't people like to be pampered and spoiled?

-Big Spender

Dear Spender,

From experience I can say that when someone else spends a lot of money on you and you cannot reciprocate that spending, due to any number of reasons, that it can drive a wedge between you, especially if you're flaunting the amount of money you're spending.

Maybe you should stop with the spending and get with the creative date making.

-LNS

Dear Life 'N Stuff,

My new boyfriend recently graduated from the U of A with an engineering degree (minoring in physics) and I'm starting to find that he turns every conversation into something to do with science. I'm an arts student and never really understand what he is talking about. What do I do?

-Artsy Girl

Dear Artsy,

Talk to him about it. I don't know how often I have to say this. Your relationship is new as you put it and making sure that he understands how you feel when he finds a way to work his degree into every conversation you have is important if you want the relationship to go further. Another option is to get him to explain the concepts that he's talking about, if you're interested of course. So tell him that you don't always want to talk about engineering and science, but when you do that you'd like to learn a little bit

more about what he's talking about.

-LNS

Dear Life 'N Stuff,

My partner is still really good friends with his ex. They only dated for six months, but were friends quite a long time before that. Should I be worried?

-Maybe Paranoid

Dear Paranoid,

I think you're just that, paranoid. From the little bit of information you gave me it seems like the two were friends, tried dating, found that it didn't work and went back to the way things were prior to dating. If they spend more time together than the two of you do then it might be time to sit down and talk. Just remember no ultimatums; it's not a choice between you or the other person, it's a sharing of feeling between you and your partner.

-LNS

Dear Life 'N Stuff,

I find that I'm restless and can't get sleep when I share a bed with my boyfriend. It has nothing to do with sex; I just can't seem to get comfortable

with him in the bed. Do you think this is a sign that we aren't right for each other?

-Restless

Dear Restless,

Just like everyone else in this issue you haven't given me a ton of details, but I'll do what I can. I don't think it's a sign of anything, in fact I know quite a few couples who have been together for years that can't actually share a bed. If you can't get comfortable it could be for a lot of reasons. Is it his bed that is always uncomfortable? Maybe it's the mattress or pillow, bring your own pillow and try that. Are you a light sleeper? Maybe he snores or fidgets, in this case separate beds might be required. Maybe try a different sized bed, it could be the closeness that is causing a lack of sleep. Different bedtimes may also be the issue; are you going to bed early just to be in bed with him? You don't have to go to sleep at the same time, if you like staying up late then do so. I hope one of those suggestions helps you out.

-LNS

A FABULOUS NIGHT OUT.



Rachel Whipple
Entertainment

Big hair styles, glitzy dresses, long nails, and lots of makeup, not mention up tempo songs and sexy dance numbers - this is what you can find when you go to an EVOgirls Drag Show. On November 10, Evolution Wonder Lounge located at 10220 103st. hosted the EVOgirls Drag Show. They started the show in sexy classic, flight attendant outfits dancing to the number "Candy Man" by Christina Aguilera. The ladies lip sing all their

songs, but that is a classic device used in drag shows. Binki, the host of the show, introduced the other ladies: Chantela, Godiva, Krystall, and Ruby.

Krystall Ball had a sexy solo that she sang from atop a bar. She connected with her audience - literally. She caressed a couple guys faces, enveloped a guy's head in her dress, and pulled another guy in her chest. Ruby Slipper's solo was the most passionate and best performed. Ruby looked like she was really singing, she knew her song the

best and she really gave it her all in her dance. Their encore number really brought the house down. Binki performed "I Live for the Applause" by

Lady Gaga and the other ladies were the backup dancers. Everyone who packed Evolution went crazy for them, they were fabulous!



SCIENCE CLUB
PRESENTS
YELLOWHEAD BREWERY
TOUR
NOVEMBER 22
TICKETS IN THE BOOKSTORE
\$20

JENKINS ADDS MEDAL TO COLLECTION.

Matt Norminton
Coach

Marriya Jenkins showed just how much of a champion she is by bouncing back from a 5th place finish at the ACAC XC Running Championships to earn a Bronze Medal at the CCAA Championships hosted by Humber College in Toronto. The Thunder Women's XC Team Captain ran a tactically perfect race, staying relaxed in the lead pack for the first 3km before hitting the front at the top of the course's only hill and then going for it. Jenkins put her foot on the gas pedal on the way down the hill and split the race wide open, leaving a sea of suffering college women in her wake.

