

## CAFETERIA MENU: NOV 5-9

- Monday: Chicken Fried Rice (Halal, GF)
- Tuesday: Breaded Veal with Mashed Potatoes and Gravy
- Wednesday: Beef Lasagna (7.99)
- Thursday: Chicken Chow Mien Noodle Bowl (Halal)
- Friday: Fish and Chips



## INSIDE THIS EDITION:

- United Way Campaign Underway
- Prime Minister's Youth Council Information
- Theatre Production: Almost Maine
- VP Marketing Volunteer Wanted
- Movies for Mental Health
- Data Month Speaker Series
- Financial Literacy– Invest in Your Well Being
- November Wellness Events
- This Week in the Gym
- International Pizza Day
- Fine Arts Profile– Preston Gray
- November is Financial Literacy Month
- Health Insurance Information
- Peer Support at Concordia
- Indigenous Student Assembly
- Study Abroad: Brazil
- Diwali Festival
- Study in Spain Info Session



## GRAD PHOTO SESSION ON CAMPUS

Date: Nov. 13 - 15

Time: 9am - 4pm.

Location: CRSI Building Design Thinking Space.

[BOOK ONLINE](#)

Questions: [csaed@student.concordia.ab.ca](mailto:csaed@student.concordia.ab.ca) .



## CONCORDIA PRIDE CLUB

**CANDY & BAKE SALE**

**FRIDAY, NOV. 9**

**11:00-1:00 PM**



## Remembrance Day & Fall Break Hours

Library is Closed for Remembrance Day weekend November 10 - 12

### Fall Break Hours

Tues, 12th - Fri, 16th: 7:30am - 4:30pm

Regular Fall Hours resume Sat, 17th

## FALL READING WEEK

- Monday, Nov. 12– Campus Closed
- Tuesday, November 13-No classes, Regular university program
- Wednesday, Nov. 14-No classes, Regular university program
- Thursday, Nov. 15-No classes, Regular university program.
- Friday, Nov.16- No classes, Regular university program
- Monday, Nov.19th– Classes resume, Regular university program

WRITING CENTRE  
OPEN

BOOK NOW





**United Way**  
Alberta Capital Region  
myunitedway.ca

**EVERY  
DOLLAR  
AND  
DONATION  
COUNTS.**



**DONATION BINS  
ARE LOCATED AT:**

**Concordia University of  
Edmonton Library**

**Indigenous Knowledge  
& Research Centre**

**Ralph King Athletics  
Centre**

**Student Success Centre**

## **PURCHASE 50/50 TICKETS**



**\$2 each, available at Student  
& Enrolment Services (HA 120)**

**Available for purchase until Friday, November 9th!**

**One lucky ticket purchaser will win half of the  
raised proceeds from this 50/50 ticket raffle!**

**The other half of the funds will go directly towards  
the Breakfast/Lunch Program with the *Ben Calf  
Robe Society.***

## **DONATE MITTENS & SOCKS for**



***The Edmonton Mennonite Centre  
for Newcomers***

**The EMCN works with thousands of newcomers  
each year, from all parts of the world, out of  
various community locations.**

**Please donate new mittens and socks to help keep  
new Edmontonians warm this winter.**

**For more information visit: [emcn.ab.ca](http://emcn.ab.ca)**

## **DONATE TOWELS & TOOTHBRUSHES for**



***A Safe Place, Domestic Violence Shelter***

**Since its opening in 1984, this shelter has  
accommodated over seventeen thousand women  
& children.**

**Please donate new towels and toothbrushes to  
help this vital organization.**

**For more information visit: [asafeplace.ca](http://asafeplace.ca)**



# PRIME MINISTER'S

— YOUTH COUNCIL —

**APPLY NOW!**

OR LEARN MORE AT

**CANADA.CA/YOUTH**

BE THE **VOICE** FOR YOUR  
**COMMUNITY**

@LEADERS TODAY



#PMYOUTH COUNCIL

DEADLINE TO APPLY IS NOVEMBER 30

Canada



CONCORDIA  
UNIVERSITY  
OF EDMONTON



# ALMOST, MAINE

BY JOHN CARIANI

NOVEMBER 2, 3, 9 & 10 AT 7:30 PM

NOVEMBER 4 & 11 AT 2:00 PM

# Opportunity

## Volunteer Marketing Position

Do you have an interest in sharing or gaining skills? If you answered yes, we have the perfect opportunity for you. We are seeking a Concordia student to fill out VP Marketing position. If you or someone you know is interested in this position please contact us at [isc@student.concordia.ab.ca](mailto:isc@student.concordia.ab.ca) for further information.

