

# The Daily Tea



Monday, June 6<sup>th</sup>, 2019 ~ Volume 85

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## WHAT'S HAPPENING WITH JAC LIBRARY?



**John Abbott's library has been under construction for a prolonged period.**

**By JAC Omnivox**

It's January 2019 and Library renovations continue, as we move from the demolition to the construction phase. Many people (faculty, staff and students alike) are curious to know what changes and improvements will occur.

According to the GUIDING PRINCIPLES FOR THE LIBRARY RENOVATION PROJECT, several factors had to be addressed.

These included: To increase seating capacity and access to electrical outlets: the goal is to create 60% more places to sit, than what the library had

previously accommodated and increase electrical outlets by 40% --- allowing students to bring their own devices.

To design teaching and flexible collaborative spaces to improve the student experience: an Information Literacy Lab will be added to help Librarians teach students how to navigate the library resources when doing research for a paper.

To upgrade Library infrastructure and ventilation systems: better air flow and lighting is a must: conditions in the summer were hot and humid, which were not only uncomfortable for users but for the book collection as well. Areas which did not have natural light will need proper installations of lighting to ensure that the environment for studying/reading is optimal for students.

To enhance technological infrastructure: giving access to relevant, current technology. To consolidate operational units within the Library: to organize a "tutoring hub", with the following services working together: the Peer Tutoring Centre, the English Writing Centre and the "Centre D'aide en Français". To have all three in close proximity would allow students direct access to either language or subject specific tutoring.

The main vision for the library is to promote critical thinking and lifelong learning. We hope to succeed with this vision, as the renovations will breathe an exciting new life into the building, modernizing it for present and future generations of students.

Photo by Iñaki del Olmo on Unsplash

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### RENOVATION OF WASHROOMS & CONSTRUCTION OF SPECIAL NEEDS WASHROOM IN CASGRAIN

**By R. Sehn - Project Manager - Facilities Management Services**

Please be advised that a project to improve accessibility and to modernize washrooms in Casgrain will begin as of Jan 8, 2019 and will continue until April 2019. The washrooms to be renovated are C-0072 and C-0076 in the basement. A special needs washroom will be constructed on the main floor at C-154. There will also be an inclined wheelchair lift installed at the staircase adjacent to C-154. The existing washroom facilities will be out of service through the period of the work.



Photo by <https://www.westernsafety.com>

# SKI TRIP: WHY EVERYONE'S BUZZING

John Abbott offers a Ski Trip to all students to hit the slopes at Mont Sainte Anne.

By JAC Omnivox

Every year, John Abbott offers a ski trip to Mont Sainte Anne. The outing takes place towards the end of the winter break, and gives students the opportunity to enjoy some quality time on the slopes before the beginning of a new semester.

The trip is technically not a John Abbott trip since it is run through Rod Roy Ski company. This means that if you have a friend who does not attend John Abbott and wants to come on the trip, they are free to do so! The trip includes transportation to and from the hill in a deluxe coach bus, housing in a 5-star chalet which is 2-minute walk from the hill, transportation to Quebec city for one night, and four days of skiing for only \$450. What a steal!

The inside of the chalets are beautiful with beds to sleep in for up to 10 people, a full kitchen, 2 bathrooms, a living room area, an upstairs loft, and a basement allowing everyone to spread out and feel like home.

## *Don't worry about IT!*

The coach bus stops at a grocery store on the way up to the hill, where you have an hour to shop and get all the last-minute things you need. There is also a shuttle halfway through the week that costs \$3 if you still need more groceries. And if you desperately need something that cannot wait, there is a smalldepanneur at the end of the street that all the chalets are located on.

Overall, it is a great and fun way to finish your winter break with a bang. You can register now at John Abbott's Student Activities in room H-159.



Skiing. Photo: Unsplash @PamelaSauders

## HERE & AROUND MONT STE. ANNE

Discover more activities to do at Mont Ste. Anne other than skiing and snowboarding.

