



IMPORTANT EVENTS

Sat, October 22
CUCA OPEN HOUSE
10:00 am- 2:00 pm

October 17-21

- Regular university program: Midterm test week
- UCEP: Midterm test week

October 25-26

CSA Elections

- Management Representative
- Arts Representative
- U-Pass
- Constitutional Changes



INSIDE THIS EDITION:

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- CHOICE WEEKLY MENU

QUOTE OF THE WEEK:

“Striving for success without hard work is like trying to harvest where you haven’t planted.”

-David Bly

Grad School Expo 2011

The Faculty of Graduate Studies and Research will host the sixth annual Grad School Expo on the University of Alberta campus in October 2011.

Wednesday, October 19, 2011
10:30 am to 2:30 pm
Lister Hall Conference Centre - Maple Room



Students will have the chance to explore graduate study options by connecting with representatives from the following Canadian and international universities, and University of Alberta departments. For more see website at: www.gradstudies.ualberta.ca/facstaff/gradschoolexpo.htm, for more information and list of exhibitors.

Career Services encourages all students to take time to attend this once a year opportunity to check out numerous graduate and post-graduate programs from Canadian Universities and the University of Alberta graduates studies program.

Take the LRT over and check it out! Third year and graduates in particular!! See Career Services for information on these Universities as well as their programs.

For more information contact:

Doreen Kooy

Career Services Coordinator

Email: careerservices@concordia.ab.ca Phone:780 378-8461



HOT DOG SALE!

October 20th , 2011
11:30 am to 1:00 pm
Mezzanine level of the Tegler Centre.



\$3.00 for a hotdog, pop and chips.



Concordia Aboriginal
Students' Association

LOST & FOUND: HAVE YOU LOST SOMETHING?

CHECK WITH STUDENT & ENROLMENT SERVICES FOR SMALLER AND VALUABLE ITEMS, AND IN THE LIBRARY LOST AND FOUND BIN FOR LARGER ITEMS. UNCLAIMED ITEMS MAY BE DONATED OR DISCARDED.

PLEASE CLAIM LOST ITEMS BY OCTOBER 21ST.

Volunteer Projects & Internships Abroad

The Director from Projects Abroad will be on campus:

October 20th, 2011
10 a.m. to 2 p.m.
Tegler Centre

Projects Abroad is the leading volunteer abroad organization, that offers a diverse range of international service projects, plus the opportunity to become part of one of the volunteer communities abroad.

The continuous presence overseas and unparalleled in-country support from international staff ensures that your experience will be far more worthwhile and genuine than those of the average travelling experience.

Volunteer Abroad, with Teaching, Medical, and Conservation Work Experience
Internships Abroad in a variety of places

Check out the website at www.projects-abroad.ca.

See Career Services for information packages and assistance with your application. Email: careerservices@concordia.ab.ca Phone: 780 378-8461



THUNDER HOCKEY NEWS!

Friday, October 21st Triple Play Sports Night!

Join us at the Athletics Centre as the Women's Volleyball kicks off their season, then get a ride to Clareview Arena for a burger and to watch the first period of Thunder Hockey. Then get a ride back to the Athletics Centre and watch the end of the Men's Volleyball Season Opener.

Tickets are just \$5 and include transportation and a burger. For tickets or more information, contact hfc@student.concordia.ab.ca



Saturday, October 22nd Afternoon Hockey Game!

The Concordia Thunder vs. Briercrest Clippers, 2:00 pm at Clareview Arena. At this game, we will be presenting donations to Norwood School students, who will be our VIP guests. Rides are available to all games. Email hfc@student.concordia.ab.ca or text 780.554.2729 for a ride.



DONATIONS WANTED FOR NORWOOD SCHOOL

The Concordia Thunder Hockey Program is collecting donations for Norwood Elementary School, a low-income inner-city school in Edmonton. The following items can be dropped off in our donation box in Tegler, and will be presented to Norwood School at our October 22nd home game.

- Non-perishable healthy snacks for their afternoon lunch program (e.g. granola bars, apple sauce, crackers, etc.)
- Books suitable for children from Kindergarten to Grade 6, particularly new books that can be given as incentives/rewards for their Home Reading Program.
- Outdoor gym/recess equipment (e.g. skipping ropes, balls, hula hoops, etc.)

You can also donate money! The school is revamping their playground, and are collecting funds for a special piece of playground equipment called the "Triple Hoop Game." The cost of this equipment is \$778 + taxes. To donate money, please contact hockey@concordia.ab.ca or look for our representatives in jerseys on Fridays in the cafeteria and in Tegler.

FIGHT LIKE A GIRL!

Personal Protection and Awareness Seminar For Women

Topics:

Learn how to be mentally and physically prepared for an attack or sexual assault.

Learn to recognize and avoid potentially dangerous situations.

Learn simple and effective ground-fighting skills.

Learn what to do if attacked from the front or back, and how to release from holds.

