

CAFETERIA MENU— NOVEMBER 4

Monday

Lunch: Pork Noodle Bowl
Supper: Tofu Bulgogi Bibimbap Bowl

Tuesday

Lunch: Southwest Loaded Mashed Sweet Potato
Supper: Baked Rotini with Spicy Italian Sausage and Peppers

Wednesday

Lunch: Chicken Shish Tawook Bowl
Supper: Beef Brisket with Lemon Paprika Potatoes & Green Beans

Thursday

Lunch: Butternut Squash Tortellini
Supper: Curry Chickpea Fritter Rice Bowl

Friday

Lunch: Hoisin Siracha Baked Basa
Supper: Chimichurri Chicken Bowl

Deli:

Turkey Bacon Club Ciabatta
Grilled Cuban Panini
Artisan Vegetable Wrap



INSIDE THIS EDITION:

- Last Chance to Order Chocolate
- Applied Emphasis Info Session
- Domestic Violence Awareness Day
- Women Building Futures
- Aboriginal Business Leadership
- Rock Climbing
- Mental Health First Aid
- Movies for Mental Health
- Pizza with the President
- Live your Dream Award
- Grad Photo Session
- Choral Program Ads Opportunity
- Concordia Arts Presents-Arts Week

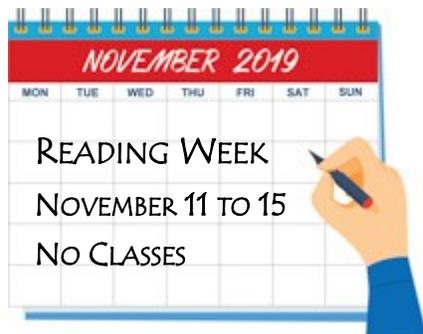
GRAD PHOTO SESSION

NOVEMBER 12-15, 2019

ROOM HA020

SITTING FEE \$20

[Click Here](#)



ARE YOU INTERESTED IN MENTAL HEALTH?

Want to learn about how to make our campus a healthier place?
Sign up for The Inquiring Mind mental health training - for FREE!

WEDNESDAY, NOVEMBER 20TH FROM 4-7PM IN HA 312

This 3-hour training session was developed by the Mental Health Commission of Canada and is FREE to CUE students. Register today by visiting <https://forms.gle/vnGNuLbyGDuKhbiP9> or asking at Student Life and Learning across from the Bookstore.



Do something awesome (for yourself and us,* too!)

Support our fundraising campaign by purchasing Purdys chocolates (crafted in Vancouver from 100% sustainable cocoa!)

Lots of selection and great for gifting too!



*Concert Choir tour
China 2020

LAST WEEK
TO ORDER!

CHOCOLATIER

Ask schmilar@student.concordia.ab.ca for more info.

Order deadline is **November 6 (delivery Nov. 25)**



CANADA'S CHOCOLATIER SINCE 1907

CONCORDIA PSYCHOLOGY
CLUB PRESENTS

APPLIED EMPHASIS INFORMATION SESSION

Come learn about the Applied
Emphasis Program: the benefits,
how to apply, and any other
questions you may have!

**MONDAY,
NOVEMBER 4, 2019
12:00-1:00PM
HA344**

Questions: Email
psychologyclub@student.concordia.ab.ca

DOMESTIC
VIOLENCE

AWARENESS

DAY NOVEMBER 6
TEGLER • NOON - 1 PM

Wear purple and show your support!



Concordia Institute for Christian Studies and Society invites you to:

