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## THIS WEEK IN FITNESS

Classes are 12:00-12:50pm

- Monday - Closed for Thanksgiving
- Wednesday: Yoga with Jess
- Friday: Drop in Intramurals



Mercy Counselling is located in the office suite on the south end of the second floor of the Centre for Science Research and Innovation. They provide counselling services Monday to Saturday. While they are welcoming and want to make that known to the Concordia community they appreciate anyone visiting them to check in at reception first. Given the confidential nature of their work it is important that we respect the use of the space and the boundaries associated with it.

## CAFETERIA MENU:

- Monday- Baked Chicken Alfredo (Halal)
- Tuesday- Grilled pork chops with green beans, potatoes with peppers and onion (GF)
- Wednesday- Perogies with bacon, sour cream, and green beans
- Thursday- Butter Chicken with basmati rice, peas, and carrots (Halal, GF)
- Friday- Mexican beef rice bowl (GF)



# FLIP

*the*

# SCRIPT

SEXUAL ASSAULT RESISTANCE TRAINING  
*for* UNIVERSITY WOMEN

*Session One:*

**OCTOBER 2, 9, 16, & 23 AT 3-6PM**

*Session Two:*

**OCT 30; NOV 6, 20, & 27 AT 3-6PM**

12 hour sexual assault resistance training divided into four 3-hour units, open to all self-identified women currently enrolled at Concordia University of Edmonton.

Find more info and register at [tlnyurl.com/ConcordiaTalks](http://tlnyurl.com/ConcordiaTalks)

Space for each run is limited to 20 students.



## **'O DAY OF PEACE'**

### **SACRED MUSIC FESTIVAL**

**CONCORDIA SCHOOL OF MUSIC CHOIRS & HANDBELLS**

**With special guest CHRONOS VOCAL ENSEMBLE**

**Debbie Rice, Jordan Van Biert, & Jolaine Kerley, conductors**

**SUNDAY, OCTOBER 21<sup>st</sup>, 2018, at 3 pm**

**FRANCIS WINSPEAR CENTRE FOR MUSIC**

**4 Winston Churchill Square, Edmonton**

Concordia University of Edmonton's three choirs and two handbell ensembles join forces for the eighteenth annual Sacred Music Festival. "O Day of Peace" invites the audience to leave behind daily strife, hurt, and frustration and enter an oasis of sound, by turns vigorous, wistful, and ethereal, exploring the prospects and promises of reconciliation and peace. Repertoire includes the powerful Sanctus from Karl Jenkins' *The Armed Man* and two world premieres by Jubilosio! Bells of Concordia.

Special guests include Chronos Vocal Ensemble, directed by Jordan Van Biert, and members of three church choir communities swelling the massed choir. The audience will be invited to join in singing a few hymns through the afternoon, accompanied on the Davis Concert Organ.

Tickets are \$25 for adults, \$20 for seniors, students and children plus applicable service charges and are available from the Winspear Box Office (780.428.1414) or Concordia's Bookstore. Facebook link: [www.facebook.com/events/239510860068910/](http://www.facebook.com/events/239510860068910/)

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For more information, please contact  
Jennifer Maxfield, Events and Services Coordinator, School of Music  
Direct: (780) 479-9304  
Email: [jennifer.maxfield@concordia.ab.ca](mailto:jennifer.maxfield@concordia.ab.ca)  
[music.concordia.ab.ca](http://music.concordia.ab.ca)



## SPANISH VISTAS

CONCORDIA SYMPHONY ORCHESTRA  
DANIELLE LISBOA, CONDUCTOR  
with TREVOR COOPER, GUITAR

SUNDAY, OCTOBER 21<sup>st</sup>, 2018, 3:00 pm  
ROBERT TEGLER STUDENT CENTRE  
CONCORDIA UNIVERSITY OF EDMONTON 7128 Ada Blvd, Edmonton

Concordia Symphony Orchestra kicks off the 2018–19 season with dramatic flair and three of the most beloved pieces of the symphonic repertoire.

