



**HAPPY  
NOVEMBER**

# Meet the Masters



EDITH ROSE  
ANDERSON  
BENNETT



LYSTONNE EDITH  
ANDERSON  
BENNETT



STONOR EDITH  
ANDERSON  
BENNETT

## ANNOUNCEMENTS: THUNDER HOCKEY UPCOMING GAMES AND EVENTS

### THE GREAT MOVEMBER SHAVE-OFF

When: Wednesday, Movember 30th

Where: Tegler

Bid for your chance to shave off one of the moustaches grown by the hockey team during the month of Movember. All proceeds go to Prostate Cancer Research.

### CONCORDIA THUNDER CHARITY CHALLENGE VOLLEYBALL GAME

Mens Hockey Team vs. Womens Volleyball Team

When: Wednesday, December 7th - 11:30am until 1:00pm

Where: Ralph King Athletics Centre

This is going to be a great event for a great cause! There will be activities and prize draws for spectators. Tickets are only \$5 each and all proceeds from ticket sales will go to cancer research. Pick your tickets up from any member of the hockey or women's volleyball teams or at the Bookstore. This will be a wonderful way to wrap up the semester.

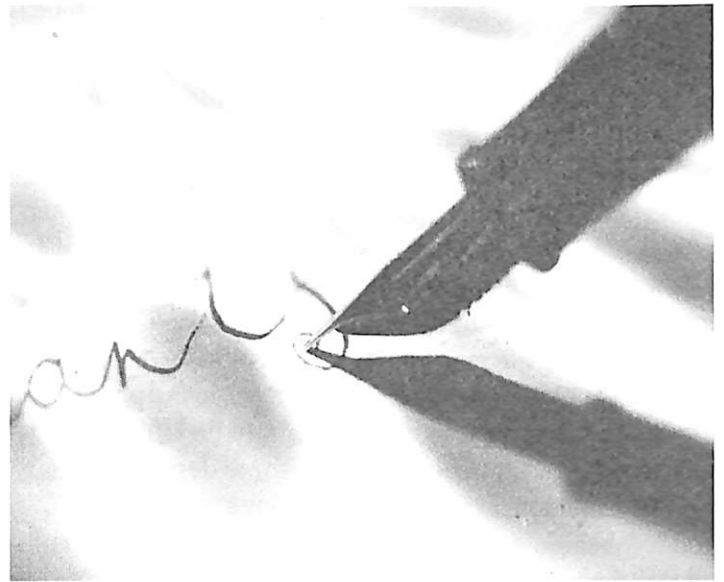
### **Our games feature...**

Live singing of O Canada by Concordia Students! Toonie Puck Toss! 50/50 Draw! Prize Giveaways! Chocolate Fountain Reception! FREE ADMISSION for Concordia Students!

## **OOPS!**

The Bolt extends an apology to Elysia Marchand for the misrepresentation of her poem "Immortal Rose". The correct version is published in this issue. Sorry Elysia! We hope you can forgive us.

Hello and welcome to this semester's last issue of The Bolt. This run has been a learning experience. We've changed our name, created a website, and dealt with a myriad of the typical problems that plague any organization based on self-motivation and deadlines. I wish you all the best of luck with finals (as I write this I still have one mid-term left, and I know people who have mid-terms as late as the last day of classes. At what point will these exams stop being called mid-terms, since they are clearly not occurring half way through the term.) I look forward to the winter break as a time of rejuvenation, good food, and lots of much-needed sleep. For The Bolt, the break will be a time to regroup and come out next semester an even better publication. If you would like to hop on board this train send me an email at [concordia.bolt@gmail.com](mailto:concordia.bolt@gmail.com), I would love to have you. Merry Christmas, happy New Year, and see you all next semester.



## Volunteering

Sasiri Bandara

Whether it is for educational organizations, charitable institutions, or local community leagues; the possibilities of volunteering are endless. But why do people do it? And how is it important for society?

A few reasons that people volunteer is for personal growth, giving back to the community, and for the excitement of meeting new people and collaborating with them to achieve a common goal. All of these reasons also give volunteers a feeling of happiness and self satisfaction.

For students and young adults who are looking to build a strong résumé for a particular field of work, volunteering is a great way to start. Not only will it help with preparing for a future job or career, but it will also be rewarding to reflect upon and be proud of, further down the road. Regardless of age, we all can show gratitude and appreciation for things that we have received from the communities we grew up in and the schools we attended. Volunteering also gives people a place to belong and make new friends, all the while having fun.

