

CRESTWOOD

MEMORIALIZING TERRY'S LEGACY

BY: LINDSEY SWARTZMAN

One man. One leg. One country. One cause. One goal. One legacy that lives on forever. On Monday, September 24, 2012, Crestwood faculty and students continued the tradition of raising money in Terry Fox's honour towards cancer research

In 1980, Terry Fox had a dream of running across a nation to raise money for cancer research. Over the last thirty-two years, his message has been spread across the world. Since his death in 1981, annual Terry Fox runs across the globe have raised over \$65 million in an attempt to find a cure for cancer. Crestwood is no exception. To date Crestwood has raised over \$104,000 in support of the Terry Fox Foundation for cancer research. Thank you for your continued support of this great cause.



A WALK IN THE PARK PROVIDED STUDENTS WITH THE OPPORTUNITY TO REFLECT ON TERRY'S JOURNEY

On Monday, students at Crestwood were energetic and enthusiastic during the yearly Terry Fox Day event. Spirits were high and attitudes were bright and sunny – even if the weather was anything but. Being the troopers that they are, the Crestwood students tromped their way through the chilly weather to participate in the walk, run the track, and cheer on their fellow classmates.

Way to go Crestwood! Once again, we proved it is possible to defy the odds! We should feel proud of our accomplishments and we should feel pride in knowing that it was for an amazing cause honouring an amazing Canadian!



SAM DOWNEY AND PETER MCLEOD CROSS THE FINISH LINE ARM-IN-ARM



GRADE 12S SHOW THEIR "COLOURFUL" SPIRIT

RACE WINNERS

Grade 7:
Andrew Haynes
Emily Eaves

Grade 8:
Matthew Yanovski



Grade 10:
Emanuel Zambazis

Grade 11:
Duncan Gilfillan
Kevin Todd

INSIDE:

A "Spirited" Adventure	2
An Exercise in Leadership	
Power of Six Simple Words	3
Getting to Know My	
New "Family"	4
Student Government	5
Athletic Council	6

A “SPIRITED” ADVENTURE

BY: SABRINA WASSERMAN

The grade 9 trip to Spirit Point was a delightful experience. After an early wake up, our tired looks were washed away with the beauty of the landscape, and the beaming expressions of our Spirit Point leaders.

Our adventure began with a small tour of the area and a warm, delicious meal. After lunch, we were split into three groups and took rotations on many action packed activities. The first rotation was high ropes. Our group was faced with a fun but challenging rock climbing course. After the high climb, other members of the group and I found ourselves out of breath. We were also faced with a partnered challenge for which we had to climb what seemed like an unstable and high pole. The members of the group showed a lot of courage and were even brave enough to try the extra challenge- leaning off the edge while holding your partner’s hand.

The second rotation was canoeing. With strong winds and currents to fight, the group was given quite a challenge. With the help of our Spirit Point leaders, we were able to push through the tough paddle and have a fun time. Some members of the group ended up taking an accidental dip in the lake! However, after a fresh change of clothes, smiles were once again on the members’ faces.

The third and final rotation was low ropes. In these events, participants were faced with the challenges and benefits of working together. The group worked tirelessly to try to accomplish the tough courses. Our group challenge at the low ropes rotation was to get the entire group up and over a very high wall. The tough challenge resulted in lots of hard work and laughs. After the activity, our group had bonded more closely than ever before.



After several minutes of waiting, it was announced that our next activity would be a hike to a beautiful lookout point. After a vigorous hike, our hearts soared to find a sight like no other. Hundreds of beautiful trees spread out over a vast area created a breathtaking, dramatic view. Once we returned, we were rewarded with dinner and finally, sleep.

The second day of our Spirit Point adventure was quite different from the first. After an early wake up, we ate breakfast and headed outside. We were greeted by Mike, a cheerful Spirit Point staff member, who began to inform us of an upcoming camping trip. Mike helped us pack our meal barrel, showed us the basic skills we would require for our trip, and we were off.

After a long, twenty-five minute hike, our group arrived at the camping site with high spirits. We were faced with challenges that Mike readily prepared us for. These included setting up our tents and starting a fire. As a team, we all pitched in to cook dinner, and filled our stomachs with the fruits of our labour. After a long day’s work, we retired to the fire with marshmallows in hand, ready for some sweet tasting food. Once darkness fell upon us, we all returned to our tents for a nice long sleep. Once morning arrived, our group ate a quick breakfast in order to give us energy for the day ahead. The members of the group packed up our tents and cleaned up the surrounding area. Once this was completed, we hiked back to the Spirit Point camp site for lunch. After lunch, we boarded the busses, and waved good-bye to the Spirit Point staff.

