

**NEW SEMESTER
ISSUE**

NUMBER 56

**IMPORTANT
INFORMATION**

**NEW YORK
TRIP**

JOIN A CLUB!



GUIDE TO START THE SEMESTER ON THE RIGHT FOOT.

**ALL YOU NEED TO KNOW TO ENJOY THIS COLD AND WHITE
WINTER SEMESTER.**

THE BROADCAST



WELCOME BACK TO JOHN ABBOTT

JAC Pantry Food Drive For Students In Need FEB 01 - John Abbott College Casgrain Pool

Are you JAC Alumni? Do you have a child or family member at John Abbott College? Do you hate the thought that there are students here on our campus that are hungry and need our help? You can make a difference. Don't miss this event! Not only do

you get to witness this many incredible female athletes in one spot but you will have the opportunity to help our students in need. No donation is too small. Help fill the shelves of the JAC Pantry with breakfast items for our students in need! Some

suggestions of what you can drop off are: coffee, jam, cereal, cartons of juice, applesauce, protein bars. A bag of non-perishable food items or a monetary donation would make a world of difference!

Oval Coffee House - SUJAC Special Of The Week

Sujac and the Oval coffee house offer special deals for the first few weeks of this Winter 2019 semester.

For the first few days of the semester (January 21st - January 23rd), we offer coffees, hot chocolates and french vanillas

in sizes small and medium for a small amount of 2\$.

For the third week (January 28th - February 1st), we remove 1\$ off the price off your favorite smoothie! Don't miss your chance!

IN THIS ISSUE

03

New York Trip
Sports & Rec
Latin & Ballroom Dance Classes

04

The Student Union of John Abbott College
Needing Some Advice
Health and Wellness Centre

05

Rememberance Day
Scholarship
Macdonald Bridge

06

John Abbott Alumn
HEC Trophy
SQ Recruiting

INFORMATION INTENDED FOR YOU



Here is where you can find Library Media Services

Welcome back to all the students! Here is where you can find Library Media Services:

We will be open during the semester for the following hours:

Circulation SH-104
Reference SH-101B
Media H-101

Monday-Thursday 8 a.m. to 6 p.m.
Friday 8 a.m. to 4 p.m.

Club Meetings for Week of February 4

MONDAY

Choir	P-176	4:30-6:00
Kayak Club	Pool	2:30-4:30
Rock Climbing Club	Gym 3	4:00-5:30
Queer Hub	H-022	5:30
Arts & Crafts Club	H-028	5:30

TUESDAY

Bandersnatch	H-001	5:30
Pom Club Practice	C-DOJO	4:30

WEDNESDAY

Anime Club	H-024	5:30
Astronomy Club	AME-201	5:30
Black Community Club	H-028	5:30
JACMUN	H-022	5:30
Christian Club	H-040	4:30
Eco-JAC	H-047	5:30

THURSDAY

Smash Bros Club	C-0003	4:30
Pagan Club	HO-340	5:30
KPOP Club	AME-201	5:30
Medlife	AME-301	5:30
New D & D Club	H-028	5:30
Debate Club	H-234	5:00
Youth Climate Movement	H-024	5:30

FRIDAY

Rock Climbing	Gym 3	2:30-4:30
Recreational Badminton	Gym 1	12:30-3:30
Dance Club	C-0123	4:30-6:30
Squash Club	Courts	2:30-5:30

Peer Tutoring In Social Science

The Peer Tutoring schedule is now posted on the door of the Social Science Drop-In Lab The tutors are available to assist on a drop-in basis.

First Aid Certification and CPR Course

Get your First Aid certification! This 8 hour course covers adult and child CPR and use of an AED. The course covers choking, severe allergic reaction, breathing emergencies, chest pain, shock, stroke and bleeding. Apply Now!

Wednesday, Feb. 20th & Wednesday, Feb. 27th

Cost: \$95
Sign up in Student Activities H-159

NEW YORK TRIP

Ever wanted to visit the Big Apple? Take a trip to the City that never sleeps? Well here's your chance! For only \$365, you can do just that. You get to spend 3 days and 2 nights at the Edison Hotel, which is just an 8 minute walk from Time Square! Departure is at 6:00am on March 5th from John Abbott. Departure from New York City is at 11:00pm on March 7th.

