



# The Gael Gazette

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Guelph Collegiate-Vocational Institute - Student Newspaper

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## CNOY: Coldest Night of The Year

By Sara Kawala

The Coldest Night of the Year is an annual walk that takes place in February - and an annual reminder of the homelessness present in Canada.

Officially, the Coldest Night of the Year (CNOY) is a program of the Blue Sea Foundation, a foundation that promotes charities and enables them to gain recognition on a wider scale. Further information about both can be found at <https://cnoy.org/homelessness>.

This year, GCVI created a driven team of four main members: Autumn Malik, Dana Lavergne, Emmett Bradshaw, and Carter Adnams. The GCVI team aimed to raise \$750 to donate to the CNOY cause.

Early on in the fundraising, the GCVI team offered a 2021 CNOY winter hat for anyone who raised above an allotted amount: \$75 for those 17 and under and \$150 for those 18 or over. This mini-event ran until the 11th of February, and made a significant impact on the amount of money raised. By the end of the event, the team raised a total of \$3411.

Due to COVID-19 limitations, the team needed to “walk alone for 2-10km... or with [their] family bubble”. The walk this year took place on the 20th of February. Though the opportunity to donate for this year’s event has passed, look for this event next year. All and any information can be found on the GCVI Coldest Night of the Year team’s Instagram page (@cnoy\_gcvi\_2021).

# More Than Just Fortune Cookies: Lunar New Year

By Felicia Sang

On February 12th, billions of people worldwide celebrated the Lunar New Year, a celebration as important to parts of Asia as Christmas is to the West.

The idea that New Year's Eve doesn't have to be on January 1st often confuses people. It's actually because the Lunar New Year follows the Lunisolar calendar, which was (and in some places still is) used in religions such as Buddhism. The Lunisolar calendar follows the phases of the moon and results in the Lunar New Year falling on a different date each year. Of course, there are other calendars around the world, such as the Hijri or the Thai Lunar calendar; these calendars result in New Years' celebrations in different Gregorian months and dates around the world. Another concept that sometimes confuses people is that the Lunar New Year isn't always interchangeable with the Chinese New Year. In fact, a lot of people tend to generalize Lunar New Years to a Chinese holiday, when in fact, there's a Korean New Year (Seollal), Mongolian New Year (Tsagaan Sar), Vietnamese New Year (Tết), Tibetan New Year (Losar), along with many others in various Asian countries. The Lunar New Year, although it is not a national holiday, is also celebrated in other countries with large Sinophone or Chinese populations such as Thailand, Indonesia, Malaysia, and even parts of Europe and North America. All of these celebrations land on the same or nearly the same date as each other. However, they don't always last the same number of days. In China, the New Year lasts 16 days, whereas in Korea, the New Year's celebration only lasts 3 days; they all have their own unique traditions, from foods to clothes, activities, and folklore.

Lunar New Year is a chance to get together with family — for overseas family members to go back home and celebrate the event together. This results in a lot of travel within Asian communities during the period before the New Years'. However this year there was significantly less travel due to the pandemic. This didn't prevent people from preparing for the New Years' in their own homes though! Almost all of the traditions around the Lunar New Year involves deep cleaning the house before the day of the New Year. This originated from the idea of sweeping away the bad luck and making space for good luck in the coming year. Clothing is also important in many celebrations. In Korea, the traditional Hanbok is worn, in Vietnam and China people wear new clothing (in China, people also tend to wear red), and in Mongolia, many people dress in their national Mongol outfits.

One of the most important aspects of the New Year is food. Many families spend days preparing dishes for the celebration. In a lot of Chinese provinces, handmade dumplings are a must have, however, a modern dish called hot pot is also popular. Hot pot is a meal where multiple types of vegetables and meats are added to a pot of boiling broth right at the table. In Vietnam, sticky rice is packed tightly in leaves with meat or bean fillings. In a square shape, it is called a bánh chưng, and in a cylindrical shape, it is called a bánh tét. In Tibet, chang, or barley beer, is a popular beverage and served warm. In Korea, popular dishes include tteokguk: a rice cake soup with meat, rice cake, and vegetables, manduguk: a dumpling soup with meats, vegetables, and tofu, and drinks like the sweet sujeonggwa or different types of liquor.

