

# Champlain College Saint-Lambert Involvement Opportunities 2020-2021

Welcome to Champlain! We hope this document can help you make a choice about where to get involved.

Student groups which require fees have the approximate fee in **green** next to the name.

Here are the student groups you can get involved with. [Click on the group's name to jump to the section!](#)

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FlipIT

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Art Club

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Code Dance Club

DECA

Gaming Club

Green Team

Media Entertainment Society

MSA (Muslim Student Association)

Photography and Cinematography Club

Power to Change Club (Christian Club)

Robotics Team (\$50 per semester)

Tabletop Club

## **The Blue Ink (Student Newspaper)**

## **iLead (Workshops free, retreat has fees)**

## **Cavaliers Sport Teams (Fees vary between different teams)**

Cavaliers Game Staff

## **Intramurals Sports**



Insta: @flipchamplain

FLIP (FLIP Leadership and Integration Program) is a leadership group on campus that focuses on the integration of new students to the Champlain community. Typically, they host events such as camping night to give students the opportunity to make new friends! Having meetings once a week, they put together “crews” or teams of people that work on different projects in the college. Some of these include volunteering outside of school, helping to distribute Christmas baskets from a local elementary school, taking part in mental health week, and club fairs as well as being the first call for volunteers at almost every event on campus.

For more information, please MIO Wanita Jones.

### **Volunteer Crew**

The volunteer crew is led by student leaders who are passionate about reaching out to communities in need of help and support. Members would join in on these amazing volunteering and community outreach opportunities.

For more information, please MIO Wanita Jones.

### **FlipIT**

A recently developed branch of Flip was started in 2020 entitled FlipIT (Flip Integration Trio). It is a trio because the program is three-fold. The first being the FlipIT Guide Program that pairs first-years with returning students so that they can ask questions and have an easier transition into Champlain. The second are other integration events, such as camping night; and the third is made up of workshops that help student excel in their CEGEP academic career. These workshops are about things from stress management to note taking and everything in between!

Sign-ups for the FlipIT guide program are done at the beginning of the Fall semester on your Omnivox account.

For more information, please MIO Souang Wu.

### **Voices of Champlain**



Voices of Champlain’s mission is to increase a sense of community by bringing awareness to the inspirational events and programs brought to you by your fellow students. Voices of Champlain strives to represent the beauty, diversity and unity of the Champlain community through various multimedia platforms.

For more information, please MIO Sheila Barranqueiro.

### MCC (Multi-Cultural Community)



Insta: [@mcc.champlaincs](https://www.instagram.com/mcc.champlaincs/)

The MCC was created by students for students with the goal of celebrating the cultural diversity that exists within the Champlain College Community. The MCC believes in creating a space to explore and learn about the unique cultural realities that our students experience by inspiring thought-provoking discussions and outreach programming. Through these outreach efforts, the MCC hopes to promote understanding and respect for our differences in order to strengthen a sense of community and belonging for all.

For more information, please MIO Wanita Jones or Sheila Barranqueiro.

### Mental Health Crew



Insta: [@mentalhealthcrew](https://www.instagram.com/mentalhealthcrew/)

This is a student-led group promoting awareness and education about mental health issues. Members organize activities and campaigns on campus to raise awareness, share resources and engage the Champlain community on this topic.

For more information, please MIO Debra Polomeno.

### Health and Wellness Committee



Insta: [@health\\_and\\_wellness\\_committee](https://www.instagram.com/health_and_wellness_committee/)

Insta: [@champwellbeing](https://www.instagram.com/champwellbeing/)

The Health and Wellness Committee's focus is to promote positive health and wellbeing within the Champlain College Community. The committee of students organize events, activities and campaigns throughout the year with the goal of inspiring students to live a healthy, active lifestyle as well as focusing on their mental health.

For more information, please MIO Bouny Te

## TEDx ChamplainCollegeStLambert

**x = independently  
organized TED event**

In the spirit of ideas worth spreading, TEDx is a program of local, self-organized events that brings people together to share a TED-like experience where the "x" stands for "independently organized TED event." At a TEDx event, TED Talk videos and live speakers combine to spark deep

discussion and connection. As of 2020, TedxChamplainCollegeStLambert has become a place for students that are interested in watching TEDx videos, learning about new topics every day, sharing ideas and practicing their public speaking and event organization skills. If you want to learn more about TEDx, do feel free to check their website from their previous Tedx event in 2019 at <https://www.tedxchamplaincollegestlambert.com/>.