Deadline for nominations is November 5th, 2018

- Excellent teamwork and communication skills
- An interest/enjoyment in managing social media
- Good organizational and planning skills
- Strong writing skills



*Submit your short film to*

# MOVIES

*for*

# MENTAL HEALTH

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Have your work shown at an on-campus event and the chance to win

**\$500.00**

towards film/video equipment

## Guidelines

Create a short film, 5 minutes long or less, that is either interpretive of mental health or addresses mental health directly.

## Deadline

Submit a Google Drive share link (edit-enabled) of your film, along with your name and student number, by email to either [barbara.vaningen@concordia.ab.ca](mailto:barbara.vaningen@concordia.ab.ca) or [tom.corcoran@concordia.ab.ca](mailto:tom.corcoran@concordia.ab.ca) by November 18th, 2018.

Films will be shown, and winner announced, at:  
**Movies for Mental Health**  
November 21st, 2018 at Noon in Tegler



Concordia **TALKS**

Have questions?  
Need more information?

 @CUE\_Management  
@CUE\_Library



# DATA MONTH SPEAKER SERIES

CELEBRATING 100 YEARS OF STATISTICS CANADA

PRESENTED BY FACULTY OF MANAGEMENT, DEPARTMENT OF PUBLIC HEALTH, & CUE LIBRARY.

## NOVEMBER 2018



Monday, Nov 5, 12 - 1 pm  
**Sarah Ahmed, Statistics Canada**  
*Data User Services & Research Data Centres*  
Room: HAC 310

Wednesday, November 7, 12 - 1 pm  
**Jason Lau, Policywise**  
*Expanding the Reach of Your Data Through Secondary Use*  
Room: HAC 310

Monday, Nov 19, 12 - 1 pm  
**Kirk Mcleod, Government of Alberta, Open Data Portal**  
Room: HAC 310

Wednesday, Nov 21, 12 - 1 pm  
**Sarah Ahmed, Statistics Canada**  
*Celebrate 100 years of Statistics Canada!*  
Room: HAC 310

Monday, Nov 26, 12 - 1 pm  
**Karen Parker & Norman Mendoza, City of Edmonton, Open Data Initiative**  
Room: HAC 310

Wednesday, Nov 28, 12 - 1 pm  
**Ryan Mazan, Government of Alberta, Chief Statistician & Director of the Office of Statistics and Information, Treasury Board and Finance.**  
Room: HAC 310

# Invest in your financial well-being



Knowledge of money basics is key to achieve financial well-being. People who are in control of their finances have greater peace of mind and overall well-being. Financial literacy is a critical skill at every stage of life, from childhood, to adulthood and into the retirement years.

The Financial Consumer Agency of Canada (FCAC) is a federal government agency responsible for protecting consumers of financial services & products and expanding consumer education.

Follow #FLM2018 for tips and tools on how to invest in your financial well-being and visit [Canada.ca/Financial-Literacy-Month](https://Canada.ca/Financial-Literacy-Month).

The first step toward financial success is to understand that you're in control of your financial future. Taking care of yourself includes investing time and effort to improve your financial literacy. Start now!

Having trouble paying your bills on time? Following these tips will help guide your spending: <https://goo.gl/f8t7YX>

Money is a major cause of stress. Knowing the secret of budgeting helps you find peace of mind. <https://goo.gl/RmtMhQ>

Plan for life's changing priorities so you can make responsible financial decisions and reach your goals. <https://goo.gl/qL1YQU>

Saving for a down payment, an emergency fund or a trip? This tool can help: <https://goo.gl/e5ALSQ>

Avoid surprises! Build your future with the right financial tools: <https://goo.gl/2llqgL>

Invest in your financial future with the right tools. Use the Budget Calculator, mortgage calculators, credit card tools and more: <https://goo.gl/2llqgL>

Worries about personal finances are at the top of the list when Canadians talk about their sources of stress. By clearly showing you where your money goes, a budget is a simple yet powerful tool that gives you not only valuable insights into your spending habits, but also an increased feeling of control and protection from unexpected financial surprises. <https://goo.gl/RmtMhQ>



[finaid@concordia.ab.ca](mailto:finaid@concordia.ab.ca)

## THIS WEEK IN THE GYM

Monday:

