

CRESTWORD

School Is In!

One grade 12 shares a few words of wisdom at the start of a new school year.

Meghan Kates, '16



The shrill ring of the school bell pierced through the remnants of our last hazy thoughts of summer. It was enough to jolt us all into another school year. The first day, then the first week, and now almost the first month have passed us by, taking us further and further away from those glorious memories of relaxation. Instead of jumping into the pool, we are now jumping into a tall stack of homework.

As the new school year has come upon us, I have been having a difficult time deciding how I feel about it. However, in my final year of high school, the negatives are already old news and it is the positives I would like to contemplate.



All summer long, I rejoiced in the freedom of being away from school. No longer was the harsh drone of my alarm clock dragging me, bleary eyed, out of slumber at 7am.

However, now that the days of waking up at 10 o'clock have long passed, I realize that there are some positives: On one hand, no more sunburns painfully marring my pale skin because I now no longer have time to be lazing about under the sun. And now that school has begun, I am reunited with my friends and catching up after that long, well-deserved summer. And of course, I no longer have the stress of painstakingly and thoughtfully choosing my clothes. In all honesty, uniforms exempt me from the burdensome task of trying to showcase my rather abysmal fashion sense.

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Back to School, and Far from Home

An interview with **Mindy Zhou, '17, and Bang Xiao, '17**



For the first edition of this year's Crestwood, we asked Mindy Zhou and Bang Xiao, to share a little bit about their experiences at Crestwood and what life is like as an international student, studying far from home.

Mindy and Bang were happy to share and took turns interviewing each other.

Hi, Crestwood! Our names are Mindy and Bang. We first came to Crestwood last year and we are both international students from China.

Mindy: "Why did you choose to study in Canada?"

Bang: "Well, I chose to study in Canada because it has an excellent reputation as one of the best academic countries in the world. Canada is also a safe country compared to others. Also, Canada's universities have high standards of academic excellence and are consistently recognized in top international rankings. Moreover, Canadian tuition fees are some of the lowest in English-speaking countries. Essentially, I came here to learn English and to go to a Canadian university."

Bang: "When you arrived Crestwood, what did you feel?"

Mindy: "I felt nervous about facing new students by myself and really didn't know what would happen on that first day. On the first day, a teacher helped me find my homeroom. I was so nervous! My homeroom teacher was Ms. Lee. She had us introduce ourselves one by one and helped everyone get to know each other."

Bang: "What would you like Canadians to know about China and Chinese students?"

Mindy: "There are a lot of interesting differences between Canadian and Chinese culture. For example, In China, when a baby is born it is already one year old. But in Canada, the baby isn't one until the end of its first year.

So in China, we are all one year older! You need to know this difference to avoid confusion. Chinese people always drink tea while Canadians drink coffee. Most Chinese people's religion is Buddhism, while Canada is a diverse country with many different religious beliefs. Chinese culture is vast and profound. If you want to know more about Chinese culture, please ask! We'd love to share!"

Bang: "Tell everyone something about the most important festival in China."

Mindy: "Well, there's Chinese New Year, also called Spring Festival, which is the most important and widely celebrated festival in of all China. This is a time for family reunions, visiting relatives and friends and exchanging greetings for the coming New Year. This festival emphasizes the importance of family. The dinner gathering of Chinese New Year's Eve is the most important family occasion of the year."

Mindy: "What can international students do to feel at home at the school?"

Bang: "When you meet Canadians you should talk with them, even if it's just a short conversation. When you meet a Canadian in the school, no matter he or she is a student or a teacher, say hello and have a brief chat with them. This is a great way to introduce yourself and get to know others. Then, the next time you meet each other, they may greet you and you will feel more confident making friends."

Bang: "What message would you give to other international students just starting out at Crestwood?"

Mindy: "As an international student, it is absolutely important that you do well in the subjects you are strong in. You may need to work harder in a subject like English. You also need to try your best to become friends with Canadian students and adapt to the new school as soon as possible. You can join different kinds of clubs like the art club and teams such as the basketball team and the badminton team. Try your best to actively communicate with classmates in group work. Finally, Remember, you only have a 3 minute break between classes, so you have to hurry to get to class on time!"