This package includes all of the following: transportation by deluxe motor-coach, two nights at your hotel, tax and service charges, a four-hour city tour, and services of a representative. No trip to New York is complete without a visit to the 843-acre central park. Designed by Frederick Law Olmsted and Calvert Vaux, the sprawling beauty makes you forget you're in a crowded city. No matter the season, the green space offers plenty for visitors to see, from the Shakespeare Garden, Strawberry Fields, and a tribute to John Lennon. As you stroll



through the forest terrain, keep an eye out for the iconic Alice in Wonderland and Balto statues. To go more in-depth during you visit, you can take a free welcome tour of certain areas of the park, including the northern welcome tour, southern welcome tour, and heart of the park tour.

On Friday evenings from 4pm to 8pm, UNIQLO hosts free visits to the Museum of Modern Art. The pass lets visitors view all galleries, exhibits, and films during their trip. Located in Midtown, MoMA features a wide range of permanent and rotating collections, with

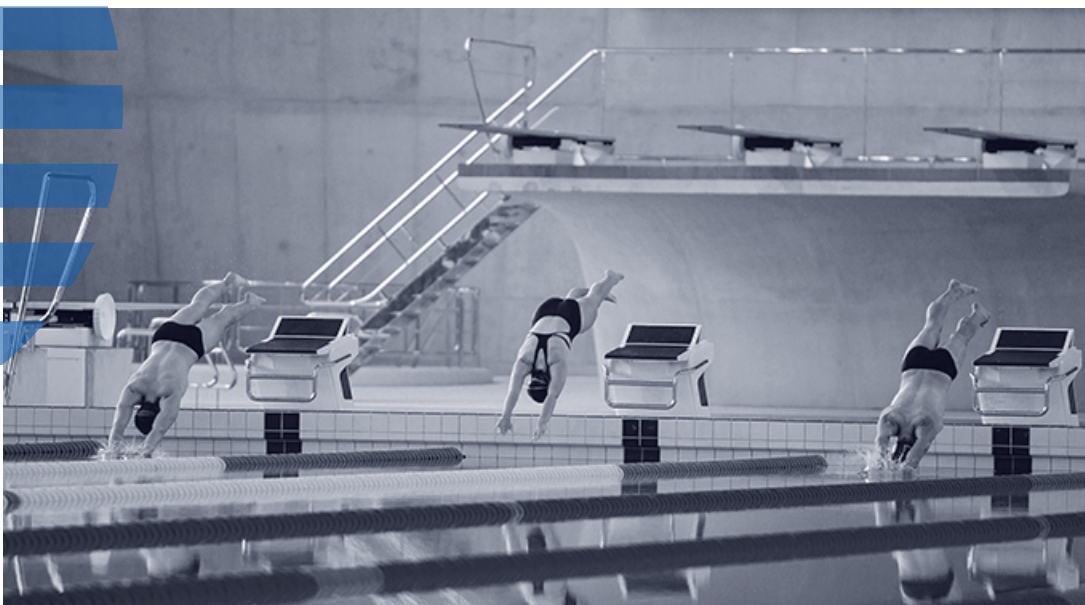
everything from Monet to Matisse. It's recommended that visitors arrive early at the museum, because as the evening continues, crowds tend to grow.

Enjoy a 25-minute trip from Manhattan to Staten Island via this Staten Island Ferry.

The ride offers views of the Statue of Liberty, Ellis Island, and the skyline, as it takes you from Whitehall Street in lower Manhattan to St. George on Staten Island. More than 22 million people travel on the ferry each year, with about 109 trips per day. With five boats on rotating schedules (four on weekends), you can catch the ferry regularly throughout the day.

Pick up an information sheet in Student Activities (H-159) and secure a space by registering online and paying a \$150 deposit. The final balance is to be settled by January 31, 2018. Make sure to hurry, only fifty-four spots are guaranteed!

SPORTS & REC



Swim Cuts it close but still on top

Back in action after 8 weeks off, the Isles were able to squeak out a win a slim 5 point win over rivals Outaouais. The men's team finished in 2nd place 2 points behind Outaouais while the women finished in 4th position. It's now a quick 2 week turnaround for the next meet Feb 8th at Vieux Montreal.

Men's Volleyball finish first on the day despite many unforced errors

With an overall 7-2 record in Section B the Isles finish the day in first place. The result has them moving back up to Section A in 5th place overall. The standings are tightening up as teams battle for playoff position. Only 3 points separate 4th to 7th place teams.

On the day rookie Josh Besner led the way on offence and defence with 25 kills and 6 stuff blocks. Rounding out the best offensive production on the year Eric Polisenio had 19 kills, Francois St-Amour 16 kills, Matthew Campbell and Alec Sauvageau 14 kills each.