This article is continued on pg 10

# Better and Better: Not Your Regular Snow Angels

By Addison Sambells

We have had a lot of snow recently, meaning lots of shoveling has had to happen. However, not everyone can shovel their snow. Luckily, there are people out there who are willing to help.

Snow Angels Canada is a volunteer organization that offers a free snow removal service for eligible seniors and persons with physical disabilities. They currently have a partnership with the city of Guelph, meaning it is easier than ever to help out those in our community.

Snow Angels began as an experiment of kindness in London, ON. Since 2015 they have expanded all across Canada. They help connect the people who need assistance with volunteers from around their community. Last winter in Guelph, 73 Snow Angels contributed 949 hours of snow shoveling service. In total, this helped 184 residents, one of which said, “without the help of our Snow Angel it would be difficult for us to stay in our home.”

What's even better is that GCVI students who need volunteer hours can earn them through this organization. All you have to do is sign up on the snow angels website and they will pair you with one of their clients. After a big snowfall, once the residential streets are plowed, volunteers visit their match within 24 hours to clear the windrow (the accumulation of snow left at the end of a driveway).

[This article is continued on page 9]

# The D-Stress Club: D-Stressing During The Dark Days of Winter

By Ross McCusker-Vance

Do you need a way to de-stress and unwind? Feeling anxious or stressed? The GCVI D-Stress club is a way to get the weight of school and the pandemic off of your back and to have a little fun. At GCVI, the D-Stress club is run by Ms. Snell and students Arshpreet Rattan, Maggie Huang, and Ava Forbes-Schnick. They hold online meetings every Wednesday at 4pm, and do fun, non-school-related activities. They do entertaining activities such as playing Among Us and baking mug cakes together. Ava describes the D-stress club as “a safe space to share what stresses us and work through this stress together.”

The D-Stress club so far has only 21 members, but they are hoping to grow each week. Even as an organizer, Ava’s experience in the club has been great: “My favourite part of my role as an executive is working collaboratively with my peers and creating a safe space for the GCVI community. I love being able to plan fun D-stressing activities that have a positive impact on my own mental health as well as those around me.” In a year where it has been tough for students to socialize, the D-Stress club is a great opportunity for students to interact and forget about the stress of school and COVID-19 once a week. Ava explains the value of the club in this particular school year: “D-stress club is so important for people to join, especially this year when school can seem very depressing and not many of our usual de-stressors (clubs, sports, etc) are running. I think it’s a great opportunity to meet other GCVI students while still in the comfort of your own home.”

The D-Stress club has an official Instagram page, @gcvidestress, and the Classroom code for the D-Stress classroom is “qugizj6”. Join the D-Stress club next Wednesday to forget about your pandemic problems for a while, and maybe even have a few homemade snacks along the way.

**DISCLAIMER:** The school does not endorse or recommend any of the online platforms discussed below. There are always potential security/privacy concerns with apps and online services. Public Health guidelines should always be followed, and current restrictions around gatherings must be adhered to (depending on the current public health guidelines, some of the suggestions in the article below may not be possible).

# Staying Connected

By Julia Gardiner

Socialization used to be easier. Then came COVID-19, and everything changed. Students and teachers alike were sent home for March Break, later discovering that they wouldn't be returning to school. Social distancing became a necessary precaution. With all the new safety measures, people found it hard to stay in touch, but we've all learnt some COVID-19-safe ways of staying in touch.

Firstly, people are finding ways of connecting through video calls. Before COVID-19, video chats weren't as common. COVID-19 has made this a primary source of socializing. There are plenty of apps available for video calls. For Apple devices, you could use FaceTime, which allows up to 32 users on the same call. WhatsApp is another good messaging and video app that works on iPhone, Android phones and select others. There is also House Party, a fantastic app for families as it has built-in games like Heads Up and Quick Draw. Zoom is one of the easiest and advanced video call apps for many users. Zoom has plenty of functions and is great for events like concerts or birthday parties. Google Meet is simple and works well for large groups. These are just a few of the many video chat options out there.

Secondly, people might be wondering what they can do on video calls. Recently people have been experimenting and finding tons of options for activities. Some activities that can be played over a video call on Zoom or Google Meet are Scattergories, Codenames, Categorically Muted, Pictionary, Sketch it, or Charades. If more advanced games are of interest, Jackbox Games is an option but costs money. Best played through a video chat with a screen share feature, people join on their phones or tablets and choose from a selection of games to play. Another program for more advanced games is Tabletop Simulator, which costs about \$20.00 to install. You can play games like poker, checkers, and chess with friends.