"Marriya really went for it," said Head Coach Matt Norminton. "She strung out that pack in the 400m on the way down the hill and after that it was simply the rest of Canada's top collegiate women trying to keep pace with her."

With 400m to go in the race, it seemed all but certain that Jenkins would claim her first Gold Medal at the CCAA Championships but her 2 MacEwan rivals had other plans. Vanessa Trofimenkoff, the ACAC Champion and Lesley Koopmans, the ACAC Bronze Medalist worked together over the last km to reel in Jenkins and with 100m to go the race was still clearly on. In the dying meters of the race, her MacEwan rivals managed to close the gap and sneak past Jenkins at the line, with Koopmans winning the race 0.62 seconds ahead of our Thunder hero. "It was so close, I wasn't sure if she was 2nd or 3rd," said Norminton. In the end, Trofimenkoff managed to edge out Marriya by 0.26 seconds. "She had nothing left, her father and I had to help her stagger the 100m back to our tent and put some warm clothes on her. As a coach, I can't ask for anything more from my guys and girls. Marriya has 2 more years, she'll win this thing or possibly knock herself out trying but let's be completely honest, there is no shame in coming top 3 at the National Championships!!!"

Next up for the Thunder Women's XC Team Captain will be the Athletics Canada National Cross Country Championships being held in Vancouver at the end of the month. "That race will be a great experience for Marriya to see the next level of competition that's out there and hopefully picks up a team medal with her senior level training partners," explained Norminton.

Edited by: Scott Bancarz



WARM UP AND COOL DOWN.



Mike Browning
Health & Fitness

Before you go into a heavy training session, or even a light toning day, you should do a proper warm up and a quality cool down post-workout. A warm up is very important to get the blood flowing to aid in oxygenating the blood and to limber up your muscles to ensure you don't get a joint or muscle injury. While doing a warm up you slowly increase your body's core temperature which increases the force and speed of muscle contractions, allowing the muscles to become less tight and more pliable.

A proper warm up will gradually increase your heart rate, as well as ensuring that the pull on your circulatory and metabolic systems is gradual also. Doing this slowly allows for a slow diversion of blood away from other parts of the body towards the muscle groups being worked in your

workout. Doing a proper warm up improves neural function and co-ordination, as well as protects your joints by increasing the flow of natural lubricants to your joints and thins the body's natural shock absorbers.

After your workout you should partake in a proper cool down. You are trying to decrease your body's aerobic state and return it to a state of rest. By doing a cool down you are ensuring you are not going to get blood pooling in or around the muscles, but rather return it to the heart. Your aim is to lower the blood lactic acid levels, bring down your heart rate gradually, and ensuring that your brain gets the blood and oxygen required to operate without fainting. The cool down must be gradual in order to get your breathing under control and deep breathing is key.

Now what does a proper warm up and cool down entail? Let's

start with concepts behind each one: gradual changes in heart rate, breathing and core temperature. When doing a warm up you should aim to sweat - but not to the point of fatigue, as that will drain you of all energy very quickly.

5-10 minutes of warm up is sufficient, however any amount above and beyond is good also. Start by walking or jogging for a few minutes, to increase your heart rate and body's core temperature. Follow up with some dynamic stretching to limber up all major muscle groups, along with those you plan to use during your workout session. Now you are good to go, all warm and limber.

Following your workout directly, you should begin with 3-5 minutes of light cardio to bring your heart rate back down to a resting state, followed by some stretching of the muscles worked during your training session. This will ensure your muscles heal

up without causing you too much discomfort in the days following. Finally, do some light breathing exercises to get your system oxygenated, as this also helps in speeding up the repair process.

Adding in some yoga or other stretch based workouts to your usual routine will benefit your body heavily. By allowing your muscles to be very pliable you are going to have a much easier time repairing without pain and discomfort.

