



**The next Lacombe Shuttle**, will be this Friday, January 27. Need to run errands in Lacombe, like bank, groceries etc. this is your opportunity. A van will be leaving Lakeview Hall beginning at 1:30 pm. Sign-up at the Lakeview Hall front desk.

**CUC Mentors** We will be having a guest, Grant Smith, come this Friday at 1:30pm in the Ad Building Chapel to give training on suicide prevention. It is important that you be there.

**Intramurals Announcement:** Deadline to sign up: January 27. Basketball Intramurals starts January 30. Sign up at: [www.cauc.ca/intramurals](http://www.cauc.ca/intramurals). Questions email: [cfleuran@cauc.ca](mailto:cfleuran@cauc.ca)

**Amazing Race** this Saturday night at 6:00 pm in the gym. Everyone is encouraged to bring their friends and make a 4 person team. This event is open to PAA teams as well. Be sure to bring along your friends to cheer you on. The Amazing Race is presented by CDBL and follows a relay format. Once you have a team together please email Christopher Young ([cyoung@cauc.ca](mailto:cyoung@cauc.ca)) with your team name and the names of the members on the team. It will be lots of FUN!

**SKI Day , Sunday, January 29** Enjoy skiing/snowboarding? We have an opportunity for you. A bus will be heading to Marmot Basin in Jasper for a day on the hills leaving Lakeview Hall at 4:15 am. Tickets will be purchased at Marmot Basin Ski Office Lift Ticket - \$58.00 + GST, Rentals \$41.00 and up. There is a reservation fee of \$10.00. If you would like to go sign-up now at Student Services.

**Join Mr. Hunter**, VP Student Services for *Dialogue* on Tuesday, January 31 in the Sunrise Room at the Cafeteria. This is a time to discuss your ideas, concerns, ask questions and have a FREE lunch. **Sign up now at Student Services.**

**FREE MONEY** Scholarships! Submission **Deadline: February 2, 2012 @ 8:00 a.m.** Applications available at: [www.cauc.ca/studentfinance/awardsday](http://www.cauc.ca/studentfinance/awardsday). Don't Delay! Apply now!

**CUC Drama Society presents Shakespeare's 12th Night!** Come see a comedy of mistaken identities, brawling in the street and lovelorn confusion. Set in the roaring '40's, the smooth sounds of jazz will transport you to the homes of Illyria where we are all fools in love. Performances will take place Thursday, February 2 at 7:00pm; Friday, February 3 at 2:00pm and Saturday, February 4 at 7:00pm. Tickets are \$5 for students/seniors and \$10 for adults. They can be purchased by emailing [nthorp@cauc.ca](mailto:nthorp@cauc.ca) or by calling 403-782-3381, x4089.

**Heart & Soul for Hobbema!** Friday, February 3, 7:30 in the College Heights Church. Don't miss this benefit concert for a project that's close to home - Hobbema Ministries. Watch for posters!

**SUPERBOWL PRESHOW - ABSOLUTELY!** One of Western Canada's premier vocal ensembles, Voicescapes, is featured on CUC's next concert with gorgeous, hauntingly beautiful music for choir and string orchestra from the 17th century, conducted by Red Deer Symphony's Claude LaPalme. Sunday, February 5 in the church at a special time of 3 p.m. (to accommodate Super Bowl fans!). FREE for PAA/CUC students/staff/faculty & immediate family. Details at [www.cauc.ca/music](http://www.cauc.ca/music).

**Summer Bursary Available for French Language Learning:** If you are interested to live a five-week of learning French experience, please visit [www.myexplore.ca](http://www.myexplore.ca). This is a program offered in each province and you choose where to go. You must be a Canadian citizen and a full time student. All expenses are covered (except transportation). You will enjoy 5 weeks of learning, adventure, friendship and discovery. You can apply on-line. Deadline is in February. Many CUC students have been taking this program over the past 15 years and all have positive comments about it. The opportunity is yours!