JAC gave up 75% of their opponents points on unforced errors. This will be the key to clean up as the competition will only get tougher from here on out. The Isles are guaranteed a playoff spot with 2 regular season tournaments remaining. Their next tournament will be Feb 10th location to be confirmed.

Hockey blanks Andre Laurendeau to take season series

In their third and final meeting the Isles shutout the Boomerang by a 2-0 score. Cassidy Peck scored last in the first and Jamie

Kyle got the insurance goal early in the third. Sarah Vanier stopped 16 shots for the win.

Men's BASKETBALL let one slip away to the Blues

On the road to the Dawson College Blues on Friday night. The Isles were able to take a 2 point lead at the half by a score of 32-30. In the third quarter, the Isles increased the lead to 9 but could not sustain their momentum, and lost the lead by the end of the third 53-45. In the 4th quarter, the deficit increased to double digits, and the final score was 76-60. Donovan Allen-Beckles had 20 points, Malik Lewis, Max Eisenberg and ReShawn Clyne each had 10.

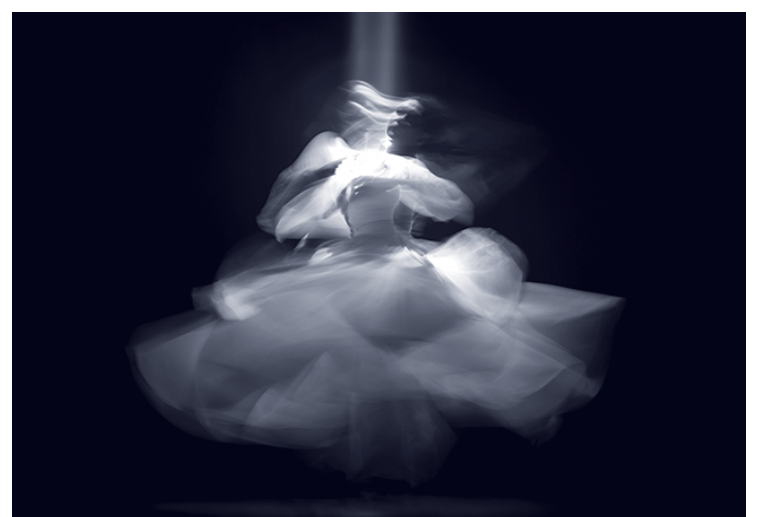
LATIN & BALLROOM DANCE CLASSES

Ballroom and latin dancing classes are coming to John Abbott College for the first time this winter. Starting February 1st, you can take the steps necessary to becoming the Casanova you've always dreamed of.

All levels are welcome! For beginners, a gentle introduction to the most popular ballroom and Latin dances, including merengue, waltz, tango, rumba, salsa, swing, and cha-cha. We will learn some basic steps and have fun moving around. No previous dance experience or partner is necessary. For those who have some previous experience in ballroom and/or latin dances, or even other dances. We will work on more advanced figures, as well as some technique, footwork, positioning, and posture corrections.

Over the course of ten weeks, this class will teach you the moves that will set the dance floor on fire. And the best part is, it's only \$30! Make sure to wear your dancing shoes!

WHEN?
Beginners: Thursdays from 5:30pm to 6:30pm Intermediate: Thursdays from 4:30pm to 5:30pm Head on over to the Student Activities office located in room H-159 to sign up or for more information on the class.



THE STUDENT UNION OF JOHN ABBOTT COLLEGE, SUJAC

The main function of SUJAC (Student Union of John Abbott College) is to promote and defend students' rights and interests, thus helping to make John Abbott a better place for students. SUJAC is the official liaison between the students and the College, giving students a voice in College policies. SUJAC works on students' behalf and informs students on relevant issues and pertinent College matters. While every student is a member of the Student Union, SUJAC (Penfield 101) consists of the Executive and Congress.

The Executive and SUJAC Coordinator are ready to help students with any concerns. Overseeing the entire functioning of the Student Union is the President. He or she is elected in April of the previous academic year as are the four Vice Presidents.

The Vice President Internal is responsible for all student clubs and several in school activities at John Abbott and also handles nonacademic grievances. The

Vice President Academic is the person to see for information concerning teacher grievances and grade reviews. The Vice President Finance is Chairperson of the Student Activity Committee and handles financial matters pertaining to SUJAC and the various student organizations. The Vice President External takes care of external affairs, particularly intercollegiate relations with student governments of other colleges.

