

CAFETERIA MENU: JAN 20 –24

Monday:

Lunch: Beef Cannelloni with Broccoli & Cheese Salad

Supper: Chicken Fajitas

Tuesday:

L: Herb Roasted Chicken with Yukon Mashed Potatoes, corn, and peppers

S: Spaghetti with Meatballs

Wednesday:

L: Taco Salad

S: Chicken Souvlaki Pita with Greek Roasted Potato

Thursday:

L: Lo Mein stir fry with Lemongrass Chicken

S: Thai Sweet and Spicy Pork Stir Fry -

Friday:

L: Chipotle Lime Fish Taco Bowl (Gluten Free)

S: 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:

- BIO Grad Info Session-Jan 20
- Health & Dental Opt Out Deadline-Jan. 20
- Silent Auction
- Campus Rec. Schedule
- CAREER FAIR-Jan 29
- Volunteer Opportunity
- Psychology Club Hoodie Sale
- Ice Castles @ Hawrelak Park
- Poverty Simulation Event
- Make Some Noise for Mental Health
- Financial Aid Info Session
- Movie– The Wandering Earth
- Spring Extension Course-Sketching & Painting
- Skills for Professional Success
- Intercultural Days-Jan 22
- Tai-Chi
- Lois Hole Scholarship
- Concordia General Awards
- Printing Your Health Care Card
- Mackenzie King Scholarship



CONCORDIA LECTURE: INDIGENOUS PEOPLE AND THE CRIMINAL JUSTICE SYSTEM

Presenter: Karen Hewitt, PCJ

Rv. Gladue: indigenous People and the Criminal Justice System

Fri Jan 24, 2020 12pm - 1pm

Al & Trish Huehn Theatre

This lecture will discuss the treatment and challenges for indigenous people as accused, victim and witnesses in the criminal justice system as a platform for introducing the topic of restorative justice and the Calls to Action by the Truth and Reconciliation Commission.





CSS Presents . . .

BIOLOGY GRAD SCHOOL INFO SESSION

Please join us as Madeleine talks about applying to grad school, her experience in grad school, and answers any questions you might have!

**Any questions? Email us at:
css@student.concordia.ab.ca**

**Concordia
Science
Society**

Monday, Jan 20

12 – 1 PM

HA238

**Speaker:
Madeleine
Wiebe**

**(Concordia
Alumni)**



***my*studentplan**

**New students starting in January:
Opt-in, opt-out, or add family to your
student health and dental plan!**

**Deadline:
Monday, January 20th, 2020**



Quickly and easily register
at www.mystudentplan.ca.



月 The Rising Moon

Concordia Concert Choir

SILENT AUCTION

Supporting China 中国 2020 Tour

with guests

EDMONTON CHINESE CHOIR

& emcee ROB CLARK

ELEGANT EVENING OUT

Hors d'oeuvre & dessert buffet

Entertainment by choristers

Bid on hotel packages, experiences, & more

February 7, 2020 at 7 pm

Robert Tegler Student Centre

Concordia University of Edmonton, 7128 Ada Blvd.

\$20 Adults, \$15 Seniors/Students

Tickets available from choristers,
at Concordia Bookstore, & at the door



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**CAMPUS
RECREATION
SCHEDULE**
RALPH KING GYM (MON&WED)
RK204 (FRI) • 12-12:50PM

MOVEMENT MONDAY - JAN 20
DROP-IN VOLLEYBALL
INTRAMURALS

WELLNESS WEDNESDAY - JAN 22
HATHA YOGA

FITNESS FRIDAY - JAN 24
BOOTCAMP

IMAGINE WHO THEY WILL
BECOME BECAUSE OF YOU...

