

## CAFETERIA MENU: SEPT 16-20

### MONDAY

Lunch: Beef Cannelloni with Broccoli & Cheese Salad

Supper: Honey Garlic Pork Stir Fry with Chow Mein Noodles

### TUESDAY

Lunch: Roasted Chicken with Mashed Potatoes, corn & peppers

Supper: Thai Red Curried Beef with Jasmine Rice

### Wednesday

Lunch: Chickpea Tagine Bowl

Supper: Chicken Souvlaki Pita with Greek Roasted Potato

### THURSDAY

Lunch: Tukey Meatballs with Spicy Stir-Fry and Noodles

Supper: Togu Cacciatore with Sautéed Baby Spinach and Rice

### FRIDAY

Lunch: Chipotle Lime Fish Taco Bowl

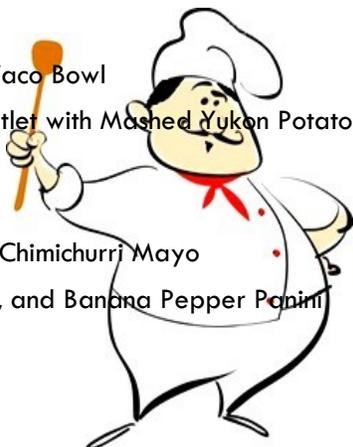
Supper: Breaded Veal Cutlet with Mashed Yukon Potatoes and Glazed Carrots

### DELI:

Roast Beef Ciabatta with Chimichurri Mayo

Grilled Turkey, Provolone, and Banana Pepper Panini

Artisan Vegetable Wrap



## INSIDE THIS EDITION:

- \* Games Night-Sept. 20
- \* Health & Dental Opt Out –Sept 20
- \* GSA Meet & Greet
- \* Peer Support Program
- \* Join the Global Movement
- \* Volunteer Fair-Sept. 25
- \* Historian Award
- \* Writing Centre Open
- \* Tutors Wanted
- \* Study Abroad Bursary
- \* Tai Chi on Campus
- \* Cheryl's Run-Sept 28
- \* Library Services

## THANK YOU!

FOR SUPPORTING THE CUE FOOD BANK.

EVERY DONATION MAKES A DIFFERENCE.

If you wish to make future contributions to the CUE Food Bank, a donation box will be available outside of the Student Success Centre.



## CAMPUS SECURITY CONCERN

There were two locked bikes stolen from a vehicle in our parking lot recently. It only takes a short period of time for a theft to occur, often it is better to keep valuables at home, keep them on your person or out of sight if possible. Locking bikes with a ulock through the frame to a solid object along with a cable lock through the wheels is best practice.

### SECURITY TIPS

For further security tips click on <https://concordia.ab.ca/campus-services/security/security-tips/>

### SIGN UP FOR EMERGENCY NOTIFICATION APP

Alertus is the Emergency Notification app we use, see how to sign up for it here <https://concordia.ab.ca/campus-services/security/alertus/>

Concordia Visual Culture Society  
Presents...

# Games Night



Fri. Sept.  
20th  
4 p.m.-8 p.m.  
in Tegler

games,  
fun &  
free pizza



powered by

 PIKTOCHART

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

Opt-in, opt-out, or add family  
to your health and dental plan!

**Fall 2019 Deadline:  
September 20, 2019**



Quickly and easily register  
at [www.mystudentplan.ca](http://www.mystudentplan.ca).





MEET YOUR PEERS AND  
ENJOY FREE PIZZA !



Join us for a

# MEET & GREET

TUESDAY, SEPTEMBER 17

12:00 PM - 1:00 PM

DESIGN AND THINKING SPACE, CUE

For any queries, please contact:

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

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



# FEELING DISTRESSED?

## NEED SOMEONE TO TALK TO?

### HOW ABOUT TALKING WITH A FELLOW STUDENT?



# PEER SUPPORT PROGRAM

WE'RE STUDENTS TRAINED TO PROVIDE A CONFIDENTIAL, NONJUDGMENTAL, SAFE SPACE FOR YOU TO TALK ABOUT ANYTHING. WE CAN OFFER YOU REFERRALS TO OTHER SERVICES AND HELP YOU FIGURE OUT YOUR NEXT STEPS. **WE'RE HERE TO LISTEN!**

1:1 SUPPORT. NO APPOINTMENT NEEDED. DROP IN TO L279 (MAIN FLOOR LIBRARY) DURING THE FOLLOWING HOURS:

#### FALL TERM SCHEDULE

MONDAYS	2:00 – 4:00 PM
TUESDAYS	12:00 – 2:00 PM
WEDNESDAYS	9:00 – 11:00 AM AND 1:00 – 3:00 PM
THURSDAYS	11:00 AM – 1:00 PM
FRIDAYS	9:00 – 11:00 AM

HAVE QUESTIONS? DROP BY L279 OR EMAIL [PEERSUPPORT@CONCORDIA.AB.CA](mailto:PEERSUPPORT@CONCORDIA.AB.CA)

\*\*CLOSED DURING HOLIDAYS.