For more information, please MIO Vivian Le.

Insta: [@tedxccsl](#)



Would you like to be part of an amazing adventure that would ultimately lead you to run relay in a group of 35-40 students from Québec city to Montreal (or vice versa) in May 2021? Come join the most dynamic group of people at Champlain - the Champlain Grand Défi Pierre Lavoie team!

Do you already need to be a runner to join the team? Absolutely not! They have runners of all levels and abilities. Plus, they have a No One Left Behind Policy - their faster runners do loops so that you're never left alone at the back. Moreover, they go very gradually starting with 2-3-4-5k long runs for the whole Fall semester.

Their goal is to train to have fun, get fit, make friends, cooperate, and pick up healthy lifestyle habits; their focus is not on competition and performance. Their team is looking forward to seeing you.

For more information, please MIO Jean Lachapelle.



Insta: [@champlainrelayforlife](#)

Cancer doesn't sleep, and we won't either. Join us as we organize the first-ever Relay For Life in a CEGEP and fundraise for the Canadian Cancer Society!

They provide:

- Transport to treatments and lodging for cancer fighters;
- Online support groups for affected friends, family and caregivers;
- Funds for research on over a hundred different types of cancer;
- Local support centers for families and caregivers;
- And so much more.

Friends and families create teams and join us to fundraise in the weeks leading up to the overnight event. Over the course of the night, there will have loads of fun activities, competitions and music to celebrate our efforts. There will also be ceremonies celebrating the survivors and honouring the victims of cancer.

Positions available:

Entertainment assistant, Logistics captain and assistant, ceremonies captain, sponsorship captain and assistant, participant captain and recruitment captain.

Join us and build your organizing and cooperation skills to assemble a party for a great cause!

For more information:

On the Canadian Cancer Society: [cancer.ca](http://cancer.ca)

On the Relay For Life Organisation: [relayforlife.ca](http://relayforlife.ca)

On our Relay For Life: MIO Catherine Lampron

### **Math Club**

Work on fun and challenging mathematics problems! Prepare for and participate in one of the national and international mathematics contests at Champlain College this semester!

For more information and/or for the Zoom link and passcode, contact Michele Titcombe by MIO or by email at [mathteam@crcmail.net](mailto:mathteam@crcmail.net)

### **Indigenous Student Ambassadors**



Insta: [@isa.champlaincollege](https://www.instagram.com/isa.champlaincollege)

The Indigenous Student Ambassador Program was created by Indigenous students from Kahnawà:ke who wanted to support fellow Indigenous students studying in post-secondary education in Quebec. Their goal is to provide ongoing support and mentorship as well as host workshops and in-class presentations during the year.

<https://www.easterndoor.com/2018/03/19/indigenizing-a-campus-inspiring-a-city/>

The Indigenous Student Community Centre at Champlain College was established to provide a community space for students/staff/faculty to meet for mentorship, support & Cultural identity within a larger community. This beautiful space can be found on the second floor of the College beside the Faculty lounge (C-205).

Students interested in receiving additional information are encouraged to MIO indigenous student leader Tahothoratie Cross or David Persons in Student Services.

### **CSA (Champlain Student Association)**



Insta: [@mycsa.ca](https://www.instagram.com/mycsa.ca)

The CSA offers different services to fight for student rights and to...

- Give a voice to the students
- Create a link between the administration and the student body
- Help out any student seeking help/advice

- Inform students about the College, its services, and activities
- Help create and offer a variety of clubs
- Support student led projects
- Host and organize fun events and activities
- Create a sustainable way of living at the College

You can get involved in the CSA as an assistant, a chairperson, or as a financial transparency ambassador. Elections for executives happen at the end of the winter semester.

For more information, please MIO Champlain Student Association.

### CSA Clubs

#### Anime Club



The Anime Club is a club that shows a variety of anime for its members to watch as a group and to discuss. They also branch out into different aspects of Japanese culture such as visual novels, manga, games, and other forms of media. For example, they have a friendly monthly clash of interests that relate to anime characters.

For more information, please MIO Andy Zhong

#### Art Club

The art club consists of a space providing a creative and peaceful outlet for all students to destress and express themselves. They provide all types of art supplies and upon request can buy specific materials, depending on their budget. Every year, they give students the opportunity to start a huge canvas that will be displayed in the school, with all supplies provided by the club and the school. In summary, they encourage people to meet new students and make amazing artwork.