**Applications for CUCsa** Exec positions and Editor positions are available at Student Services. If you want to lead your student body and make a difference here on campus, get your application today! Contact Tristan Caro at [tcaro@cauc.ca](mailto:tcaro@cauc.ca) for more information!

**CUC is partnering with A Better World** to offer a 4 week mission trip to our students April 25-May 30, 2012. We will be going to Bolivia, South America to spend time at CERENID, a boys home located about 2 hours from Bolivia's biggest city, Santa Cruz. These boys have been abandoned by their families, hence they are forced to fend for themselves as young as 3-4 on the streets of Bolivia. As a result, these boys need to learn to be tough, and many of them cut themselves on purpose as to scar and hence make themselves look mean. CERENID was founded with the intention of taking these boys off the street giving them a safe home, in which they must abide by the rules and a chance for education and if they stay around till the end of high school jobs are found for them. The project at the moment will be to restore their bathrooms and laundry room, while offering our services in the kitchen, in the classrooms and in the church services.

**Laugh Your Way to a Better Marriage** with Mark Gungor. Mark will be at the Centre Street Church in Calgary, February 17 & 18. Tickets are \$40 for Single and \$79 for Couple. For more information go to <http://www.laughyourway.com/>

## ACADEMIC DATES

January 25	Applications accepted for April 2013 graduation
February 8	Last day to drop any 1st 1/2 course without incurring an F
February 16	Professional term ends
February 16	Mid Point of term

**Want to be** in a position to help make a difference in the spiritual life on campus? Develop your talents and capabilities? CUC Campus Ministries is currently putting together its team for the 2012-2013 school year. Applications are now available at Student Services. Come pick yours up today.

**Summer Position:** CUC Campus Ministries is currently looking for an individual to fill the position of Summer Student Chaplain. This job would run from May to the middle of August. This person would be responsible for planning Vespers, Sabbath School and other social/recreational activities for youth/young adults. A stipend will be paid for this position. If you are interested, please pick up your application at Student Services today.

**Summer Camp Positions:** Are you energetic, creative and enjoy working with young people? If you are interested in working at a youth summer camp this summer, come sign-up for an interview at Student Services. Camp Directors will be on our CUC campus on Sunday, January 29 and Monday, January 30 to conduct these interviews. Come early to find a time that best suits you.

**Small Groups** There are small groups which meet regularly each week. If you like to take part in a small group meeting, contact Ryan Brousson at [rbrousson@cauc.ca](mailto:rbrousson@cauc.ca) to find one that most interests you. If you have an idea for a small group and would like to lead one, contact Ryan with your idea.

**Need a Professional Hairstylist?** Do you need someone who cares about your hair just as much as you do? Someone who is versatile and understands modern style? Someone who will give you the 'new look' you've been craving? Then Heather is the girl for you! Call 403-352-5323 to book your appointment today!

**The Biology Department** is very pleased to announce that Sally Kim has been accepted to Loma Linda University, School of Dentistry. Please join us in congratulating her.

**The Gwen Bader Fitness Centre** provides free weight training consultations with Nathan Werner. If you would like to book an appointment please call ext. 4057 or 4054. There are also five trainers that work independently out of the Gwen Bader Fitness Centre that you can Hire. Please inquire at the front desk at the gym.

**The CUC Physical Education Department** has a Massage Therapist on site. Her name is Lovera Bruins, RMT. Therapeutic Massage, Deep Tissue Massage, Shiatsu Massage for Migraines. Rates are as follows: 30 min: \$36.75, 45 min: \$47.25, 60 min: \$63.00, 90 min: \$94.50. Stop by the Front desk at the gym or call ext. 4057 and 4054 to make an appointment.

