

THE FIRST WORD

MHC's Student Newspaper

February 2017, Issue #19



Students' taking the red carpet at the Ladies and Gentlemen's Gala, that took place on Feb 3rd in Crave.

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The Students' Associations' Sponsor Child, Sameh Gamar Eldin Alkatim Musa (pictured right), posing with his cousin



The Students' Associatin hosted an Open House on January 31st.



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SAMHC



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Something on your mind? Have a suggestion or want to join our team?
Email sa_external@mhc.ab.ca or sa_marketing@mhc.ab.ca
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STRENGTH EQUIPMENT

OUR STAFFED HOURS ARE:

Monday - Thursday: 10am to 8pm
Friday: 10am to 5pm • Saturday: 10am to 2pm
Sundays & Holidays: Members Only

ANYTIME FITNESS
2020 Strachan Rd SE, Across from Cyclepath

Upcoming Events & Important Dates

Feb 8 - **Make Some Noise for Mental Health**

Feb 14 - **Banger Bingo**

Feb 15 - **Sex Awareness Fair**

Feb 15- **Spring Job Fair**

Feb 20 - 24 - **Reading Week (College Closed)**

SAMHC Hosts Open House

On January 31st, 2017 the Students' Association opened its doors to students and the public, by holding an open house. It was used as an opportunity to inform the public about the services that the SA offers the students of Medicine Hat College. This event will be taking place once every semester and the SA invites all students and faculty to attend!



MLA Drew Barnes, started the Open House with a speech focused on how important services and support are to post-secondary students.



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How do I get involved?

Visit www.tuxis.org for more information about:

- Event dates and locations
- Registering for events
- What to pack for an event
- How to prepare for event
- How TUXIS is organized
- Who is currently serving on our Executive Committee and Cabinet
- TUXIS news
- Contact information
- Youtube videos

"If you have the chance to come to TUXIS, take it. It's a decision you will never regret."

-Roland Starke

"My years in TUXIS taught me almost everything I know about responsibility, community, and myself."

-Jennifer Kerr

TUXIS

Parliament of Alberta



TUXIS
Parliament of Alberta

Our Premier is happy to answer any of your questions.

Email premier@tuxis.org.

Alberta's Youth Parliament

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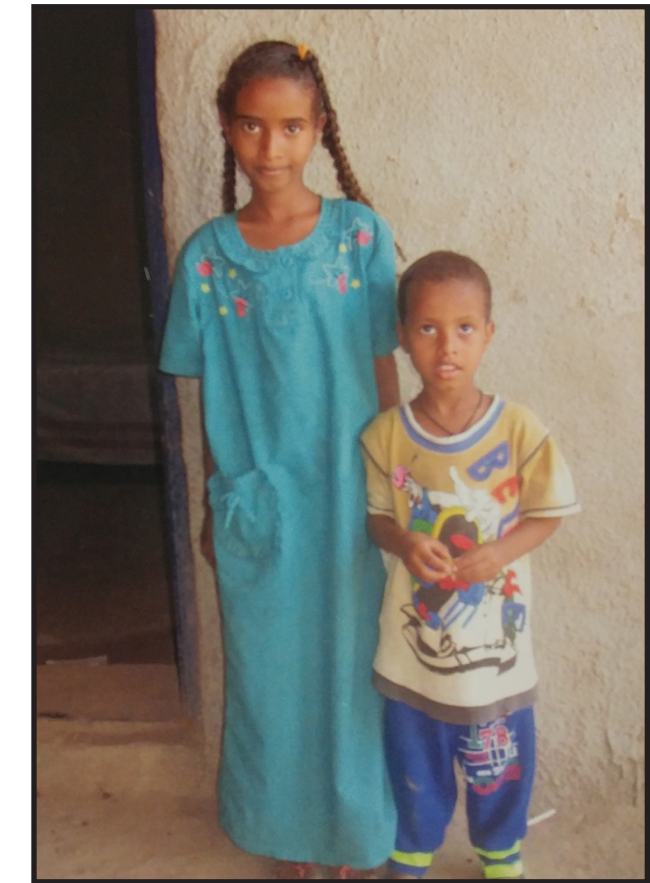
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SAMHC'S Sponsor Child

The Students' Association of Medicine Hat College is proud to be able to sponsor a child. Our sponsor child's name is Sameh Gamar Eldin Alkatim Musa, who is 3 years old and lives in Khartoum, Sudan. Sameh attends pre-school and his favourite activities are languages and PE/Sport. What our sponsorship goes towards include:

- Provision of medicines and supplies
- Evaluations of education projects
- Support to children to communicate with their sponsors
- Activities that promote protection of children from abuse, exploitation and neglect
- Re-establishment of educational activities following a disaster situation

For more information about Sameh and his family, please stop by the Students' Association.



FEBRUARY ALL WORKSHOPS TAKE PLACE IN THE LIBRARY FROM 12:15PM - 1:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Writing Across Disciplines: How to Write Papers for Your Different Classes	2 Bullet Point Reading Study Strategy	3 Resumes and Cover Letters Interview Skills
6 Using Images and Videos in Your Assignment	7 Self-Editing: What to Check Before You Submit	8 Test-Taking Tips	9 Preparing for the Job Fair	10 The Practice of Gratitude and Forgiveness
13 Grammar	14 Effective Studying: The Study Cycle	15 Break the Cycle – Spend Less, Save More	16 Play Therapy for Stress Relief	17 Finding Scholarly Articles
20 ←	21	22 No class	23	24 →
27 Submitting a Job Application	28 Guided Relaxation			

Ladies and Gentleman's Gala!