Strength Training with Elise Nawrocki  
12:10 - 12:50 - Ralph King Gymnasium

Wednesday

Yoga with Jess  
12:10 - 12:50 - Ralph King Gymnasium

Friday

Drop In Intramurals  
12:00-1:00 - Ralph King Gymnasium

# Wellness Wednesday November

## Family Violence Day

Nov. 7th - Lower Tegler - 11am to 1pm

## Reading Week

Nov. 12th - 16th

## Therapy Dogs

Nov. 21st - Tegler - 11am to 1pm

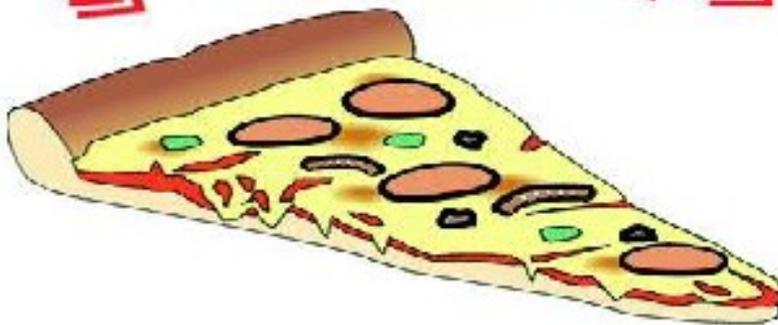
## Free Yoga Class

Nov. 28th - GYM - Noon to 12:50pm





**PIZZA**



## **INTERNATIONAL PIZZA**

**Come and meet CUE's international students and  
Internationally minded students!**

**HA206 Wednesday, November 7 @ noon**

# CONCORDIA FINE ARTS PROFILE

## Preston Gray

Fourth-year music student Preston Gray is on dual display this weekend, in the Drama production *Almost, Maine*. He had planned to play the piano score he wrote as background music live during the play—until he discovered the cast was short of male actors, and agreed to act.

Neither role was one this self-avowed shy guy could have imagined before coming to Edmonton to move beyond his comfort zone. He was listening to Gershwin, honkey-tonk, and 70's folk and composing music for his rock band in Chilliwack, BC, when his sister, a theatre music director there, pointed him to Concordia's reputation for collaborative music and tight-knit community. Over the last three years, fortuitous associations and opportunities at Concordia have led him into a passion for composing music that elevates what is happening on the stage. After a chance meeting in drama class Preston wound up collaborating with student playwright Joel DiNicola, composing, arranging, and performing music for the Fringe-worthy "Conventional Musical" (2017). Still, he was stunned when Caroline Howarth invited him to provide music for the rollicking *Dada Play* last year; and excited when director Glenda Stirling asked for his help with *Almost, Maine* this year, resulting in a whimsical, melodic score.

Preston loves the process of underscoring the script, finding the "sweet spots" to heighten the audience's involvement with whatever is happening onstage—helping to tell the story--and "how alive it feels" to feed into that drama anew each night. He now writes not for himself but for others—"to give the music away," he says. This time around he finds himself on the receiving end as well, as he listens for an actor's cues on his recorded soundtrack.

Just a few weeks after the drama run ends, Preston's summer project comes to fruition—a contemporary pop album with his new band Stuarts Dove, a collaboration with fellow students Andrea McHenry (vocals), Greg Crawford (cello), and Aaron Addoriso (drums), available in December on iTunes, Spotify, and Amazon.ca.

But it has been the professional platform afforded by the university context—real-life experience with people who believe in his potential and depend on his output, and the energy and perspective that invariably return to him—that have propelled him to a vantage point from which he can dream of a future composing for the stage, film, television, and/or commercials. Stay tuned!



*Music major Preston Gray wears two hats in the current Drama production Almost, Maine*



One week left!

Nov 9 & 10 at 7:30 pm

Nov 11 at 2 pm

# November Is Financial Literacy Month!



It's worth investing time and effort to improve your financial literacy, and Financial Literacy Month is the perfect time to do it! We invite you to join the conversation on social media using the hashtag **#FLM2018**.

You can also stay informed by following FCAC on the following channels:

- **Financial Consumer Agency of Canada (FCAC) website:**
- [canada.ca/financial-literacy-month](http://canada.ca/financial-literacy-month)
- **Twitter:** @FCACan
- **Facebook:** [www.facebook.com/FCACan](http://www.facebook.com/FCACan)
- **YouTube:** [www.youtube.com/fcacan](http://www.youtube.com/fcacan)
- **LinkedIn:** [www.linkedin.com/company/financial-consumer-agency-of-canada](http://www.linkedin.com/company/financial-consumer-agency-of-canada)
- **Instagram:** [www.instagram.com/fcac\\_can](http://www.instagram.com/fcac_can)

Learn more in our November CUE weekly newsletters (Mondays)

[финаid@concordia.ab.ca](mailto:финаid@concordia.ab.ca)

[mystudentplan.ca](http://mystudentplan.ca)

# Health insurance that won't give you a headache.



Learn about your student  
health and dental plan at  
[www.mystudentplan.ca](http://www.mystudentplan.ca).



PEER  
SUPPORT  
PROGRAM



**WE ARE HERE TO  
LISTEN.**

Room A212 (across from the CSA office)

Peer support will not be available November 12-16 (Reading Week).  
The program resumes Monday, November 19th, 2018.