Putting the "Spirit" in Spirit Point

For the second time in her Crestwood career, Georgia Gardner returns to Spirit Point, where, to surprise, her skepticism turned to enthusiasm.

Georgia Gardner, '19



Who says you need warmth, a power outlet, and Wi-Fi to have a good time? I do! At least, that's what I thought before my Grade 9 experience at Spirit Point. It should therefore come as no surprise that on September 28, at 6:30am, I was not a happy camper.

Unlike the grade 7 trip which was co-ed, the grade 9 trip was strictly a single-sex environment. The trip was three days and two nights. On the first night, the guys went camping while we did a variety of bonding exercises. The first exercise was called "King's Finger," which involved a tall log standing upright with a car tire around it. We, as a group, were given the task of figuring out how to bring the tire to the top of the log and back down to the ground, all while making sure that the tire did not touch the log. By the end of this activity, we decided that we learned a lot more about teamwork than we did about how to raise and

lower a tire. We also hiked up a gorgeous mountain with a breathtaking view.



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Grade 7 Spirit Point Adventures

Sydney Zuckerman tells the *Crestword* all about the grade 7's trip to Spirit Point .

An interview with Sydney Zuckerman, '21



Q: "Why do you think the grade 7s start off the school year with a trip to Spirit Point?"

Sydney: "This way, some of the newer kids can get to know each other better. The activities help us get to know each other and form new friendships. "

Q: "How did you feel on the bus on the way to Spirit Point?"

Sydney: "I felt excited. I loved how up in Algonquin Park, autumn was already underway and the sights were very pretty. I was excited to be with my friends and get to know each other a little better."

Q: "What was your first impression of Spirit Point?"

Sydney: "I was really glad to be there. We were lucky to be in such a beautiful part of Ontario."

Q: "What types of activities did you do?"

Sydney: "Most of them were teamwork activities. For example, we did rock climbing, compass reading and some survival skills. These activities required us to cooperate and help each other out, so it was great for working together." **Continued on page 11**

Terry Fox Day at Crestwood

Terry Fox's legacy of hope lives on at Crestwood Prep.

Sydney Swartz '16



Ask any student (or any Canadian, for that matter) about Terry Fox, and they will tell you how one man with one leg changed the world and the lives of millions with a legacy that still continues to this day.

At the age of 19, Terry Fox, a young man from British Columbia, was diagnosed with a malignant tumour in his right leg. After undergoing an amputation 15 centimetres above the knee, Terry was discharged but deeply affected by the other patients he met on the Cancer Ward. Terry, an avid athlete before the diagnosis, took this passion and applied it to a new purpose: to raise money for cancer awareness and research.

After training on his new prosthetic leg for over a year, Terry Fox began his "Marathon of Hope" on April 12, 1980, by dipping his prosthetic leg into the Atlantic Ocean. His goal: travel from East to West across Canada, running a marathon per day while raising \$1 for each Canadian. While Terry's mission to run across Canada was never accomplished due to his declining health, his ultimate goal of raising a sum equal to the total population was reached in 1981. On June 28, 1981 Terry Fox lost his battle to cancer, and Canada lost a hero. However, his

"With responses such as Uncle, Grandmother, Cousin, and more, it was easy to see just how many people this disease has touched."

Fox Day. After a short assembly, the annual walk through

legacy lives on through the Terry Fox Run. This is an event held in over 25 countries each year in the end of September. To date, over \$650 million has been raised in Terry's name.

For over 10 years, Crestwood has taken part in the worldwide phenomenon of Terry

the park began. Students and teachers alike had the option to run or walk the path, taking the time to reflect upon Terry's journey and the trials he faced. Upon each person was a large sticker, saying the words "Terry Fox Ran For Me, I'm Running For _____". With responses such as Uncle, Grandmother, Cousin, and more, it was easy to see just how many people this disease has touched. This is an event held in over 25 countries each



year in the end of September. To date, over \$650 million has been raised in Terry's name.

Staggered along the trail were Crestwood students holding signs with some of Terry Fox's most memorable quotes, giving the runners and walkers motivation as well as making them think along the way.