By [Mont-sainte-anne.com](http://Mont-sainte-anne.com)

### *SPA AND HEALTH*

Just a few minutes from the mountain, three Nordic baths offer a relaxing outstanding after a day at the mountain. Nordique spa is just a few steps from the slopes and the Mont-Sainte-Anne Cross-Country Ski Center, relax in the aromatic steam bath, the Finnish sauna, the outdoor spa,

the bracing rain and the Nordic waterfall. Spa des Neiges is front of the St. Lawrence river, this thermal spa awaits you with its whirlpools, hammam, Finnish sauna and of course, its incredible view on l'Île-d'Orléans.

### *PARAGLIDING*

All season, the paragliding school Aerostyle brings you through the summit of Mont-Sainte-Anne by the gondola. From the top of the west side and on a vertical drop of 2050 feet, feel the unique sensation of flying and enjoy the breathtaking view on the St. Lawrence River, the Côte-de-Beaupré and the Laurentians! With a qualified instructor, make a two-seater flight during 10 to 15 minutes and admire the magnificent panorama. Starting at \$100, taxes are not included and gondola rate applicable depending the season.

### *ICE CANYONING*

At the bottom of Mont-Sainte-Anne, Canyoning-Québec offers, from December to March, an exclusive experience of canyoning in North America! Learn the techniques of ice canyoning in repelling down the spectacular and frozen Jean-Larose fall and discover the magnificent scenery around you.

### *DOG SLEDDING*

Les Secrets Nordiques operates 7 days a week at the base of the Mt Sainte Anne resort. Friendly dogs and professional guides work together to give you the opportunity to live a breathtaking experience in a sublime winter environment. All packages include: briefing with the guides (30 minutes), dog sledding ride (60 minutes), guided visit of the sled dog village (30 minutes), snack with hot chocolate and coffee, blankets for comfort and warmth of the passengers and rental warm gear (boots, water pants and winter jacket).

# NEW YORK TRIP



Empire State Building. Photo: Unsplash @ChelseaLondon Phillips

Visit the Big Apple during spring break.

By JAC Omnivox

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 7<sup>th</sup>.

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 your 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, 2019. Make sure to hurry, because only fifty-four spots are guaranteed!

## THE TOP 5 FOODS YOU HAVE TO EAT IN NYC

Skip the crappy tourist traps. Instead, treat yourself to The Top 5 Foods You Have To Eat in NYC.

By Sharedappetite

**1 PIZZA.** No, I'm not talking Sbarros. Put that crap down. NYC is home to some of the best pizza in the country. Period. Motorino Pizza – this East Village joint serves up some really great artisanal, Neapolitan-style pizzas with the perfect amount of char. Roberta's Pizza – this super popular (and dare I say hipster) Brooklyn pizzeria does some serious wood-fired pizzas within a really cool atmosphere.... and they aren't just pizzas. There's a full kitchen menu as well.

**2 BAGELS.** Some people say it's the water that makes New York's bagels so gosh darn amazing. Maybe. Russ & Daughters – the bagels are actually just okay, but you are here for their lox sandwiches (with scallion cream cheese)... and they are legendary. Absolute Bagels and Murray's Bagels are both great choices for iconic NYC bagels. The crust is firm and crunchy, and the interior is dense and chewy. They are made by hand and shaped by hand, unlike the sad-tasting mass produced ones that so many of you are stuck eating.

**3 BURGERS AND SANDWICHES.** Burger Joint – two locations and a cult-like following. These classic no-frills burgers will definitely hit the spot. Bareburger – you feeling a bit adventurous? Wanna try an organic elk, bison, or even ostrich burger? This is your place. They have a bunch of locations and the chocolate peanut butter shake is a must.

**4 FOOD TRUCKS.** Kelvin Slush – pretty much the slushie perfected for adults. Kimchi Taco – quite possibly my favorite savory food truck, Kimchi Taco blends Korean and Mexican flavors. I'm a huge fan of the Kimchi Nachos. Just go for it. It's the best \$4 you've ever spent.