**THE CUC PHYSICAL EDUCATION DEPARTMENT IS OFFERING THE FOLLOWING CLASSES. IF YOU WISH TO REGISTER PLEASE PHONE 403 782 2822 OR EXT. 4057 OR 4054 OR REGISTER IN PERSON WITH SHIRLEY OR JODI, MONDAY – THURSDAY 7:30 A.M. – 5:00 P.M. AND FRIDAYS 7:30 A.M. – NOON.**

*Preregistration is required for all courses. Please register at least one week before the course unless otherwise stated. Payment must be made at time of registration. Register in person, by phone, or by mail. All fees for classes include GST. Refund Policy: Refunds are generally not available, except for extenuating circumstances. A ten dollar (\$10.00) administration fee will be charged on all refunds. If a course is cancelled due to insufficient enrolment, a full refund will be given. We reserve the right to change or cancel any program as needed.*

## R E C R E A T I O N   C L A S S E S   2 0 1 2

### RECERTS

WSI	AEC & NLS
Day: Sunday	Thursday
Date: Apr. 15	Apr. 12
Time: 5:00 – 9:00 pm	5:00 – 10:00 pm
Fee: \$88.00	\$50.00 for one, \$85.00 both

### BEGINNER ADULT SWIM CLASS

Days: (8) Mondays  
Date: Mar. 5 – Apr. 23  
Time: 1:00 pm – 2:00 pm  
Fee: \$55.00

### ADULT SWIM CLASS

This is a three level program in which students register on the basis of their swimming ability.  
Days: (8) Wednesdays  
Date: Jan. 25 – Mar. 14  
Time: 8:00 pm – 9:00 pm  
Fee: \$55.00

### AQUATIC LEADERSHIP PROGRAMS BRONZE MEDALLION & BRONZE CROSS

Lifesaving awards, Prerequisites to NLS (11) Sundays, 7:00 p.m. – 9:30 p.m., \$200.00 (includes books & GST). If you need Bronze Cross only phone for start date. Session 2: Jan. 15 – Apr. 1, 2012

**TRIAL BEGINNER/FAMILY LANE SWIM** – Starting Feb. 1. Mon & Wed, 7:30 – 8:30 a.m. \*As long as attendance is maintained.

**DROP-IN BADMINTON** – Phone 403.782.2822 for reservations.

## CARDIO & STEP AEROBICS CLASSES

Instructor: Christine Baker - AFLCA Certified Group Fitness Instructor who loves making fitness fun. She teaches Cardio Step Classes at varying levels, striving to increase your core strength, energy, and health. 8 week programs: Cardio & Step Aerobics – Mon & Wed, Jan. 16 – Mar. 12, 9:00 – 10:00 am, \$128.00; Cardio & Core Strengthening – Mon & Wed, Jan. 16 – Mar. 12, 10:15 – 11:15 am, \$128.00; Cardio, Step & Dance – Tues. & Thurs, Jan. 17- Mar. 8, 5:30 – 6:30 pm, \$128.00. Drop-Ins Welcome! \$10.00. Register @ the CUC P.E. Centre.

## AQUATIC EMERGENCY CARE, NATIONAL LIFEGUARD SERVICES, O2 , ADMINISTRATION, & CPR

(12) Mondays, 5:00 p.m. – 9:30 p.m. Jan. 9 – Apr. 9, 2012, Fee: 400.00 (includes books & GST)

## AQUACIZE – Morning & Evening

Aerobic exercise in the pool! Swimming skills are not necessary as participants are never totally submerged. BABIES 4 mo. – 24 mo. WELCOME to participate with caregiver, bring your own floatable. Adults \$5.00, Seniors/Youth \$4.00 drop-in fee, punch card or fitness pass. FREE: CUC/PAA students/staff/faculty and eligible family members. Classes run as long as attendance is maintained.

**COED Mornings** Mon. Wed. Fri. 10:00 a.m. – 11:00 a.m.

**COED Evenings** Tues. & Thurs. 8:00 p.m. – 9:00 p.m.

## PRIVATE SWIM LESSONS

Make arrangements at Recreation Office.

Qualified Instructor: 30 min. - \$14.00, 45 min. - \$21.00, 1 hr. - \$28.00

## COED BEGINNING RACQUETBALL CLASS

 Learn basic skills and techniques.

Instructor: Ron Schafer Fee: \$65.00. If you get four people together phone for a class.