The student Congress has responsibility for voicing student concerns at College committee meetings and conducting surveys and petitions to determine students' opinion on various issues. Congress meetings are held weekly and are open to all students. Each Congress member represents 125 students. To become a Congress member, pick up a nomination form at the SUJAC office. SUJAC's door (Penfield 101) is always open. Monday to Friday, 8:30 a.m. to 4:30 p.m.



STUDENT CLUBS:

Aerobic Fitness (Boot Camp, Circuit Training, Step, Yoga and Zumba)
 Amnesty
 Anime
 Asian
 Break dancing / Hip Hop
 Chess
 Christian Fellowship
 Debating
 FEMclub
 Filmmaking
 Gamers
 Gays and Lesbians at Abbott ,
 GALA
 Healthy Campus
 Hillel
 Investment
 Kayaking
 Literary magazine, Locus
 Muslim Student Association
 Model United Nations,
 JACMUN
 Outdoor Adventure
 Pagan
 Rock Climbing
 Squash
 Theatre/Improv

HEALTH AND WELLNESS CENTRE



Medical Services

Our on-campus medical clinic is open two-half days a week. Students can make an appointment to see a doctor for a variety of health services such as, general checkups, health problems, mental health, contraception, pregnancy testing, sexually transmitted infections testing and treatment. Arrangements can also be made for students requiring allergy shots.

Health Education and Health Promotion

Our goal is to assist individuals in making informed decisions about their health and the behaviours that contribute to their overall well-being.

Campus-Wide Health Promotion Campaigns

Throughout the school year a variety of health information programs aimed at the wellness of college-aged students are offered. Lectures, presentation, special programs, outreach displays and small group discussions may be used to address sexual health, alcohol, tobacco and drug use, stress, mental health, nutrition and healthy lifestyle choices. Group or Class Presentations by the health education nurse or by an invited guest speaker can be arranged through the Health and Wellness Centre. These presentations may be for individual classes or perhaps a club or special interest group. Requests can be made directly by calling 457-6610 ext.5308 or healthandwellness@johnabbott.qc.ca.

Healthy Campus Committee

A group of interested students meet to outline what health promotion topics will be addressed in the campus-wide campaigns. They help plan activities and special events on campus.

Health Information Resource and Referral Centre

We make attempts to link students with community resources, agencies and services. Self-help groups, non-profit community agencies and specific health agencies, such as the

CLSC, are common partners. We also stock up-to-date literature and health related information. The Health and Wellness Centre may also work in close conjunction with the Counselling Services of John Abbott College.

Our mission is to promote a healthy lifestyle for John Abbott students. Our services include health education, individual consultation and clinical services. The Health and Wellness Centre is located in Herzberg 139 and our services are free and confidential.

How to find us:
Herzberg Room 139
457-6610 ext. 5308
Office Hours:
Monday to Friday
8:30 to 4:30

Attention John Abbott students and staffs
 For more complete information, please join the Health and Wellness Centre Community on the JAC Portal.

Consultations

Students can meet with a nurse to talk about health concerns or health choices they are making. Often this includes general health, nutrition, birth control, pregnancy testing and counselling, sexually transmitted infections, emotional well-being and stress.

NEEDING SOME ADVICE?



The Academic Advising Department of John Abbott College is located in the Herzberg Building on the main floor in H-117.

Because the CEGEP system places the responsibility for meeting diploma requirements on students, all students are encouraged to meet with an Academic Advisor every

semester in their stay at the College.

Academic Advisors

Provide students with accurate information about the College's policies, procedures, resources and programs.

Assist students in developing educational plans that are consistent with their own individual career and life goals, and in developing life goals by relating the students' interests,

skills, abilities and values to careers, higher education, and the world of work.

Advise students individually, on an appointment basis. Confidentiality and friendly, personalized attention are assured.

Work closely with and refer students to other institutional resources such as Faculty, Financial Aid, Counselling, University and Career Information Center, and the College Student Success Coordinator.

Maintain a valuable link between students and the College by providing information about students' needs, preferences and performance to program committees, program chairs, and academic management.

Hold information sessions for students in group settings as the need arises.

Feel free to join our Academic Advising portal community.

REMEMBRANCE DAY ACTIVITIES AT JAC

John Abbott College in Sainte-Anne-de-Bellevue on Thursday hosted its 13th annual Remembrance Day to honour military veterans, especially those who lost their lives in war.

Their students, as well as ones from McGill University's Macdonald campus, Macdonald High School, Edgewater and Saint-Patrick elementary schools, participated.