Insta: [@champlainartclub](#)

For more information, please MIO Audrey Ng Youn Chen

#### BTW (Born This Way Society)



Insta: [@bornthiswaysociety](#)

The Born This Way Society is an all-inclusive group of people here to support LGBTQ+ and educate people related to the community. Whether you're an ally, questioning or queer, you are welcome!

This semester, members will have the chance to participate in activities such as an outdoor, socially distanced tie dye day, interactive Instagram quizzes, Q&As and educational posts (@bornthiswaysociety), a virtual Let's Talk About It and drive-ins with films with good LGBTQ+ representation. The executives look forward to working together as a team to be welcoming and

fun to new and/or returning students. Their doors/DMs are always open (so to speak) for suggestions for the club, advice you need or any insight you may have on activities!

For more information, please MIO Zoë Langille.

### **CCMUN (Champlain College Model United Nations) (Cost per conference)**



MUNCH

Insta: [@ccmodelunitedn](https://www.instagram.com/ccmodelunitedn)

Model United Nations, also known as Model UN or MUN, is a simulation of the United Nations in which students learn about diplomacy, international relations, and the United Nations. Champlain's MUN club will allow students to learn about all of the above in a fun and welcoming environment.

At MUN conferences, students will be given opportunities to practice their debating, persuasion and public speaking skills.

Champlain College MUN is a great introduction to law, public policy and international relations.

For more information, please MIO Katherine Jackson.

### **CMS (Champlain Music Society)**



Insta: [@champlainmusicsociety](https://www.instagram.com/champlainmusicsociety)

The Champlain Music Society is a group of students that share a passion for the instruments, as well as music in all forms! This club targets anyone that wishes to express themselves in any way they want all while learning or playing music!

For more information, please MIO David Poston or Maya Savoie-O'Hara.

### **Code Dance Club**



**CODE**

Insta: [@code\\_champlain](https://www.instagram.com/code_champlain)

Code is a club for people who enjoy dancing (any genre) and want to meet others with the same passion. For this upcoming semester, students who join will be encouraged to participate in dances which will be filmed and posted on social media. There will also be many different hangouts such as workshops to allow the first and second years to get to know each other. Their main goal will be to give students the opportunity to dance and to help them meet friends with common interests.

For more information, please MIO Julia Peres.

### **DECA**

DECA Champlain is a club for students interested in business and commerce, whether it be for a future career or for general interest. This club gives students an outlet to test their knowledge of the business world and the opportunity to learn about a particular business field (marketing, finance, management, entrepreneurship, hospitality, etc.) through various competitive events.

Interested in attending workshops about building a strong resume, preparing for job interviews and networking? Want to learn more from guest speakers about finance or about being a consultant at top firms? Then DECA Champlain is perfect for you!

Insta: [@deca\\_champlain](#)

For more information, please MIO Katherine Jackson.

### **Gaming Club**



This club is a place where students can play together, stream on Discord, as well as have friendly competitions all surrounding video games!

For more information, please MIO Santiago Restrepo Diaz.

### **Green Team**



Insta: [@champlaingreenteam](#)

This group of students aim to spread awareness about environmental issues as well as promoting an eco-friendlier approach to school manners and habits in the Champlain community.

For more information, please MIO Inthu Thambithurai.

### **Media Entertainment Society**

The Media Entertainment Society is club revolving around theater and acting in front of a camera. They will not only be creating plays; they will also be creating short movies that they will film and post on a YouTube channel belonging to the Media Entertainment Society with the consent of each of their members. Members are needed for any of the following skills: special effects, fashion, filming, and writing their own sketch ideas or plays. The Media Entertainment Society wants to promote creativity and help students get rid of unnecessary stress.

Insta: [@m.e\\_society](#)

For more information, please MIO Ivana Aithnard

### **MSA (Muslim Student Association)**



Insta: [@msa.champlaincollege](https://www.instagram.com/msa.champlaincollege)

This is a club where the Muslim students of Champlain can come and have a safe space to practice their religion. They hold events to promote and educate about their culture to others to enrich campus diversity.

For more information, please MIO Abyaz Abdul.

### **Photography and Cinematography Club**



Insta: [@c\\_n\\_p\\_club](https://www.instagram.com/c_n_p_club)

It's a place where you can freely "geek" around about anything from your favorite camera to the next big TV show on Netflix. Their great team of execs are planning activities online and in person (while respecting social distancing). On the list will be movie nights during the holidays, photo contest and much more. They also have the material to help you make movies and pictures; members can borrow a camera and access a darkroom to develop pictures.

