

The Official JAC Winter Survival Guide

The winters in Montreal can be a tough one. Every student has to go through the struggles of storm, slips, and pain all throughout these tough months. But we have made an official guide to surviving these trying times.

Driving is the first topic we will tackle. Remove all snow from your vehicle's hood, roof, windows and lights. Clear windows of frost and fog. Get a tune-up, including an inspection of electrical components, as well as air-intake, fuel, exhaust, ignition, cooling system and windshield wipers. Slow down on snow and ice. Your tires will have more time to grip the road. Give yourself extra travel time in bad weather. Avoid using cruise control on slippery roads. Always turn the steering wheel slowly to retain control.

right blade for the job at hand. A large push-style shovel will let you move more snow but may lead you to lift heavy loads. Smaller blades are best for lifting and throwing snow.



While shovelling, you should pace yourself. Take frequent breaks and drink warm, non-alcoholic beverages. Push snow rather than lift it. If you must throw snow, only pick up as much snow as you can easily lift. Then, rather than twist at the waist, turn your feet toward the direction at which you're aiming.

You should also have basic supplies in case of an extended power failure. You should have water (at least two litres of water per person per day), food that won't spoil, such as canned food, energy bars and dried foods. more supplies include a manual can-opener, crank or battery-powered flashlight (and extra batteries), warm blankets, battery-powered radio (and extra batteries) to monitor the situation and a First Aid Kit (bandages, gauze sterile pads, scissors, tweezers, safety pins, antiseptic, pain medication).

When you imagine visiting a city as cold as Montreal in the winter, your first instinct might be to buy the warmest winter jacket available. This train of thought isn't completely wrong (after all, there's a coat brand called "Canada Goose" for a reason), but if you want to fit in among Montreal's hip, winter-savvy crowd, take a page from their look book and try to blend in.

Pair a medium-heavy jacket (often down feather-filled) with several thinner and more stylish layers, including (but not limited to) merino wool thermals and socks, casual flannel button-downs and cotton henleys, cardigans or hoodies, and of course, a good beanie and pair of gloves.

If you follow all of our tips, you will succeed in conquering the crazy winter days.

Source:

<https://traveler.marriott.com/montreal/chilling-out-survive-montreal-winter/>

<https://montrealgazette.com/news/local-news/montreal-winter-survival-guide>



Bus Users Forced to Take Car After STM's Poor Reliability

Nadler is one of many bus users who have recently expressed frustration with the Société de transport de Montréal's unreliable buses in letters to the editor and comments posted on news articles about the transit agency's woes. While she continues to take the bus, it seems many Montrealers are finding alternative means: a recent Montreal Gazette report revealed ridership on the city's buses declined by 13 per cent over a five-year period.

Nadler knows it takes longer to travel by bus, but she doesn't think it should take longer than the two hours she allots to get downtown. But last January, that's exactly what happened.

"There was a snowstorm and no buses arrived, so I had to phone in and say I wouldn't make it," Nadler said. Last month, when the 496 express bus she takes to the Lionel-Groulx métro station failed to show up for two consecutive time slots, Nadler was facing a half-hour wait in the cold, so she opted to catch the 195 bus, which goes on a circuitous route to the Angrignon station.

"This has happened to me a few times, and I find it very stressful because I teach at a particular time and I need to be there," she said. "Not only is it standing in the cold, but there is a lot of stress and anxiety about whether you're going to be there on time." Nadler, who has been taking Montreal buses since the 1960s, said she expects the service to be better.

The city's bus fleet appears to be in the midst of a maintenance crisis, with a record number of breakdowns, buses running out of fuel more than once a day, and a record high of three in 10 buses parked for maintenance or repairs. In fact, the STM's backlog of buses is so high that during many days this past month, there were not enough working buses during morning rush hour to meet the posted schedules. While the STM has blamed union pressure tactics, the situation has steadily worsened since 2012.

Even before the labour dispute began, West Island resident Coralie Dufresne made a New Year's resolution to stop taking her car and to use the bus more often.

But she too was frustrated with the whole bus situation.

"I take the 208 Brunswick bus that comes every half-hour, but every so often one will not show up and the waits are very long," Dufresne wrote in an email. "It happened to me a few times coming from the grocery store, and when I got home, my ice cream was melted and my ground beef had to be thrown out.

