



**Imagine a circle of friends.** Imagine open sky. Imagine sending words up to God for the campus, or healing, joy, school... for life. Come to PRAYER AT THE SUNDIAL, Fridays @ 12:00 noon. The GOD-HUG of the prayer circle will keep you warm.

**"I'M NOT LEAVING"** the book written by Carl Wilkins of his time in Rwanda during the 1994 genocide is now available at Student Services for \$15.00

**Melayne Shankel would like to invite you** to the *Themba* Concert in Red Deer on Saturday, November 12 at 7:00 pm at the Crossroads Church, (32 St and Hwy 2). *Themba* means *Hope* in Zulu. Join the Nathan Carrol Band for a night of soulful, meaningful and memorable music with all proceeds going to help the HopeShares program in South Africa. You will also hear from the HopeShares South Africa Director Carl Waldron. Tickets are available at the door for \$10 or \$25 per family.

**Red Deer Shopping**, Sunday, November 13. Van leaving from Lakeview Hall at 10:30 pm and 10:45 pm from Riverton Hall (Milestone). Please sign-up at Lakeview Hall front desk. The bus will be going to both Parkland and Bower Malls leaving Red Deer at 4:00 pm.

**CABL presents:** Addictions Week, November 14 - 18. Expect the unexpected...

**Let your voice be heard?** Join Mr. Hunter, VP Student Services for lunch on Thursday, November 17 in the Sunrise Room at the Cafeteria for Dialogue. This is a time to discuss your ideas, concerns, ask questions and have a FREE lunch. Sign up now at Student Services—main floor Administration Building.

**MOVEMBER** is here! Guys, grow your facial hair to raise money for Prostate Cancer! On November 24's SA Forum, the ladies will decide who is the winner of the best mustache! Prizes will be awarded for the best mustache as well as the contestant who has raised the most money. Grow till we're scared!

**IMPACT** – Practice time Wednesdays, 7:00 – 9:00 in the gym-an upstairs classroom. Upcoming Programs Include: Pastor Sandra Sylvia's Evangelistic Series Nov. 8 - 12, and a Bullying Program for the Sylvan Lake School/Church.

**Volunteers** needed to help Big Brothers and Big Sisters have a Christmas party. Lots of kids will be having a fun time and we need you to make it happen! Join us Dec 12 from 6-8PM and help make a child's dream come true! If you wish to participate, email Christopher Villacorta-Lopez at cvillaco@cauc.ca. Sign-up sheets are at Student Services.

**Slow down**, help keep our campus safe! Remember the speed limit on campus is 30k/h. There are a lot of students walking so don't be in too big a hurry...

**PLT Banquet:** Sunday, November 20th at 6pm at the Lacombe Memorial Centre. Theme: Anything is Possible. Tickets are now available from the Deans for \$15.

**Missions Weekend:** November 18-20 is all about cross-cultural missions from First Nations here in Canada to the tribes in the jungles of Papua New Guinea. Our guest is John Baxter from Adventist Frontier Missions. He will be sharing for vespers and church. Also an afternoon program about what is happening in Adventist missions and how you can be involved through prayer, giving, and going in the Ad Building Chapel, 3:00-5:30PM. There is a pancake breakfast on November 20 9-10:30 AM in the Earliteen room to support our outgoing Student Missionaries, 8\$ for adults and 6\$ for children under 10 and free for under 3.

**ALUMNI Fun Fest** – November 25 – 27, 2011 Alumni, friends, faculty/staff, and current students are invited to attend the weekend events. Our featured speaker for the weekend is Pastor Dan Linrud. A potluck will follow the second worship service in the PE Centre on Sabbath afternoon. Weekend activities will include men's, women's, and old-timer hockey and a pancake breakfast. Hockey begins on Saturday evening at the Lacombe Arena at 6 pm. Also, enjoy a performance from the CUC Orchestra who will be performing Saturday evening at 8 pm at the Lacombe St. Andrew's United Church. For more information or to register for the hockey tournament, please call Shannon at the Alumni Office at Ext. 4161. Transportation to and from the arena will be available from Lakeview Hall Saturday evening starting at 6 p.m. and Sunday morning at 7 a.m. You can also check out the CUC website for a complete list of weekend events. <http://www.cauc.ca/alumni/funfest>  
Hope to see you all there!