They now also have an Instagram page where they will be posting about their events and other fun stuff (@c\_n\_p\_club)

Overall, the club is a nice place to meet people with similar interests and just chill!

For more information, please MIO Angelica Roberge.

### **Power to Change Club (Christian Club)**

This club is for students to learn about the Christian faith and promote a positive experience and space for our students to practice their religion.

Insta: [@p2cchamplain](https://www.instagram.com/p2cchamplain)

For more information, please MIO Iana Shapovalova.

### **Robotics Team (\$50 per semester)**

The Champlain Robotics Club is a vibrant team full of dedicated, fun people that are always on the lookout for new members! While the primary focus of the club is building a robot, many different skills and talents are valued as the club is about much more than just robotics! They especially look out for creative and resourceful minds to join their ranks and to flex their skills by collaborating on coming up with a central theme, then expressing that theme through building and decorating a kiosk, a short video, and a website.

New members would join the team in designing, building, and testing the robot, kiosk, video, and website, while learning and developing new and valuable skills.

The club shows off all their efforts annually at the Canadian Robotics Competition where teams from different schools spanning the country gather and celebrate the engineering spirit! Do you have a skill that you would like to develop but don't know how? Join the Champlain Robotics Club and allow that talent to flourish!

Insta: [@champlainrobotics](#)

For more information, please MIO Julien Hacot-Solonsky.

### Tabletop Club



The Tabletop Club is a place where experienced and new players can come together and play fun tabletop games. They play games such as Magic the Gathering, Jenga, Uno, Cards Against Humanity and they even host Dungeons and Dragons campaigns. It doesn't matter if you are new to the game, the club offers ways of teaching new players how to play. Even online, the club lives on with tabletop simulators, Cards Against Humanity Online, and of course Dungeons and Dragons.

For more information, please MIO Sacha Arbour-Smith.

### The Blue Ink (Student Newspaper)

The Blue Ink Publishes multiple editions of their newspaper per semester. You can get involved by writing articles, creating poems and artwork, and by editing the publication.

Insta: [@theblueink.champlaincollege](#)

For more information, please MIO Fedor Pastoukhov.

### iLead (Workshops free, retreat has fees)

# iLEAD

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## CHAMPLAIN SAINT-LAMBERT

The I-LEAD program offers a rich array of leadership skills building opportunities geared towards experiential learning through workshops, leadership seminars, leadership retreats, student competitions, mentorship and leadership groups.

The leadership training workshops and seminars are designed to enhance student learning and development; more specifically, to develop in each student participant greater self-knowledge and leadership competence. Leadership workshops and training seminars address themes such as self-awareness, communication skills building, conflict resolution, understanding group development and dynamics, public speaking, inspiring others, leading a project, and identifying your own leadership style to name a few.

Students have an opportunity to join a leadership group on campus as the experiential

learning component of the program. Through outreach activities and programming on and off campus, students implement the leadership competencies learned and apply them within a team context. By being part of a team, they learn to navigate group dynamics in effort to effect change on a larger scale all while creating a sense of community with their peers. In summary, leadership groups allow students to impact their learning on all three spheres of the Social Change Model.

For more information, please email [leadership@crcmail.net](mailto:leadership@crcmail.net).

### **Cavaliers Sport Teams (Fees vary between different teams)**



Insta: [@champlain.cavaliers](https://www.instagram.com/champlain.cavaliers)

The Cavaliers Sports Teams are a big part of the school's representation off-campus and are an amazing opportunity for athletically inclined students to develop their leadership and teamwork skills all while having fun playing their sport. With a wide variety of sports offered every season, the Cavaliers are a crucial part to student life at Champlain and give students a good reason to get together and show their school pride!

For more information, please MIO Vincent Amato.

### **Cavaliers Game Staff**

The Cavaliers game staff is an opportunity to work at the Cavaliers games and to be part of the athletics team. They prepare the material, enhance the student experience at home games and support the Cavaliers.

For more information, please MIO Scott O'Brien.

### **Intramurals Sports**

Intramural Sports is a great way to get involved at Champlain in a non-competitive environment. Whether you are an expert at the sport or just beginning, Intramurals is for you. They have many options such as Basketball, Badminton, Soccer, Volleyball and Flag Football just to name a few. Whether in a tournament style or a one-day event, intramurals has something for everyone.

Stay tuned to your Omnivox account to see what is coming up next and if you have any ideas or want more information, feel free to MIO Scott O'Brien anytime.