Ultimately, volunteers are agents of change. They demonstrate good intention and exemplify how powerful a group of people can be when motivated by their willingness to give. Volunteers inspire those around

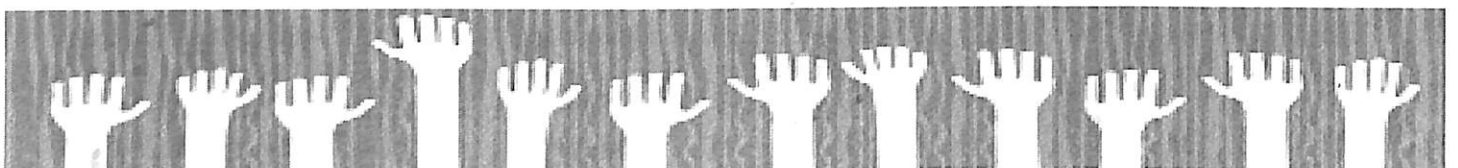
them to be better people by recognizing what they have and where they come from.

Especially with the holiday season and Christmas just around the corner, we all should consider helping the needy and giving back to our city by volunteering. Here are a few organizations in Edmonton to consider during the next few weeks:

- Christmas Bureau of Edmonton
- Meals on Wheels
- CapitalCare Edmonton Area
- 630 Ched Santa's Anonymous
- Edmonton Food Bank
- Festival of Trees
- Youth Emergency Shelter Society
- Alberta Health Services Home Care Edmonton
- City of Edmonton Attractions and Recreation Facilities
- Seniors Association of Greater Edmonton

*"Volunteers aren't paid, not because they are worthless, but because they are priceless"*

*-- Anonymous*

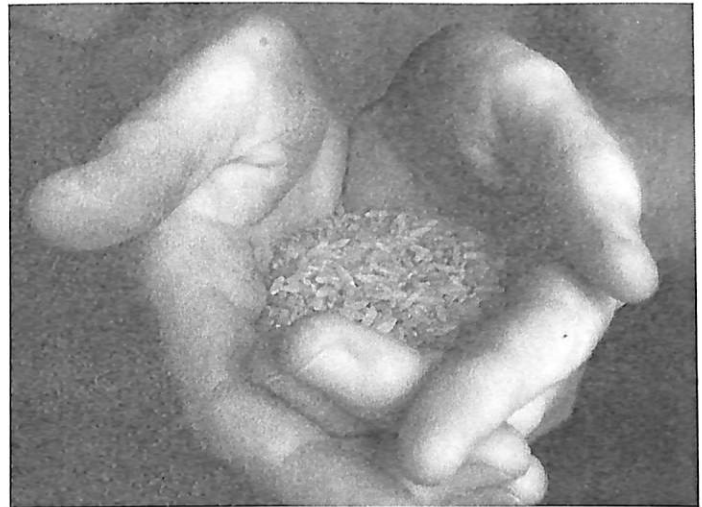


## A Special Christmas Gift

Angela Anderson

Yes, it is true, the semester is ending quickly: finals will be underway, and finally it will be Christmas. No matter who you are, Christian or otherwise, the holiday break can be used for many wonderful things. I have lofty ideas about lounging around in my pajamas and reading novels for fun! I hope to go sledding with my kids and drink hot chocolate. I will bake cookies and pies. I will cook well thought-out meals and treats for Christmas. I will visit family and friends. But the most important thing I will do this season is serve.

I think all year how great it would be to get involved with the community and to serve the people around me. A few years ago, my family had the opportunity to give a very different gift to some deserving kids. You see, my cousin passed away from a bad operation, and left behind a young family of four children. My aunt who is their grandma decided the best thing for those kids was for them to see how much good their mom did. Everyone in my family and in all the lives of people who knew Kari, we did service for people, strangers. It was the most beautiful gift and then we all posted our stories of service on Facebook. This gift has deeply touched my heart, and now each year I strive to do something for someone else.



This year I was thinking about doing a few things anonymously. I think it is so important to involve your children, your parents, and friends in the service you do, so I would exhort each of you to think of Kari this season and do something kind for someone else. It can be small like holding a door or elevator, shoveling someone's walk, brushing off someone's car, or just giving a smile or hug to someone who you love. And maybe as we think of all the things we want for Christmas we could add one more thing to our list: service for Kari.