Wednesday November 6, 3:00 pm. Hole Academic Centre 208



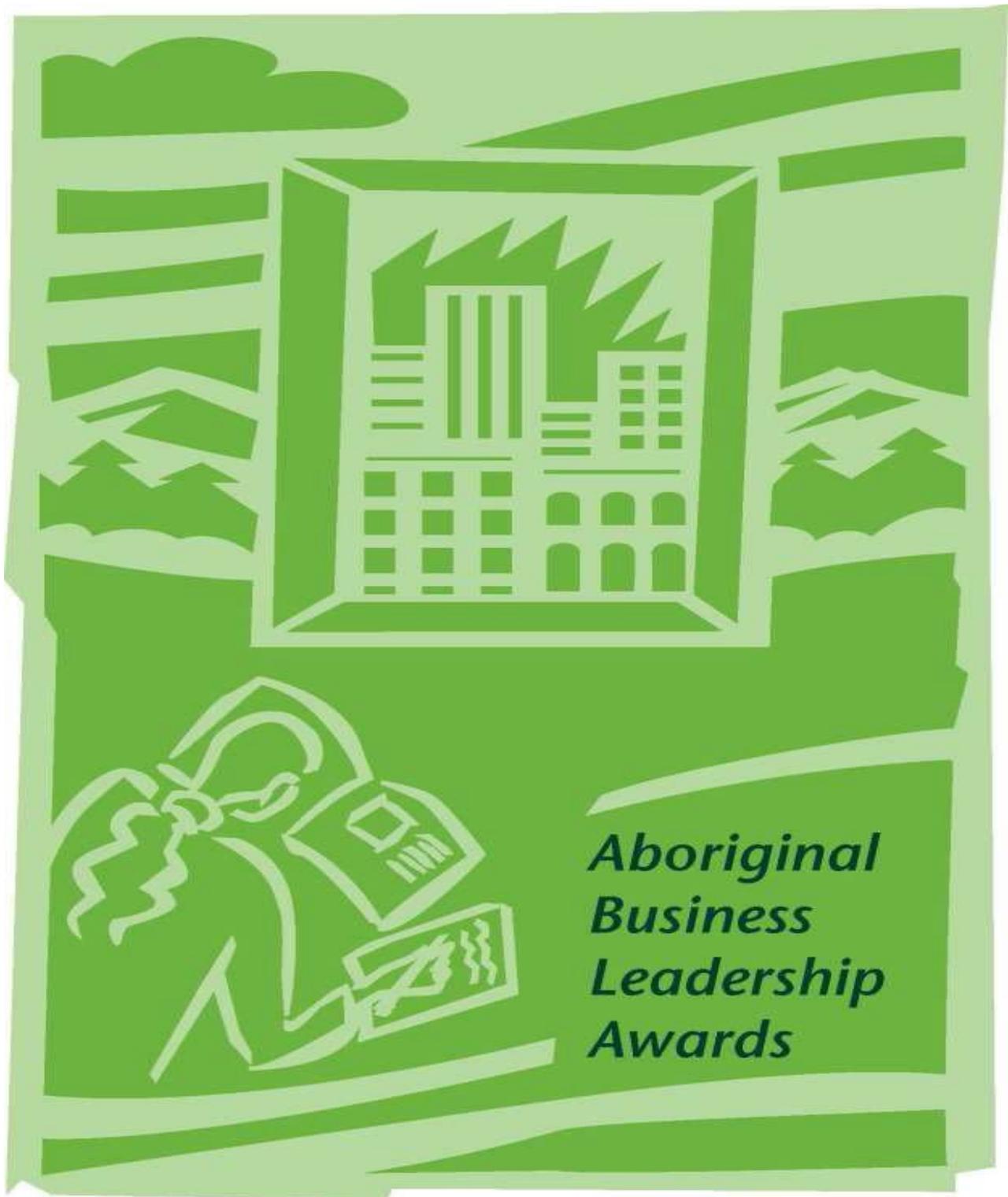
“Inclusion in the workforce: opportunities and challenges”

Presented by Mark Wheller and Verna Klimack from **WBF WOMEN BUILDING FUTURES**

“Women Building Futures is a non-profit, Alberta-based organization which has operating for 20 years. Our mission statement is to transform women’s lives. Through awareness, training, and opportunity, we prepare women for careers leading to economic prosperity. Together with our partners, we champion a more inclusive workforce. The careers that we prepare women for are trades, driving, and mining, and we develop programs which train women in these three areas.”



and CUE Focus on Women Research Cluster



Awards for Aboriginal students in business or commerce certificate, diploma, and degree programs who are for the first time attending a public post-secondary in Alberta.

Application deadline: **NOVEMBER 13, 2019**

Hand in application documents to Student & Enrolment Services (HA120)

For more information and to apply, visit financialaid.concordia.ab.ca

JOIN THE CONCORDIA SCIENCE SOCIETY FOR

ROCK CLIMBING

TICKETS \$15+GST
@BOOKSTORE



THURSDAY, NOVEMBER 7

6:30PM

VERTICALLY INCLINED (8523 ARGYLL RD)



@concordiasciencesociety

Alberta Blue Cross Entrance Scholarship for Indigenous Students

Value: \$750 - \$1500

Open to Indigenous students who have completed high school and are entering their first year of post-secondary study at an accredited institution. Applicants must demonstrate community involvement, achievement of personal goals and financial need. Scholastic achievement will also be considered.



Alberta Blue Cross Scholarship for Mature Indigenous Students

Value: \$750 - \$1500

Awarded to students who are defined as "mature" by their post-secondary institution. Applicants must demonstrate community involvement, achievement of personal goals and financial need.

Application deadline: **JANUARY 15, 2020**

Visit ab.bluecross.ca/aboutus/aboriginal-scholarships for more information and application details.

These are external scholarship opportunities that are not administered by Concordia University of Edmonton.



Are you a woman with primary financial responsibility for yourself and your dependents?

APPLY TODAY FOR THE LIVE YOUR DREAM AWARD

The Soroptimist International Club of Edmonton provides cash grants for women enrolled in undergraduate degree programs who are working to better their lives.