"In the wintertime, waiting 50 minutes in freezing temperatures is no fun; people call their family members and ask for lifts, but many bus users have no other options because they are students or immigrants," she wrote.

Dufresne said her experience taking the bus has changed her resolve, and she has gone back to driving. "There are very few advantages," she said. "I'll re-evaluate it when gas goes up to \$10 per litre."

Source:

<https://montrealgazette.com/news/local-news/stms-poor-reliability-is-driving-bus-users-to-take-their-cars>

Montreal's Snow Fall Statistics and Facts

The average snowfall between October and April is 210 centimeters.

We are expected to have 41cm more of snow than the previous winter.

The most snow in one winter was in 1970-1971. The total snowfall was 383.3cm.

That includes 43 cm that fell in one day during the March

1971 "storm of the century" that killed 17 Montrealers.

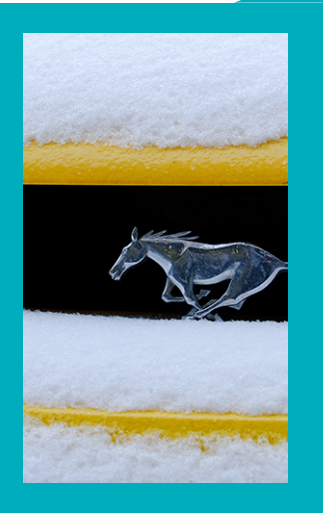
The least amount of snow ever gotten in one winter was in 1979-1980. We received only 92.9cm.

15 Christmases over the past 60 years have been "green," which Environment Canada defines as having less than 2 cm accumulated snow on the ground on Dec. 25. How crazy is our weather?

The first snowfall (2 cm on the ground) typically happened by Nov. 29 in the years between 1871 and 1910. Between 1971 and 2010, the first snow on the ground was usually recorded on Dec. 12.

Source:

<https://montrealgazette.com/news/local-news/montreal-winter-survival-guide>



Front-wheel skids are often caused by excessive speed on a turn or the wheels locking up. If you find yourself in a front-wheel skid, gently ease up on the accelerator or brake pedal and steer in the direction of the turn while looking in the direction you want to go. For rear-wheel skids, turn the front wheels in the direction in which the back end has started swinging, while looking in the direction you want to go.

Be alert for deceptive conditions. Invisible black ice can form when the temperature hovers around zero, especially on bridges, overpasses and underpasses. In rural areas, road conditions can change quickly from dry to snowy or ice-covered. Leave more space than normal between your car and the one ahead of you to give yourself time to respond if an emergency arises. Prepare an emergency kit for your trunk. It should include a shovel, a snow brush, a scraper, traction aids, booster cables, windshield-washer fluid, a reflective vest, a battery-free flashlight, basic tools, a first-aid kit, a warm blanket and some non-perishable snacks.

Shovelling is also a big part of the winter. First of all, your shovel should be light (about 1.5 kilograms or 3 pounds), and sturdy.

It should feature a handle that reaches the users's chest to reduce forward bending. It should include a shaft with a bend and have the

Teenagers Don't Get Enough Sleep. Why it's Bad and What Can We Do?



Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful — even deadly, particularly if you are behind the wheel. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with your family and friends and hurt your scores on school exams, on the court or on the field. Remember: A brain that is hungry for sleep will get it, even when you don't expect it. For example, drowsiness and falling asleep at the wheel cause more than 100,000 car crashes every year. When you do not get enough sleep, you are more likely to have an accident, injury and/or illness.

The Facts

- Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.
- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm.
- Teens need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights.
- Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.
- Many teens suffer from treatable sleep disorders, such as narcolepsy, insomnia, restless legs syndrome or sleep apnea.

The Consequences

Not getting enough sleep or having sleep difficulties can:

- Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your homework or a date with a special person in your life.
- Make you more prone to pimples. Lack of sleep can contribute to acne and other skin care problems they might have.
- Lead to aggressive or inappropriate behavior such as yelling at your friends or being impatient with your teachers or family members like your parents.
- Cause you to eat too much or eat unhealthy foods like sweets and fried foods that lead to weight gain and laziness.
- Heighten the effects of alcohol and possibly increase use of caffeine and nicotine.
- Contribute to illness, not using equipment safely or driving drowsy and tired.