All in all, the Spirit Point trip was an exciting, fun-filled adventure, which provided the grade 9 students with entertainment for the duration of the trip.

AN EXERCISE IN LEADERSHIP

BY: MR. JULL AND MR. HAWKINS
Crestwood's Junior Ambassadors, accompanied by Mr. Jull and Mr. Hawkins, spent Tuesday, September 11th at the Outward Bound Urban Base Camp at the lovely Evergreen Brickworks. The Ambassadors are a group of students who have been selected to represent the school and participate in leadership roles at school events over the next two years. Outward Bound Canada is an outdoor education organization founded by the originators of the Duke of Edinburgh program and run under the same principles of service, self-reliance, and experiential learning. Led by Outward Bound Canada staff, the Junior Ambassadors participated in a series of tasks designed to help build confidence, cooperation and teamwork. The highlight of the day saw many of the Junior Ambassadors confront and conquer their fears of heights (or more truthfully, depths) on the 65-ft tall climbing tower. Mr. Jull and Mr. Hawkins were very impressed by the conduct and effort of the students, and their willingness to throw themselves wholeheartedly into every activity. They should all be very proud!



MANY OF THE AMBASSADORS HAD TO OVERCOME A FEAR OF HEIGHTS, AS THEY TOOK TO THE CLIMBING WALL AT THE EVERGREEN BRICKWORKS

THE POWER OF SIX SIMPLE WORDS

On the first day of school, Ms. Bryant shared one of her favourite stories with her English classes, written by Ernest Hemingway:

“For sale: Baby shoes, never worn.”

The (very) short story is exemplary of the power of words and the way in which every word - no matter how large or small - truly matters. Her students were then challenged to try their hand at their *own* six word story.

His last words were, “Watch this!”

Paul’s marriage was not considered legitimate.

Phone rings, yet no one answers.

Breaking news: many dead, no hope.

The water receded.
Nothing was left.

He tried, but failed to succeed.

Proud men. Young, fit and underground.

GETTING TO KNOW MY NEW “FAMILY”

BY: SAMARRA PRENICK

This past week, my fellow grade 7 classmates and I had an adventurous trip to Spirit Point. The Spirit Point community itself had a great feel to it. I was able to have the sense that I was away, but with a close-to-home feel at the same time. It reminded me of the close-to-home feeling I have felt at school these first 3 weeks.

The Spirit Point trip really pushes you outside of your comfort zone. For example, when climbing an eight-foot wall and having your classmates belaying you with your life in their hands, you really have to develop trust quickly. All of the staff members were incredibly lively and very knowledgeable when it came to hiking, fire building, tent building and many other nature activities. They were very helpful by teaching us skills and supporting us as we began to develop trust with our new classmates.



INDIGO GOLDFARB-LEWIS AND JOSHUA MOSHENBERG GET READY TO CLIMB



A COLOURFUL BUNCH OF CHARACTERS—AND LIFE PRESERVERS, TOO!

On this trip, I got to know people better than I ever imagined. Like they say, “*You don’t know a person well enough until you’ve lived with them for at least 48 hours.*” I learned who is outgoing, who is shy and even who would share a shirt or pair of pants if I needed. I found throughout this trip that I made some friends from the opposite sex. Because of the activities such as Team Wall and the Kings Finger and even just a simple campfire, I have bonded with not only girls but the guys as well.

Looking back on the grade 7 Spirit Point trip, I feel that it was an excellent way to start off the year. We are the youngest and newest grade at Crestwood, with a lot of new faces in it this year. I walked on the bus with a thirst to meet new people. I came off the bus as a social butterfly. I made a lot of new friends from this trip and realize what a spectacular grade I have and look forward to spending the rest of the year (and 5 more after) with these incredible people.



READY, SET: KAYAK! HITTING THE WATER AND HOPING NOT TO TIP OVER



MMM... S'MORES! CAMPFIRES ARE A GREAT WAY TO END A LONG DAY

STUDENT GOVERNMENT

CO-PRESIDENTS:

JENNY FREEDMAN &
BENJI BAKER



♪ *Don't be fooled by the rocks that I got...I'm still Jenny from the block!* ♪

No, I'm not J-Lo or Forrest Gump's best friend, but I am one of your Student Council Co-Presidents for the 2012-2013 school year. I've been at Crestwood Preparatory College since I was five years old, way back in kindergarten.