It was also a learning opportunity for the students, but the ceremony was even more poignant for college director general John Halpin. As he watched the elementary school kids plant small paper Canadian flags at a monument in honour of fallen soldiers, he fears one day someone may be planting flags and poppies in their memory.

"Even though we know that war is not the answer, it keeps coming back," he says.

Just inside the Raymond Building across the street at the McGill University Macdonald campus is a reminder of the cost of war.

There stands a memorial to the war dead, some of whom are students from the old Macdonald College, who served in both World Wars. It drives home the horrors and he says, by teaching kids about war, they also learn that it's not the answer.

"Hopefully, when they are the leaders of tomorrow, they won't make those kinds of decisions and they will try to find the avenues of peace that mankind so far has not been able to achieve," he tells Global News.

Some students were moved by the experience. Eleven-year-old Zack Lacoste, a Grade 6 student at Edgewater who was the first to plant one of the hundreds of small flags, says he's grateful for the sacrifice of soldiers who never returned home.

"I feel sorry for all the families who lost someone that they loved in a war," he says.

Others say they worry they might end up going to war.

"I'm really scared about that," says Lacoste's classmate, 11-year-old Miranda Lyn. "It gives me anxiety when I think about that in the future, because I don't know if World War 3 is gonna happen."



JAC STUDENT WINS PRESTIGIOUS HORATIO ALGER SCHOLARSHIP

Triana Sanchez-Gonzalez, a student at John Abbot College, has just been awarded a Horatio Alger scholarship. She is one of only 85 students across the country to earn the award. The \$5,000 scholarships are given to students who have overcome adversity and show strength of character, among other qualities.

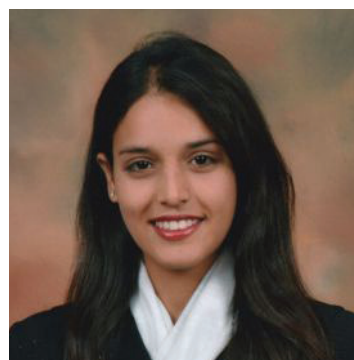
"To get the scholarship you have to have financial issues, you have to have high grades and you need to be involved in your community," Sanchez-Gonzalez said.

She applied for the scholarship last year and wasn't picked, but that didn't stop her from trying again. With a grade average of 94 per cent, Sanchez-Gonzalez worked on improving her candidacy by doing more volunteer work.

"I have been volunteering with people with special needs at John Abbot and with the elderly and Ste-Anne-de-Bellevue's hospital," she said.

A very humble Sanchez-Gonzalez told Global News she was surprised to learn she had won.

"It was great, I was really surprised, I really did not think that I would be accepted for the scholarship, that I would receive it," she said. Sanchez-Gonzalez hopes to pursue her studies at McGill University, drawing on her past as she looks to the future.



"I had a rough childhood and because of that I want to work with troubled youth when I'm older," she said, adding that she's considering her options.

"I'm applying for law because I think that if I become a mediator, a family lawyer, even work with child services that could help me improve the situations of some vulnerable children. And as well in social work; that would be a little more hands-on than law."

JOHN ABBOTT COLLEGE WARNS OF REPAIRS ON MACDONALD BRIDGE

Often used as an entry point by many John Abbott College students and residents of Sainte-Anne-de-Bellevue, the MacDonald Bridge will have limited access until the end of the year.

The Montreal bridge passes over Highway 20 and is currently undergoing major repairs, reducing the number of lanes.

Car traffic is reduced to one-way southbound between 7:30 a.m. and 9:30 a.m.

That means cars looking to go north towards Highway 40 during that two hour time span are not allowed and will be rerouted.

In addition, pedestrians and cyclists are not allowed to use the bridge at any point.

Phase one of the construction will last until the end of the year while phase two will take place in the spring.



JOHN ABBOTT ALUM WINS BEST PLAYER IN CANADIAN FOOTBALL

For the first time in the history of John Abbott College, an alumnus has taken home the highest honour in Canadian university football. In his third year with the University of Calgary Dinos, quarterback Adam Sinagra (JAC '15) was honoured with the Hec Crighton Trophy as the most outstanding player in U SPORTS football Thursday, at the Vanier Cup gala. Fifth consecutive season a CW player has taken home Canadian university's biggest individual prize.

John Abbott College Islanders Head Coach Patrick Gregory says of Sinagra: "We are all very proud of Adam's accomplishments. He was a game changer for us, a tremendous competitor who made everyone around him better."
"University of Calgary quarterback Adam Sinagra is the

unquestioned front-runner for the Hec Crighton Trophy and CFL personnel men are taking notice."