READING WEEK AND FINAL EXAM HOURS ARE SUBJECT TO CHANGE.



**LEARN ABOUT A  
VARIETY OF  
VOLUNTEER  
OPPORTUNITIES TO  
BOOST YOUR  
RESUME**



**CONCORDIA  
UNIVERSITY  
OF EDMONTON**

# **VOLUNTEER FAIR**

**SEPTEMBER 25, 2019**

**11AM TO 2PM**

**TAKING PLACE IN TEGLER**



**STAY UP TO DATE WITH STUDENT  
SERVICES ON INSTAGRAM**

**@CUEVPSLL**



# LIEUTENANT GOVERNOR OF ALBERTA **HISTORIAN AWARD**

**VALUE: \$1,500 DEADLINE TO APPLY: OCTOBER 7<sup>TH</sup>**

A \$1,500 award to a full-time student enrolled in an undergraduate degree program who has completed or is currently taking courses in Alberta's and/or Canada's history and who has demonstrated good character, active community service and potential for leadership. Funded by the History & Heroes Fund at the Edmonton Community Foundation.

**APPLICATION AVAILABLE AT: [bit.ly/CUE\\_Historian](http://bit.ly/CUE_Historian)  
QUESTIONS? [finald@concordia.ab.ca](mailto:finald@concordia.ab.ca)**



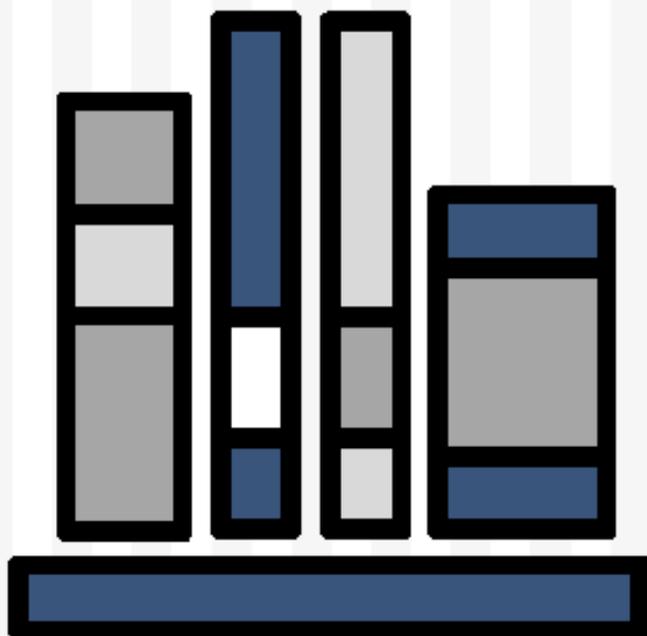
**@CUEVPSLL**



**CONCORDIA  
UNIVERSITY  
OF EDMONTON**

# **THE WRITING CENTRE**

**IF YOU NEED HELP WITH ANY WRITING  
ASSIGNMENTS VISIT THE WRITING CENTRE  
FOR ONE-ON-ONE ASSISTANCE**



**BOOK AN  
APPOINTMENT  
ONLINE ON THE CUE  
WEBSITE UNDER  
STUDENT LIFE AND  
LEARNING.**

# • WANTED •



# TUTORS



**REWARD:**  
**\$20.00/HOUR**

APPLY TO BECOME A TUTOR ON THE CUE WEBSITE UNDER STUDENT LIFE AND LEARNING



@CUEDMONTON  
@CUEVPSLL



CONCORDIA  
UNIVERSITY  
OF EDMONTON



# CONCORDIA STUDY ABROAD BURSARY

VALUE: \$1,000 DEADLINE: MARCH 1<sup>ST</sup> / OCTOBER 1<sup>ST</sup>

## WHAT:

A one-time award to assist Concordia undergraduate students with travel costs to participate in a study abroad semester with a partner institution. Concordia has 40+ partner agreements around the world in 25 countries.

## HOW TO APPLY:

1. Declare your intent to study abroad by contacting Concordia's International Office.
2. Be nominated by Concordia to participate in a study abroad semester (see Concordia Outgoing Study Abroad Guide for more details).
3. Complete and submit a Study Abroad Bursary application form to the Financial Aid & Awards Office by the term deadline. Applications available at [tinyurl.com/CUE-Bursary](https://tinyurl.com/CUE-Bursary).

