

SPORTS

Not the greatest week for John Abbot sports a couple ups and downs. The women's Volleyball get third place in tournament. The women's Basketball win 49-48 against Heritage College Hurricane, unfortunately we loss for Women's Hockey against rivals Dawson Blues Elimination from playoff contention for the Men's Basketball
A great weekend for Lacrosse, Rugby and Football read all about it on page 3 & 4!

Cha Cha Real Smooth: Latin & Ballroom Dance

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. Read more on the next page!

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FEBUARY FOOD DRIVE

Women's Hockey VS Dawson College Blues

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! You get the opportunity to help our students in need. **The JAC Pantry will be there with food bins and a 50/50 raffle!** No donation is too small. A bag of non-perishable food items or a monetary donation would make a world of difference! We can't wait to see you there! Read more about our great activities on the next page!





FEBUARY FOOD DRIVE

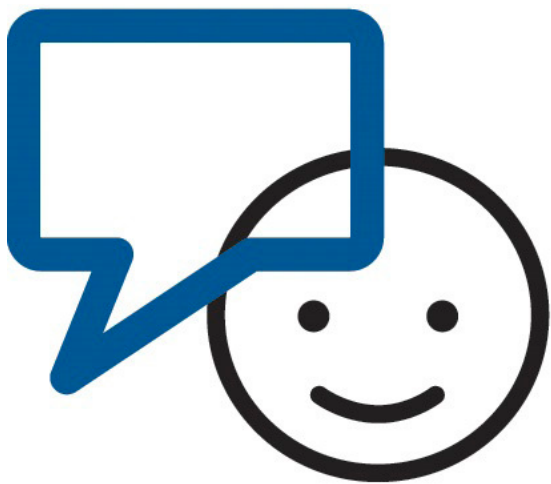
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JOHN ABBOTT EVENTS



#BELL LETS TALK

On Bell Let's Talk Day, the entire nation spoke up. Your actions resulted in Bell committing more money to mental health. This has helped us come one step closer towards creating a country that's stigma-free.

In September 2010, Bell Let's Talk began a new conversation about Canada's mental health. At that time, most people were not talking about mental illness. But the numbers spoke volumes about the urgent need for action. Millions of Canadians, including leading personalities, engaged in an open discussion about mental illness, offering new ideas and hope for those who struggle, with numbers growing every year.

As a result, institutions and organizations large and small in every region received new funding for access, care and research from Bell Let's Talk and from governments and corporations that have joined the cause. Bell's total donation to mental health programs now stands at \$100,695,763.75.

- Bell

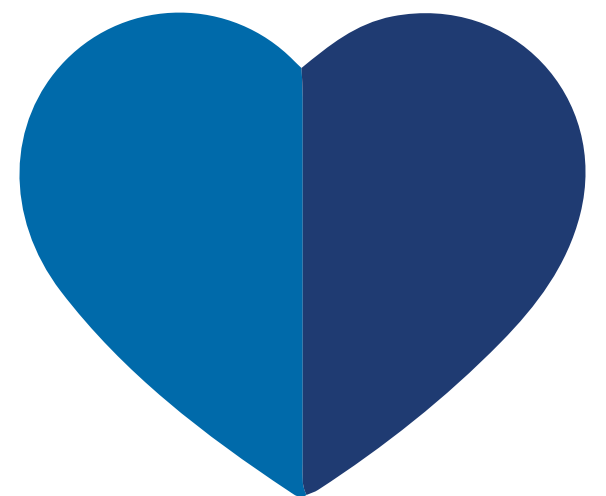
Cha Cha Real Smooth: Latin & Ballroom Dance Classes

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.



PUT YOUR HEART ON THE LINE

VALENTINES DAY IS FAST APPROACHING

I am currently selling some Valentine treats for \$1 each in support of the upcoming LOONIE LINE on March 19.

If you have forgotten to get something for that special someone in your life - or those special someones - come on by and buy.

I am looking forward to seeing many of you put your Hearts and Loonies on the LINE.

Thank you very much.

Mary Milburn
H-102
Source: johnabbott.omnivox.ca

SERVICES



Health and 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 139 457-6610 ext. 5308

Office Hours: Monday to Friday 8:30 to 4:30

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.

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.

The Health and Wellness Centre may also work in close conjunction with the Counselling Services of John Abbott College.

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 ADVISORS

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

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.