Finding time to do a proper warm up and cool down can be tedious in your usual routine, however it is of utmost importance. But if you're tempted to skip warming up and cooling down, get creative. If you walk to a fitness facility, use the trip there and back to warm up and cool down. Remember, be kind and give your body time to adjust to the demands of your workout. Stay healthy my friends, your body will thank you greatly!

The Bolt.
Nov 2013 | 6



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | | | | | 8 | | | |
| 2 | | | 6 | 4 | 7 | | | |
| 4 | 1 | | | 9 | | | | |
| | | | | 7 | | 8 | | |
| | | 7 | 9 | | 3 | 6 | | |
| | | 9 | | 8 | | | | |
| | | | | 3 | | | 2 | 4 |
| | | | 7 | 2 | 4 | | | 8 |
| | | | 8 | | | | | 1 |

Check out the answers to this issue's
'Fun & Games' at
theboltnews.com

DOWNLOAD THE NEW STUDENT APP!



A LETTER FROM ASEC.

A Welcome From ASEC Chair Member - Kenneth Taylor.

Students of Concordia University College, budget. As a result, even the smallest among us can have equal say when deciding our

On behalf of ASEC's Executive Committee and the ASEC Community I would like to extend our warmest welcome to the organization's newest member, the Student's Association of Concordia University College.

Concordia is the first Sector 5 School to have a students' association that is also an ASEC member. As an Independent Academic Institution, Concordia has unique relationships with Alberta's post-secondary;

The Alberta Student's Executive Council (ASEC) is this province's largest student-led advocacy organization. ASEC members, drawn from 16 member association, speak for in excess of 175,000 Albertan students and the number continues to grow. Our goal is to unite students, student leaders and students' associations/unions to generate students' consensus on the future direction of Alberta's post-secondary system. Every member has one vote at our table and one vote only, regardless of their school's enrollment or

goals. ASEC has one single overarching goal: advocate for an affordable, accessible and quality post-secondary system for all Albertans; we are honoured to have another ally that shares this vision.

With Concordia's students, ASEC now represents every kind of publicly funded post-secondary institution in Alberta. Together we discuss the issues that affect all students including, but not limited to, tuition, fees, mental health, program transfers and quality, and work collectively to generate solutions. We take our solutions to those that need it most: administrators, business and government. Truly,

Furthermore, we connect Kenneth Taylor

student leaders so they can share their successes or practices to build-up Alberta's student movement. Through collaboration and professional development we can work toward positive outcomes for all Albertan learners.

ASEC looks forward to a long and productive partnership with the Concordia Students' Association. We welcome the innovation and collaboration Concordia's students have brought, and continue to bring to the organization. Together we will build the system that all Albertans deserve!



POETRY CORNER

The Bolt.
Nov 2013 | 9



Rachel Whipple
Entertainment

"Autumn Winds" by Phillip Robertson is a charming poem that illustrates the cyclic nature of life. He uses nature and the changing of the seasons to represent his experiences. He was inspired to write this poem when he was sitting out late one autumn night and was watching the leaves fall on him. Phillip realizes that in life, there are lows and highs, but it's really just a cycle. Sometimes you just have to ride out the hard times, before you can experience the good times. All phases in life come and go, you just need to have the strength to persevere through the tough times and enough

passion to enjoy the happy moments. Joy and despair aren't permanent, if we remember that it will be easier to live through pain.

The poem has a unique rhyme scheme with no set rhythm. The first four lines are interesting because the syllable pattern: 7, 8, 7, 8. For a poem with no set form or meter it has many common schemes. For example, the rhyme scheme in the first four lines is ABAB. Then the poems continue on to CDED, which is again a fairly common scheme. The last eight lines are more unique, however. Lines 9-12 have the rhyme scheme FGAG, which mirror lines 5-8. These lines introduce new rhymes, while they also reverted to the first A. The last lines, lines 13-16,

mirror the first lines with and ABAB format, but with a completely different set of rhyming words.

Phillip Robertson hasn't written much before. He is currently writing a few plays. He's dabbled in poetry here and there, but he usually can't find a pen and paper fast enough to write any down. Even though Phillip doesn't write much poetry, he has always had a strong connection to it. He finds poetry speaks to him and can often comfort him in hard times. His main influence is Robert W. Service, but he also enjoys Robert Burns and William Blake. The first poem he can remember reading was "The Cremation of Sam McGee" by Robert W. Service.

