



# JAC TODAY

Issue #1  
February 11, 2019



## The Casgrain Sports Centre

The Casgrain sports center is located at C-0069 in the basement of Casgrain across from the John Abbott weight room. Chances are if you've ever had a gym class in which you had to borrow equipment, you have been to the sports desk. Many students believe that all the desk does is hand out basketballs and footballs all day, but they do so much more.

To read more, turn to page 4!



## Library Renovations On the Go

### A fresh new look

It's January 2018 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. Read more on page 8.



## Student Involvement Recognition Program

Are you volunteering your time for a good cause? Are you a member of a social club or a sport team? Then you are the right candidate for the Student Involvement Recognition Program. What makes you eligible to apply?

Continue reading on page 6 find out.



## HEC CRIGHTON TROPHY: Adam Sinagra, Calgary

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.

Continued on page 5.

## Contents

- JAC School Trips page 2
- 10 Things To See and Do in New York City page 3
- Casgrain Sports Centre page 4
- Sports News page 5
- Student Clubs and Programs page 6
- Upcoming Events page 7
- Library News page 8
- College Resources page 8



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## SKI TRIP

### Why Everyone's Buzzing

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!

#### YOUR VERY OWN HIVE

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.

## 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 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,

# JAC SCHOOL

## TRIPS 2019



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## CARNIVAL SKI TRIP

### Mont Saint Sauveur

CALLING ALL SKIERS!

The Carnival Ski Trip is back. Come join us for a great evening of skiing at Mt Saint-Sauveur.

Thursday February 21 (The bus will be leaving John Abbott at 4:30pm)

Cost \$40

Ski/Snowboard rental \$35

Sign-up in Student Activities H-159



credits to Oliver Niblett from unsplash.com

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, because only fifty-four spots are guaranteed!

# 10 THINGS TO SEE AND DO IN NEW YORK CITY

An article for college students



credits to Anton from unsplash.com

New York is full of things to see and do for college students and 20-somethings, but how do you choose? What are some off-the-beaten path options that won't bust your budget and won't leave you feeling like just another tourist? We've got you covered.

## 1. McNally Jackson Books

Located on Prince Street, just a few blocks away from Little Italy, McNally Jackson Books is one of New York's most beloved independent book sellers. With a light-filled café and an airy store, both perfect for reading, McNally Jackson acts as the go-to for college students craving the printed word. McNally Jackson also has publishing services, appealing for readers searching for unique buys or up-and-coming authors. And if you need a break, head over to McNally's sister art and office shops on Mulberry: Picture Room and Goods For The Study.

## 2. Bowery Ballroom

Books not quite your cup of tea? Buy tickets to the Bowery Ballroom's next show instead. You ultimately can't go wrong with the Bowery Ballroom, located on the outskirts of the Lower East Side. Shows are usually around \$20, making it easy on every student's wallet.

## 3. Metropolitan Museum of Art

The Met — one of the largest art museums in the world — is also easy on the wallet. With a "Pay What You Wish" price for entry, students don't have to worry about overspending for their ticket. With more than 400,000 works, the Met has something for every art lover, but with so many works, be sure to plan what you want to see in advance. If you need a bit of a break from all the famous art, stop by The Petrie Court Café for high tea.

## 4. Coffee Shop Stops

New York City is full of coffee houses — and we've gathered a handful to keep you going, no matter where you are. If you're around Brooklyn, stop by Toby's Estate, a light, bookish shop that roasts its own coffee. Bibble & Sip is also another must for sightseeing students—and this bakery/coffee shop serves up delicious Asian-inspired treats, making it an oasis nearby touristy Times Square. And last, but definitely not least, head over to Bluebird Coffee Shop if you're downtown. Post up at this quaint, wood-lined coffee shop for a space to recharge or wind-down.

## 5. Brunch

Brunch, like the coffee shop, is an institution in New York City. New Yorkers brunch like no other — and Jack's Wife Freda is a good place to start. With Mediterranean-inspired dishes, like rose-water waffles, this simple space is always bustling, so be prepared to wait. If you're hungry for something healthy, head over to trendy Dimes, also perfect for lunch or dinner. However, sometimes waffles and healthy foods aren't enough. If you're craving eggs, you need to try Egg Shop — a restaurant featuring eggs on all its menu items.

