

CAFETERIA MENU-JAN 27

Monday:

Lunch: Chili in a bread bowl

Supper: Rainbow Tortellini Marinara (Vegetarian)

Tuesday:

Lunch: Chicken Taco Rice Bowl

Supper: Baked Rotini with Spicy Italian Sausage and Peppers

Wednesday:

Lunch: Miso Udon Chicken Stir Fry (veg option available)

Supper: Beef Brisket with Lemon Potatoes & Green Beans

Thursday:

Lunch: Chicken Cacciatore with Spaghetti

Supper: Buffalo Cauliflower Mac & Cheese (Vegetarian)

Friday:

Lunch: Coconut Curry Basa (Gluten free, Halal)

Supper: Thai Chicken Noodle Bowl (Gluten Free)

Deli:

Turkey Bacon Club Ciabatta

Grilled Cuban Panini

Artisan Vegetable Wrap



INSIDE THIS EDITION:

- CAREER FAIR-Jan 29
- Games Night-Jan 31
- Coffee With Cops
- Make Some Noise for Mental Health
- Concordia Bursary Program
- Paint Night
- Poverty Simulation Event
- Concordia Acoustics
- NEDIC Support
- Silent Auction
- IDeA– Innovative Designs for Accessibility
- Chinese New Year Celebration
- Movie– The Wandering Earth
- Gary McPherson Leadership Scholarship
- Laurence Decore Award
- Lois Hole Scholarship

GRAD PHOTO INFO

NEXT SESSION: FEB. 18-21



WELLNESS RESOURCES

Concordia University of Edmonton is committed to promoting health and wellness for the whole CUE community. Here's a booklet of [Wellness Resources](#) to get you started. It includes key CUE and Edmonton resources.

RESPECT YOUR CONCORDIA COMMUNITY

There has been an increase in Graffiti and Gum appearing across the campus. Additionally, there is garbage (Pencil shavings, eraser parts, coffee cups, food, etc.) left on desks, floors, and other surfaces.

Please do the right thing, walk a few extra steps and place your garbage in a bin and don't graffiti anywhere.

Concordia is a beautiful campus and we work hard to keep it that way. Please do your part by considering others, your fellow students and the custodians who keep our community clean and sanitary.





CUE CAREER FAIR

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

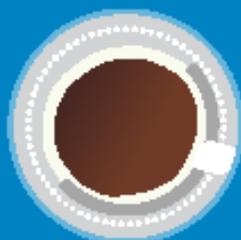
Questions? Ask Career Services!

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



Concordia Visual Culture Society
Presents...

Games Night



Fri. Jan. 31st
3 p.m.-8 p.m.
in Tegler

Video Game
Tourney to
start at 4

games,
fun &
free pizza



EDMONTON
POLICE
SERVICE

COFFEE WITH COPS

COME ENJOY A FREE
COFFEE AND TALK TO
RECRUITERS ABOUT A
CAREER IN POLICING.



Where: Tegler Hall

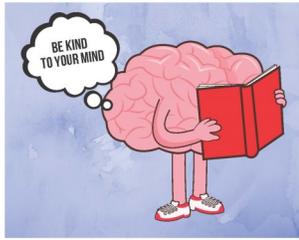
When: February 11, 2020

Time: 9AM - 11AM

Join **EPS**.ca

Alberta's





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>



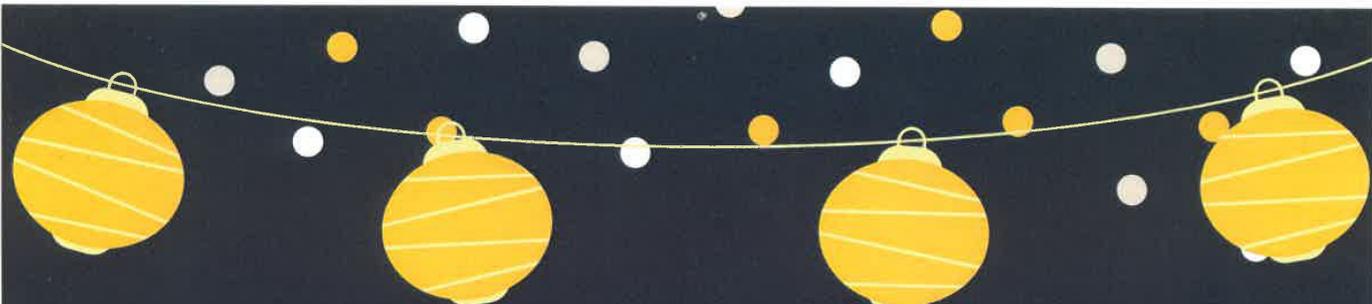
CONCORDIA UNIVERSITY OF EDMONTON

FACING DIFFICULT CIRCUMSTANCES?