AUTUMN WIND

Autumn's wind, turns to winter snow
These summer eyes have lost their glow
Stars have crossed, our suns have set
With wishful clouds we won't forget

But the grass is brown

And the trees are dead

And winter lies

Like a fresh made bed

But these trees are old

And don't impede

Because they know

The cold recedes

And with spring

I rejuvenate

And prepare myself

My circled fate

By: Phillip Robertson

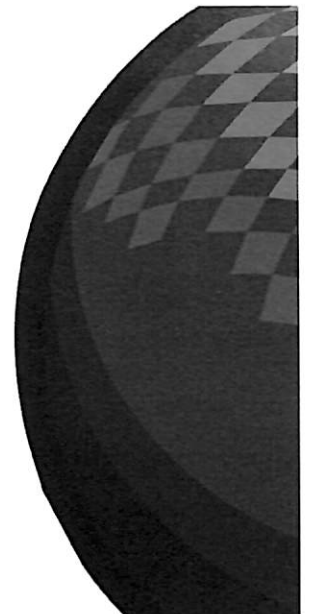


**REGISTER NOW!
PAY LATER!**

**DODGEBALL
TOURNAMENT**

MARCH 8, 2014

**SIGN UP @
WWW.TINYURL.COM/
EADSADODGEBALL
2014**



IRAN'S NUCLEAR PROGRAM.



Ramiro Medina
Polo
Politics

One of the on-going discussions in world politics is the west trying to persuade Iran to cease its nuclear program, for it is speculate that Iran is working on nuclear weapon research which causes unsettlement amongst the world powers. Though so far it is only concrete that Iran has been working its nuclear program for peaceful reasons, there are widely spread speculations that Iran has been working on developing nuclear weapons which have been denied so far. However, the conflict originates from the request by the west which demands Iran to fully shut down its nuclear program, thus limiting the national developments of Iran. But based upon the possibility of nuclear weapons being developed in Iran, it is uncertain what a nuclear-armed Iran could do to the Middle East, but it is clear to be worrisome to the west.

Considering the state of the Middle East, it is speculated that having a nuclear-armed Iran present could lead to further violence in the region due to its constant military conflicts. Therefore, a nuclear-free Iran is associated with a stable Middle East. However, another main conflict

underlying the politics of the Middle East is Israel's distrust of Iran and possibility of it keeping its nuclear program. Israel has various reasons to be unsettled by this possibility, for the state has been constantly threatened by Iran claims to pursue military action.

In the current discussions, diplomats have sat down and began to explore the perspectives of each side on how to address these conflicts. At this point, there is claims that the discussions have been successful so far at creating some understanding amongst the various powers. Nonetheless, one of the primary conclusions that the talks in Geneva, Switzerland have led to is the understanding of the differences between all perspectives which on the long run will help lead to an outcome in this issue.

But even in the discussions in Geneva, there is some disagreement amongst the west, primarily the French disagreeing with the U.S. on how the matter should be addressed. The nature of this disagreement is attributed to America limiting its interactions with Iran after 1979, while in the meantime, Europe continued addressing these types of concerns with Iran. Therefore, the French stance claims that European powers actually have an idea of what they are dealing with as the U.S. attempts to direct

the recent discussions with Iran, consequentially leading to some internal disagreement amongst the western powers. However, the U.S. persists to have an understanding of the issues at hand, and intends to have a leading role in the discussions to address Iran's nuclear program.

Thus, the discussion going on describes a concern on the possibility of Iran developing nuclear weapons, and though there hasn't been an official statement saying so, Iran is officially known to use its nuclear program for civilian use. However, there are various suggestions that convey suspicious activity in Iran that makes the possibility of Iran developing nuclear weapons more possible. For instance: the use of centrifuges and heavy water, Israel has stated these materials are clearly being used in Iran and they are not necessary for civilian practices, but instead used for the development of nuclear weapons. So, with the presence of evidence such as that, it is difficult to trust the Iranian claims of its actual intentions. Consequentially, this evidence is the basis of the worries of the western powers which are seeking to sanction or eliminate the Iranian nuclear program. However, even if the evidence were to suggest Iran's actions correctly, there is an underlying internal conflict amongst the western states that makes the discussion

difficult to maintain under control.