## 6. Shopping in SoHo

SoHo, which stands for "South of Houston Street," is the trendy shopping destination. However, trendy doesn't have to necessarily mean expensive. Stores like & Other Stories and Aritzia are perfect for 20-somethings and are decently priced. If you want to go on a slight splurge, spend some time looking around COS, a Swedish store selling something for the minimalist wardrobe.

## 7. Brooklyn Flea – Williamsburg

Open every Sunday from 10 a.m. until 5 p.m., Williamsburg Flea features around 150 vendors, selling everything from vintage knickknacks to handmade clothing and other interesting art items. The flea market also has food stalls, and the space also overlooks the Manhattan skyline — making it a perfect place to spend the day ambling aroundmtaking in Brooklyn's scene.

## 8. Ace Hotel

Though on the pricey side for the college student's budget, this four-star hotel chain from Portland is seriously hip. Spend the day in the Ace Hotel's comfy, atmospheric lounge and you might feel like you're hanging out in a grand library. You could also just pop inside for the old-school photo booth, which takes fun black and white photos.

## 9. Chinatown

Located right next to Little Italy, Chinatown is a foodie's heaven, full of cheap restaurants that don't skimp on the quality. Try Shanghai Café Deluxe for dumplings, dim sum or dinner, and then grab some exotic ice cream at Chinatown Ice Cream Factory. Besides the endless amounts of restaurants serving yummy food, Chinatown is a prime place for walking around, full of charm and something to look at around every corner.

## 10. Lower East Side

Often referred to as the LES, this artsy, charming neighborhood in Manhattan is a go-to for anyone looking to stay up late and to have a guaranteed great time. Originally an immigrant neighborhood, the LES is now known for its top-notch nightlife, delicious dining options, chic shops and contemporary galleries, making it the hangout for those wanting a New York neighborhood vibe.

Written by Austin Seidel

# THE SKI TRIP ESSENTIALS

Do your research to find the basics!

1. Jackets
2. Pants
3. Gloves
4. Winter Boots
5. Skis and Boots (available for rent)
6. Goggles and Helmets (available for rent)

We hope you to see you there!



credits to Alice Donovan Rouse from unsplash.com

# STUDENT CLUBS AND PROGRAMS

## Student Involvement Recognition Program.

Are you volunteering your time for a good cause? Are you a member of a social club or a sport team? Then you are the right candidate for the Student Involvement Recognition Program.

*What makes you eligible to apply? Here are some examples:*

### Community & Social Activities

Activities that improve the quality of life of a community and help develop citizenship. For example, be a member of an environmental club, run a peace week, organize a fund-raising campaign, help with alcohol awareness, be a hospital or youth center volunteer etc.

### Cultural & Artistic Activities

Creation, performance, organization or exhibition activities that enrich cultural life. For example, be part of a theatre, dance, comedy or musical group. Organize an art or photography exhibition, work with LOCUS etc.

### Entrepreneurial Activities

Business projects such as participating in an Entrepreneurial Club, implementing a business project or plan that enhances the quality of student life etc.

### Sport Activities

Activities that involve students who are athletes, coaches or members of sports committees. For example, be a member of an Intercollegiate team, Intramural team, Outdoor Adventure Club or participate in an individual sport outside the college. Organize sporting events such as a tournament or league etc.

### Science Related Activities

Scientific or technical activities involving research, experimentation or popularization. For example, collaborate on a science journal, be a member of a math, physics or chemistry tutorial group, participate in science competitions or in a science symposium etc.

### Academic Related Activities

Activities that relate to a student's program of study and career plan. For example, provide tutoring through the Academic Success Centre or any Academic Department within the college, organize seminars or workshops for pro-

gram related subjects etc.

### Political Activities

Defend the rights and interests of students or other social groups and by participating in discussions of internal, national and international issues. For example, be an active member of Amnesty International, the Student Union (SUJAC) or volunteer as a political campaign manager.