The iconic Suite No. 1 from Bizet's opera Carmen introduces the simmering passion of the Iberian peninsula, while its natural beauty is captured in Rodrigo's poignant Concierto de Aranjuez. This second piece, the most-performed guitar concerto and one of the most difficult, is rendered by young guitar virtuoso Trevor Cooper, who has studied classical guitar with leading teachers in Spain, Austria, Toronto, and Edmonton, and is currently finishing a Master's degree at the Mozarteum Salzburg in Austria with Eliot Fisk. Full biography available at [http://guitartrevor.com/?page\\_id=25](http://guitartrevor.com/?page_id=25).

Beethoven's rousing Symphony No. 7 in A Major rounds out the afternoon of favourites. The concert is preceded by a pre-concert chat at 2:30 by Dr. Danielle Lisboa.

Concordia students, faculty, and staff are each entitled to one free ticket for this and other School of Music concerts (excluding events at the Winspear), available from Ahummi Hall 306. Further tickets are available for \$20 for adults and \$15 for students and seniors from Tix on the Square (780.420.1757), Concordia's Bookstore, or at the door. Special Family Admission: \$40 (available at the door only).

Facebook page: [www.facebook.com/events/726756857693999/](http://www.facebook.com/events/726756857693999/)

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For more information or to arrange an interview, please contact:  
Jennifer Maxfield  
Events and Services Coordinator, School of Music  
Direct: (780) 479-9304

## Free Supplemental Instruction Classes

Supplemental Instruction (SI) is available this term for the following courses. The classes are led by peers and free to all Concordia students.

**MATH 151- Professor Tran**

**SI- Donovan Makus**

**Seminars: Mondays 12:00pm in HA 010**

**PSY 211- Professors Steffler and Wong**

**SI- Paege Hrdlicka**

**Seminars: Mondays 12:00pm in HA 207**

**PSY 104- Professor Howorko**

**SI- Emma McLachlin**

**Seminars: Wednesdays 12:00pm in HA 009**

**ECON 101- Professor Franke**

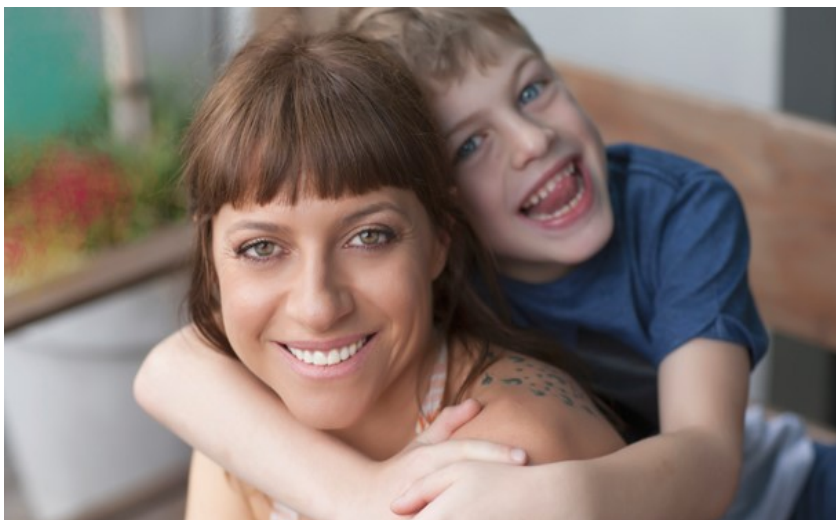
**SI- Lauren Hollman**

**Seminars: Wednesdays 12:00pm in HA 017**

**BES 107- Professor Freidman**

**SI- Jessica Dickson**

**Seminars: Fridays 12:00pm in HA 019**



**Are you a single mother over the age of 25 studying full-time in a degree program?** Apply for the Concordia Bursary Program and be considered for the Yvonne Pitts Women's Bursary.

Bursary Program FAQ's [click here](#)  
Donor Funded Bursary Listing [click here](#)

**To Apply go to:** Online Services / Requests / Awards Application  
**Deadline to Apply:** OCTOBER 15th

finaid@concordia.ab.ca



UNDERGRADUATE STUDENT EVENT:  
**Pizza with the  
Presidents**

**October 10, 2018 at 12 pm  
in the CSRI Flexspace**

All undergraduate students are invited to join President Loreman along with CSA President Brandon Vollweiler for a chance to have a brief update, along with an informal conversation.