## 25 Shopping Days Left 'Til Christmas

Karen Leonhardt

Since before we donned our Halloween costumes, ad campaigns have been assaulting us about the right gifts for our loved ones this Christmas. These ads portray the perfect holiday. There is warmth and laughter, family and friends, and just the right amount of snow. The turkey is golden brown and steaming from the oven. All the gifts fit. "Peace on earth" seems to permeate even the grumpiest relative.



Amongst even the most secular ad campaigns, Christmas is characterized as a Season of Giving. What this really means, though, is a Season of Buying. Of course there is joy in giving to others, and satisfaction in finding a gift that someone will cherish. The act of giving, however, can become a frenzy of overspending to create the magical – and impossible – ideal that our own holidays rarely seem to capture.

From a Christian perspective, the message of Christmas doesn't depend on successful gift choices. It doesn't matter whether or not the mashed potatoes are lumpy. For Christians, Christmas is a celebration of The Perfect Gift – a gift that brought Love, Forgiveness and Reconciliation to the world. Even amongst Christians, though, this gift can be lost in the busyness and the buying.

This season, think about buying less and giving more – more time to family and friends and causes you care about, more compassion toward people you may otherwise have overlooked, more forgiveness for those who have hurt or offended you. Let this be the Christmas you make fewer lists and more memories.

## Bottled Water Blues

Marina Hutton

When was the last time you bought bottled water? Many people complain about gas prices, but that bottle of water costs a lot more than the price of gas. Water is something we need to survive and we are lucky enough to have clean water come to our taps... yet bottled water has become a popular purchase. Some may say that tap water tastes different or it is dirty, but did you know that tap water has higher regulations on it than bottled water?



Here are some facts about bottled water to consider the next time you are faced with the decision of whether to purchase bottled water:

-“40% of all bottled water is taken from municipal tap sources”

-“17 million barrels of oil are used in the production of bottled water each year... enough to fuel 1 million cars for a year”.

-“it takes 3 times as much water to produce the bottle as it does to fill it”

-“3 billion pounds of waste from water bottles”

-“The UN estimates it would cost \$30 million dollars to provide everyone in the world with clean drinking water... last year \$100 million dollars was spent on bottled water worldwide”

Tap water: save the environment and money.

[http://www.onlineeducation.net/bottled\\_water](http://www.onlineeducation.net/bottled_water)

<http://www.otterbottle.ca/faq/bottled-water-facts/>

## Registration Goes Digital in 2012

Josh Gillingham

Brace yourself for some exciting new changes coming to Enrollment Services at Concordia. We are about to go digital!

I had the privilege of talking with Kristine Nelson, a business analyst for Concordia who is helping to lead the charge on this online undertaking. “This online process will be easy to use and extremely efficient,” Nelson said, “And we are just about ready to start some initial usability testing.”

Advantages of the online registration will include ease of access, a speedier processing time, and overall efficiency for both students and staff. The online registration will allow Concordia to perform registrations like most other universities which have already made the transition from paper registration

to registration online. Of course, registration advisors will still be glad to meet with you in person if you have any questions or problems with your timetable even after the online registration has been implemented.

I was given a sneak-peek at the registration program, though at the moment it is still officially under construction. Once you log on you select your program and your year. You can then add courses by clicking to check course availability and compatibility with your time table. Once that is done you simply click again to confirm. It is that easy!

One of the most novel features of the program is your timetable. While you are perusing courses the timetable updates itself automatically. With a shadowed green box it displays the timeslots a course

would take up. Then if you click to confirm the course in your schedule the boxes become solid green and you know it's available. If you have a time conflict the overlap will turn bright red so you know right away if a course will fit into your schedule or not. The program will also give you warnings regarding required prerequisites and other pertinent information that could affect your registration.

The online registration is aimed to be launched early in 2012 so that Spring Class students can give it an inaugural run. Look for it on the Concordia website in February or March!