VOLUNTEER TODAY!
bgcbigs.ca/volunteer

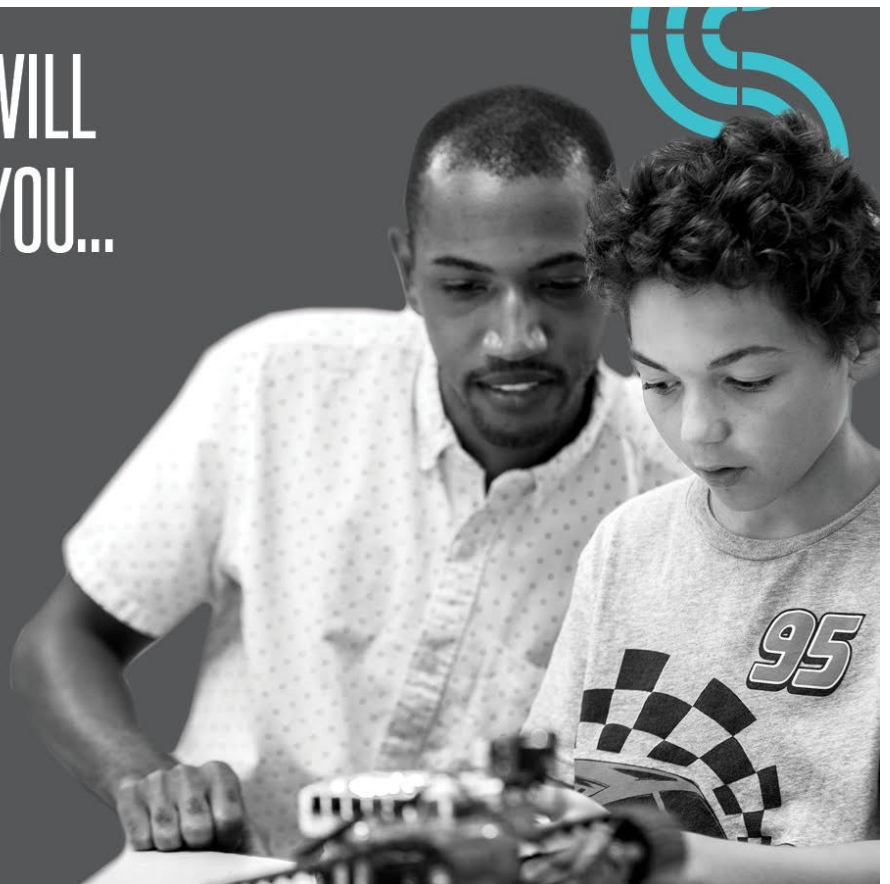


Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area





CUE CAREER FAIR

WED. JANUARY 29, 2020
10 AM - 2 PM
TEGLER

Questions? Ask Career Services!

Drop by: Student Success Centre

Email: careerservices@concordia.ab.ca

Opportunities:

- Part Time Jobs
- Summer Jobs
- Post Graduate Employment
- Meet companies hiring students and grads
- Free LinkedIn headshots



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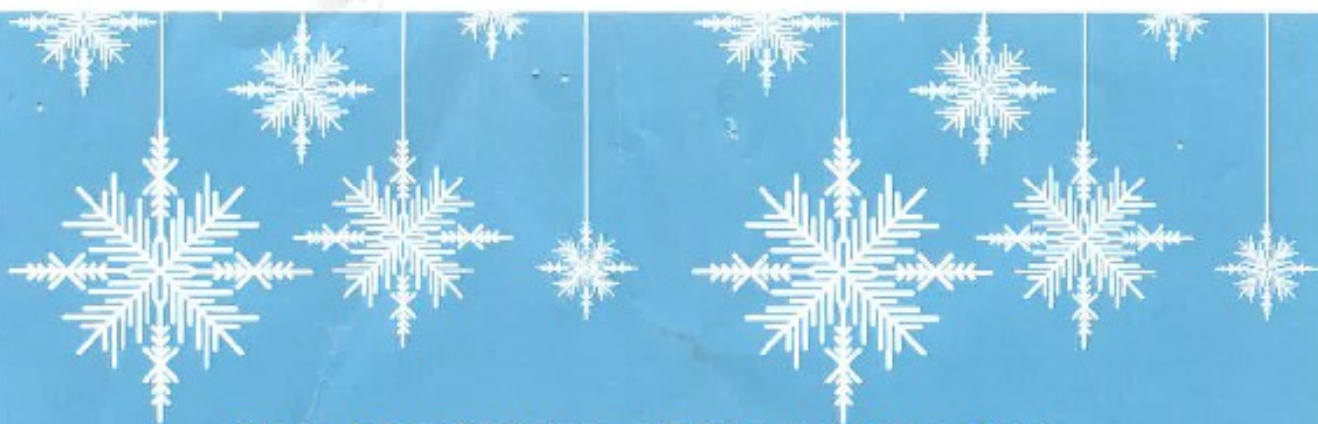
PSYCHOLOGY HOODIES

Order at Club Fair
January 13-14; 12-2pm;
Tegler

OR
January 21, 23; 11am-1pm;
Tegler

\$45 - With Back Slogan
\$40 - Without Slogan





CAS PRESENTS ART'S NIGHT OUT

ICE CASTLES AT HAWRELAK PARK

PICK UP TICKETS AT THE BOOKSTORE.
LIMITED SPOTS AVAILABLE.

