# **CUE WEEKLY NEWSLETTER**

# CAFETERIA MENU: SEPT. 9-13

### MONDAY

Lunch: Spicy Shanghai Noodle Stir Fry with

Kung Pao Tofu (vegan)

Supper: Perogies with Garlic Butter, Onions, & Cheddar Cheese, and sautéed Vegetables (vegetarian)

# **TUESDAY**

Lunch: Tandoori Chicken with Basmati rice and garlic

and cumin cauliflower (Gluten Free)

Supper: Pork Stroganoff with Egg Noodles

# **WEDNESDAY**

Lunch: Italian Loaded Mashed Potatoes with Zucchini

and Tomato Sauté

Supper: Butter Chicken with Basmati Rice, Peas, and

Carrots

(Halal, Gluten Free)

### **THURSDAY**

Lunch: Migas Egg & Grain Bowl (Vegetarian)
Supper: Plant Power Beef and Lentil Bolognese

### FRIDAY

Lunch: Homemade Chicken Stew with Rice Supper: Fish and Chips with Tartar Sauce

### **DELI COUNTER**

BBQ Chicken Wrap Tuna Salad Ciabatta Grilled Caprese Panini



# **INSIDE THIS EDITION:**

- \* Student Help Opportunity
- \* Thunder Fest
- \* Drop In Schedule
- Student Loan Info
- \* Club Fair
- Food Bank Drive
- Text Book Marketplace
- Facing Difficult Circumstances
- \* Student Loan-Interest Free Status
- Study Abroad Bursary
- \* Historian Award
- \* Tai Chi on Campus
- Moon Festival-Friday 13
- CELPIP PREP Program
- \* Exchange Student Check In
- Health & Dental Opt Out –Sept 20
- \* My Student Plan
- \* My Wellness Plan

### FIRE EVACUATION EDUCATION

Please join us for one of the following scheduled training sessions:

September 17, 19, 12pm - 1pm in HA206 September 16, 18, 12pm - 1pm in HA344

# **ARMED INTRUDER RESPONSE EDUCATION**

Please join us for one of the following scheduled training sessions:

September 23, 25, 12pm - 1pm in HA344 September 24, 10:30-11:30 cm in HA206 September 26, 12pm - 1pm in HA206

## **CAMPUS CONCERNS**

The couches and chairs in the common areas of campus are used by many people. Lately there has been an increase in people walking on them, putting their footwear on them and leaving food over them.

Please considerate of our environment and help the custodians who work hard to maintain the cleanliness and appearance of our campus, by keeping your feet off the furniture and by placing your garbage in the proper containers.

# STUDENT HELP OPPORTUNITY - STUDENT RECRUITMENT OFFICE

The Student Recruitment office has a Recruitment Assistant – Student help position available until December 2019. This position provides an extremely wide variety of administrative support services, all of which contribute to the efficient and professional operations of the Recruitment office.

Within a customer-service environment, the incumbent is responsible for Recruitment operations support, as well as welcome reception, organization, planning, data management, communication and general office assistance. Flexibility of hours will be required from time to time in order to meet the operational needs of the department.

This role requires availability during some evenings and weekends. Typical work hours (up to 15 hours per week) will be scheduled during office hours: weekdays from 8:30am and 4:30pm. Candidates must be a current CUE undergraduate student.

For a full position description and any questions, email the Assistant Registrar – Recruitment, angela.campbell@concordia.ab.ca; please use STUDENT HELP in the subject line of the email. Interested candidates please include your resume, copy of your Fall schedule and student ID#. Shortlisted candidates will be contacted the week of Sept. 23 for an interview.