If you're looking for me, I am the auburn haired (not red-headed) girl who is always eating a salad for lunch. I am your Audrey Hepburn doppelganger, professional traveller and Italian-wannabe who wants to make your year at Crestwood unforgettable! If you have any questions or concerns, please feel free to come and talk to me. I'm looking forward to a great year with all of you!

What's up, Crestwood? I am one of your Student Council Co-Presidents for the year. If you are not sure who I am, just look up to the sky and you might get a glimpse of my feet. To answer the question you are probably dying to know, I am 6 ft 3 and 2/8th of an inch. I enjoy playing sports such as volleyball, basketball and rugby (No! I cannot dunk, sorry!), as well as getting involved in as many school activities as possible. I am looking forward to getting to know everyone better and making this a great year at Crestwood!

If you are looking for me, just look for the person tripping over air, or walking into a wall, and laughing the whole time.

I love to play sports and have been a part of the basketball, volleyball and soccer teams at Crestwood for years. I love being involved in the school and was one of the co-captains for soccer last year. I'm not actually a dumb blond, but I do have my moments. Well, more like a lot of moments.

I am looking forward to a great year at Crestwood. If you ever have any questions or suggestions feel free to come up to me any time. I don't want this to just be a great year for grade 12's—I want this to be a great year for everyone.



I've gone to Crestwood for my entire life (well, since I was 4), and if that isn't enough for you, I've included a picture of me with my credentials for this position (see below).

I love playing on the basketball, volleyball and soccer teams at Crestwood, as well as snow/water skiing. If you ever have any questions, comments or suggestions throughout the year, feel free to come up to me and ask! I only bite on Sundays, so you're safe. You may know this already, or you may have guessed it from what you've just read: I make lots of jokes, and they aren't all necessarily funny. At least one person always laughs... Me!

I'm looking forward to an amazing school year with all of you!



CABINET:

JESSICA BEATTY &
MICHELLE GOLDSAND

ATHLETIC COUNCIL

SECRETARY: BROOKE WERGER

I have been attending Crestwood since grade 4. If you are looking for me in the halls, chances are I'll be sporting a cast from my latest injury. I love playing on the Crestwood soccer, swimming and basketball teams. As well, I enjoy snowboarding, snow and water skiing, running, reading and listening to music. I love being involved with the athletics at Crestwood and am looking forward to taking on a leadership role. I encourage everyone to get involved because it will really make a difference in your school experience! Feel free to come find me if you have any questions. I'm looking forward to a great year! Let's go Lions!



PRESIDENT: JACLYN HERSHENHORN

I have been attending Crestwood Preparatory College since grade 7! I love playing basketball, softball, going on canoe trips in Algonquin Park, and most importantly, being part of a team!

I can't wait for this year at Crestwood with all of YOU!

VICE PRESIDENT: KATHERINE CHARNESS

This is my 13th year at Crestwood. Looking back at my picture from grade 2, not much has changed over the years, except for the colour of the polo shirts. I would still recommend keeping the alphabet taped to the top of your desk and I also hear teachers still like when you hand in assignments on squiggly shaped paper. I have always played on the basketball team in the fall, the volleyball team during the winter, but I have been known to change it up in the spring. For the past few years it's been soccer, but I have also been on the softball, track and field, and badminton teams. I'm looking forward to another great year!



VICE PRESIDENT: DUNCAN GILFILLAN



If I could be any teacher at Crestwood, I would choose to be Mr. Scott because then I could own all the political comics in the world and an awesome map of St. Catherines... who wouldn't want that?

You can find me chilling in the drama room practicing to be an opera singer, or in Mr. Pagano's office when he isn't looking. (He has a very comfortable chair!) I enjoy canoe trips, listening to weird music and hanging out in the athletic office. I'm excited for another year at Crestwood and I hope you are as well!

**Want to write for
The Crestword?**
Talk to your Editors and send
your articles to Ms. Bryant
(Nicole.Bryant@crestwood.on.ca)

THE CRESTWORD TEAM

Katherine Charness
Editor — Katherine.Charness@crestwood.on.ca

Lindsey Swartzman
Editor — Lindsey.Swartzman@crestwood.on.ca

Ms. Bryant
Editor-in-Chief