**COME JOIN US FOR OUR FIRST**

## **INDIGENOUS STUDENT COUNCIL ASSEMBLY**

**Date:** November 7, 2018

**Where:** Indigenous Knowledge Resource Center (New Building)

**Time:** 4 to 6 pm

**Special points of interest:**

- \* Marketing position
- \* Updates on Completed Events
- \* Upcoming Events
- \* ISC logo contest
- \* Discuss the purchase of swag

*Come Join Us for a bite.  
We will have  
pizza for attendees*



*Meeting is open to all Concordia students*

Do you want to  
make a Difference?

Do you have an idea  
you want to share?

Your Voice Counts  
Have your say!!



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Study  
**ABROAD: BRAZIL**

MAY 9- JUNE 1, 2019 WITH PARTNER UNIVERSITIES

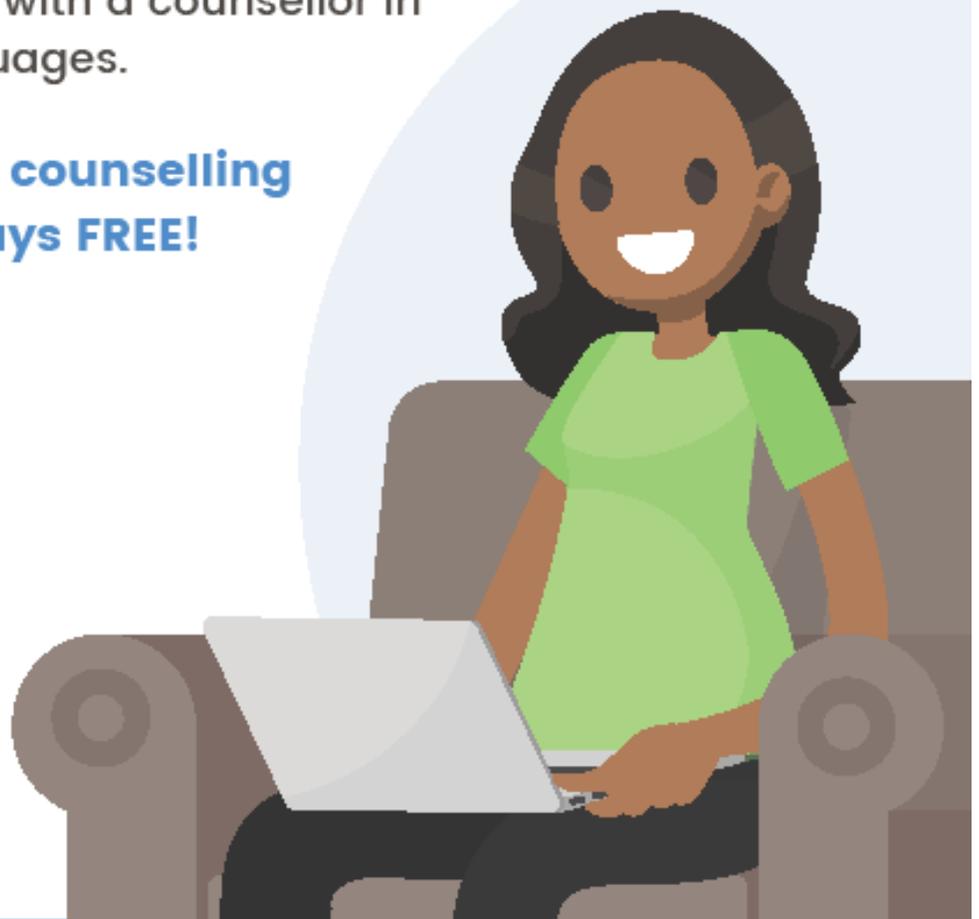
# Information Session

November 26, 12-1 pm in HA208

# Did you know that you have access to **online video counselling**?

Online video counselling is affordable and appointments are available outside of traditional office hours. You can book an appointment with a counsellor in 18 different languages.

**...and your first counselling session is always FREE!**



Inkblot



[www.inkblottherapy.com/concordia](http://www.inkblottherapy.com/concordia)



CONCORDIA  
UNIVERSITY  
OF EDMONTON | International  
Office

A central image of a lit Diwali diya (oil lamp) with a bright flame, surrounded by a bed of colorful flower petals in shades of red, orange, and yellow. The background is dark, making the light from the diya stand out.

# Diwali Festival

**NOVEMBER 5, 2018 • TEGLER**  
**PROGRAM STARTS FROM NOON TO 1 PM**  
**HENNA ART BOOTH: 11 AM TO 1 PM • RANGOLI PAINTING: 9 AM TO NOON**



# **STUDY IN SPAIN (SPA 102)**

## **AT**

# **UNIVERSITY of SALAMANCA**

SHORT TERM FACULTY LED STUDY ABROAD JUNE 2019

Information session: November 28, 12-1 pm HA 208