Another way to stay connected during the pandemic is through school clubs or teams that are continuing to run through Google Meet. There are lots of clubs and teams that are doing their best, and it's a great way to meet new people and try new activities. Check out GCVI Instagram accounts and Google Classrooms to stay up-to-date on what's happening in the clubs.

Another great way to enjoy quality time with family or friends during the pandemic is by watching a movie or TV show together. This might seem very challenging when you aren't in the same room, but there are ways to make it work. Firstly, Teleparty syncs and adds group chats to Netflix, Disney+, Hulu and HBO. A party is created and friends or family can click the link that is sent out. Teleparty has a Chrome extension that can be installed. Friends and family can communicate during the show or movie because of the group chat feature. Since the video is synced, it pauses for everyone if one person pauses the show/movie. Teleparty is a super cool way to have movie parties even in the middle of a pandemic! Another program that has very similar features is TwoSeven. TwoSeven has a video chat feature that is recommended if you have ten or less participants. This enables cameras and mics to be turned on to allow friends and family to have a more personalized experience. There is also a chat feature, and TwoSeven supports more streaming programs than Teleparty, but after a short trial, there will be a cost for certain streaming programs.

These are just a few of the programs, ideas and options for spending time together during the pandemic, so if they aren't the right option, continue to research and find something that works. It's not social distance but physical distance because there are so many ways to stay socially involved so that you don't have to feel like you are distanced.

**The games and clubs mentioned in this article can be found at:**

**Scattergories:** <https://swellgarfo.com/scattergories/>

**Codenames:** <https://www.horsepaste.com/>

**Categorically Muted:** <https://zoomjam.org/?p=219>

**Sketch It (Drawize):** <https://www.drawize.com/>

**Gartic Phone (like Pictionary mixed with Telephone):** <https://garticphone.com/>

**The D-Stress Club:** [qugizj6](https://www.instagram.com/qugizj6)

**Chess Club:** [r6ioggc](https://www.instagram.com/r6ioggc)

**Social Justice Club:** [liolceb](https://www.instagram.com/liolceb)

**Improv Club:** [t2xzmzq](https://www.instagram.com/t2xzmzq)

# Staying Creative

By Avneet Grewal



Staying creative can be a challenging task especially at times like these but that does not make it any less important. Here's how I've been staying creative and ways that you can too!

## Being Creative on the Daily

Having tasks that allow you to be creative and productive at the same time are always good to have throughout the day. Here are some ways that I've done that and you can too!

### ~ Bullet Journaling ~ (Pictured Above, Left)

Bullet journaling or BUJO for short is basically designing your own planner. Every month you design your own monthly planner in a journal. I myself also like collaging and just making mood boards in my bullet journal. It's something that allows me to be creative and productive at the same time. The good thing about bullet journaling is that you can be as creative as you want.

### ~ Pen-Paling ~ (Pictured Above, Right)

Snail Mail! Sending letters has been around for ages and it's such a great way to make friends around the world and stay creative. In letters, you can include prints that you've made or you can also just have fun with designing your letter. The fonts, stickers, washi tapes; the ideas are limitless!

### ~ Poetry Journaling ~

Maybe you're not a visual creative but rather a written one, so maybe poetry is more your cup of tea. Instead of maybe writing a reflection on your day, write a poem and take inspirations from an event that happened. Who knows, maybe you'll create something great!

## Learning, Learning, Learning

### ~ Graphic Design ~ (Pictured to the right)

Over quarantine, I've found myself exploring areas that I've always wanted to learn more about. One of those areas being graphic design. I've recently invested in Adobe Illustrator and Photoshop and it has been so worth it! I'm learning loads of new skills and I've really been having fun with it. By no means do you have to invest into materials if you just want to have fun. Perhaps you'd like to practice drawing or painting or maybe sculpting is something that's always fascinated you; now is the time to pursue your passions! So get out there and do it!

When learning new skills, having a stress free environment makes it 10 times easier to explore, make mistakes, and grow so always remember; learning is a process.