\* Please note that there will be a limited amount of pizza and will be based on first come, first served.



GRADUATE STUDENT EVENT:

# Pizza with the Presidents

October 17, 2018 at 12 pm  
in the CSRI Flexspace

All undergraduate students are invited to join President Loreman along with GSA President Uttkarsh Goel for a chance to have a brief update, along with an informal conversation.

\* Please note that there will be a limited amount of pizza and will be based on first come, first served.

Wellness Wednesday

# October

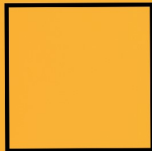
## Free Painting

Oct. 3rd - Tegler - NOON to 1pm



## Free Yoga Class

Oct. 10th - GYM - Noon to 1pm



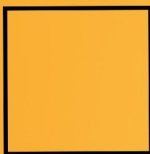
## Booster Juice Giveaway

Oct. 17th - Tegler - NOON to 12:20



## Free Yoga Class

Oct. 24th - GYM - Noon to 1pm



## Pumpkin Carving/Costume Contest

Oct. 31st - Tegler - NOON to 1pm



Wellness Wednesday Events Are Provided  
By Your Concordia Student's Association





A photograph of three students sitting at a table in a library, looking at a laptop and papers. The background shows bookshelves filled with books.

## ACADEMIC WORKSHOPS- OPEN TO ALL STUDENTS!

Thursday October 11th 11:30-12:15 Tegler 103– TIPS FOR UNIVERSITY SUCCESS

Friday October 12th 12:00-12:45 HA238 - TIPS FOR UNIVERSITY SUCCESS

Thursday October 25th 11:30 -12:15 Tegler 103 -STUDY TECHNIQUES

Friday October 26th 12:00- 12:45 HA238 -STUDY TECHNIQUES

Thursday November 8th 11:30-12:15 Tegler 103 - EXAM TAKING STRATEGIES

Friday November 9th 12:00-12:45 HA238 -- EXAM TAKING STRATEGIES

A vertical stack of several books with wooden spines and blue covers.

## Creative Writing Working Group

Wednesdays (bi-weekly)  
Sept. 19th, Oct. 3rd, Oct. 17th,  
Oct. 31st, Nov. 14th, Nov. 28<sup>th</sup>

Conference Room of the Student Success  
Centre  
HA 113E (15:00-16:00)

Students! Bring 1-3 pages of your creative  
writing project to the working group for  
mentoring and work-shopping!  
(Please bring 5 copies of your work to share).

Contact: Conrad Scott [conrad.scott@concordia.ab.ca](mailto:conrad.scott@concordia.ab.ca)

Conrad Scott is a poet, fiction writer, and academic who also teaches English at Concordia and the University of Alberta. A graduate of the 2010 Spring Writing Studio at the Banff Centre for the Arts, his poetry has previously appeared in such publications as *Freefall Magazine* and *The Enpipe Line*. His first book of poetry, *Waterline Immersion*, will be published next Fall as part of Frontenac House's Quartet 2019.

# COUNSELLING SERVICES

## Where Healing Begins...

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

## Make an appointment with Melissa Fortuin or Justine Richard:

Our skilled Counselling Practicum Students are available by appointment on weekdays. They are located in Library room L266.

You can book an appointment by:

Online: Visit [tinyurl.com/BookCounsellor](http://tinyurl.com/BookCounsellor). For detailed instructions see Booking a time slot.

Call: 780.479.9241

Email: [studentlife@concordia.ab.ca](mailto:studentlife@concordia.ab.ca)

In person: visit Student Success Centre

Note: A 24-hour cancellation notice required for appointments booked.

## Make an appointment with Mirna Hanic:

Mirna Hanic is a Canadian Certified Counsellor offering individual counselling to all students. Her office is located in room HA113-D, Student Success Centre.

Mondays: 8:30 am – 4:30 pm; drop-in sessions 12:00 pm to 1 pm (half an hour each, first come first serve)

Tuesdays: 8:30 am – 4:30 pm; drop-in sessions 12:00 pm to 1 pm (half an hour each, first come first serve)

Wednesdays: 8:30 – 12:00 pm; one drop-in session from 12:00 pm to 12:30 pm

If Monday is a STAT holiday, the schedule is Tuesday to Thursday, instead.