CONCORDIA'S BURSARY PROGRAM

Fall Term Deadline: October 15th
Winter Term Deadline: February 1st

Apply Online:
TINYURL.COM/CUE-BURSARY



CAS PRESENTS ARTS WEEK
FEATURING: FINE ARTS

Paint Night

BUY TICKETS IN THE BOOKSTORE
INCLUDES: DINNER, ART SUPPLIES &
COMPLEMENTARY WELLNESS BASKETS!

DATE: FEBRUARY 13, 2020

TIME: 5PM-8PM

LOCATION: TEGLER

PRICE: \$20+GST/ TICKET





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.

CONCORDIA ARTS SOCIETY

CONCORDIA ACOUSTICS

A MEDLEY OF CUE ARTISTS

WEDNESDAY, FEBRUARY 5TH 2020

12 TO 1 PM

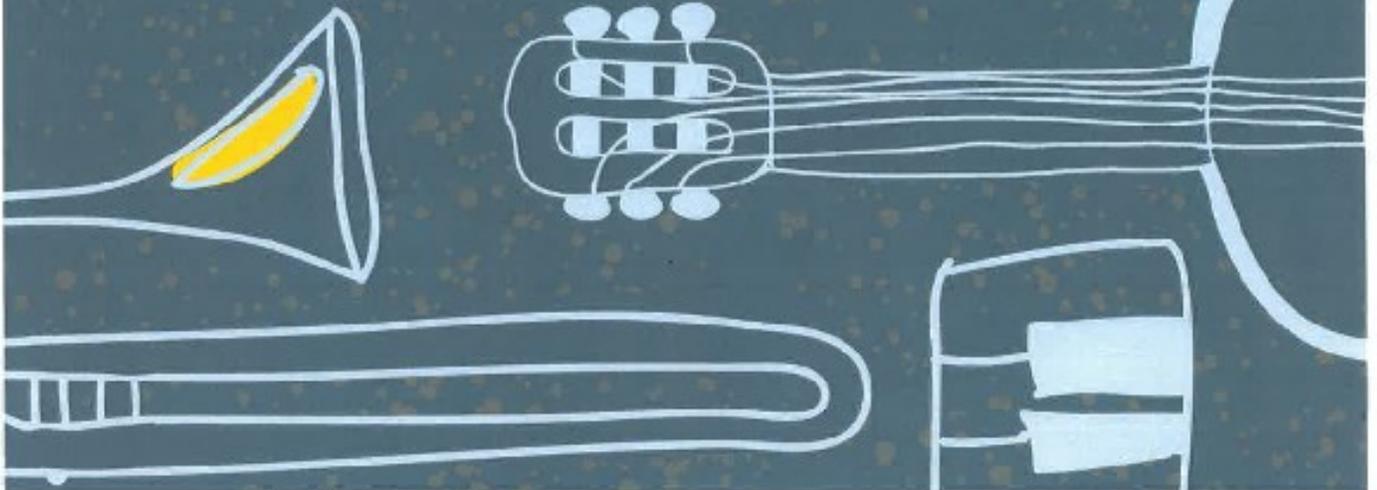
TEGLER

SIGN UP ONLINE TODAY AT
[TINYURL.COM/CAS-ACOUSTIC](https://tinyurl.com/cas-acoustic)



CONCORDIA_ARTS

CAS@STUDENT.CONCORDIA.AB.CA



NEDIC Support ... — X

Hello! Thanks for contacting NEDIC.
How can I help you today?

Hi. I'm losing control of what
and how much I eat...I don't
know what to do...

I'm glad that you reached out.
Would you like to tell me a bit more
about what's going on?

Concerned that food or exercise dominates your life
or a loved one's life?

Then we're concerned too.

So let's chat.

Visit www.nedic.ca to access our **anonymous** and
confidential instant chat service.