**CUC will be teaming up with the Samaritans Purse** to fill up boxes with all sorts of goodies such as school supplies and toys to send around the world to demonstrate God's love to man. Please take a box from Student Services to help out in this noble task!

**CUC Students:** Student Services has a mystery gift! We will give this gift to the first 120 students who come to Students Services and asks for the "mystery gift".

## Academic Dates

Wed Nov 16	No tuition refund in effect
	Program Counselling for Winter Term Begins
Mon Nov 21	Last day to apply for S/U grade for full term courses
Wed Nov 24	Last day to withdraw from any full term course w/o incurring F grade
Mon Nov 28	Last day to apply to reschedule a final exam
Wed Nov 30	Last day to apply for an incomplete

**Announcing the Executive for the Graduating Class of 2012:** President: Jay Johnson  
 Vice President: Sara Sutherland  
 Secretary: Rainbow Ford  
 Treasurer: Michelle Reyes  
 Pastor: Oscar Gutierrez  
 Sponsors: Louicius Michel  
 Patricia Ng

**Student Positions Available:** Canadian University College Security Department is looking for responsible individuals who are leaders, self-motivated and willing to work hard. You will need: a drivers license, a criminal record check and at least three (3) references. Mature students with previous experience are preferred but we are willing to work with the right individuals with the right attitude. If you wish to apply, please bring your resume to Plant Services. For more information, call Ron Reimche, Security Supervisor at 403-896-1058.

**Positions Available:** CUC currently has openings for the following positions - Office Manager (Plant Services); Plumber/Gasfitter (Plant Services); Assistant to the Registrar (Registrar Services); Administrative Assistant (Student Finance); Custodian (Food Services); and PE Instructor. If you know of someone looking for a full-time job (these are not suitable for current students due to time requirements), please pass the word along. More information can be found at [www.cauc.ca/humanresources/jobs](http://www.cauc.ca/humanresources/jobs).

**Wanted,** written accounts of people's personal testimonies of how they met God and how God has been apart of their lives. The testimonies will be compiled into a book called "*Are We Alone?*", a book based on giving evidence for God's existence by telling the faith stories of many Christians who have had an encounter with God. If you have any faith stories you would like to share please send them to [chillwearenotalone@gmail.com](mailto:chillwearenotalone@gmail.com).

**Christmas Drama:** A special Christmas Drama entitled "*The Progression of Sin and Why We Need a Saviour*" is planned for Vespers **December 9**. Please note that for this vespers only, vespers will begin at **7:00 pm**. Please come visit our *CUC Christmas Production* Facebook page.

**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!

**TIRE for sale:** Do you need a new tire for your car? I have a Matrix Road Touring (all weather) tire 205/55R 16 that has been driven about 100 km. I paid \$135 for it brand new but will sell for \$50. It does not fit my car is the reason for this sale--a new tire at a bargain price! Please call Joan at (403) 782-4303.

## UPDATED FINAL EXAMINATION SCHEDULE

Canadian University College  
 2011/12 Fall Term

Exam Period	Dec. 9 Friday	Dec. 12 Monday	Dec. 13 Tuesday	Dec. 14 Wednesday	Dec. 15 Thursday
7:45 am-9:45 am	9:50 M	7:40 M	8:45 M	8:00 T	10:55 M
10:15 am-12:15 pm	ENGL 101, 102 all sections	Thursday Evening Classes	2:45 M	1:15 M	4:15 T
1:00 pm-3:00 pm		1:15 T			
3:30 pm-5:30 pm		4:15 M	2:45 T	9:30 T	
7:00 pm-9:00pm		Monday Evening Classes	Tuesday Evening Classes	Wednesday Evening Classes	

Comments:

1. If you have 3 exams in one day you may reschedule ONE exam free of charge. See Registrar Services to fill out the appropriate form.
2. Under extenuating circumstances you may reschedule an exam for a fee of \$50.00. **TRAVEL IS NOT AN EXTENUATING CIRCUMSTANCE.** See Registrar Services to fill out appropriate form.

The **basketball team** is selling the old shooter shirts as a fundraiser for \$80 each. You can have them signed by players if desired. The shooter shirts are the white long sleeve shirts that go over top of the uniforms in the beginning of the games. They have the moose on the front. Contact Rainbow Ford at 403-550-3549 call or text.