The Solutions

- Make sleep a priority. Review Teen Time in this toolkit and keep a sleep diary. Decide what you need to change to get enough sleep to stay healthy, happy, and smart as you can be!
- Naps can help pick you up and make you work more efficiently, if you plan them right. Naps that are too long or too close to bedtime can interfere with your regular sleep habit.
- Make your room a sleep haven. Keep it cool, quiet and dark. If you need to, get eyeshades or blackout curtains. Let in bright light in the morning to signal your body to wake up.
- No pills, vitamins or drinks can replace good sleep. Consuming caffeine close to bedtime can hurt

your sleep, so avoid coffee, tea, soda/pop and chocolate late in the day so you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.

- Establish a bed and wake-time and stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine.

If teens need 8 to 10 hours of sleep to do their best and naturally go to sleep around 11:00 pm, one way to get more sleep is to start school later.

Teens' natural sleep cycle puts them in conflict with school start times. Most high school students need an alarm clock or a parent to wake them on school days. They are like zombies getting ready for school and find it hard to be alert and pay attention in class. Because they are sleep deprived, they are sleepy all day and cannot do their best as they possibly can.

Schools that have set later bell times find that students do not go to bed later, but get one hour more of sleep per school night, which means five hours more per week.

Enrollment and attendance improves and students are more likely to be on time when school starts. Parents and teachers report that teens are more alert in the morning and in better moods; they are less likely to feel depressed or need to visit the nurse or school counselor for guidance.

Source:
<https://www.sleepfoundation.org/articles/teens-and-sleep>

How to prepare for exams more efficiently

If you're one to put hours into revising for an exam only to be disappointed with the results, then you may need to rethink your revision methods. You could be wasting time on inefficient techniques. Here are some of the common ways students unwittingly waste study time, and what experts recommend you do instead.

Re-reading and highlighting notes may feel like work, but it often won't achieve much. Psychologists recommend a technique called retrieval practice. This is anything that makes your brain work to come up with an answer. It can include doing quizzes, multiple choice tests, and past papers.

Beware of the planning fallacy, which is our tendency to underestimate how much time we really need to do something. It leads to sitting outside the exam hall with two hours to spare, desperately cramming. This is not an effective way to learn. The opposite of cramming is spacing,

which is the practice of spacing out your revision over time, doing little and often. So one hour a day for seven days is better than cramming seven hours into one day, for example. It's also good to incorporate interleaving into your revision. This is a fancy way of saying you should mix up your subjects during a revision session.

Sifting through the recommended study playlists on Spotify, trying to work out which songs will help you to concentrate, is usually a waste of time. But while listening to music can help you relax, and some students may have "trained" themselves to concentrate with it on, it's still better to study in silence where it's more peaceful.

We may check our phones as often as once every 12 minutes. Obviously, this is a major distraction for students.

Source:
<https://www.theguardian.com/education/2018/may/17/struggling-revision-exams->



Student Events Coming Up

Oasis Surf Trip

This trip is a surfing trip which takes place at Oasis Surf. The Price is \$25 and includes one hour of group surf, a bus from JAC and appetizers. Bus leaves at 6pm. Takes place Feb. 19th

Carnival Dodge Ball Tournament

It's almost time for JAC's annual dodge ball tournament. You have to have a team of 5 (Including minimum 2 of each sex). The prize is \$100 to the winning team. Takes place the 18th of February.

Murder Mystery Dinner

Do you enjoy a mystery? then you would love our Murder Mystery Dinner! Tickets are \$5, and includes food to "die" for. Takes place Feb 20th. Limited number of tickets.

EngTech Student Project

The EngTech Department invites you to our annual Student Exposition. This year we have Arcade Game, Flight Simulator Control, and much more! Takes place Feb 21st.

Speed Dating Event

Come join the Pom Team's speed dating event where you can meet new people and maybe get a valentine? Come make new friends and socialize while enjoying pizza, drinks and snacks. Takes place Feb 13th.

First Aid Certificate and CPR Course

Get your First Aid certification! The course covers choking, severe allergic reaction, breathing emergencies, chest pain, and others. Takes place Feb 20th and 27th.