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



CONCORDIA
UNIVERSITY
OF EDMONTON



IDeA

Innovative Designs for Accessibility

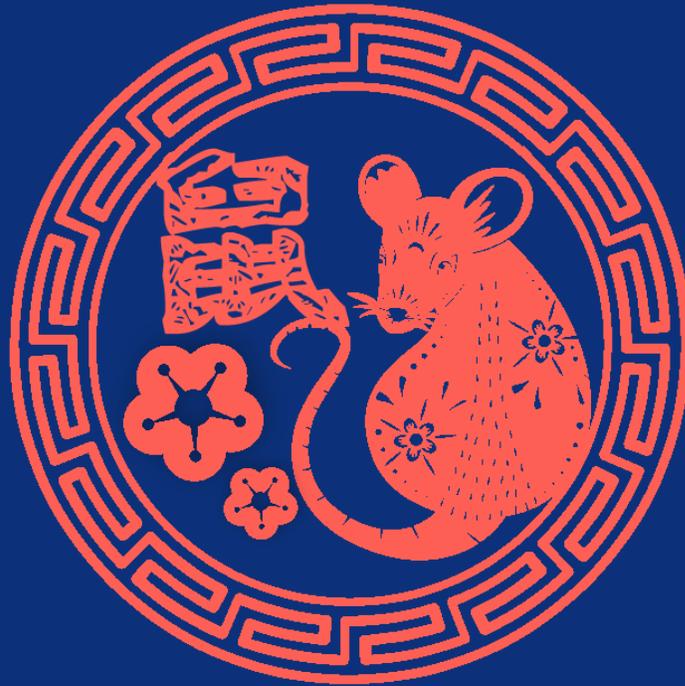
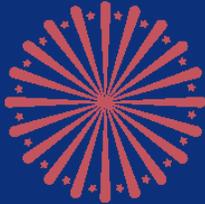
Help make Canada
more accessible

The IDeA competition challenges university students across Canada to use their creativity to develop innovative, cost-effective and practical solutions to accessibility barriers for people with disabilities.

Win up to
\$5,000
for your design.

For more information,
visit univcan.ca/accessibility.

CHINESE NEW YEAR CELEBRATION



NOON-1 PM THURSDAY FEBRUARY 6, 2020
TEGLER STUDENT CENTRE

PERFORMANCES

LION DANCE, CHOIR, CHINESE FOLK&CLASSICAL DANCE

WORKSHOPS

WORD RIDDLES, CHINESE BRACELETS,
CHINESE TRADITIONAL CLOTHES, CHINESE CALLIGRAPHY

CHINESE FOOD

SPRING ROLLS, DUMPLINGS, FORTUNE COOKIES, OOLONG TEA



CONCORDIA UNIVERSITY OF EDMONTON
College for Chinese Studies
中国留学生中心

—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





Dr. Gary McPherson Leadership Scholarship

Recognizes students who have demonstrated outstanding leadership, especially in the area of disability, and/or initiative to improve the conditions and lives of others. **Full-time domestic Graduate and Undergraduate students who are Alberta residents may apply. Award Value: \$2000**

Deadline to apply: February 15th
Application available at tinyurl.com/CUE-Leader
Questions? finaid@concordia.ab.ca



Laurence Decore Award for Student Leadership

Recognizes post-secondary students who have demonstrated outstanding dedication and leadership to fellow students and to their community. **Full-time domestic Undergraduate students who are Alberta residents may apply. Award Value: \$1000**

Deadline to apply: February 15th
Application available at tinyurl.com/CUE-Leader
Questions? finaid@concordia.ab.ca

Lois Hole Humanities and Social Sciences Scholarship

Donor: *Government of Alberta*

A **\$5,000** award offered annually to a 2nd, 3rd or 4th year full-time undergraduate student in the **Faculty of Arts** who demonstrates academic excellence, leadership skills and active community service.

For More Information and to Apply:
financialaid.concordia.ab.ca

Application deadline: **February 24th, 2020**



Mental health affects us all.

On January 29th, join the mental health conversation.



 **Bell**
Let's Talk
#BellLetsTalk

www.mywellnessplan.ca



Start the year off right by taking
a free mental health assessment!



Assess your mental health in 5–10 minutes!

www.mywellnessplan.ca

