



**Congratulations to our Men's and Ladies Aurora Volleyball Teams** on their bronze medal wins this past weekend

**You are invited** to enjoy a piece of pumpkin or apple pie on Thursday, November 24 in celebration of American Thanksgiving. The pie will be available at the cafeteria during lunch time. We would like to wish our American friends and family a Happy Thanksgiving!

**CUC is teaming up with the Samaritans Purse** to fill up shoe boxes with all sorts of goodies such as school supplies and toys to send around the world to demonstrate God's love to man. Boxes will soon be available from Student Services to help out in this noble task! Please have filled boxes to Student Services by TODAY, Thursday, November 24.

**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.

**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 7:30 pm at the Lacombe St. Andrew's United Church. A Sunday basketball game will feature CUC vs. St. Mary's at 2:30 pm at the PE Centre. 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>

**Join us at the center of campus** following vespers on Friday, November 25 as we "light up" our campus for the Christmas season. Then come inside where it is warm and test your Christmas Carol knowledge, sing some carols and enjoy cookies with hot chocolate/apple cider. A relaxing and fun way to spend time with your friends.

**Join us for "Evensong"** this Sabbath, November 26 at 4:00 PM in the College Church. There will be music by CUC music majors and faculty as well as readings by Dr. Joy Fehr. Come and be blessed.

**The CUC Orchestra**, directed by Jennifer Penner, will be performing a family-fun concert featuring Prokofiev's Peter and the Wolf, Grieg's Peer Gynt Suite and Beethoven's Prometheus Overture on Sat., November 26, 7:30pm at St. Andrew's United Church 5226 - 51 Avenue Lacombe. Free admission; donations appreciated. **Please note the time change from 8:00 to 7:30 pm to accommodate families with younger children.**

**Need to do some shopping?** On Sunday, November 27, the 15 passenger van will be leaving Lakeview Hall at 10:30 am and then Riverton Hall at approximately 10:40 to take students shopping in Red Deer at the malls. If you wish to go, please sign up at Lakeview Hall front desk.

**The Men's Basketball Team** will be hosting their very first Comedy Night, Sunday November 27 at **7:40pm** in the Snack Shop. Food will be available for purchase. Come & enjoy a night of fun

**Intramurals Announcement:** The Deadline is fast approaching. Hurry and sign up for the 3 on 3 Basketball Tournament, signups are at [www.cauc.ca/intramurals](http://www.cauc.ca/intramurals)

**CUC Birthday Celebration!** Student Services will be celebrating birthdays on Wednesday, November 30. Be on the lookout for a birthday treat that may be found at various locations around campus!

**Christmas Concert** "The Canadian University College and Parkview Adventist Academy Choral Union, under the direction of Dr. Wendolin Munroe, invite you to attend "Voices of Christmas" at the College Heights Seventh-day Adventist Church on Friday December 2nd at 7:30pm or Saturday December 3rd at 4:00pm. A free will offering will be taken in lieu of admission. Come and join the celebration of the season!"

**Planning to go home for Christmas?** Need a ride to the airport? Book with CUC transportation now. Shuttles will run from Tuesday, December 13 to Friday, December 16. Book your return trip now as well. It is important that you plan ahead so we can plan to meet your needs. Get the *Airport Shuttle Reservation Form* on our CUC website. Be sure to also check the website for shuttle pick-up and drop-off times at the Edmonton or Calgary International Airports.

**Congratulations** to Isaac Ford for making it to the semi-finals in a poetry contest he has entered! We wish him well in the finals. If he is a finalist, his poem on Remembrance Day will be published in January.

## Academic Dates

Thur 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  
 Sergeant-at-Arms : Martin Perez  
 Sponsors: Louicius Michel  
 Patricia Ng

**MOVEMBER** is here! Guys, grow your facial hair to raise money for Prostate Cancer! At the December 1st 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!

**"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 \$7.50. This is not a book about genocide. It is about choices people made, actions people took, courage people showed and sacrifices people gave in the face of genocide.

**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!

**Wanted,** written accounts of people's personal testimonies of how they met God and how God has been a part 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).

**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 4:31 pm**

### FRIDAY

Vespers—7:30 pm

**Pastor Dan Linrud**

"Popeye Christians"

### Christmas Celebration

Following Vespers

Administration Building Chapel

### SABBATH

**First Service 9:15 am**

Speaker: Pastor Dan Linrud

"When we see Jesus "

### SABBATH SCHOOLS

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

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

Superintendent — Ron Schafer

General Lesson Study — Tiniel Parredon

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

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

**Second Service 11:45 am**

Speaker: Pastor Dan Linrud

"When we see Jesus"

**4:00 pm**

**Evensong**

**College Church**

### **CUC Chamber Orchestra Concert**

St. Andrew's United Church 5226 - 51 Avenue

7:30 pm

### SUNDAY

**Red Deer Shopping**

Leaving Lakeview Hall 10:30 am

**Coming up....**

### COMMUNITY WORSHIP

Tuesday, November 22

Rafael Rodriguez

**December 1**

SA Forum

**December 2**

Choral Union Christmas

**December 3**

SA Christmas Party

**UPCOMING EVENT** at Your ABC! Monday, **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. We will be offering a meal consisting of a Burger, drink, and side for a tooney!! (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.

**One bedroom furnished suite.** Private entrance and off street parking. Wireless internet, laundry, and utilities included. Located in Terrace Heights within walking distance of CUC. Suitable for one or two females or married couple. Available January 1 for \$700 per month. For more information please contact Shelia at 403-782-9472.

**Notes from the Cafeteria:**

Happy Thanksgiving to our American friends! Join us on Thursday, November 24th from 11:30 am – 1:15 pm in the main cafeteria for a traditional Thanksgiving Dinner! Free Pie compliments of Student Services – 1 Piece per Person available with dinner.

The Cafeteria will be CLOSED for the noon meal on Sabbath, Nov. 26th and all students are invited to join the Alumni Potluck at the PE Complex following the 2nd Church Service at 1:30 pm.

All other meals will be served at regular times for the remainder of the weekend.

The Snack Shop will be open this Sunday, Nov. 27th, from 2 – 5 pm. And then Closed until 7:45 pm when it will re-open for the Basketball Team sponsored "Comedy Hour".

ALL CUC Students NOT living in Lakeview Hall or Maple Hall. We have a plan for you! Tired of cooking, grocery shopping or rushing back to your residence between classes for meals? We now have a meal plan available for you at the CUC cafeteria.

**Effective November 14 - December 16**

10 Meals/Week Plan	
Cafe Overhead	\$125.86
Cafe Meal Plan Credit	75.00
Total (Non-Refundable)	\$200.86

If you wish to purchase this Meal Plan, please visit the Student Finance office to pay by either cash, debit, credit or to have this added to your CUC account. This plan will be available now for the remainder of this semester. For those students who have already activated their ID Card at the Cafeteria, you will be refunded the money left on your card.

**Available for purchase January 6, 2012**

Effective January 6 - April 19	
10 Meals/Week Plan	
Cafe Overhead	\$551.25
Cafe Meal Plan Credit	328.50
Total (Non-Refundable)	\$879.75