



## INSIDE THIS EDITION:

- GINGA-The Brazilian Way
- CAU Paint Nite– Dec. 9
- James Pon Memorial Award
- Free Counselling for Students
- Free Webinar-The Nourish Collective
- Fresh Produce Available!
- Z Pass information
- Consent at CUE Chronicles
- Holiday Hampers
- Peer Support Closure
- Security Announcement

Library | 10am to 3pm



On December 9 from 12-2 pm, Campus Recreation and the Active Living Group are hosting a dodgeball tournament! All students, staff and faculty are welcome! You can register as a team or department, or as an individual! Take the opportunity to de-stress before exams and have fun with dodgeball! Any questions, please reach out to Blair Cipywnyk at ([blair.cipywnyk@concordia.ab.ca](mailto:blair.cipywnyk@concordia.ab.ca)).

Link to register: <https://forms.gle/yFBVZkRJHzRV7LRs9>

## “Gingerbread” House Building Event – Men's Edition

Join us on December 7th for BuddyUP's second quarterly activity where men have the opportunity to check in with a buddy while working on a [project](#) together. Could you think of a more fitting activity to do with a buddy than build a house...even if it's made of sugary sweet and gingerly goodness??? Probably not, so register you and your buddy [here](#) for an opportunity to assert your carpentry, engineering, and architecture skills! Yes...there will be prizes. For more information on BuddyUP, check out this [link](#)!



This event is for ALL CUE self-identified men!

- Date: December 7
- Time: 12-1pm
- Location: Tegler

Register today!!! <https://tinyurl.com/BuddyUPCUE>

CONCORDIA SYMPHONY ORCHESTRA  
CONDUCTOR DANIELLE LISBOA & FRIENDS

# GINGGA

## THE BRAZILIAN WAY



CONCORDIA  
UNIVERSITY  
OF EDMONTON

CONSULADO-GERAL DO  
**BRASIL**  
VANCOUVER



**BCCC**  
Brazil-Canada Chamber of Commerce  
Brésil-Canada Chambre de Commerce



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www.wavemagazine.ca



Saturday, December 10, 2022  
7:00 PM  
Robert Tegler Student Center  
7128 Ada Boulevard NW

Scan the code to purchase  
your tickets!  
Adult: \$21  
Student: \$16







# Paint Night

FRIDAY DEC 9 2022

5 PM TO 7 PM

7128 ADA BLVD NW,  
EDMONTON, AB T5B 4E4  
TEGLER

5\$ TICKETS ON QPAY!

@CONCORDIA\_ARTS

CALL

# James Pon Memorial Award 2022

The Foundation to Commemorate the Chinese Railroad Workers in Canada [FCCRWC](#)

The annual James Pon Memorial Award Scholarship is intended to promote a deeper understanding of Chinese Canadian history (about the Chinese contribution to the building of the railroad). Cash awards are awarded to the top three short videos received for this scholarship contest. There will be one winner per category as follows:

- **Post Secondary (College or University): \$500**
- **High School: \$300**
- **Grade School: \$200**

## Short Video Contest

The Foundation to Commemorate the Chinese Railroad Workers in Canada (hereinafter referred to as the “Foundation”) is a registered charitable organization. The goals of the foundation include promoting the understanding and awareness of the contribution to Canada by the Chinese Railroad Workers who participated in the construction of the first transcontinental railway (the CPR) that united Canada geographically and politically; promoting the awareness of the government’s legislation of unjust Immigration Acts against the Chinese pioneers and their families; establishing scholarships; and sponsoring other Canadian charitable organizations to promote Chinese Canadian History.

**Between September 1 and December 31, please submit a short video (4 minutes or shorter) about the history of Chinese people in Canada and their contributions to the construction of the railroad and to this country. Applicants are welcome to share how this relates to your family’s history and their experience of being in Canada.**

Submissions must be sent between **September 1 and December 31**, by email to [fccrwc@gmail.com](mailto:fccrwc@gmail.com)

For more information and to apply, please visit [The Ties That Bind](#) and follow the Submission Guidelines described further below.

*This is an external scholarship opportunity and is not administered by Concordia University of Edmonton.*



**ANXIOUS AND STRESSED WITH FINAL  
EXAMS & ASSIGNMENTS?**

## **FREE COUNSELLING FOR STUDENTS!**

"Finals" is a student's most psychologically-taxing period, so Insight Psychological is sponsoring 150 hours of FREE counselling for post-secondary students across Alberta with our Master's level practicum therapists.

**780-461-1717**

**WWW.INSIGHTPSYCHOLOGICAL.CA**

**INSIGHT**  
Psychological™

## THE *Nourish* COLLECTIVE

Many people find this time of year particularly challenging. It can be a time where it seems like diet culture is blaring on a loud speaker. We wanted to create a webinar to offer support in offsetting the diet culture messages you may be bumping into from friends, family, social media or other.

We are excited to announce an upcoming free webinar:

### **More Joy, Less Stress: Find Ease with Food This Holiday Season**

We have two dates available (Dec. 7 & Dec. 14), select the date that fits your schedule best. Click the link below for more details and to claim your spot in this free offering! [Claim your spot](#). For more information about us: [Our Website](#)

## Z Pass Information

**A reminder that Expo Centre 'Z' passes are valid after 5pm**

**and all day on weekends in our main lots.**



## 16 DAYS OF ACTIVISM AND STUDENT VOICES ON-CAMPUS



### Newsletter Content

#### The Consent at CUE Chronicles!

This newsletter will be circulated a few times each semester and contain information about prevention education initiatives at CUE.