## PEANUT FREE AT UNIVERSITY

ANGELA ANDERSON

Unfortunately, I am one of the many people that suffer from food allergies. I often feel an increase of panic when I smell the sticky, sweet, but nauseating smell of peanut butter or peanut treats. It is scary when you think of it from my perspective: if anyone happens to eat a peanut-filled treat in the school, I could have a reaction. Let's say you eat your peanut butter sandwich at a table in the cafeteria without using a plate or napkin, and then a little while later I sit at your table and end up with hives all over my arms. Perhaps you have eaten a peanut butter cup or other popular nutty chocolate bar and then touch the door handles, or the railing, or the elevator button,

and then I am exposed to those same objects, and again break out in hives. Chances are you are not aware of any of these things unless you too suffer in silence.

Did you know that some experts believe that someone with severe peanut allergies can have an anaphylactic reaction just from smelling peanuts? This is the most severe of reactions when your throat closes up and your tongue swells and you can barely breathe and should inject yourself with a pen filled with epinephrine. Other researchers say that this is not true: a pseudo-reaction takes place in which your body thinks it is having a reaction; the same physiological things can

happen to you, but it is actually an anxiety attack. According to epipen.ca 1 in 50 Canadians suffer from anaphylaxis<sup>1, 2</sup>.

What can you do? Only eat peanut product in well-ventilated areas, and be sure to wash your hands to remove all peanut residue. Wash all surfaces well to remove peanut oils. When at all possible refrain from eating peanut products at school, and save them for eating in the safety of your own home.

## Good Things Brewing

Josh Gillingham

Canterbury coffee recently began production for a smashing new line of organic Fair Trade certified coffees named ReSIProcate. In fact, you may have noticed that this very line of coffees has been filling the mugs of Concordia students this year.

ReSIProcate heralds a new age of coffee production, distribution, and consumption. Fair Trade certification requirements are stringent, so the fact that a large company such as Canterbury would strive to meet these requirements is impressive. Furthermore, the availability of Fair Trade Coffee at an institution such as Concordia is a refreshing development for those of us who have tried (and continue!) to vigilantly uphold independent Fair Trade Coffee producers. Now the social benefits of consuming Fair Trade Coffee and the health advantages of drinking organic products are available to a much wider range of people.

Through their ReSIProcate line, Canterbury has partnered with such organizations as the David Suzuki Foundation, the BC Children's Hospital, the Prostate Cancer Foundation in BC, and CIBC's Run for the Cure.

There are good things brewing here at Concordia. So buy coffee from the kiosk or in the cafeteria and support more than your caffeine addiction. Support a sustainable and just future!



**Wanna join the family and write for the BOLT? Let us know! [CONCORDIA.BOLT@gmail.com](mailto:CONCORDIA.BOLT@gmail.com)**

If you have ever tried a Zumba class, you'll know that it's all about having a good time. If you haven't tried a Zumba class, please understand that until you do, you will never know what a good time is - at least when it comes to fitness.

The word 'Zumba' does not mean anything in the sense that it has no formal connotation; it was not derived from any Hispanic nation and is not an illness. Zumba has no definition - but it is a word full of meaning. That meaning, my friend, is whatever you'd like it to be. For some, it's "the dance class that burns between 500 and 1200 calories within one hour" or "that workout game I have on my Playstation". For others, it's "that class my wife goes to" or "that fundraiser I attended". Zumba has coined the term "fitness party" as a descriptor and for me, well, I call it my job.

A lot of you Zumba fanatics may not know how Zumba came to be and that is completely understandable considering that I, an instructor, had no idea until the first day of my licensing. Either way, here it is:

It all began with any fitness instructor's biggest nightmare - forgetting their music and in the mid 1990's, this is exactly what had happened in Columbia to fitness trainer Alberto "Beto" Perez. But instead of freaking out or apologizing and cancelling his class, he improvised. He found that his only option was to grab whatever tapes (yes, tapes) that he had in his car and teach with that music. Beto's tapes were comprised of the songs that he loved, the traditional Latin salsa and merengue music with which he had been raised. He taught his class simple and easy-to-follow latin rythms with the songs

that he had and, as a result, had his class wanting more and more of it and less and less of their traditional aerobic training. And, 10 years later, from this mistake was born a revolutionary fitness program that has taken the world by storm.

Its universality lies in the format and rules (or lack there of) of each class. Unlike other programs or group fitness classes, the instructor speaks very little (if at all) meaning that the Zumba program can be translated in languages all over the world. Further, and what is most unique about Zumba, is that there is no wrong way to do it. It does not focus on form or fitness level and as a rule of thumb: if you're sweating and having a good time, you're doing it right.