## SENIORS' WEIGHT TRAINING & FITNESS

The seniors' weight training classes include a variety of supervised fitness programs in both the weight room & the gymnasium. Seniors aged 55 and older. Instructor: Shelly Fisher.

Days: Tuesdays & Thursdays

Date: Jan. 17 – Mar. 29

Time: 1:00 – 2:00 pm (Students can stay until 3:00 pm to do cardio & stretching)

Fee: \$45.00 Punch Card with 10 visits or \$5.00 drop-in fee or weight room membership.

## SCUBA DIVING

Internationally recognized, this 4 session course includes classroom academic & pool diving assessment. Includes all equipment except snorkel & manual. Added charges for open water to be arranged separately. Taught by Farrington Diving Services.

Days: (4) Sundays

Date: Feb. 19 – Mar. 11

Time: 11:00 am – 4:30 pm

Fee: \$275.00 & snorkel & (manual \$41.00)

## BABYSITTING COURSE

This is an 8 hour Red Cross course aimed at making babysitting safe, fun, and easy. Each student will learn important child care skills, and safety tips for children of all ages. They will also learn the respective rights and responsibilities of the babysitter and the family hiring one.

Days: Thur. & Fri.

Date: Feb. 9 & 10

Time: 9:00 am – 1:00 pm

Fee: \$45.00

## P.A.S.D. – LEVEL 1 PERSONAL AWARENESS AND SELF-DEFENSE

Instructor: Luke Bannis – 15 yrs experience in Jujutsu & 5 yrs in Boxing. P.A.S.D. is a challenging cardio and mental workout for anyone who wants to push their limits. This course will focus on recognizing a potential conflict, understanding the mind of an attacker, escaping techniques, movement and endurance. For more information email Luke at lbannis@cauc.ca.

Mon & Wed classes : Feb. 6 - Mar. 14

Tues & Thurs classes: Feb. 7 - Mar. 15

Time: 5:45 - 7:45 p.m.

Fee: \$115.00 ages 14-17, \$135.00 ages 18+, PAA students - \$110.00, CUC students - \$125.00. Private lessons - are available! Maximum is four people per class - \$20.00 an hour 1-2 times a week, \$10.00 an hour 3-4 times a week.

## Weekend at a Glance

Sunset 5:09 pm

### FRIDAY

Vespers—7:30 pm

Speaker: Pastor Hebert Valiame  
“The Power of Contemplation”

### SABBATH

**First Service 9:15 am**

Speaker: Jaden Rajah  
“Reaching Without Preaching”

### SABBATH SCHOOLS

<b>Collegiate Sabbath School</b> - Cafeteria	10:00 am
<b>Adult Sabbath School</b> - College Church	10:30 am
Superintendent — Ron Schafer	
General Lesson Study — Annina Engelbrecht	
“Detour” - Science Center with Dr. Donkor	10:30 am
<b>PAA</b> - Ad Building Chapel	10:30 am

**Second Service 11:45 am**

Speaker: Cara Boyce

**6:00 PM**

**PE Centre**

**CABL Presents**

“Amazing Race”

Coming up....

**Ski Day**

January 29

**Camp Interviews**

January 29, 30

**Dialogue**

Tuesday, January 31

Noon—Cafeteria

**Music for Heart and Soul**

Friday, February 3

## RECREATION CLASSES 2012 (cont'd)

### CHCS JR. ACRONAIRES

Classes will require a minimum enrollment and will be cancelled if enough students are not registered by Jan. 12, 2012 to meet budget. There will be a performance on Apr. 22, 2012 by the students in the class. Student are guaranteed 24 classes of training sessions.

Classes: Jan. 17 – Apr. 12, 2012

Days: Tue & Thur

Time: 4:15 – 5:05 (Ages 5-8), 5:15 – 6:15 (Ages 9+)

Fee: \$145.00 (Ages 5-8), \$155.00 (Ages 9+)

**RED CROSS SWIMMING LESSONS** start Jan. 30 – Apr. 2, Mondays between 4:00 pm – 6:00 p.m. Preschool \$33.00, Levels 1 – 4 \$33.00 and Levels 5 – 10 \$37.00.