You must meet 4 compulsory criteria to obtain your SIR mention;

- \* Be involved with your activity for a minimum of 60 hours per semester. In some cases, it may be extended to two semesters.
- \* Be a full-time student during the period of involvement.
- \* Be academically successful during the semester when the activity takes place.
- \* You must not obtain any form of compensation for your involvement and the activity must be strictly on a volunteer basis.

For more information, please contact Student Activities at 514-457-6610 Ext. 5320w



## PEER TUTORING(QM, RM, ISS) IN SOCIAL SCIENCE DROP-IN LAB

The peer tutoring schedule is now posted on the door of social science drop-in LAB (H-431). The tutors are available to assist with QM, RM and ISS on a drop in basis. Come by with the question!

## HERE ARE SOME OF THE MANY OPTIONS OF CLUBS TO CHOOSE FROM

The main goal of the Student Activities Department is to provide opportunities for students to develop valuable life skills. This is done by creating a safe environment for them to strengthen their communication and leadership skills and problem-solving abilities. Student Committees organize a Student Debate, a Model United Nations Conference, Winter Carnival, Multicultural Week and Homophobia Awareness Day with advice from members of the Student Activities Department. The student government, student newspaper, student radio station and over 30 student clubs thrive on campus with the participation of approximately 1,500 students who learn practical skills and deSUJAC's door (Penfield 101) is always open. Monday to Friday, 8:30 a.m. to 4:30 p.m.

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

### CONTACT INFORMATION

*Civic / Postal Address:*

21 275 Lakeshore Road  
Sainte-Anne-de-Bellevue, Québec  
H9X 3L9 Canada

*Contact Information:*

Phone Number: 514-457-6610  
Fax Number: 514-457-4730

*Email : General Inquiries | Admissions | Human Resources*

## IMPORTANT DATES

Friday, February 22	CREDIT COURSE WITHDRAWAL DEADLINE
Monday, March 4 to Friday, March 8	Study break (no classes)
Friday, April 19	Good Friday (College closed)
Monday, April 22	Easter Monday (College closed)
Monday, May 20	Ministerial Examination of College English
Tuesday, May 21	Credit Classes End
Tuesday, May 28	Grade deadline 19-1

## BRIGHTER SMILE THIS WEEK!!

Dental Hygiene students offer Whitening treatments as well as Oral Health services! at a fraction of the cost!!

Right here on Campus!  
514-457-5010

## EVENTS

### Tuesday March 19 – Loonie Line 2019

Over the last fifteen years, this event alone has raised \$167,874 helping over 1000 students move forward in their education, in their lives. Come to the College between 8 a.m. and 1 p.m. and add your loonies to the 2-sided tape that runs over 243 m (800 feet) from Casgrain to Stewart Hall.

### Sunday April 28 – New this Year!

JACF Spring Fling 5K Run

For the first time, we are kicking off a 5km Fun Run that will be taking place on our beautiful campus. We will be sending out all the information before the snow melts, but mark the date in your calendar for this family-friendly event.

### Tuesday, June 11 – Foundation Golf Tournament

The 17th Annual Foundation Golf Tournament will be held at Beaconsfield Golf Club. Detailed information and registration will be available in early spring. We look forward to seeing you on the links and being part of a day filled with fun and friends.

## GAME NIGHTS

MBB	2019-01-11	19:00	Brebeuf	John Abbott
MBB	2019-01-20	13:00	Vanier	John Abbott
WH	2019-01-25	19h20	André-Laurendeau	John Abbott
MBB	2019-02-01	21:00	Ste Foy	John Abbott
WBB	2019-02-01	19h00	Heritage	John Abbott
WH	2019-02-01	19h20	Dawson	John Abbott
WH	2019-02-08	19h20	Limoilou	John Abbott
WH	2019-02-09	15h00	Lionel-Groulx	John Abbott
WH	2019-02-15	19h20	Limoilou	John Abbott
MBB	2019-02-22	21:00	Edouard Montpetit	John Abbott
WBB	2019-03-15	19h00	Saint Jean	John Abbott

### September 21 weekend – Homecoming

New and traditional activities will be open to everyone for the weekend including sports, speakers and the Hall of Distinction. For those less familiar with homecoming, Merriam-webster.com defines HOMECOMING as the return of a group of people usually on a special occasion to a place formerly frequented or regarded as home especially: an annual celebration for alumni at a college or university...