DATE: JANUARY 24TH, 2020

TIME: 6:00PM

**LOCATION: 9330 Groat Rd NW, Edmonton,
AB T6G 2A8**

PRICE: \$10+GST/Ticket

Participants are responsible for their own transportation. Email cas@student.concordia.ab.ca for further inquiries.



DO YOU WANT TO MAKE HISTORY?!

JOIN US FOR CANADA'S LARGEST POVERTY SIMULATION!

What is a Poverty Simulation??

It's a unique and powerful experience that challenges perceptions, changes perspectives and strengthens understanding and empathy by replicating a month in the life of a family living in poverty.

Why Join?

To be part of the movement of hundreds of students and faculty who are taking action against the #UNIGNORABLE issue of local poverty.

When?

**Wednesday,
February 5, 2020**

**Edmonton
Convention Centre**

SIGN UP FOR
9:00 a.m. or 2:00 p.m.
(3 hours)

Learn more at myunitedway.ca/elevating-futures

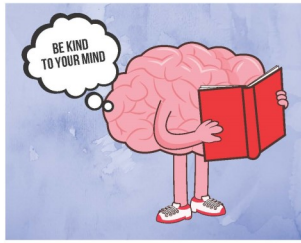


IN PROUD
PARTNERSHIP WITH



**United Way
Alberta Capital Region**

Elevating Futures is a one-of-a-kind collaboration between six Edmonton-based post-secondary institutions and United Way of the Alberta Capital Region, offering students the opportunity to elevate their potential to shape the future of their community.



MAKE SOME NOISE FOR MENTAL HEALTH WEEK | JAN 27TH TO FEB 1ST

<p>MON JAN 27 12-12:50pm Intramurals: Soccer Ralph King Gym</p> <p>12-1pm Drum Circle Al & Trish Huehn Theatre <i>No experience necessary!</i></p>	<p>TUES JAN 28 11am - 1pm Therapy Dogs Tegler Student Centre</p>	<p>WED JAN 29 9am - 3pm Bell Let's Talk Day Tegler Mezzanine</p> <p>11am - 1pm Free Snacks Tegler Mezzanine <i>(sponsored by CSA)</i></p> <p>12-12:50pm Yoga Ralph King Gym</p>
<p>THU JAN 30 9-11am Free Morning Snack Library</p> <p>11am-1pm Snow Castle Competition Soccer Field <i>Play in the snow & get creative!</i></p>	<p>FRI JAN 31 12-12:50pm Zumba Ralph King Black Box</p> <p>2:00pm Sharing Circle IKRC - AW124</p> <p>6/8pm Men's/Women's Volleyball: Thunder vs. Augustana Ralph King Gym</p>	<p>SAT FEB 1 6/8pm Men's/Women's Basketball: Thunder vs. Augustana Ralph King Gym</p>



FINANCIAL AID & AWARDS STUDENT LOANS INFORMATION SESSION

Do you have a student loan?
Are you a bit confused about it all?
Having the right information is your most powerful tool. Join us!



WEDNESDAY, JANUARY 22ND

12:00 P.M. – 12:45 P.M. | ROOM HA 237 | FINAID@CONCORDIA.AB.CA

PRESENTER: MARGIE SCHOEPP, FINANCIAL AID AND AWARDS COORDINATOR

This presentation will include 5 things you need to know about your student loan:

1. Life cycle of a student loan
2. Interest-free status
3. Reinstatement of Interest-free status
4. Borrow wisely
5. Repayment



CONCORDIA UNIVERSITY OF EDMONTON
Centre for Chinese Studies
中国研究中心

—CHINESE MOVIE NIGHT—

THE WANDERING EARTH

流浪地球

Date: Saturday February 8, 2020

Time: 6:00 PM

Location: Al & Trish Huehn Theater

Free of Admission

Concordia University of Edmonton

7128 Ada Blvd, Edmonton





INTEGRATIVE SKETCHING & PAINTING SPRING 2020

LEARN & ENHANCE ARTISTIC SKILLS, CREATE FIVE TO SEVEN
DIFFERENT PAINTINGS FROM SEVERAL CULTURAL PERSPECTIVES

TIME: TUESDAYS 18:00-21:00 APRIL 14-JUNE 9, 2020

Location: Concordia University of Edmonton
7128 Ada Blvd. Edmonton, AB

Instructor: Amanda Chen Suo Sinclair
Email: Amanda.Art@Shaw.ca

For course registration, visit concordia.ab.ca/extension-courses



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Office of
Extension and Culture