The day came to a close with the much-anticipated Student-Teacher 4x100 Relay Race. After everything was said and done, it was the Senior Team who finished in first, thereby continuing the winning streak from the previous year.

All together, the Crestwood community raised over \$7,000 dollars in this year's efforts. Once again Crestwood has shown our spirit and dedication to philanthropy and bettering our community. Here at Crestwood, Terry's legacy lives on.

We Day at the Air Canada Centre



Crestwood celebrates the power of WE.

Marina Morris, '16



On October 1st, 2015, a selected group of Crestwood students took part in We Day, an annual series of events organized by the Me to We social enterprise, in which youth come together to make the world a better place. This year, it was located at the Air Canada Centre.

This year's event was especially significant because Mark and Craig Kielburger, the founders of Me to We, are celebrating the 20th anniversary of their foundation Free the Children, an organization dedicated to empowering communities to lift themselves out of poverty through the foundation's international development model, "Adopt a Village."

In order to earn a seat in the "We Day" event, you or your school has to take part in one local or global action. Crestwood takes part in "Scare the Hunger" campaign and will soon take part in helping locals in Ecuador during our Me to We Ecuador Trip. More on that trip soon to come!

This year's We Day featured performances and presentations from many celebrity guests and motivational speakers, including Magic Johnson, Demi Lovato, Hedley, Shawn Mendes, Spencer West, and even Annalise Carr, a friend of mine from camp who also happens to be the youngest person to ever swim across lake Ontario!

The speakers shared many personal stories, some very brave, and some very dark. In front of a crowd of 20,000 people, Canadian novelist and short story writer, Joseph Boyden, shared his experience of growing up as the son of residential school survivors, and how he struggled with suicidal thoughts when he was a teenager. These are not easy stories to share, and I was really touched by his strength and honesty.

Silken Laumann, an Olympian athlete, motivational speaker, and child advocate, talked about her experiences of being so close to her dreams of being in the Olympics, but suddenly having her leg bone shattered. However, she powered through this tragic event, kept training, kept having faith, and eventually went on to win the gold medal for women's rowing. I found this story particularly amazing because of her perseverance and ability to not give up despite her devastating injury.

Towards the end, my patience began to wear off, as I waited for my favourite performer to come on stage. With 30 minutes left to go, I finally saw Hozier setting up his band. The little girl inside me screamed with excitement once the stage lit up and focused on Hozier. He sang his most famous songs, "Take Me To Church," "Angel of Small Death," and "The Codeine Scene." Everyone lit their phone flashlight and swayed them, which looked like stars dancing in the nightly sky. It was a beautiful scene, and very much in line with the event's emphasis on bringing people together.

The speeches and performances were absolutely incredible. The unity of the crowd and performers felt strong and unbreakable, as we all came together to celebrate the power of WE.

The Kenyan Boys Choir



A group of amazing performers from Kenya bring a little sunshine to Crestwood.

Siena DiCuia, '16



On September 28, 2015, Crestwood Preparatory College had the privilege of having the Kenyan Boys Choir perform in our very own gymnasium. We all sat in the bleachers awaiting the eleven boys who eventually stood on our stage, and as they began to sing, we were graced with their absolutely incredible voices and funky dance moves. The boys had the whole Crestwood student body up and dancing, singing along to the songs we recognized, and clapping along to those songs we were hearing for the first time. While some songs were in English, many were in other languages, and it provided a great variety. One thing that really stood out to the audience was how happy the Kenyan Boys Choir was to be up there performing for us. Their smiles and laughter reflected a true passion, and, because of that, it was a very uplifting performance.

The choir itself was originally a high school choir based in Nairobi, Kenya, that mostly sung at school occasions.

However, in 2004, the choir became much more than anyone had ever imagined. They began performing alongside world-renowned artists, and then were granted the amazing opportunity of performing at President Barack Obama's inauguration ceremony. They have been chosen to perform at several Kenyan festivals, and have performed in many different countries all over the world. They are currently doing a tour across Ontario.

In accordance with its mission statement, the Kenyan Boys Choir strives to lead by example; to nurture all musical talents; and to achieve academic excellence. All of the boys involved in the choir are all currently attending university or have already graduated.