**5 TACOS.** Otto's Tacos – the East Village taqueria serves up some delicious mini tacos. The corn tortillas are made right in front of you are quite plump (in a good way). The fillings are all legit. Yes, I've tried them all. Dos Toros – this taqueria has a few locations throughout the city. I'm a fan of their carne asada tacos. Super cool? They melt a slice of cheese into the tortilla. Make sure to top it with guacamole, and if you are going to go for their spiciest hot sauce, don't say I didn't warn you.

Illustrations: Freepik

## BROADWAY MAGIC IN NYC

By Newyork-online

No trip to New York City is complete without seeing a Broadway show (or two, or three). But what shows should I see on Broadway in 2019 with so many options? What are the top Broadway shows of 2019? What are the best Broadway shows for kids? Here are some shows you need to see on Broadway in 2019—shows that have proven over time to be the very best of Broadway. Enjoy the show! Visit <https://www.newyork-online.us/en/broadway> for the complete list.

### Classics

- The Phantom of the Opera
- Chicago
- The Book of Mormon
- Stomp

### Popular

- Mean Girls
- Come From Away
- Dear Evan Hansen
- The Band's Visit

### Based on Movies

- The Lion King
- Aladdin
- Pretty Woman: The Musical
- Frozen



Andrik Langfield · Unsplash.com

# JAC STRIVES TO BECOME HARASSMENT FREE

**RECOGNIZING BULLYING AND ITS IMPACT ON INDIVIDUALS MENTAL HEALTH IS IMPORTANT BUT PUTTING AN END TO IT IS URGENT.**

## By Harassment Resource

### RECOGNIZE WHAT BULLYING IS

Bullying is characterized by aggressive *behaviour*, intentional harm-doing which occurs repetitively and over time or displayed within a single occurrence in a relationship characterized by misuse of power.

### IT CAN INCLUDE THE FOLLOWING:

- Verbal bullying including derogatory comments, ridiculing and humiliating
- Bullying through social exclusion or isolation
- Physical bullying such as hitting, kicking, shoving, and spitting
- Bullying through lies and false rumours
- Having money or other things taken or damaged by individuals who bully
- Being threatened or being forced to do things by individuals who bully
- Racial bullying
- Sexual bullying
- Cyber bullying (via cell phone or Internet)
- Bullying based on religious affiliation

### RECOGNIZING THE IMPACT:

The impact of bullying is not limited to those being bullied but extends to include those that observe the bullying and the overall climate of the school and community. Because bullying undermines physical and mental health, it often results in poor work performance and low academic achievement. Individuals who are bullied have been found to suffer with low self-esteem, higher levels of anxiety, depression and suicidality. Recognizing how to put an end to it. The bullying dynamic involves the bully, the victim and the bystander. You play an important role. You can either encourage it or stop it.

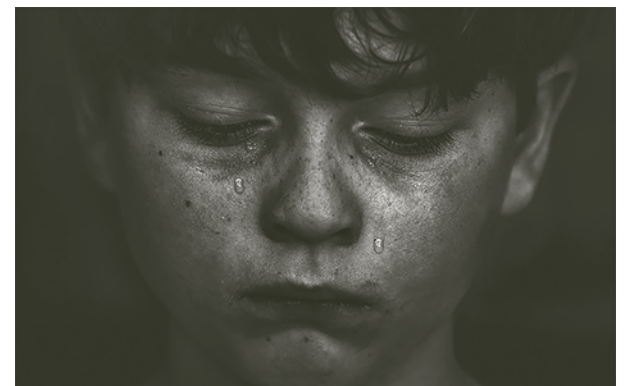
### HERE IS HOW:

- Be an Active Bystander!
- Don't participate. Always be aware of your own behaviour and how you interact with others.
- Be aware of social interactions. If you see bullying do something about it.
- If comfortable, be the one who names the behaviour and intervene on behalf of the target.
- Report it. If you witness an incident of bullying, tell someone.