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Extension and Culture

-improve your professional & social skills-

SKILLS FOR PROFESSIONAL SUCCESS

WINTER 2020

PROVIDE PRACTICAL STRATEGIES TO ENHANCE
YOUR PROFESSIONAL ETIQUETTE



appropriate
business attire &
grooming



verbal &
non-verbal
communication



telephone
etiquette & time
management, etc

Time: FEBRUARY 7- MARCH 13, 2020

9:00-12:00(Saturdays)

Location: Concordia University of Edmonton

7128 Ada Blvd. Edmonton, AB

For course registration, visit concordia.ab.ca/extension-courses





INTER CULTURAL DAYS

ROBERT TEGLER
STUDENT CENTRE

JANUARY 22ND 2020

10 - 1

CULTURAL ASSOCIATIONS
PERFORMANCES • SNACKS



INSTRUCTOR: MASTER KEN CHUI

JAN 9 - APR 16, 2020

THURSDAYS IN TEGLER, 4-5 PM

ENGLISH TAUGHT • FREE • 25 OPENINGS

CUE Faculty/Staff/Students Registration: [Online Course Selector](#)

Public Registration: bit.ly/oec-register



LOIS HOLE HUMANITIES AND SOCIAL SCIENCES SCHOLARSHIP

DONOR: GOVERNMENT OF ALBERTA

VALUE: \$5,000 DEADLINE: FEB 24TH

A \$5,000 award offered annually to a continuing undergraduate student in the Faculty of Arts who demonstrates academic excellence, leadership skills and active community service.

FOR MORE INFO & TO APPLY:
financialaid.concordia.ab.ca



*80% of success is just showing up.
Apply for scholarships!*

CONCORDIA GENERAL AWARDS

50+ SCHOLARSHIPS,
1 ONLINE APPLICATION

APPLY ONLINE BY JANUARY 15
MORE INFO AT FINANCIALAID.CONCORDIA.AB.CA

CSA HEALTH & DENTAL BENEFIT CARD INFORMATION

When seeking services from :

- Pharmacy
- Dental
- Paramedical

Present your Health & Dental card, not your Student I.D.

mystudentplan.ca

<https://gwl.greatwestlife.com>
Claims Inquiries: 1.800.957.9777

Concordia Students' Association
Plan Name

SANDY N. SMITH

Member Name

11

Carrier ID

1111111222

Student ID Number

112233

Plan Number

01

Version Code



To print or email your personalized benefit card visit mystudentplan.ca

Concordia Students' Association
Student Health & Dental Plan

Select Language Search

[myBenefits](#) [Who is Covered](#) [Opt-Out/Enrol](#) [Select Savings](#) [Making a Claim](#) [Assistance](#)

Submit claims and view your benefits plan usage online with GroupNet.

GroupNet provides you with detailed plan information, including benefit maximums and remaining balances. Register online at gwl.greatwestlife.com.

Opt Out
Deadline: September 20, 2019

myBenefits Card
Create your customized myBenefits Card

Prescription Search
Based on the National Formulary

myWellness
Take your free mental health assessment

Questions?

Student Services Coordinator- Benefit Plan Office

Cheryl M. Johnson

Student Success Centre, HA107F

780-491-6243 or email: concordiaplan@mystudentplan.ca

The Mackenzie King Scholarships

Are you a 4th year undergraduate student interested in pursuing graduate studies?

These awards are based on high academic achievements (typically all A's or very nearly so), personal qualities, and demonstrated aptitudes. Consideration will also be given to the applicant's proposed program of study.



The Mackenzie King Open Scholarship

Value: \$8,500

Open to graduates of any Canadian university who engage in (commence or continue) graduate study (master's or doctoral) in any field, in Canada or elsewhere. One Open Scholarship is awarded each year.

The Mackenzie King Travelling Scholarship

Value: Four scholarships of \$10,500

Open to graduates of any Canadian university who engage in (commence or continue) postgraduate study (master's or doctoral) in the United States or the United Kingdom, of international relations or industrial relations (including the international or industrial relations aspects of law, history, politics and economics).

How to Apply: Submit your application documents to Student & Enrolment Services (HA120) by February 1st, 2020. You may apply for both scholarships with a single application if the eligibility criteria are met for both.

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