If you're a Zumba participant, then you know exactly what I am talking about and if you aren't then you should be.

Classes are available all over the city but you can catch me at Curves Manning (sorry, members only) Saturdays at 11:45 and 12:30 for a creative integration of weight training with Zumba or at World Health subbing various classes around the city. See you there!



**Ditch the Workout, Join the Party!**

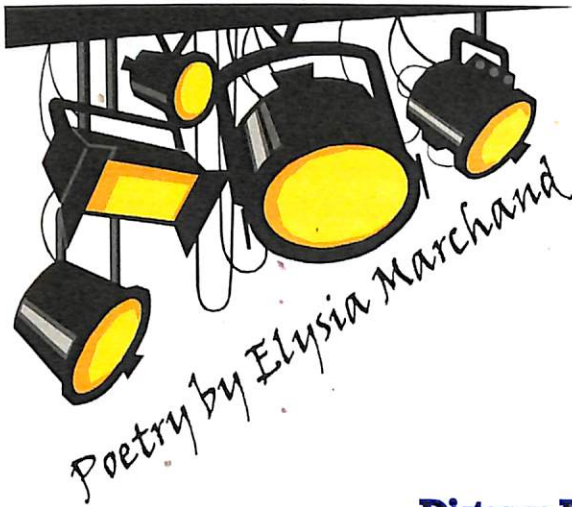
---

## **CSA JOB OPENING**

THE CONCORDIA STUDENT ASSOCIATION HAS AN OPENING FOR THE POSITION OF VICE PRESIDENT OF EXTERNAL ACTIVITIES. AS THE VP EXTERNAL, YOU'LL BE RESPONSIBLE FOR PLANNING AND OVERSEEING ALL EXTERNAL EVENTS AND FOR THE PLANNING OF WINTER FORMAL AND GRADUATION.

PLEASE FORWARD YOUR RESUME TO ANDREW KONING, CSA PRESIDENT AT: CSAPRESIDENT@STUDENT.CONCORDIA.AB.CA

POSTING CLOSES DECEMBER 3RD, 2011 AT 4:30 PM



## **Immortal Rose**

Red velvet from the bosom of your bloom  
Fades not, though winter drives icy death ever near  
Awaken in sweet morn' still a beauty to thine eye -  
Beaded tears of new moisture capturing such life  
Toying with the sentiment of death, deciding not  
Thus for another breath you live  
Honoured by fate to share thy beauty  
Being captured in viewer's eye an immortal wonder  
Last rose never to shrivel  
Imprinted now in a mind not to flee

## **Distance Is Its Own Dreamer**

For the first time in a long time  
I feel that desolate pang  
of dreary loneliness descend and coat  
my free soul with its bitter taste  
and heavy blanket of solitary hours

For the first moment since the last  
sweet, sweet discovery  
I ask for more of the tilting world  
as I spin the globe with a  
none-too gentle twist of my wrist  
and trace - with drying fingertips  
- and hear the satisfying friction between skin  
and hard plastic - the sea  
and divided lands 'till it turns no more  
coming to rest on a small plot of Earth  
unseen by my eyes - other than in dreams  
set vague and cool in darting memories

It is there, on that plot of ground  
I feel my soul reach out to find its pair  
someone to share the secrets  
and brilliant flavours of true, dawning life with  
someone who, perhaps, sits at their desk  
with a globe of plastic and painted coverings  
and spins with a thoughtful curve of their own  
delicate fingers until one,  
tracing over land and sea,  
stops with curious purpose on my own plot  
of provincial territory.

There amidst his own dust and books  
I see him lean  
a heavy elbow  
against the flawless mahogany  
let out a sigh  
peer through the glass  
take in a breath of imaginary fresh air.  
Silence is broken, but I can hope  
that there, across the globe, he still dreams  
and perhaps what he ponders  
is of me.

## **On Winter**

One thing  
I like  
about  
Winter  
is how  
every  
breath  
casts a  
shadow.

Solid evidence  
of that  
which  
we  
can't  
see.

Will  
you  
open  
your  
eyes?

The heart knows.  
Even  
when we  
freeze.

**Wanna join the family and write for the BOLT? Let us  
know! CONCORDIA.BOLT@gmail.com**