

## Ski Trip: Why everyone is 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!

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.



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

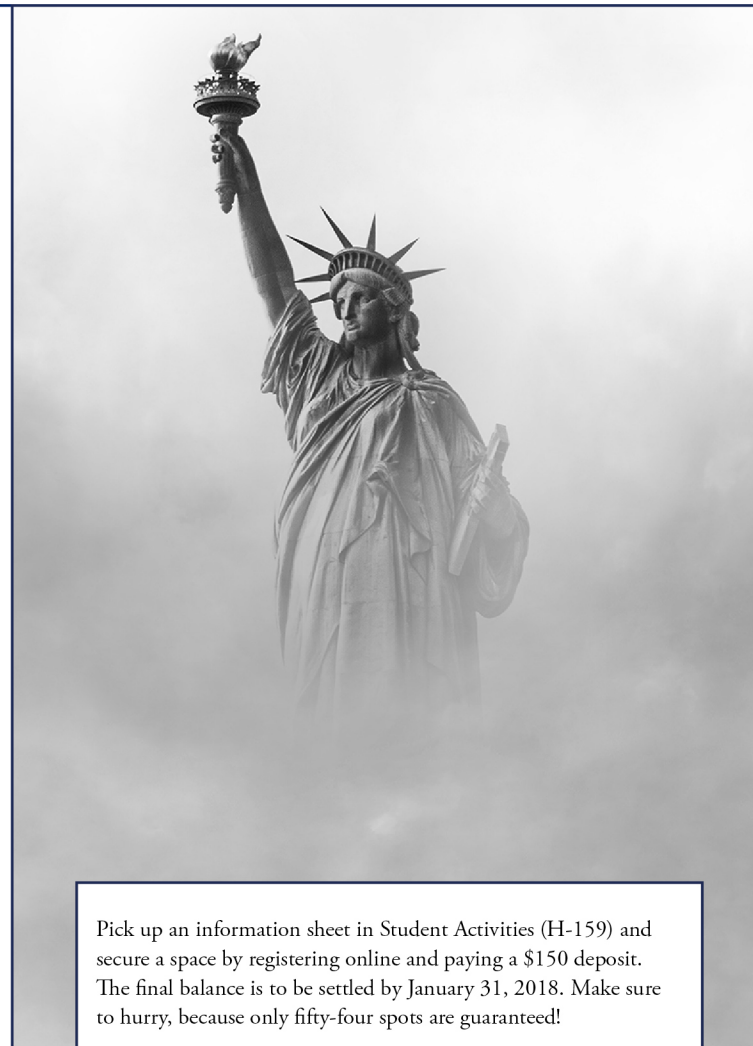
## New York Trip

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.

**"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."**



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!

## The Casgrain Sports Center

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. In reality, there are plenty of services offered to students that many people aren't aware of. In fact, there are free hours for using the facilities like the pool and gyms, as well as incredible student deals and promotions you might wish you knew about sooner.

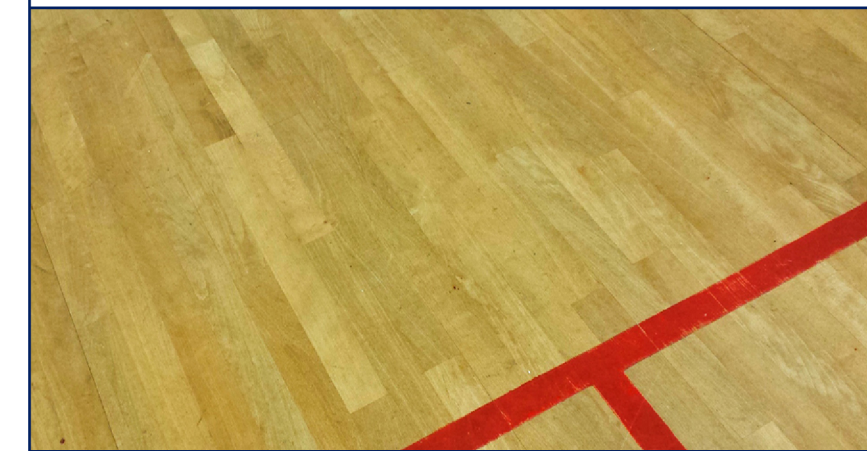
Casgrain has three main facilities open to the public: the weight room, the pool, and the squash courts. Any person can use the facilities for a fee during public hours, that is, after classes. Save money, honey  
If you are thinking of buying a yearly membership to the centre, students are entitled to 50% off any membership offered. For example, if you are a full-time student you can join the weight room

for \$75 a year. This kind of price is unheard of as most gyms have a minimum annual fee of at least \$250 - 300 .  
The Whole place TO YOURSELF  
Anyone who wishes to rent the gymnasium after 8pm - which is usually when varsity practices end - can do so for a fee of \$45/hour. These rentals include basketball, three gym soccer, floor hockey, and even archery. If you wish to use the gym or the pool for free, there are also hours during which students and staff can do so. These hours are specific to the days of the week, and are posted at outside the sports desk.

Next time you are in the Casgrain basement, stop by and check it out for yourself!



**"Casgrain has three main facilities open to the public: the weight room, the pool, and the squash courts."**



At participating restaurants for a limited time. ©Tim Hortons, 2016