Learn simple but effective self-defense techniques and skills, avoid freezing.

Build a solid safety plan while gaining confidence in yourself.

Instructor: Shihan Shawn Baker
Ketto Ryu Combat Ju-Jutsu

When: Sunday, October 23, 2011 1:00-5:00PM

Where: Concordia University College of Alberta

Price: \$25 per person



To Register: Contact Barbara van Ingen at barbara.vaningen@concordia.ab.ca
by Thursday, October 20, 2011. Hurry spaces are limited!

MISSION TRIP FUNDRAISER

HUNGRY? WE'VE GOT PIZZA IN TEGLER'S MEZZANIE!

SUPPORT THE CONCORDIA MISSION TRIP BY BUYING PIZZA

OCTOBER 26TH FROM 11AM-1PM

***THERE WILL BE CHEESE AND PEPPERONI PIZZAS AND AN
ASSORTMENT OF CHIPS AND BEVERAGES.***

A CLERIHEW POETRY CONTEST

****Prizes**** ... Fame ... Silliness... what more do you want?

Poetry doesn't have to be dull, profound, or even moving. It can also be short, witty, and funny. The Clerihew is a poem that is all of these things. Here are the rules:

- It is only 4 lines long.
- It only uses two rhymes – lines 1 and 2 rhyme with each other, and so do lines 3 and 4.
- It has to be about somebody famous (whose name is mentioned in line 1)
- It should be biographical (but don't worry, you can make it up)
- It should be funny (obviously!)

Here are some examples to inspire you:

**Sir James Dewar
Is smarter than you are
None of you asses
Can liquify gases.*

**Ernest Hemingway
Disliked lemonade.
He would rather sip a martini
With Mussolini.*

**Sir Isaac Newton
To seem less high-falutin'
Threw an apple down to earth
And so mixed gravity with mirth.*



As you can see, writing a clerihew is easy. So submit your entries (a maximum of 3 per person) by November 1st, 2011 (email them to conrad.vandyk@concordia.ab.ca). All students are welcome to participate and you can write on any famous person you like. Clever rhymes are appreciated, but the most important thing is wit!

Prizes: 1st Place: 75\$ Amazon gift certificate; 2nd Place: 50\$ Amazon gift certificate; 3rd place: 25\$ Amazon gift certificate.

Fame: The winners (and likely some other entries) will be published in the Blue and White and on our website. Silliness: available to everyone.

*The first is by Edmund Clerihew Bentley, the inventor of the genre. The others were written by Dr. van Dyk as examples. We're sure you can do better. Others are welcome to participate too, but are not eligible to win prizes.

SYNERGY SPORTS AND THERAPEUTIC MASSAGE

Synergy Sports and Therapeutic Massage is offering Concordia affiliates a deal on massages: \$60.00 for 60 minute (gift certificates available). This is 20% off the regular price. Students, staff, faculty, and alumni are invited to take advantage of the special offer. If interested, when you contact Synergy Sports mention that you are with Concordia and would like to receive the corporate rate.

Some services offered are:

- Therapeutic Massage
- Relaxation massage
- Sports Massage
- Pre-Natal Massage

For more information or to book an appointment contact:

Vanessa Smith, RMT

Integration Massage Therapy

Cell: 780-937-6030

Clinic: 780-426-6777

Email: integrationmt@gmail.com

Website: www.integration-mt.com



LIBRARY NEWS

Did you know that you can access the library materials from the Concordia Lutheran Seminary (CLS) Library, Mondays thru Fridays 8 am - 4 pm?

You can place a Hold on the item and have it delivered to Concordia or if you need the item right away you can go directly there and pick it up. The CLS Library is directly across the street on Ada Blvd.

Daily Specials: Week of October 17th, 2011

MONDAY

Lunch: Grilled, Egg Dipped Monte Cristo Sandwich filled with Ham, Turkey & Melted Swiss Cheese served with Sweet Potato Fries

Supper: Boneless Chicken Cutlet Served with Cranberry Sauce, Stuffing & Gravy

TUESDAY

Lunch: Appetizer Tray of Chicken Wings, Dry Ribs, Fries & Shrimp with Dip

Supper: Salisbury Steaks with Roasted Onion Gravy & Fresh Sauteed Baby Portobello Mushrooms

WEDNESDAY

Lunch: Ukrainian Lunch. Garlic Sausage, Perogies, Saurkraut, Dijon & Sour Cream

Supper: Broiled Boneless Pork Chops simmered in Mushroom Sauce



THURSDAY

Lunch: Southern Chipotle Pulled Pork Sandwich au Jus in a Sub Bun

Supper: Hot Dogs topped with Saurkraut, Pickled Jalopenos & Pan Fried Onions

FRIDAY

Lunch: Spinach & Cottage Cheese Lasagna topped with Three Cheeses & served with a Just-From-The -Oven Oat Flour Bun

Supper: Crispy, Buffalo Chicken Bagel Burger served with Potato Salad

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