Bullying happens in environments where it is allowed to happen by the community. This

means that the community holds the key to stopping bullying behaviour. Communities such as a classroom, program, campus need to stand together in eliminating harassing behaviour. Only then can bullying be eliminated.

If you have experienced harassment/bullying, You can consult a harassment resource person on a strictly confidential basis who will provide you with support and information on the options available.



Kate J · Unsplash.com

### HARASSMENT RESOURCE CONTACT:

Phone: 514-457-6610 ext. 5577

Email: [harassment.resource@johnabbott.qc.ca](mailto:harassment.resource@johnabbott.qc.ca)

MIO: Harassment, harassment resource people

Drop in: Student Services H-148

For more info on JAC Harassment Policy:

<https://johnabbott.omnivox.ca/intr/harassment/>



Jordan Taylor, shown in this court sketch, 'immediately agreed' that he would join Adams to speak in schools about the dangers of impaired driving

## WOMAN ASKS THE DRUNK DRIVER WHO HIT HER TO JOIN HER IN SPEAKING AT SCHOOLS

### By CTV News Staff

Student Tina Adams makes national news (coast to coast) by offering the drunk driver who changed her life forever the opportunity to join her in speaking at school. Catch up with her journey and follow her story here.

Website: <https://www.ctvnews.ca/Canada>

# WHAT TO DO IN CASE OF AN EMERGENCY

## IT IS IMPORTANT THAT ALL STUDENTS AND FACULTY GET ACQUAINTED WITH JOHN ABBOTT'S EMERGENCY PROCEDURES

### By Facilities Management Services

#### ALARMS

When an alarm rings, please stop what you're doing. If you're in a lab, please follow your teacher's instructions. Otherwise, calmly make your way to the nearest exit and follow the instructions of the Fire Marshals. Once outside, you will not be permitted to re-enter the building unless you hear a message indicating that is safe to re-enter.

#### VIOLENT STORM

Any person noticing a violent storm situation must, without delay, call Campus Security and provide the following information:

- Name
- The nature of the observed violent weather (tornado, thunderstorm, violent winds etc.)
- The actual consequences on the service or area
- If the College needs to close or cancel classes, students are invited to consult the Portal

#### EMERGENCY INTERCOM:

You may also hear additional information over the College's emergency intercom.

#### AREA WARDENS/FIRE MARSHALS

Area Wardens and Fire Marshals are college volunteers who offer to assist in evacuating the building. They are not permitted to let you re-enter to go to your lockers. Please follow their instructions.

#### VIOLENT ACT

If you are verbally threatened or perceive that a violent act might occur, call Campus Security immediately. Identify yourself and give as much information on the situation as possible

If you witness a violent act, call Campus Security immediately and calmly provide as much information as possible.

#### POWER FAILURE

If a power failure occurs stay in place until the emergency lights go on;

- Reassure people around you;
- Use flashlights;
- Do not use open flames like candles or matches as light;
- Follow the instructions provided by the Area Warden or call Campus Security.

#### ELEVATOR FAILURE

If you are stuck in an elevator, remain calm and use the emergency phone for assistance or call Campus Security. Best thing to do is not to panic in this situation.

## SANDBOX CHALLENGE

### WILL YOU BE THE NEXT SANDBOX CHALLENGE WINNER?

June 27<sup>th</sup> at 11:27 AM

Sign up here before June 8<sup>th</sup>, 2019:  
<https://goo.gl/forms/qsUNY2LepCkfKktj2>

This year's community theme allows each team to interpret ways they can create a deeper sense of connection and unity at John Abbott -- and beyond our campus! It's all up to YOU, if you have an idea, take the first step and start something. Build a team of 3 or more students, from at least 2 different programs, and tell us your project idea.