For more information, please contact the Chair of Advising:

(514) 457 6610 Ext 5290

advisors@johnabbott.qc.ca ,also reachable via MIO

The Language Resource Centre

The Language Resource Centre is a quiet study area for students taking a language course at the College. Students have access to 33 networked computers, many in study cubicles, headsets with recording function and multilingual keyboards formatted for all the language course material and more.

The study area is located in Penfield-006 and is beside the 2 multi-media computer language labs (P-008 & P-022).

Resources include:

All of the course material used in the computer language labs is available in the study area on the student computers.

Audio-visual programs for French, Spanish, Italian, German and Mandarin with course texts and answers for improving comprehension and grammar skills.

Interactive computer programs to develop reading, writing, speaking and comprehension skills.

The Antidote computer program combines grammar, spellcheck, dictionary and guides that correct as you write.

A variety of dictionaries for reference or to borrow with a JAC id card.

A group study room.

For more information join the Language Resource Centre community on My JAC Portal
Email: langlab@johnabbott.qc.ca

514.457.6610 extension 5501



CAMPUS STORE

Welcome to the John Abbott Campus Store

The campus store is set up to provide an easy and convenient way for students, faculty and staff to use the wide range of retail services in direct support of the college's mission statement.

Did you know?

You can use our easy textbook search to order all of the required books for the courses you are registered in. You can either reserve your order for pick-up at the Campus Store, or have it delivered right to your door for a nominal fee.

That's right!

No more searching shelves and waiting in line to get the books you require. Just click on the textbooks link above or log into the Student Portal on the Website to start your search.

Sports and Recreation



WBB survive the Hurricane

Ana Mendez's basket in the final minute of play allowed the Islanders to escape with a 49-48 victory over Heritage College Hurricanes last Friday night. Heritage came out with much more fight after losing to JAC by 33 in the fall semester. Zoe Arvanitis led Abbott with 17 points. The Islanders are on the road this weekend playing Outaouais Friday night and Montmorency on Sunday evening.



A 2-2 record on the day was good enough for 3rd place in section C. Wins over Heritage (25-13, 25-22) and St Jerome (25-23, 25-27, 15-12) were sandwiched in between losses to Brebeuf (25-15, 29-31, 12-15) and St Lambert (28-26, 18-25, 13-15).

This result combined with other games have the Isles eliminated from playoff contention (top 8 of 26). They will have 1 tournament remaining in Valleyfield on February 24th.



U SPORTS Top Honour Goes to John Abbott College Alumnus

by Joanie Godin

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.

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.

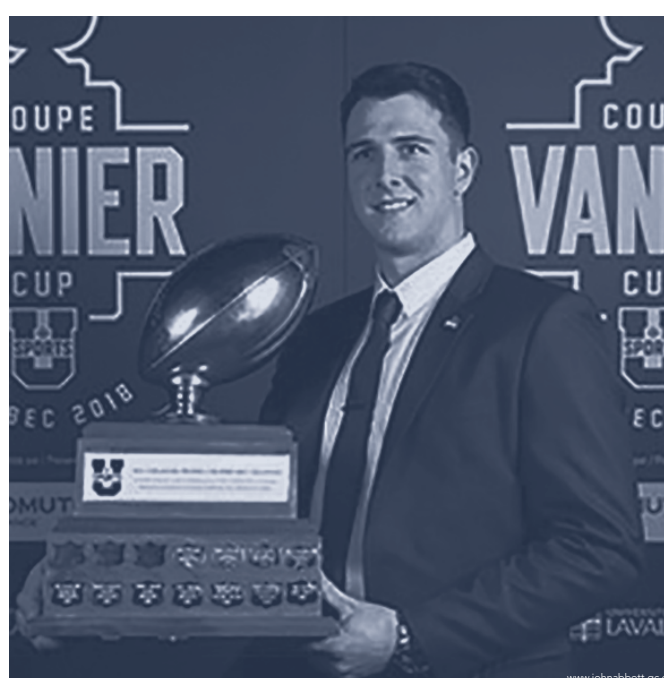
His 3,233 passing yards set a new U SPORTS record, as he led the Dinos to a perfect 8-0 season, and the most potent offence in the nation, averaging 570.9 yards per game. Sinagra ranked second in the nation in passing touchdowns this season with 23, and led the conference with a passer rating of 126.

After learning from the likes of former Hec Crighton-winning quarterbacks Erik Glavic (2007) and Andrew Buckley (2014 and 2015) – who are now coaching with the Dinos – Sinagra has now joined his mentors as a Hec Crighton winner, marking the 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."