To Book:

Call 780.479.9241

Email: [studentlife@concordia.ab.ca](mailto:studentlife@concordia.ab.ca)

In person: visit Student Success Centre

## Online Booking-Only for students who have already seen, or are seeing Mirna:

Visit [tinyurl.com/BookWithMirna](http://tinyurl.com/BookWithMirna) (case sensitive).

Note: A 24-hour cancellation notice required for appointments booked.

## If in Crisis

Need help? If you are in crisis, please come directly to the Student Life & Learning office in the Student Success Centre, across from the Bookstore. The person at the reception desk will make sure you are connected with supports in that moment. We are open Monday to Friday 8:30 am to 4:30 pm. During off hours call 24/7 Distress Line at 780.482.4357. In case of an emergency call 911 and Campus Security (24/7) at 780.479.8761.



# PHOTO CONTEST

Did you travel to some awesome places this summer ?  
Do you want your photo to be displayed in library during January 2019 ?

Come and talk to us at International office or email  
[international@concordia.ab.ca](mailto:international@concordia.ab.ca)

Deadline : October 31, 2018



# Chinese Stories

Arnold Guebert Library • Concordia University of Edmonton (7128 Ada Blvd)

*Reception and Keynote Speech:*

**Forty Years of Economic Reform and Openness in China: Retrospect and Prospect**  
by Marcella Siqueira Cassiano

Tuesday, October 30, 2018 • 2:00-3:15 pm • Library Gallery

**Art Exhibition**  
October 1-31, 2018  
Library Gallery

2018

CHRISTMAS BUREAU OF EDMONTON

# Dinner Dash

5 km run or  
2.5 km walk

SATURDAY NOVEMBER 10, 2018  
11 AM • HAWRELAK PARK

REGISTER BEFORE OCTOBER 15: GENERAL \$25 AND TEAMS & SENIORS \$20/PERSON  
STARTING OCTOBER 16: GENERAL \$30 AND TEAMS & SENIORS \$25/PERSON  
KIDS 12 AND UNDER ARE FREE



**WE INVITE PEOPLE OF ALL AGES AND ABILITIES TO  
JOIN US FOR OUR 1ST ANNUAL DINNER DASH!**

REGISTER AS AN INDIVIDUAL OR A TEAM. COLLECT PLEDGES.  
HELP MAKE THE HOLIDAYS HAPPEN FOR EDMONTON FAMILIES,  
SENIORS AND CHILDREN IN NEED THIS HOLIDAY SEASON.

[CHRISTMASBUREAU.CA/EVENTS](http://CHRISTMASBUREAU.CA/EVENTS)





# THE USE OF AMBIGUOUS PRONOUNS IN WINNIE THE POOH & ALICE'S ADVENTURES IN WONDERLAND

Presented by Dr. Conrad van Dyk, Associate Professor of English at CUE

Wednesday, October 10, 2018 • Noon - 1 pm • HA208

Come listen to a quirky, engaging, meandering introduction to the linguistic and philosophical implications of some classic children's books.

## Alberta

# 2017 Kids Help Phone Service Statistics



There are more than **1,073,900** young people aged **5-25** in Alberta – that represents **26.4%** of the population of Alberta, and **12.4%** of all young people in Canada.

### Calls



**7.7%** of all calls to Kids Help Phone came from Alberta, or **28** calls per day.

### Website visits



There were **46,737** visits to Kids Help Phone's website to connect to service or view tools and resources from Alberta.

### Top issues



1. Suicide/Suicide Related
2. Mental/Emotional Health related to anxiety
3. Mental/Emotional Health related to depression
4. Family Relationships related to getting along with a parent/guardian
5. Mental/Emotional Health related to self-injury

### Chats



**8%** of all chat counselling sessions for 2017 came from Alberta.

### Resources



There are **1,013** Alberta-based resources in Kids Help Phone's resource database for youth to find local support.

### National average



**16%**

of all sessions between a counsellor and young person in Alberta included crisis intervention,<sup>1</sup> slightly higher than the national average of 13%.



With an average age range of 10-13, Alberta youth who received counselling were typically younger than the national average age range of 14-16 years old.