# thunder feet of the state of th

18 + EVENT / MUST PRESENT STUDENT AND GOVERNMENT LD AT DOOR

live music line up

tyler babiuk / tyler boessenkool mickey green

sept.13th

2019

after party

open: 12-7pm

front lawn

big prize event

# STUDENT SUCCESS CENTRE

# DROP IN SCHEDULE



# **ACADEMIC STRATEGIES**

Monday to Friday 8:30-9:30 am

# **LEARNING ACCOMMODATIONS**

Monday, Wednesday & Friday

10:30-11:30 am

# **CAREER SERVICES**

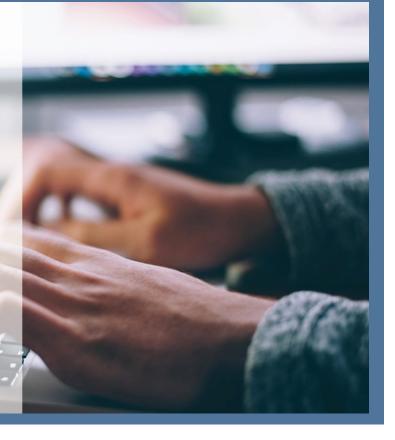
Monday to Friday 1:00-2:00 pm



# STUDENT LOAN WORKSHOPS

Friday, September 6th | 12:00 pm | T101 Friday, September 13th | 12:00 pm | T101

PRE-REGISTRATION
email: finaid@concordia.ab.ca







# **SEPTEMBER 4-13 2019**

# HIGHLY VISIBLE DONATION BOXES WILL BE PLACED AROUND CAMPUS AND MONITORED DAILY

Support for the food bank is always appreciated. We accept monetary donations as well as donations of non-perishable food items and personal hygiene products. We also have room for small amounts of household items.

# ITEMS THAT CAN BE DONATED:

- CANNED MEATS (TUNA, HAM, CHICKEN, ETC.)
- CANNED PASTAS & STEWS
- CANNED & DRY SOUPS
- MACARONI & CHEESE
- PASTA & PASTA SAUCE
- NOODLES & SAUCE PACKETS
- RICE & SEASONING PACKETS
- TUNA/HAMBURGER HELPER
- PEANUT BUTTER
- CEREAL (INCL.INSTANT DATMEAL)
- CANNED FRUIT (INCL. FRUIT CUPS, APPLESAUCE, ETC.)
- PUDDING CUPS
- · PUDDING COPS
- SNACK ITEMS (GRANDLA BARS,
  - BREAKFAST BARS, CRACKERS & CHEESE, ETC.)
- CANNED MILK
- JUICE BOXES (ANY SIZE)

- CANNED VEGETABLES (ANY KIND)
- CANNED BEANS (KIDNEY BEANS, LENTILS, CHICK
- PEAS, PORK AND BEANS, ETC.)
- SPICES, SAUCES, SALAD DRESSINGS, ETC.
  - SHAMPOO & BAR SOAP
- DEODORANT
- RAZORS
- FEMININE HYGIENE PRODUCTS
- TOOTHBRUSHES & TOOTHPASTE
- SCHOOL SUPPLIES (PENS, PENCILS, NOTEBOOKS, PAPER PADS, ETC.)
- MITTENS, SCARVES, HATS
- CUPS, GLASSES, PLATES, BOWLS, ETC.
- CUTLERY (PLASTIC OR METAL)
- POTS, PANS, & OTHER COOKING UTENSILS
- CAN OPENERS





student second hand textbook market

SEPT. 4TH-12TH
UPPER TEGLER
OPEN 24/7

MATH 113

GERMAN 101

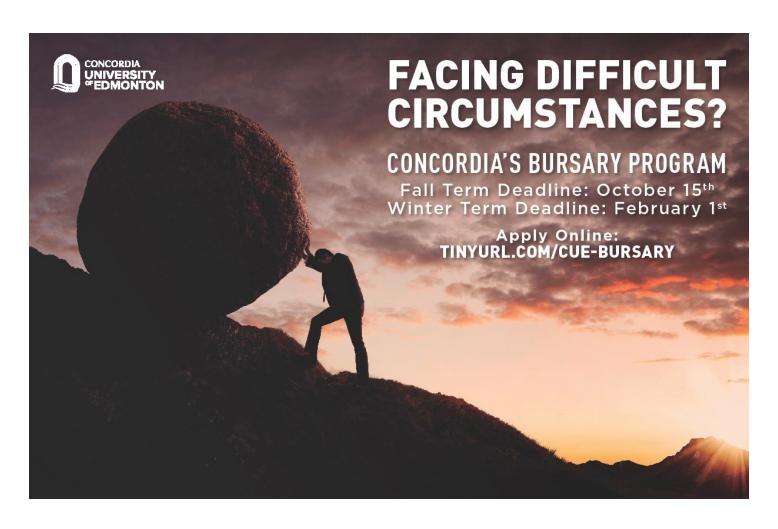
DRAMA 425

SOC 425

MATH 113

ECON 102

ENGLISH 102



# STUDENT LOAN INTEREST FREE STATUS

Not taking a loan this term? Update your Lenders—don't go into repayment by mistake!

Questions? finaid@concordia.ab.ca





# 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? finaid@concordia.ab.ca









# 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.
- Be nominated by Concordia to participate in a study abroad semester (see Concordia Outgoing Study Abroad Guide for more details).
- 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 Instructor: Master Ken Chui COMPETITION SWORD

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







Fri
13
SEP

# MOON FESTIVAL CELEBRATION @ AW 207

Try Moon cakes and flower tea, Enjoy Mid-Autumn Festival music, Paint Moon Art Work, and Make new friends! 1:30

-

2:30

PM





# Prepare for the Best Test Results!

The CELPIP Preparation Program focuses on language skills and test-taking strategies that will help test takers demonstrate their true level of English language proficiency on the CELPIP General Test or the CELPIP General-LS Test.