## Getting out of a Slump

When being creative, we most often find ourselves in a slump. Getting out of this slump is a tricky thing but here are some ways you can hopefully do it.

### ~ Going on a walk ~

Often when in a slump, going on a walk can help. Not necessarily with inspiration but rather with just taking a break. Most times when trying to make something, we have a certain vision in mind and when it doesn't quite turn out how we envisioned, frustration is a common feeling. Or maybe you become frustrated sitting in front of a blank paper and the potential can be daunting. In situations such as these, going on a walk to clear your head is a no brainer.

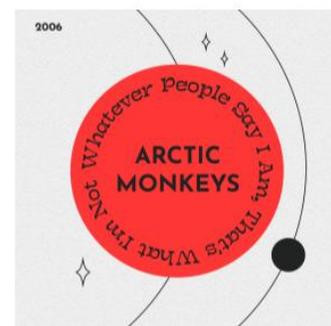
### ~ Listening to Music ~

Music is an art in itself and perhaps that's why it can spark creativity. Listening to it, we can gain new perspectives and learn of new stories that can spark creativity. Don't just put on an artist or a playlist you listen to often; find new material. Listen to a genre you don't usually listen to, find a new artist, perhaps scroll the endless Spotify playlists and just absorb yourself in music. Perhaps drawing while listening will help or maybe just sitting and listening is what helps but all in all, just explore.

### ~ One Minute Wonder ~

This is another tip to help when a blank page seems daunting. Set a timer for 1 minute and draw the first object that comes to your head. Stop drawing after a minute and look at what you drew. It doesn't matter the quality of the drawing but just that you drew. Doing this a couple times can help to spark inspiration as you're coming up with random objects to draw and maybe, just maybe, you'll stumble upon an idea while doing this.

Hopefully this has helped you to find some new ideas and if not, thanks for sticking around till the end. Now go and make some magic!



# Staying Active Athletic Council's Competition

## By Shannon Borthwick

GCVI's very own Athletic Council is a group of students that have dedicated themselves to keeping our school active and full of spirit. In past years, they have organized pep rallies, spirit days, in-school competitions, and more.

In light of COVID-19, GCVI's Athletic Council has continued to find new ways to keep our school active. Just this past January, they have started a "Grade vs Grade Weekly Workout Challenge". Despite the title, they have encouraged staff to participate as well. Each week they post a new set of exercises for students to try at home; it is also an option to create your own workout. When students do the workout they can take a photo or video of themselves completing the workout and send it to @athleticsgcvi on Instagram, to earn a point for their grade. At the end of each week, the Athletic Council tallies up the points and announces the winner. This competition has benefited GCVI by helping us Gaels get active and keep our competitive nature alive, while still staying safe.

# Staying Focused

## By Ekamjot Kaur

Living in a pandemic has had an enormous impact on our everyday lives, and the quadmester system is not making it easier. As the courses are shortened, we keep switching back and forth to online learning and the quadmester system, there is less time to study, and there are many things that we miss. As we were in online learning, many kids lost focus; they have gotten tired and slept more. As we moved forward, for some students it didn't get any better. They were tired more or got more and more tired because they didn't know how to deal with the pandemic. People could barely see their friends, or they found the changes hard to deal with. In any case, there might have been some point in everyone's lives during the pandemic where we have started losing focus. Some people knew how to fix the problem, but others didn't, and the issue got bigger and bigger as time went on.

How to stay focused?

When it comes to losing focus or staying focused, motivation can have a huge impact, so first, find something that motivates you. For example, making an everyday schedule can be really beneficial. It doesn't have to be very specific, and you can move things around if you have to. You can also think about what makes you zone off and try to resolve that specific issue. Taking breaks while working also is a helpful strategy. Continuously working can be the cause of losing focus. Having some time to relax in a day can help clear your mind so that you will be able to focus more when you start working again. Setting goals can be really helpful for motivation because then you have something to work up to.

Additionally, having study sessions with your friends is a good strategy. This way, you can stay in touch with everyone, know how they are doing, and still get your work done. You should also put more value on your mental health. If you feel as if something isn't going right, then talk to your close ones. Mental health can have a massive impact on our lives. It not only makes you lose your focus but also impacts many other daily aspects of our lives. It is important to make it a priority so that you feel good enough to live and work. Covid is hard for all of us, but we can get through it together. Try sticking close with family and friends as they are a valuable support system. If someone close to you has COVID-19, and you are worried about them, don't bottle your feelings; talk to someone. There will always be someone who can help.