These are truly inspiring young men, with a contagious passion for music. The Kenyan boys are about to celebrate their 10th anniversary, and we here at Crestwood would like to wish them a happy anniversary and only the best in the future.

Lastly, a great big thank you to Ms. Williams for providing us with the opportunity to watch such an amazing performance.

Canada Heads to the Polls

As Canada prepares to head to the polls, Arielle Meyer takes a look back in time to at Canada's 1911 federal election in order to see what has changed, and what has stayed the same.



Arielle Meyer, '18

Canada is a democratic country. This means that all citizens are allowed to vote in elections for the leadership of the country. This is the same today as it was in 1911. Today, we have elections coming up on October 19th with five major political parties: the Conservatives, the Liberals, the NDP, the Green Party and the Bloc Québécois. In 1911, there were two main political parties: the Conservatives (run by Borden) and the Liberals (run by Laurier). One big similarity between the 1911 elections and the 2015 election is that there were and are arguments about lending support to allies around the world. In 1911, Laurier wanted to help Britain in times of war. Laurier wanted to help Britain during the Boer War, but Canada was split about whether or not to send troops. Laurier also wanted to help Britain with their navy as seen in the Naval Crisis of 1910, but Canada was once again split about whether or not to help Britain, leading to Laurier's loss in the elections. This issue is similar to today because the Conservatives of today (2015), want to help fight against ISIS in Iraq and Syria, the NDP (New Democratic Party) want to pull out all military personnel from Iraq and Syria, and the Liberals do not want to be involved in active fighting against ISIS. With this example, we can see that there are very similar issues between these elections and the ones of 1911. Having said this, we can also notice quite a few changes that are new to 2015 and that were not present in 1911.

In the election coming up in October 2015, there are new issues that were not seen in 1911. One of the major ones that I can think of is the issue of taxes. In 1911, the main

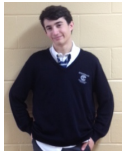
issues in the election were not centred around the economy and taxes, while today, the economy has taken centre stage. Nowadays, society and politics are all very centred around the issues that affect them personally and about how much money individuals have to spend. I find that the issues of 1911 were mostly centred on social and ideological positions. In 2015, we still have social and ideological positions, however, there is more of an emphasis on how much money people have and how much they have to spend in order to live their lifestyle. The elections of 1911 had a very big impact on Canada because it showed that Canada was not ready to trade with the US, to compromise with the Québécois or to open up to new ideas. These elections showed that Canada was very inward looking. The outcome of October 19th's election will have a major impact on our lives and our future. The elected officials are going to make decisions that will affect how we live in the coming years. I think that this should motivate young people to get involved in politics. As Winston Churchill once said, "Democracy is the worst form of government, except for all the others". Happy voting day, everyone!

"Democracy is the worst form of government, except for all the others." — Winston Churchill

Movie Review: Hotel Transylvania 2

In this issue, Blair Gwartzman's movie review column get us into the spirit of Halloween.

Blair Gwartzman, '16



The sequel to Sony Pictures Animation's smash hit *Hotel Transylvania* set a new box office record or the biggest opening weekend in September with a weekend gross of \$48.5 million. Director Genndy Tartakovsky, and writer Robert Smigel, returned for the film.

Going into the theater, I had mixed feelings as to whether or not this film could perform better than its predecessor, and, to my surprise, the film exceeded my expectations. The jokes were original and plentiful, and, to my enjoyment, recurring gags from the prequel made a return ("I didn't do that" - Gremlin Lady). The animation was perfectly fluid, as every character's movement was so natural and lifelike, all the while managing to maintain a cartoon appeal. The detail of the scenery was visually stunning: the flying sequences had very appealing effects, as clouds would form and re-assemble after being flown into by a vampire.

Nearly the entire cast from the first film returned in this sequel, with some new additions that included Mel Brooks, Rob Riggle, Nick Offerman, Meghan Mullally, and Dana Carvey. As for the plot of the film, it starts off as an original idea, but carries out at an erratic pace. We are told the action begins about a year after the first film. Johnny and Mavis have a half-vampire son named Dennis, whose lack of any vampire abilities worries his grandfather, Dracula. When Mavis and Johnny pay a visit to Johnny's parents, Dracula calls his friends to help him make Dennis a true vampire. For the next hour, the audience is treated to the very entertaining antics utilized by Dracula to try and make Dennis' fangs appear... but to no avail. Highlights include Drac throwing Dennis off of a tall tower to make him fly, and trying to teach him to scare people. While the jokes were humorous, the plot ends somewhat abruptly when Mavis unexpectedly returns and berates Dracula for trying to make Dennis into something that he is not. Dracula accepts Dennis for who he is.