Drop by H-163 for more information!  
<https://www.facebook.com/jacstudentactivities/>

# PROCEED TO THE NEAREST EXIT



# JAC NURSING DEPARTMENT WINS INNOVATION AWARD

The John Abbott College nursing department was awarded the SIM Innovator Award for excellence in integrating simulation-based strategies into the curriculum.

**KATHRYN GREENWAY**  
By Montreal Gazette

The nursing department at John Abbott College was recently named the recipient of the 2017 SIM Innovator Award for excellence in integrating simulation-based strategies into the curriculum.

The award is presented to facilities across Canada by SIM-one/Canadian Network for Simulation in Healthcare (CNSH), an organization dedicated to advancing healthcare through the use of simulation-based activities. In the case of John Abbott's nursing program, students are trained using hi-tech mannequins in rooms decked out to replicate a hospital emergency room and a recovery room. And then there are the mannequins.

Mannequin "Noëlle" is pregnant and can be programmed to experience serious complications during birth, "Trauma Hal" can be manipulated to present as a victim of all sorts of severe traumas and his wife "Suzie" is often used to up the ante for nursing students working in the emergency-room setting. She lies on a gurney near her badly injured husband and begins to present with a variety of health issues at the same time as her husband is being treated. Things can get busy really quickly. The goal is to teach the students how to prioritize under pressure. A reporter was recently given a tour of the facilities by simulation-team instructors — Ute Beffert, Debbie Coveduck, Gloria Jaramillo, Elizabeth



Photo by: Rawpixel

Dee, Jane Pearsall and Tia Nymark.

Attaining award-winning status took the nursing department five years of technical training, troubleshooting and finding ways to smoothly integrate simulation scenarios into the curriculum as a whole. The process was a sharp learning curve for all involved, but the results offer students an experience as close to the real thing as possible within the school environment.

Nymark said it is a "fabulous way to learn." "Students are hearing about it and coming to John Abbott because of it," Jaramillo added. Third-year student Vanessa Gauthier has been put through the paces with all the mannequins and navigated multiple scenarios. One of her most memorable scenarios happened in second year during her obstetrics training. "The instructors set it up so that things went wrong, fast," Gauthier said. "It was a complicated delivery and a somewhat frightening experience. But Jane (Pearsall) was there to talk us through it. It's a real confidence boost to realize you can deal with the situation." Teachers take their simulation-technology training in either Waco, Texas or Miami, often completing the training on their own time. The technical kinks have been smoothed out with the help of a simulation technician who helps program the iPads the instructors use to manipulate the scenarios.

Word of the success of the department is getting out and now other educational institutions are coming to observe how it's done. Training with the mannequins begins slowly, with first year students learning the basics, like how to take vital signs. It's important for them to learn to differentiate between the mechanical noises a mannequin makes and the programmed "real" vital signs. Mannequins are programmed to breath, have heart sounds, blood pressure and can even talk (an

instructor's voice). Nursing instructors observe and manipulate the scenarios in a room with a one-way glass window.

Students tend to nervously giggle when they first begin "treating" the mannequins, but the team agreed that by the time third year rolls around, the students are treating the mechanical patients as if they are real people.

Students are given the outline of the scenario in advance of the session. Do instructors ever switch things up at the last minute?

"We set them up for success," Coveduck said. "If we throw them a curve ball, it's a change that they can handle — that is suitable for their level of training."

Once the scenario is completed, there is the all-important debriefing — a time when instructors listen to how the students felt they did and what they learned and when students get tips from their instructors.

***"We want to preserve their integrity, not trick them,"***

**-Coveduck**

## OSENTREPRENDRE CHALLENGE

The OSEntrepreneurdre challenge is back and ready to start its 21<sup>st</sup> edition.

By JAC Omnivox

Are you a student with an idea for an entrepreneurial project with the aim of creating a product, service or event that satisfies a want or need, finds a solution to a problem or improves a situation in a community? If yes, sign up.