After learning from CFL greats Dave Dickenson and Bo Levi Mitchell during his time in Calgary Stampeders camp this spring, Adam Sinagra, an arts student from Pointe Claire, Québec, proceeded to have one of the best seasons in Canada West football history.

His 3,233 passing yards set a new U SPORTS record, as he led the Dinos to a perfect 8-0 season, and the most potent offence in the nation, averaging 570.9 yards per game. Sinagra ranked second in the nation in passing touchdowns this season with 23, and led the conference with a passer rating of 126. Stan Gendron, Sinagra's QB coach

while at Abbott mirrors that same sentiment saying that he is "an exceptional competitor."

The third-year Dinos signal caller put on a display for the ages in Saskatoon on Sept. 14, the type of signature performance that makes Sinagra the leading candidate to be named the best player in Canadian university football. He passed for 569 yards against the University of Saskatchewan which ranks second most in a single game all-time to fellow Calgary product Greg Vavra who has the record at 627.

It was just another day at the office for Sinagra, who is averaging 428 passing yards with 13 touchdowns with a 68.1 completion rate in four games, on pace for more than 3,400 yards through the regular season.



ADAM SINAGRA WINS HEC TROPHY

"We are all very proud of Adam's accomplishments. He was a game changer for us, a tremendous competitor who made everyone around him better."

SQ RECRUITING MORE ENGLISH STUDENTS

In his 25 years at John Abbott College, Police Technology chair Paul Chablo says he has never seen a group of SQ officers court his students in English.

"The SQ has come many times, but this is the first time I've seen the SQ do a PowerPoint recruiting session in English. I think it's phenomenal. I congratulate them," Chablo told Global News after the session.

In March, Chablo told Global News that the Montreal Police department does not send English speakers to recruit students.

He believes it's part of the reason why almost half his students leave Quebec after graduating.

"They do leave because some don't feel welcome in their own

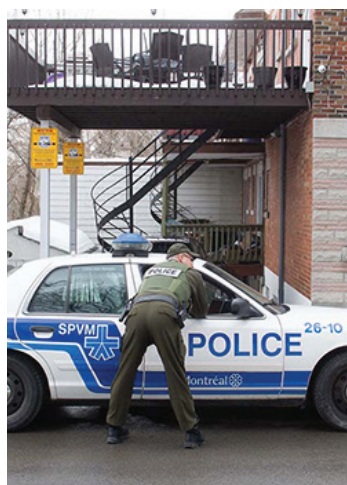
province," Chablo said at the time. Chablo has now witnessed a shift. The provincial police force sent an English-speaking recruiter, including a John Abbott graduate, to talk to students.

"It's an amazing career," SQ patrol officer Gabriel L'Heureux told the students. "You know what time you start, you never know what time you finish. You don't know if you're going to change someone's life, or if someone might change your life for the better."

Students know in Quebec, they will be working mostly in French. Chablo believes a simple English session can encourage students to stay in the province.

"When that first contact is made in the language you're comfortable with, regardless of the fact they will spend their whole career

in French, I think it makes a huge difference," Chablo told Global News.



The Montreal Police say they have sent English speakers to Abbott, though Chablo said he's never met them. He hopes to SPVM follows the SQ's lead.

JAC LAUNCHES ENTREPRENEURSHIP COMPETITION

Students at John Abbott got to partake in an open panel discussion with four local social entrepreneurs that have done work with the Montreal community.

Teams of students from several cegeps, including Vanier, Cégep Gérard Godin and John Abbott, will compete against each other by providing ideas and projects to foster social change in Montreal.

John Abbott's Sandbox coordinator Mary Rupnik said the two-hour event allowed students to rub shoulders with successful business owners and even Quebec Member of the National Assembly Geoffrey Kelley, who was also in attendance. "It starts with a spark, and that is what we are trying to foster with this competition," Rupnik said.

West Island Community Shares director Leanne Bayer says the event hopes to steer young people into socially engaging activities, but also to harness entrepreneurial skills "not just to make money, but to also give back to the community and have an impact for positive change."

With coaching from PME Montreal, students from the three schools will have to pitch their community-based business ventures in the fall.

The winners of the competition will receive \$3,000 to put towards their nominated project idea.

The final powerpoint pitch presentations will be due on October 9. Students can sign up in HO-101.

THE BROADCAST

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TEXT SOURCE: OMNIVOX JOHN ABBOTT
IMAGE SOURCE: JOHN ABBOTT WEBSITE