**PARENTED SWIM CLASS:** Starfish, Duck & Sea Turtle Ages 4 mo. – 3 yrs., Mon. & Wed. 11:00 – 11:30 a.m. Session 1 Feb. 8 – Mar. 7, Session 11 Apr. 11 – May 7.

**UNPARENTED SWIM CLASS:** Sea Otter 9:30 – 10:00 a.m., Salamander 10:00 – 10:30 a.m. Tues., & Thurs. Session 1 Jan. 31 – Feb. 23, Session 2 Apr. 24 – May 17, Session 3 May 29 – June 21.

\* \* \* \* \*

**College Students Needed** for Part-Time Tutoring Qualifications include: Competence in at least one of the following areas- Math, Sciences, English, French. good academic standing [B and above]. A love for working with children and teenagers. Good time management and organizational skills. Advantages: Enhance your resume with professional tutoring experience. Earn good money while helping others. If you are interested please send your resume to [info@optimumtutoringtutoring.com](mailto:info@optimumtutoringtutoring.com) or call 587-877-2522.

**For Sale** 16gb Ipod Touch 1 Generation. Good condition. \$60.00. Call Mike at 403-872-5286

**Kasota East Camp**, on the shores of Sylvan Lake, Alberta, is searching for a Summer Camp Director. Successful applicants will be flexible, creative, organized, and have great interpersonal skills. The position is from mid April until the end of August, time negotiable, with the possibility of extending it into a full time, permanent career. On site accommodation is provided. Two years post-secondary education and 2 1/2 years of recreation camp management experience is required. Check [www.kasotaeastcamp.org](http://www.kasotaeastcamp.org) for a complete job description and for details of camp site. Please submit resumes to [info@kasotaeastcamp.org](mailto:info@kasotaeastcamp.org) by February 10 or until a suitable candidate is found. Contact Madeline at 403-789-4323.

**Level 1 Personal Awareness and Self-Defense** course is back! Members will receive a FREE uniform t-shirt. You can choose to train Monday's and Wednesday's or Tuesday's and Thursdays. Look under "recreation classes" to find out more. Email me for the quickest response or more information at: [lbannis@cauc.ca](mailto:lbannis@cauc.ca) or call me at : 403 782 3381 ext. 5113. Starting dates: Monday Feb. 6th ending Wednesday March 14th or Tuesday Feb. 7th ending Thursday March 15th

**Jessica's Gourmet Specialties** - Home-Baked Goods Have your order to me by 8am on Friday morning and you can have some great home-baked goods for the weekend. Call me at ex. 5118 or text me at 360-739-5744 This week I will be making:

Cinnamon Raisin Bread - \$4.00

Banana Bread - \$4.00

Blueberry Muffins - \$4.00/6 muffins

**Choir Director** needed for Sunnybrook United Church in Red Deer Alberta. A musically passionate and warm congregation with an average worship attendance of 150, seeks an adult choir director to lead a vibrant worship, ranging from contemporary to liturgical. We are looking for someone who demonstrates a high level of musical competency, respects the United Church ethos of worship and willing to use United Church resources; an individual who is a good communicator, has worship service leadership skills and has a progressive vision for integrating multiple styles of music. Resources include a Yamaha Concert Grand piano and a 3 manual Allen organ, a devoted adult choir (15-20 persons), existing musicians and soloists, an enthusiastically singing congregation, a supportive worship committee and a ministry team of two that appreciates collaboration between the worship committee, musicians and the Ministers. This position, available February 1, will be a part-time position, one Sunday service + choir rehearsals Sept to June. Additional services during Christmas and Easter. Salary: \$75 to \$150 per service based on ability to combine directing and pianist roles. For more information contact Ray Goodship by phone: 403-347-6073 or email: [raygoodship@sunnybrookunited.org](mailto:raygoodship@sunnybrookunited.org)