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.**

### RECREATION CLASSES

**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**

**CARDIO & STEP AEROBICS CLASSES BEING TAUGHT BY CHRISTINE BAKER, SEPT. 26-NOV. 21, MON & WED. 16 CLASSES \$128.00 CAN JOIN ANYTIME YOU PAY FOR HOW MANY CLASSES THAT ARE LEFT.**

**BEGINNER LEVEL 7:30 A.M. - 8:30 A.M.**

**ADVANCED LEVEL 8:45 A.M. - 9:45 A.M.**

**DROP-INS FRIDAY SEPT. 30 - DEC. 16 10:45 A.M. - 11:30 A.M. \$10/PER DROP IN**

**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

**RACQUESTBALL 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. Date: Sept. 20 – Nov. 24, 2011 Time 1:00 – 2:00 p.m. (students can stay until 3:00 p.m. to do cardio & stretching.) Fee: \$45.00 punch card with 10 visits or \$5.00 drop-in fee or weight room membership.

## Weekend at a Glance

**Sunset 4:50 pm**

### FRIDAY

No Vespers 7:30 pm

Reading Break

### SABBATH

**First Service 9:15 am**

Speaker: Pastor Ron Sydenham

**"Reach!"**

### SABBATH SCHOOLS

**Collegiate Sabbath School - Cafeteria 10:00 am**

**Adult Sabbath School - College Church 10:30 am**

Superintendent— Claire Ritchey

General Lesson Study—Kevin Burrell

**"Detour" - Science Center with Dr. Donkor 10:30 am**

**PAA - Ad Building Chapel 10:30 am**

**Second Service 11:45 am**

Speaker: Pastor Ron Sydenham

**"Reach!"**

Coming up....

**CABL Addiction Awareness Week**

November 14—18

### COMMUNITY WORSHIP

Tuesday, November 15

CABL

**Dialogue with**

**Stacy Hunter**

Thursday, November 17

NOON

Cafeteria - Sunrise Room

**Missions Emphasis Weekend**

November 18, 19

**November 19**

Fall Festival

**November 20**

Sunday @ Seven  
Wei & Park

## **UPCOMING EVENTS** at Your ABC!

**December 5** will be our next Student Appreciation Day! Students will receive a 25% discount on all regular priced items on that day, **excluding** Sabbath School materials, postage stamps, confectionary, software and textbooks. It will be a great time for them to plan to do some Christmas shopping. Lunch of burgers with light side items for a toonie will be available!! (Lunch served 11:30am – 1:30pm) There will be another draw for a winner of an iPod for a CUC student and a PAA student.

**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.

## **Notes from the Cafeteria:**

Great News for Students living in Riverton Hall, Redstone or Cornerstone Housing. President's Cabinet has voted and approved that you are now eligible to be on the Cafeteria "Meal Plan" we will try to get the plan activated so that you will be able to take advantage of the plan for the last month of the semester if you wish. (*Just think, you will be able to finish up those papers & study without the hassle of shopping & cooking!*) And to begin the new semester in January, you will automatically be able to choose the Cafeteria Meal Plan of your choice when you make your financial arrangements

There have been students living in the off-campus housing that have questions/comments as follows:

1. Why can't I join the Cafeteria Meal Plan if I choose to?
2. Why can't I treat my friends who live in campus housing, but don't have time to go home between classes?
3. Why do they treat off-campus students different than the students who live in MH or LVH?
4. It is difficult to buy groceries & make meals & I would choose to eat at the cafeteria but I don't want to pay "retail" prices.
5. Why can't I make the decision to be on the meal plan if I do not live in MH or LVH?
6. I would like to buy some meals at the cafeteria, but because I have a kitchen in my apartment, I don't want to buy all of my meals there. Is there a plan that would work for me?

Watch for signs and make your way to the Student Finance Office or to the Cafeteria for further information. There will be an option for the students that choose this new Meal Plan, either the "Full" Plan which covers 19 Meals per week or a "Modified" Plan which will cover 10 Meals per week. The choice will be yours!

The Cafeteria has their hours posted for the Remembrance Day Break. Friday, Nov. 11<sup>th</sup>, No Breakfast Service. Dinner from 12 – 12:30 & Supper from 5 – 5:30 pm in the main Cafeteria. Sabbath: Dinner from 1 – 1:30 pm & Supper from 5:30 – 6 pm; Sunday: Brunch from 10 – 10:30 am & Supper from 4 – 4:30 pm. The Snack Shop will be CLOSED for the Break!