Location Hole Academic Centre, Concordia University of Edmonton

 Course Fees
 1 module: \$345.00
 2 modules: \$575.00

 (+GST)
 3 modules: \$827.00
 4 modules: \$1070.00

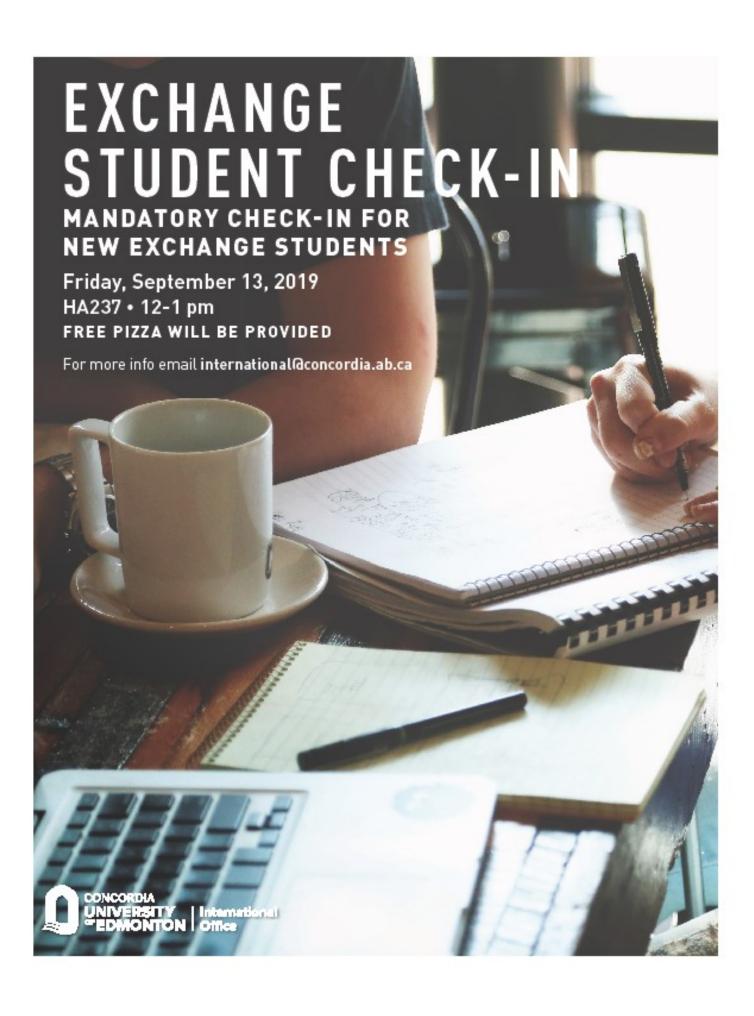
Classes 18 hours per module (Speaking, Reading, Writing, Listening)

Classes on weeknight evenings and weekends

FOR MORE INFORMATION, PLEASE EMAIL: extension@concordia.ab.ca

TO REGISTER, PLEASE GO TO: concordia.ab.ca/celpip





# 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.



mystudentplan.ca

# Your family's health and dental expenses could be covered!

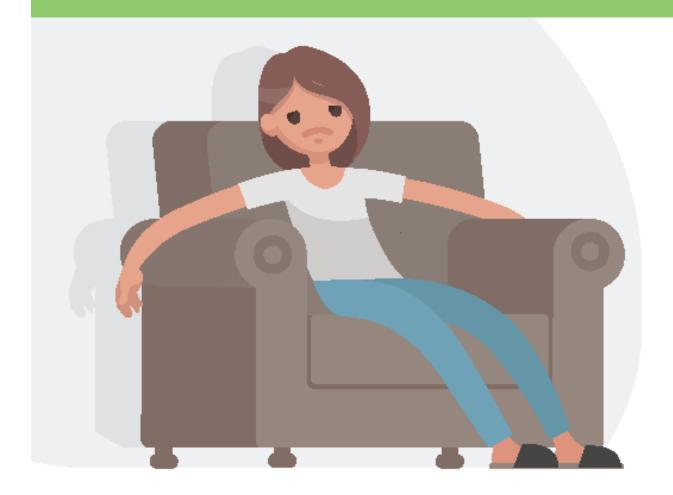


Add family to your health and dental plan before the deadline: September 20, 2019.

Register at www.mystudentplan.ca.



# Need mental health support? Use mywellness!



mywellness is an e-mental health program developed to support students experiencing mental health issues.

Take your free mental health assessment today.