DEADLINE: NOVEMBER 15TH

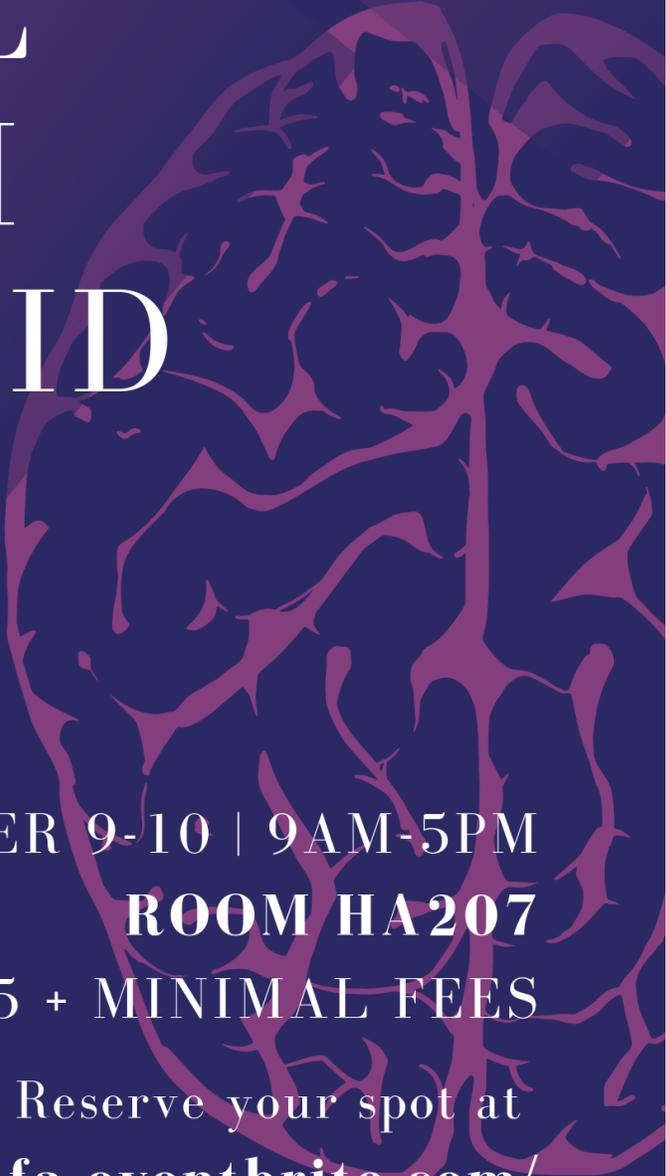
**FOR INFORMATION & TO APPLY VISIT
SIEDMONTON.ORG**

Questions? Contact Anna Der
email anna.der@siedmonton.org

For further details visit:
LiveYourDream.org

Concordia Psychology Club Presents:

MENTAL HEALTH FIRST AID COURSE



NOVEMBER 9-10 | 9AM-5PM

ROOM HA207

\$25 + MINIMAL FEES

Reserve your spot at

<https://cpc-mhfa.eventbrite.com/>

*For more information email
psychologyclub@student.concordia.ab.ca*



Concordia **TALKS**



SUBMIT YOUR SHORT FILM TO

MOVIES *for* MENTAL HEALTH

Have your film shown at an on-campus event
and get the chance to win \$500

Submit a short film, less than 5 minutes long, dealing
with the topic of mental health, and have it shown at
Movies for Mental Health on December 4.

More info: TINYURL.COM/CONCORDIATALKS



GRADUATE STUDENT EVENT:
Pizza with the
Presidents

NOVEMBER 21 2019 • 12:00 PM • AW118 (CIAR)

All graduate students are invited to join **President Loreman & GSA President Rajat Wason** 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.



2019–20 Choral Program Ads

Concordia University of Edmonton's School of Music is accepting advertising for its 2019-20 season programs.

Ads will be included in four program books (finished size 8.5 x 11 inches, 300 dpi) through the year as indicated. Outside and inside program covers are four-colour; the program pages are black ink.

A minimum total of 1100 programs will be printed.

December 1 "May I Be Still" (Concordia Concert Choir)
December 7 "Hodie" Christmas concert (Concordia's community choral and handbell ensembles)
April 5 "O Siem: May I Be Still" (Concordia Concert Choir)
April 19 "Earth's Secret Soul" (Concordia's community choral ensembles)

Deadline to pay and submit artwork: **November 10, 2019.**

Email PDF, JPEG, or PNG files to Jennifer at jennifer.maxfield@concordia.ab.ca.

Submit cheques payable to Concordia University of Edmonton to:
Jennifer Maxfield, Concordia University of Edmonton, 7128 Ada Blvd. NW, Edmonton, AB T5B 4E4.
Please check with Jennifer (780-479-9304) for availability before submitting payment.

Payment must be received by November 10, and does not qualify for a charitable tax receipt.

Full Page

7.5" Wide X 10" High
BW (greyscale): \$350
Back Cover, colour: \$600
Inside Cover, colour: \$500

Half Page

7.5" Wide X 4.75" High
BW (greyscale): \$200
Back Cover, colour (as available): \$400
Inside Cover, colour (as available): \$325

Quarter Page

3.5" Wide X 4.75" High
BW (greyscale): \$100

Business Card

3.5" Wide X 2" High
BW (greyscale): \$50

CONCORDIA ARTS SOCIETY PRESENTS

ARTS WEEK

Debate Day

Monday, November 18th 2019

Guest Speaker

Tuesday, November 19th 2019

Improv Night

Wednesday, November 20th 2019

Brain Freeze

Thursday, November 21st 2019

International Movie Night

Friday, november 22nd 2019