The key conflict to look upon in this particular scenario is: to what extent is an individual state's development conflicting against other states' security and development? For in this case study looked at more broadly, it comes down to the western powers attempting to decrease the developments made by Iran's nuclear program whether it is actually working on developing nuclear weapons or not. And is it a rational demand to deprive a country from such technology? Nonetheless, there is the situational aspect to be taken into consideration, for the conflicts in the Middle East add another aspect to be looked upon in relation to this particular issue. It is widely expected that if Iran does have nuclear weapons this could lead the Middle East into a far more unstable position. Therefore, if this issue is looked in a situational perspective, it seems reasonable enough to suggest Iran to cease its nuclear program activity in order to ensure the security of surrounding states. However, the issue still remains in question: is it better to allow individual development of a state at the possible expense of others? Or is it better to shut down technological and economic development of a state to ensure the stability of a region?

TO GRANDMA'S HOUSE WE GO.



**Theodora
Macleod**
Education

I've flown across the country to one of the many towns I have called home over the years. To call Millville, New Brunswick a town might be a bit generous, what with 500 people and no place to buy a bag of milk. I've never understood why my grandmother chose to settle here, but I'm learning there is a lot I don't know or understand about her. This series of articles has given me the perfect investigative opportunity, because after all, she is one of the many educators in my family.

When Anne Edmonds was born in October of 1942 in southern England, no one could have anticipated she would start her career in the Women's Royal Navy and end up as a teacher in High Level, Alberta some forty years later.

TM: I'm having a hard time keeping track of your career timeline. Can you give me a run down?

AE: After graduating what you know as high school I went on to teach primary school for a year, that was 1960. I'd always thought I wanted to be a teacher, but it wasn't at all what I'd expected. I was teaching mostly four year olds remedial reading, art, music, and basic maths. I only lasted a year before going I went off to Reading University to take courses in Zoology. In 1962 I had a friend who had joined the Navy and he gave me all sorts of information. I was intrigued, but the last thing I wanted to do was be a "dog's body"- someone who does housekeeping work

or secretarial duties. I wanted to do something exciting. I read up on Meteorology and landed a job interview in London in May of '62. The next month I joined and went off to do basic training and meteorological training. I was posted to Stubbington- near Portsmouth- and after a while I applied to work overseas. I was interviewed by the Secret Service and sent to work in Malta with NATO. I was there for 19 months. I then moved to London to work on a secret project.

TM: Are you ever going to tell me the secret bit of the secret project you worked on?

AE: No, I told you, it's a secret for a reason.

TM: What happened after that?

AE: I got married and we moved back to Malta, but I didn't work for the Navy anymore because it was considered a conflict of interest, being married to a superior. We travelled a lot and eventually I had two children. I focused my attention on them. It was the 60s and 70s, that was pretty common. We lived all over the place but ended up in New Brunswick.

TM: When did you get into teaching then?

AE: In 1989 I was the assistant manager of a retail store on the ski hill, it was terribly boring and limiting. I went into the Employment Office in Woodstock, New Brunswick and they had me take an aptitude test, my score was off the charts. They paid for me to go to the community college and I took broadcasting. After a turn of events I was unable to take a job broadcasting so I did a year of law. That didn't interest me much so I transferred to University of New Brunswick in 1991 and graduated in 1995 with my teaching degree.

My first job was at the local mill teaching adults computer skills and after that I was contracted by the Atlantic Business College and became a supply teacher. My first full-time teaching job in a high school was in High Level, Alberta. I was 59 and it was very different from teaching adults.

TM: Which did you find more challenging, teaching adults or teaching teenagers?

AE: Teaching teenagers was far more difficult. When adults go to school they are there for a purpose. They generally have some interest in the material and they want to accomplish everything. They chose to be there. Kids are told they have to be in school and they aren't as interested in the subject. Not to mention there were a lot of opportunities in High Level for young people to make money without an education and that was often a distraction for them.