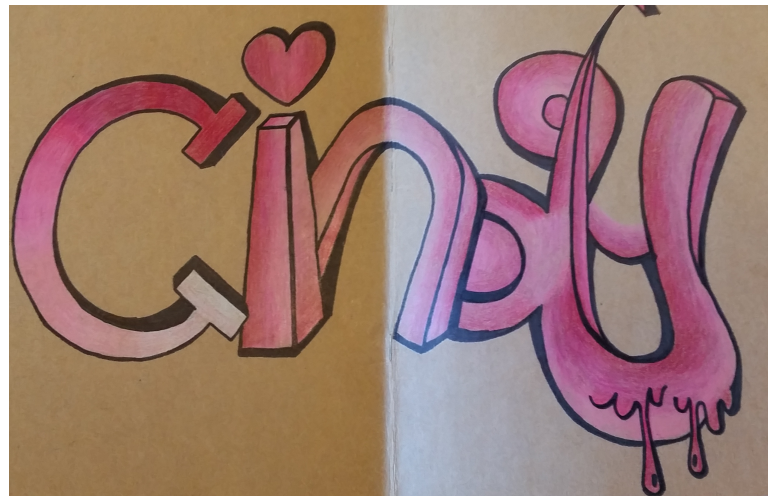
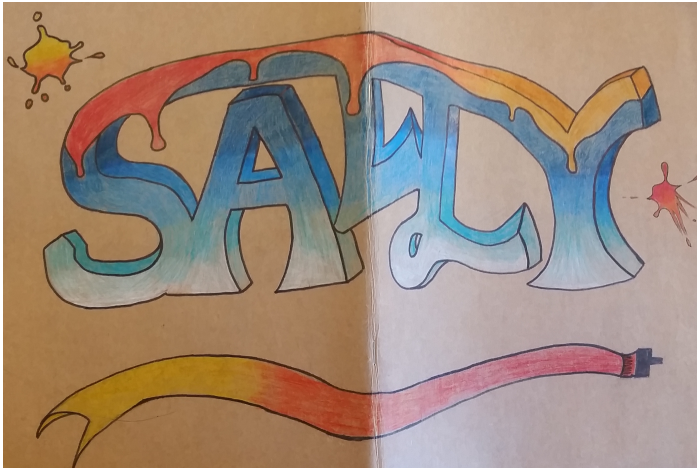
At this point, a secondary conflict is awkwardly shoehorned into the plot as Drac's father, Vlad, makes an appearance and reveals that he is intolerant of humans. With only fifteen minutes left, the film jumps to a semi-climactic battle scene, where Dennis quickly develops his Vampire powers to save his friends, ending the battle. The film ends on a sweet club-dancing note reminiscent of the first film. In conclusion, the movie was very entertaining and will appeal to audiences of all ages and genres whether they are fans of horror, comedy, action, or adventure.



Blair's rating: 3.5/5 Stars

Crestwood Artists

Ms. Belanger's grade 9 students created their own graffiti 'tag' for their first project this year. Here are some of the fabulous results!



"School is in!" continued from page 1

As much as I am surprised to admit it, classes themselves are a positive. Especially in the upper years of high school, I have found myself more and more interested in the daily lessons. Whether I am learning about the functions of steroids, the fact that particles can act like waves, the culture of France (*et comment ca se dit en français*), or the experience of immigrants in Toronto, I find myself grudgingly fascinated. Unfortunately, this interesting material comes at a high price: homework. That eight letter word makes me shiver just reading it on a page. Also, it seriously cuts into my TV show binge watching.

