

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: Turkey Meatballs with Spicy Stir-Fry and Noodles

Supper: Togu Cacciatore with Sautéed Baby Spinach and Rice

FRIDAY

Lunch: Chipotle Lime Fish Taco Bowl

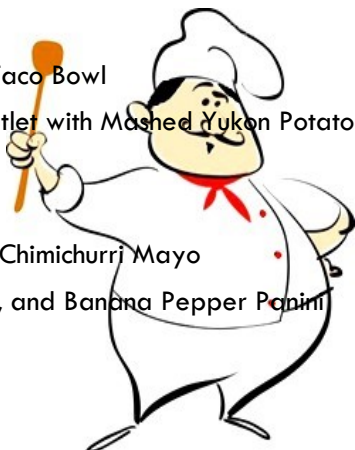
Supper: Breaded Veal Cutlet with Mashed Yukon Potatoes and Glazed Carrots

DELI:

Roast Beef Ciabatta with Chimichurri Mayo

Grilled Turkey, Provolone, and Banana Pepper Panini

Artisan Vegetable Wrap



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/>

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.

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

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.





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

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

****CLOSED DURING HOLIDAYS.**

READING WEEK AND FINAL EXAM HOURS ARE SUBJECT TO CHANGE.



at



Sept 19 • 9-11 am
Soccer Field
& Tegler

A photograph of a man with short brown hair, wearing a black t-shirt with white sleeves, giving a high-five to someone whose arm is visible on the left. The man's t-shirt features the text "HeForShe" in white, "#GetFreeTour" in red, and a small red cross logo. The background consists of a repeating pattern of the text "BE THE CHANGE. JOIN THE GLOBAL MOVEMENT FOR GENDER EQUALITY." in a light gray font. Overlaid on this background is large, bold, black text that reads "JOIN THE GLOBAL MOVEMENT FOR GENDER EQUALITY."



Powered by
DE BEERS GROUP

Join us at: HeForShe.org



**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 7TH

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
QUESTIONS? finald@concordia.ab.ca



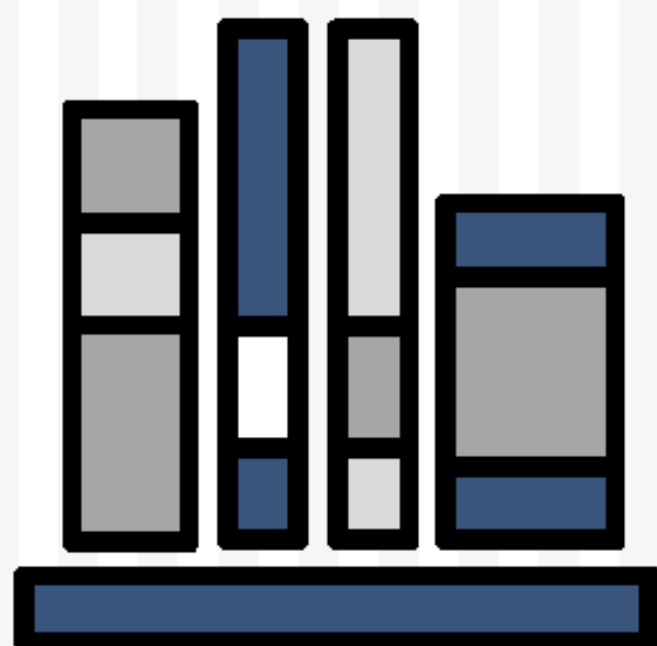
•CUEVPSLL



**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 1ST / OCTOBER 1ST

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.

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



WELLNESS SPORT CLUB
包健體育會



CONCORDIA
UNIVERSITY
EDMONTON

Centre for
Chinese Studies
中國研究中心



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](https://www.runningroom.com)

For more info. email: 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

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://www.youtube.com/CUE_Library)



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