Get into the heart of the action by actively having a role in the decisions and tasks required to carry out your project and develop a spirit of entrepreneurship as well as different entrepreneurial values and qualities such as perseverance, initiative, creativity, a sense of responsibility and autonomy.

For more information.  
MIO Sandbox or drop by H-163

## SWIMMERS GIVING BREAKFAST: JAC PANTRY

By JAC Omnivox

As part of our February food drives, we are reaching out to our community and their families who bring their children to weekend swimming lessons at JAC, from February 1<sup>st</sup> to 10<sup>th</sup>.

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/Tea/Juice
- Peanut Butter and Jam
- Cereal
- Protein Bars.

\*Food Bins Will Be Located Near The Sports Desk

## DPCC \$1000 GIVEAWAY

All Cégep students! DPCC is looking to give away 1000\$ in prize money.

By **JAC Omnivox**

On February 16<sup>th</sup> from 9am-6pm students will have the opportunity to participate in the Desautels Preparatory Case Competition (DPCC). The event is aimed at introducing students to case competitions. Students can expect to participate in workshops, discover parts of the McGill campus and compete in the case competition. Lunch and supper are provided. Students can sign up individually on the site below for 25\$. Closer to the date students will be able to create their teams of 4!

For any questions email: [mcgilldpcc@gmail.com](mailto:mcgilldpcc@gmail.com)



Photo by: DPCC

## CALLING ALL THE DANCERS!

**Cha Cha Real Smooth: Latin & Ballroom Dance Classes**

By **JAC Omnivox**

Ballroom and latin dancing classes are coming to John Abbott College for the first time this winter. Starting February 1<sup>st</sup>, 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.



Photo by: Poojah Chaudhary

## VALENTINE'S DAY ON A COLLEGE STUDENT BUDGET

**LWILLIAMS**  
By **UNIGO**

It's February the 13<sup>th</sup>, and if that wasn't scary enough, it's also the day before Valentine's Day. Going through a day of celebrating love can present some awesome — and awkward — circumstances. Whether you've been in a long-term relationship, just met someone, or plan to go solo, Valentine's Day can create some serious stress. Let's face it, some people go above and beyond to impress their loved ones. And, if you're a broke college kid, you may be freaking out just a bit at the idea of buying an extravagant gift. Ditch the conventional ideas of how to impress someone, and check out our tips and tricks for celebrating Valentine's Day as a college student.

### Going solo

Maybe you dodged a bullet on this one, or perhaps you're a little down about being



Photo by: Denise Johnson

single (and of all days!). Either way, going solo on Valentine's Day doesn't need to be as depressing as people make it out to be. In fact, you may be in the clear in many ways. For one, you may not have any obligations today — meaning you can do what you want and treat yo'self. If you're still looking for things to do, here are some suggestions.

### Volunteer

If you don't have plans for the day, why not use your free time to help make a difference? Donate your time at an animal shelter, elderly home, or see how you can help at the local food bank. Volunteering is a great way to spread the love and feel fantastic about yourself.

### New love

If you've just started seeing someone, you may feel pressure to make your first Valentine's Day together a memorable one. But, that doesn't mean it has to be expensive. You can still impress your date by keeping it simple and sweet.

### Find something fun/free in the community

Farmers' markets, poetry slams, a local band playing at the park — you'd be surprised at how many community events take place for zero dollars. And, most of these events score big points

in the romance category. Check out events taking place on and off campus that may be listed in your school newspaper or community boards. You'll score bonus points for being thoughtful, and your wallet will thank you.

### Long-time love

If this isn't your first time at the rodeo, you may feel pressure to come up with something new, exciting, and impressive. For many, impressive also translates to expensive, but that doesn't have to be the case. As with any relationship — new or old — it really is the thought that counts.