TM: Is it safe to say you like teaching adults more?

AE: Yes, I reckon it is. When I went into education my plan was to do adult education. I enjoyed it because I could relate to the students better, having been an older student myself. Relating to students is an important part of being a teacher.

TM: What did you find to be the biggest challenge as an older teacher?

AE: When I taught teenagers I had a hard time not mothering the students. I wanted to play a maternal role and there is nothing wrong with that, until you have to be a disciplinarian. It's hard to find a balance between mothering and classroom management.

TM: Do you think your time in the Navy helped you when you

became an educator?

AE: The first thing it did was help me build independence which helped me in every area of my life. I had to make my own decisions and that's what I did when I decided to become a teacher. As for in the classroom, one of my duties while working for NATO was to train newcomers and relate information, that definitely developed my instructional skills and helped when teaching.

TM: What advice can you give to students?

AE: Go to school and enjoy it because you may never get that chance again. It's a time to grow up and make friends. I think it's harder for young people today because there are different pressures and temptations that I didn't encounter in my youth, but do the best you can to enjoy it because you can go a lot further with an education than without. Admittedly I didn't realize my grandmother had done so many different jobs. I had always known she and my grandfather were in the Navy, but I didn't realize to what extent she served. Wandering through the tiny village of Millville one will come across a cenotaph dedicated to anyone who has served to promote world peace, Anne Edmonds-Baxter is one of the first names on the list. There is no doubt that I find her naval career more interesting than her teaching one, but that's to be expected. I guess peace keeping in the Mediterranean can't be all that different from teaching, they both involve unruly parties and keeping calm in order to carry one.

Status: Not convinced on education, but perhaps a career with NATO.

HANDS ON WITH NEW APP.



Nick
Chevalier
Editor in Chief

I have something very exciting to share this issue, the CSA's new app for the students of Concordia! Okay, so it's not exactly our app, it's called "OOHLALA" and it's actually meant for all university and colleges. I got early access to the app and have been playing around for it for some time now and am here to give you a short tour/review of the app and some of the it's coolest features.

Signing Up:

After downloading "OOHLALA" from your app store, signing up with the app is easy and you can link it to your Facebook account for even easier use. Once you sign up you simply pick your school and you're on your way.

The Schedule:

The app can search your contacts and Facebook for friends who are already using the app; but why have another app with a friend list? Because this one allows you to see when you all have free time. The schedule that is built

into the app allows you to compare your schedule with friends to see when the best time to meet up for studying, lunch, or other activities in no time at all. The app also imports your schedule from your phone and takes that into consideration as well. The CSA can also add their own schedules to the app, as can all clubs associated to the CSA through "OOHLALA"'s website.

Events and Clubs:

The app handles all upcoming events with ease as well. The CSA or club adds an event through the website and with one click of the "event" button you can see all the upcoming events and say your attending straight from that page. Speaking of clubs if you need more info about a club or need to contact one there is a lovely list of clubs in the app with their contact info and upcoming events. How much you get out of each club's page depends on the club and their activity through the "OOHLALA" website.

Other Features:

There is an inbox feature so you can chat with the friends you've added to the app. There is also a cool Badge system that rewards you with virtual

badges for attending events and other such activities. They have no real world value, but like achievements or trophies on the Xbox 360 or PS3 we know it that, to some, that fact doesn't matter.

There is also a virtual tour feature so newer students, or those that become lost, can find there way around campus.

There is also a "Campus Feed" feature, which is like a public wall for all of Concordia and it will unlock after twenty-five students sign up for the app.

The CSA promises some other surprises as well so look out for those.

In Conclusion:

The app is actually pretty cool and I'll definitely be using it this year, as will "The Bolt". I know another app on your phone might just seem like a burden, especially one that seems like another social networking app, but this app will make your life as a student just a little bit easier and there is nothing wrong with that.

I'd also like to congratulate the CSA on becoming members of the Alberta's Student Executive Council; this is huge news for the students of Concordia as the CSA will bring even bigger ideas and services to Concordia for you, the students.



OUR EDITING TEAM.

Nick
Chevalier
Editor in Chief

Jess
Rushton
Story Editor

Jonathan
Tychy
Layout Editor