Stan Gendron, Sinagra's QB coach while at Abbott mirrors that same sentiment saying that he is "an exceptional competitor."

It is no surprise, that Adam was also named all-Canadian.



About U SPORTS

U SPORTS is the national brand for university sports in Canada. Every year, close to 20,000 student-athletes and 700 coaches from 56 universities vie for 21 national championships in 12 different sports. U SPORTS also provides higher performance international opportunities for Canadian student-athletes at Winter and Summer Universiades, as well as numerous World University Championships.



Hockey heartbreak versus Dawson

The Isles were facing the longtime rivals Dawson Blues. Dawson opened the score quickly in the first period. The Isles bounced back with 3 goals of their own in the first period (Oona Emmenegger, Andi Calderone and Audrey Gervais) to take the lead 3-1. In the second period a total of 7 goals were scored. Gervais and Emma Beisswanger put the puck in the net for John Abbott. Starting the third period down by a goal, Gervais completed her hat trick to tie the game. Dawson scored the game winning goal with 16 seconds left in the game, making the final 7-6.



Men's Basketball eliminated from playoff contention

Last Friday night, the team took on CEGEP Ste. Foy. Donovan Allen-Beckles had a career high 31 pts, and rookie forward Michael Almanza had a career high 11 rebounds but it wasn't enough for the Islanders to overcome the Dynamiques as they fell 71-63. Combined with other results the Isles best possible finish will be 7th which puts them outside the playoff format for RSEQ division 1.

An Incredible Weekend for John Abbott College Athletes

by Joanie Godin

The Lacrosse team handed Collège Brébeuf their first loss in 3 years breaking their 29 game winning streak. First place Brébeuf was defeated by the third place Islanders in a hard fought game.

The Islanders battled back from a 3-goal deficit, twice to win the RSEQ Regional Championship 12-10.

Women's Rugby team brought home the RSEQ Regional Championship with a 36-19 victory over rival Dawson College. The women's rugby team completed a perfect season!

Men's Rugby kept the ball rolling as they also completed a perfect season winning the RSEQ Regional Championship by defeating Dawson College 24-17. The team showed grit and determination not wanting to let the home crowd down!



Football off to the Bol D'Or

For the second time in as many years the Isles will face off against Valleyfield for Division 2 football supremacy. In another back and forth game the Isles showed that their running game was not to be taken lightly. The defence held strong denying Cégep Edouard-Montpetit's final drive, making the final 29-27.

The Isles will look to avenge last year's finals loss to Valleyfield this Friday November 16 at 19h00 at Centre Claude Robillard.



TRIPS

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 small-depanneur 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.

John Abbott College offers many different trips for students to enjoy throughout the semesters. Our school offers trips that are affordable for all students and if there are any problems, the student center will help out. We want the best experience for our students to create unforgettable memories for years to come.

PARIS TRIP

Home to the chic and sophisticated, Paris is the city of love, literature and exquisite boulevards filled with patisseries and boutiques offering authentic gastronomy and a catalogue of haute couture.

This beguiling city flaunts an impressive collection of classical art, including Leonardo da Vinci's masterpiece - the Mona Lisa, exhibited in the Louvre. Students can admire grand architecture, like the Arc de Triomphe or Notre-Dame, then escape the crowds and navigate through Paris' twenty arrondissements to discover Rue Cremieux - a cobbled backstreet brimming with pastel coloured houses like a box of Parisian macarons.

Lounging on the lawn of Champ de Mars, students can appreciate France's most recognisable piece of engineering, the Eiffel Tower. This cloud-piercing, wrought-iron lattice gathers an astounding amount of seven million visitors each year and has inspired similar structures around the world.

French fashion brands, such as Louis Vuitton, Dior and Chanel, dominate the catwalks at Paris's Fashion Week whilst the rest of the city welcomes aspiring designers to flow through the doors of Palais Galliera - a museum devoted to examining trends from the past and styles for the future.

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, 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!



Oval Coffee House

Herzberg - 052

Come and visit us



OVAL CAFE

Need a boost? some coffee or tea? maybe just a place to chill and relax from all the hard work from school. Come visit our team at the Oval Cafe in the basement of Herzber (H - 052). We have plenty of food to supply your hungry brains! from grilled cheeses to pizza pockets we got plenty for you guys! Come visit us anytime between 8:00 AM & 4:00 PM we'll be happy to assist you guys with any of your hungry needs, can't wait to see you guys! - Oval Cafe