Join the group as we gather to have fun and meet former students, faculty and staff and wander the campus. Are you among our grads? Reconnect at JAC Foundation Alumni.

### Hall of Distinction – September 2019

In recognition of the 50th anniversary of John Abbott College in 2020, the College established the Hall of Distinction in 2016. The Hall recognizes alumni, former employees, and friends of the College who have contributed to life on campus and/or to the greater community in a momentous way.

Nominations are currently open. Do you know someone who would fit the bill? Find all the information and nomination form at Foundation/Hall of Distinction.

## 50<sup>th</sup> Anniversary

Do you want to be informed about upcoming activities and 50th anniversary celebrations? Contact the Foundation at [jacfoundation@johnabbott.qc.ca](mailto:jacfoundation@johnabbott.qc.ca).



**OPEN HOUSE**  
**Wednesday, January 30, 2019**  
**from 6 p.m. to 8:30 p.m.**



## Library History

The library opened in 1907 as part of McGill University, Macdonald campus. Two-hundred and fifteen students studied on-site at the time, paying \$3.25 per week if they chose to live in residence. In 1911, the Macdonald library boasted “one of the finest college libraries in Canada” with an aesthetically pleasing reading room and space for all interested in studying and reading. Although the collection focused primarily on textbooks and reference books, there was a collection of the ‘greatest novelists’ and academic materials. Due to a lack of funding for novels that year, the resourceful group decided to start an annual tradition – every graduate would donate a book of fiction upon leaving.

J.C. Spence & Sons Glass Artworks (est. Montreal 1856) manufactured the painted glass windows on the ground and second floors of the library. The columns present throughout the main floor today are original from 1907.

Source: [www.johnabbott.qc.ca](http://www.johnabbott.qc.ca)

## Library Renovations On the Go

### A fresh new look

The primary vision for the library is to promote critical thinking and lifelong learning. The renovations will breathe new life into this classic building while also rendering it fully accessible at every level with a central elevator.

Extensive demolition was necessary, bringing the building back to its original structure. The work is in full swing with Germano Construction at the helm.

#### Point of interest:

- Steel girders were welded and bolted to support certain columns during the excavation to pour new, deeper footings.
- New plumbing is being installed to receive washrooms on every floor, including gender-neutral washrooms in the basement and on the second floor.

Despite all these changes and improvements, the details that mark the heritage of the building are being meticulously restored; the beautiful ceilings, the woodwork and the stained glass windows will shine brightly upon completion.

The library is scheduled to re-open during the winter 2019 semester.

Source: [johnabbott.qc.ca](http://johnabbott.qc.ca)



## School resources

### Academic Advising

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 Success Centre

Our main function is to help students become successful and independent learners.

Current students are invited to visit the ASC Community on My JAC Portal for additional information, useful links and tips to help you succeed.

Every semester we run many different tutorials, workshops and contests so go to our community (on the right side of your JAC Portal) to find out more. OUR goal is YOUR success!

We are located on the main floor of the Herzberg building in Student Services in H-148. For more info, visit our community on the Portal, call: (514) 457-6610, ext. 5285

## University & Career Centre

Located in Student Services (H-148), we offer educational and career information for students making career choices and/or decisions concerning their future education.

Use the computers to access online resources to research universities, colleges, trade schools, scholarships and job futures.

Reference material is available and part-time reference support is offered for students needing help with their research.

Current students can access the UCIC Community webpage by following this link and becoming a community member:

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

## Health & Wellness

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
- 514-457-6610 ext. 5308
- Office Hours: Monday to Friday 8:30 to 4:30
- For more complete information, please join the Health and Wellness Centre Community on the JAC Portal.

Text and images source: [www.johnabbott.qc.ca](http://www.johnabbott.qc.ca)