Overall, I am not sure if I can come to a decision about how I feel about my final year of high school. I believe my brain is too muddled from all this talk of university. The final year of high school is simultaneously a daunting, terrifying, and exciting prospect. For years, I looked up to the grade 12s of the school with admiration and respect. However, walking into school this September and realizing that I am now in the oldest grade of the school was surprisingly humbling. It is now up to me to strive to be a positive role model to the other grades.

In all my (not so infinite) wisdom, I would like to impart a few pieces of advice to students both new and old. The first would be to take advantage of all of the resources that the school offers. Not only do we have amazing teachers who are always ready to give a helping hand, but there is also a wide number of clubs and teams. Whether your forte is sports, trivia, music, art, drama, robotics, or anything in between, you can most likely find a spot to showcase your passion at Crestwood. In my time at Crestwood, I have been a part of a wide number of events and clubs including volleyball, Reach for the Top, Holocaust Education Week, YARRD, Hundred Story Woods, and too many others to name. My only regret is that I waited until grade 8 to become involved. My second piece of advice would be to always strive to learn something new. While this might seem obvious, it is important.

Try not to tune out all of your lessons, or learn just for the sake of passing a test or writing a paper. Find your passion, whether that is music, biology, basketball, teaching, or anything else. Try to pick courses in your upper years that really interest you so that going to school does not feel like a chore.

"Always strive to learn something new. While this might seem obvious, it is important. Find your passion."

Crestwood, I want to thank you for the incredible years I have spent here. I can sincerely say that I look forward to spending my final one with you. Let us all make it a good one and good luck to everybody. And if you continue to find yourself pining after those days of relaxation under the summer sun, remember this quote by Nelson Mandela, "Education is the most powerful weapon you can use to change the world."



"Putting the 'Spirit' in Spirit Point" continued from page 2

The next afternoon, all of us girls headed camping with nothing but a backpack and sleeping bag each... and a ukulele.

Once we arrived at the campsite, it was revealed to us that when the boys had set up their tents the night before, one tent was inside out, and the other's poles were broken. And that's when the fun really began.

After a sufficient dinner consisting of overcooked rice and bagged stir-fry, we sang along to campfire songs, to the accompaniment of my ukulele. We made s'mores using marshmallows, chocolate, and Oreos. It was delicious!

That night was particularly cold, hitting a low of 4 degrees. Luckily, we stuck together through these cold times and had each other's backs at all costs.

I've got to admit, even though I originally wasn't thrilled about going to Spirit Point, at the end the day, I became friends with people that I didn't really know prior to the experience. In the end, the real test of teamwork came when we were driving home.

As we headed out of Spirit Point, about ten minutes into the drive, we noticed that a huge tree had fallen over into the narrow road, blocking our path. It was too narrow to turn around, so we basically found ourselves stuck.

Before anyone had time to think, about twenty of us headed outside in attempt to move the gigantic tree. It was amazing to see how everybody was working as a team!

"As we headed out of Spirit Point, about ten minutes into the drive, we noticed that a huge tree had fallen over into the narrow road, blocking our path."

In grade seven, I returned home from Spirit Point with new friends. This year, in grade nine, I returned home from Spirit Point with sisters.

Grade 7 Spirit Point Adventures continued from page 2

Q: "I heard a rumour that the food at Spirit Point isn't good – is that true?"

Sydney: "Oh no, it's great! We had nice hot soup, pizza and mini-burgers. I want to give a big thank you to the people who cooked our food while we were up there."

Q: "What was it like in the bunk at night?"

Sydney: We were each assigned a group, and in our group we had our own room and our own beds. The boys and girls were on different sides of the cabin. We talked, visited with our friends in their rooms, had a party... just kidding.

Q: "Do you have one favourite memory from the trip?"

Sydney: "Spending some time with the Spirit Point dog, Hunter. He's a chocolate lab and he's very sweet. Also, between periods we'd have a short break where we could throw a ball around or climb the rocks. It was fun to have this free time to play and explore."

Q: "What advice would you give to future Crestwood grade 7's embarking on a trip to Spirit Point?"

Sydney: "Prepare for the weather! Most mornings were really cold, so if you're going to be outdoors you need to dress warmly. On our trip, there was frost on the ground! Also, enjoy the trip while it lasts. It's a chance to make some lasting memories with friends. It was a

great journey to start off the new school year.

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