[CONCORDIA.AB.CA/INTERNATIONAL/STUDY-ABROAD](https://CONCORDIA.AB.CA/INTERNATIONAL/STUDY-ABROAD)



ENGLISH TAUGHT

# TAI CHI COMPETITION SWORD

Instructor: Master Ken Chui

SEPTEMBER 26 TO DECEMBER 12, 2019  
THURSDAYS IN TEGLER, 4-5:00 PM

FREE FOR CUE STUDENTS, STAFF AND FACULTY | 25 OPENINGS

To register email Dr. Xinxin Fang: [xinxin.fang@concordia.ab.ca](mailto:xinxin.fang@concordia.ab.ca)



WELLNESS SPORT CLUB  
包健體育會



CONCORDIA  
UNIVERSITY  
EDMONTON

Centre for  
Chinese Studies  
中研中心



Saturday, Sept. 28th, 2019 - Laurier Park, Edmonton

<https://www.cherylsrun.com>

**Join Us for Our 3rd Annual Run!!**



**10 K Run ▶ 5 K Run/Walk ▶ Kids Fun Run**

**Top Fundraiser WINS Northern Lights Trip for Two**

Courtesy of Canadian North Airlines, North Star Adventures & The Explorer Hotel

**Food by Purple Perogy, Jumpy Castles, Caricatures, Balloon Twisting, Tattoos, & MORE**



**CANADIAN NORTH AIRLINES**

**All Registrants Entered to WIN Airfare for 2 to Yellowknife**

**Join the Lifeline!**

Learn more about the Stem Cell /Bone Marrow Donor Program

In Support of



**Canadian Blood Services**

BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES

All Funds Raised Go to the **Stollery Children's Hospital Foundation**



**Kids Birthday PKG Prize Giveaway!**

**FREE Admission Passes**

**For Registered Kids!**



**Student Rate Applies Or Sign Up to Volunteer!**



Register at <https://www.cherylsrun.com> or at [runningroom.com](http://runningroom.com)

For more info. email: [cherylsrunedmonton@gmail.com](mailto:cherylsrunedmonton@gmail.com) or Ph. 780-918-9152





# If raising money for a great cause wasn't enough motivation...

In support of Cheryl's Run for Aplastic Anemia, the runner who fundraises the most will receive:

- Roundtrip airfare for 2 from Edmonton to Yellowknife on Canadian North
- Two nights' accommodation for 2 at the Explorer Hotel in Yellowknife
- An Aurora Hunting tour for two from North Star Adventures

But you can't win if you don't sign-up at [cherylsrun.com](http://cherylsrun.com)

Donated by Canadian North, Explorer Hotel and North Star Adventures





WWW.CONCORDIA.AB.CA/LIBRARY



HAVE A QUESTION?  
ASK US!

Stop by the Library Service Desk  
Call: 780 479 9338  
Text: 780 800 7330  
Email: library@concordia.ab.ca  
Chat online: www.concordia.ab.ca/library

WWW.CONCORDIA.AB.CA/LIBRARY



LIBRARY  
SERVICES  
FOR  
STUDENTS



**GET RESEARCH & CITATION HELP**

Library staff are here to help you with research and citations! We can also answer any questions about library services and resources.

**BORROW FROM THE LIBRARY**

Borrow books and other library materials with your student ID card.



**SCHOLARLY ARTICLES, EBOOKS & MORE**

Download scholarly articles, read ebooks, and stream videos from the library's many databases.

**LIBRARY STUDY SPACES**

The library has 5 different floors of study space for students to use.

**Main Floor & Basement**  
= collaborative, group work.

**Mezzanine, 2nd floor, & 3rd floor**  
= quiet, individual study.

WE ARE HERE TO ANSWER YOUR QUESTIONS! PLEASE ASK US!

**LEARN MORE:**

<https://concordia.ab.ca/library/help/ask-a-librarian/>

Drop-in research and citation help is available Monday - Friday, 9:00 AM - 5:00 PM.

BORROW AT THE LIBRARY SERVICE DESK OR AT OUR SELF-CHECK STATION

YOU CAN ACCESS THESE RESOURCES ANYWHERE 24/7

**LEARN MORE:**

<https://concordia.ab.ca/library/find/articles>

NEED QUIET STUDY SPACE? TRY THE LIBRARY'S 3RD FL, 2ND FL, OR MEZZANINE LEVEL

**LEARN MORE:**

<https://concordia.ab.ca/library/help/frequently-asked-questions/#study>

YOU CAN BOOK A GROUP STUDY SPACE IN THE LIBRARY ONLINE

LIBRARY HOURS



FALL 2019 & WINTER 2020

Mon- Thu: 7:30 AM - 12:00 AM  
Fri: 7:30 AM - 9:00 PM  
Sat: 10:00 AM - 9:00 PM  
Sun: 1:00 PM - 9:00 PM

Stay up to date with our hours:  
<https://concordia.ab.ca/library/about/hours/>

ONLINE TUTORIALS

The CUE Library has a wide variety of online tutorials designed to help CUE students with research and citations.



Youtube:  
CUE\_Library



<https://concordia.ab.ca/library/help/library-guides/>