We welcome your feedback about the content in this newsletter! Please reach out if you have any ideas or requests.

### Spotlight on Resources

Here are some resources our team is *loving right now*:

- Possibility Seeds [Podcast](#) by Courage to Act.
- CUE Library's Gender-Based Violence [Reading List](#).
- Free [Individual and group counselling](#) available at the Sexual Assault Centre of Edmonton.

### Upcoming Events

Check out these upcoming events:

- Pop a Myth Monday, from 2:30-3:00pm in Tegler Monday, December 5th.
- Online Supporting a Survivor [workshop](#) on Wednesday December 14th from 6-8pm by the Anti-Violence Project!

### 16 Days of Activism Against Gender-Based Violence

#### Did you know?

November 25th-December 10th are the 16 Days of Activism Against Gender-Based Violence!

CUE is marking each of the 16 Days with a micro-event, you can find out more here: [16 Days Article](#).

### Student Voices

#### Did you know?

Courage to Act worked with student leaders from over 20 institutions and various national organizations to represent over 1.2 million students voices on gender-based violence.

The end result was 10 comprehensive evidence-based calls to action for post-secondary institutions and governments to help address violence on-campus.

Learn more about this project [here!](#)



### DECEMBER INTERVIEW

*Pascal Dumoulin*

*Campus Wellness Coordinator*

#### What do you wish more students knew about consent and healthy relationships?

I hope students will learn more about the different ways they can navigate consent in their relationships, intimate and non-intimate. It doesn't have to be awkward or intimidating!

#### Would you recommend Peer Support as an option for students who are looking to talk about gender-based violence?

Absolutely! Peer Support is a great resource for anything students want to talk about. Our Student Life Counsellors are also great, and they can contact the Vice President of Campus Life for support as well!

#### What kind of programming does CUE Wellness offer for healthy relationships?

Healthy Relationships week will be taking place the week of February 13th and we will be offering a few different programs to help the whole community develop new skills in that area.

#### What opportunities exist on campus for male-identifying people to talk about consent?

Starting in February, we will be launching programming for self-identified men. This will include skill building workshops and discussions centred around creating healthy relationships.

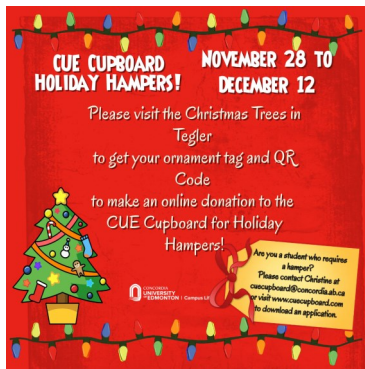
My email is [pascal.dumoulin@concordia.ab.ca](mailto:pascal.dumoulin@concordia.ab.ca)

CHECK OUT THE [CONSENT PAGE](#) ON CUE WELLNESS' GOOGLE SITE

HAVE QUESTIONS ABOUT CONSENT? GET IN TOUCH: [WILLIAM.LOGAN@CONCORDIA.AB.CA](mailto:WILLIAM.LOGAN@CONCORDIA.AB.CA)



## CUE CUPBOARD HOLIDAY HAMPERS



Beginning Monday, November 28, people will be able to choose a tag (or tags) from the Christmas Trees in Tegler to donate towards the CUE Cupboard Holiday Hampers. Each tag has an item with a dollar amount attached to it and a QR code on it that will take you directly to the CUE Donations page. When donating, please choose the **CUE Cupboard (Student Food Bank)** option.

If you still wish to donate physical items, a box will be set up in the Library and you can drop your items off there. Students will be able to choose what they would like in their hampers by filling out a form and submitting it. They will be able to choose from the following list:

- Canned Cranberries
- Canned Vegetables
- Chocolates / Candy
- Hot Chocolate & Marshmallows
- Mashed Potatoes
- Packages of gravy
- Pasta
- Pasta Sauce
- Stuffing Mix
- Turkeys
- Gift Cards (\$20 denominations)

If you have any questions or require further information, please contact Christine Taylor at [cuecupboard@concordia.ab.ca](mailto:cuecupboard@concordia.ab.ca)



TEGLER  
DECEMBER 7TH  
12:00 PM - 1:00 PM  
*Grown on-campus*

**FRESH PRODUCE**

FREE

social wellness, mental wellness, courage, grow, support, alcohol awareness, peer support, friendship, lifestyle, drug awareness, food & nutrition, brave, active living, personal care, balance, physical activity, sexual violence prevention, learn, strength, safe talk



# PEER SUPPORT IS ON BREAK

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Closed as of December 3.  
We will return in January with  
new availability!

Check our social media and website in the  
New Year for new Peer Support hours.



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OF EDMONTON | Wellness



## **MALE FOLLOWING A FEMALE IN A VEHICLE**

A concerning incident occurred this morning. A female Concordia University member was walking from the Expo parking lot towards university along 73 Street by the Ralph King Athletic Centre, an unknown male watched her from his vehicle while she was walking, he moved his vehicle to continue watching her with his window down. She felt very uncomfortable and reported the incident to Concordia Security.

***He is described as male, middle aged, east Indian. short hair, with a thin beard. He was driving a dark grey vehicle. A photo of the vehicle is attached.***

If you have been confronted by, or are approached by this man, please call the Edmonton Police Service first on 911, and then Concordia Security on 780 479-8761. A reminder that Concordia Security provides a security walk service 24/7, just phone security on the number provided. If you know the identity of this man please advise Concordia Security.