### Create a scavenger hunt

Create clues that lead your date to places that hold a special meaning or where you have hidden little trinkets for him/her. The final clue could lead to a romantic picnic or dinner at your favorite restaurant. It's also a great way to make new memories and collect some fun photographs along the way.

### Cook dinner at home

If you haven't already made a dinner reservation at a restaurant, you're probably out of luck. Surprise your date with a fabulous homemade meal, instead. Making meals at home can be a lot less expensive, and cooking together is a great date idea, too.

# STUDENT EVENTS

## UPCOMING CLUB MEETINGS

By JAC Community Clubs

### Monday

Choir in P-176 (every Monday from 4:30-6:00)  
Kayak Club in the pool from 2:30-4:30 (every Monday)  
Rock Climbing Club in Gym 3 from 4:00-5:30 (every Monday)  
Queer Hub in H-028 at 5:30 (every Monday)  
Youth Climate Movement Club in H-236 at 5:30  
Arts & Crafts Club in H-024 at 5:30

### Wednesday

Dance Club from 4:30-5:30 in C-0123 (every Wednesday)  
Anime Club in H-024 at 5:30 (every Wednesday)  
Astronomy Club in AME-302 at 5:30  
Femclub in H-236 at 5:30  
Amnesty Club in H-219 at 5:30  
JACMUN in H-022 at 5:30 (every Wednesday)  
Dungeons & Dragons in H-035 at 4:30 (every Wednesday)  
Eco-Jac Club in H-047 at 5:30

### Thursday

Smash Bros from 4:30-8:00 in C-0003 (every Thursday)  
Pagan Club in HO-240 at 5:30 (every Thursday)  
Moot Court Club (New Club) at 5:30 in H-232  
KPOP club in AME-201 at 5:30 (every Thursday)  
Medlife (Trip Information) in AME-301 at 5:30

### Friday

Rock Climbing in Gym 3 from 2:30-4:30 (every Friday)  
Recreational Badminton in Gym 1 from 12:30-3:30 (every Friday)  
Dance Club in C-0123 from 4:30-6:30 (every Friday)

## POLICE TECHNOLOGY FUNDRAISER FOR SPECIAL OLYMPICS



Photo by Perry Grone on Unsplash

On Saturday, February 23<sup>rd</sup>, John Abbott Police Technology students will be volunteering and participating in the 2019 Polar Bear Plunge. This event, organized by the police officers of the Law Enforcement Torch Run, consists of jumping in freezing water!

### By John Abbott College

They want to raise as much money as possible for the Special Olympics whose mission is to “optimize the benefits of a healthy and active lifestyle through sport to improve the well-being of individuals with an intellectual disability.”

Together, we can make a difference in the lives of Special Olympics Québec athletes. The funds raised will go towards maintaining sports programs aimed at more than 7 200 athletes, children and adults, living with an intellectual disability throughout Québec and ensure their development as athletes.

Share their enthusiasm by sponsoring the JAC team or one of its members.

Go to this website, <https://secure.e2rm.com/registrant/TeamFundraisingPage.aspx...>, and click on the “DONATE NOW” button at the top right of your screen. Any donation of \$20 or more will automatically receive a tax receipt. If you can only spare a buck, that works too!

The event takes place on Saturday, February 23, 2019 at the Club de Canoë in Lachine (2105 Boulevard Saint-Joseph, Lachine, QC H8S 2N7). On-site, police mascots, face painting, and food kiosks as well as a choice location to look at us jump in the cold water!



## ENGTECH STUDENT PROJECT EXPO FEB 21 10:30AM-2PM ATRIUM AME BUILDING

### By John Abbott College

The EngTech Department is pleased to invite you to our annual Student Project Exposition. This year we have Arcade Game, Flight Simulator Control, Aquaponic System, Go-Kart, Solar Tracker, Electric Longboard and much more to have fun with! All are welcome, so be sure to mark this date on your calendars!  
Thursday, February 21, 10:30 a.m.-2 p.m. in the Atrium of AME Building

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