# Staying Entertained By Arden Couturier

This past year has had a lot of hardships which has brought us all a lot of stress. However, it has also given us time to try new things. This year has been filled with a lot of ups and downs, surprises, and comebacks for sports fans. Going from everything being shut down to amazing NBA playoffs felt great for fans. Last year's NBA and NHL seasons were cut short when the pandemic was declared in March. It left the world of sports wondering what was going to happen.

Thankfully the NBA was able to create the bubble, a safe zone, where players could live and complete the season together! The playoffs ended up being very good despite all of the setbacks. Even though the raptors left in the second round, they played marvelously. They showed the world that they were still champs. LeBron James was able to overcome the difficulties of Covid and get his 4th ring in the NBA bubble. If he repeats this season, it would tie him with Kobe Bryant and Magic Johnson. Speaking of winning, Tom Brady was just able to get his 7th Super Bowl title at the age of 43! That man is never going to stop winning! Well, watching sports has been an excellent way for me to stay entertained, but there are many other things too!

If you are a person who is a Star Wars or a Marvel fan, this year has been exhilarating! Starting off the year for Star Wars fans with the Mandalorian, a drama starring Pedro Pascal about a lone Mandalorian bounty hunter trying to navigate the galaxy and take care of a small child named Grogu. This show brought many surprises, like the return of the fan favourites Boba Fett and Ahsoka Tano, plus a huge surprise at the end of season 2. Overall a great success for Disney and just a great show overall. Later on, Marvel fans were rewarded with the announcement of the MCU's phase 4 plans. This includes the movies Shang-Chi and the Legend of the Ten Rings, and Black Widow. But wait, there's more! On January 15th, we got to see the first episode of Wandavision. Since then, it seems that everyone is watching it! It's really a show for everyone, whether you're a die-hard MCU fan or just a casual one. This show does a great job of including tons of comic book references and adds a whole other level of detail to the Marvel Universe. All these shows and movies can be found on Disney+!

There are a lot of other things that have happened this year too. If you're on social media, you probably saw all of the panics about the legendary sitcom, The Office leaving Netflix, which had Office fans very sad, but what they failed to mention was that you can still watch it in Canada! The Office is one of those shows that you can watch over and over again, but it's still funny every time. It is a great watch to pass the time during lockdown or your free time. Another show on Netflix is Parks and Rec, which is great for a good laugh. Starring SNL legend Amy Poehler and actor Chris Pratt, this show is definitely a must-watch for people who like sitcoms. Whether you're catching up on Wandavision or rewatching the Star Wars trilogy, everyone needs something to take their minds off the stress and pain that this pandemic has caused. Some time to relax and get lost in the worlds that are created on the screen.

# White Pine

## By Violet Miners

There are over 50 students in the White Pine Club. White Pine meetings are held every week. The voting will happen the week of April 19. Anyone who has read at least 5 of the books is eligible to vote on their favorite in late April. All the White Pine groups around Ontario read and discuss the books. Once the votes are tallied, the winner is usually announced at the Forest of Reading Festival in Toronto. The book then has "bragging rights" for the year. There is no cash prize. The teacher involved at GCVI's White Pine club is Ms. Reed. For the last two years, Ms. Reed has been part of the White Pine Selection Committee along with about 14 other teachers and teacher-librarians from around the province.

Ms. Reed has been part of the White Pine book club at GCVI for many years, but took over running it when the previous teacher-librarian retired three years ago. "White Pine is different this year because all our meetings are virtual", she says. When asked about her favourite aspect of White Pine, she says she likes "that White Pine Club is a chance to read new books from Canadian authors, and talk about them with teens who love books". She hears different opinions and learns different perspectives, "We don't always agree on what we think about the books, but that's what makes the discussions so interesting."

## Recipes: Let Them Eat Cake!

### By Hayley Watson

Want some delicious cake? Don't know where to find recipes? You've come to the right place. Yes, that's right, your local recipe guru (that'd be me) is back again with three incredible recipes, this time cakes! Without (much) further ado, I'll get into the recipes. This month we have a vegan chocolate cake, a Boston Cream Pie (it's a cake, I don't know why it's called a pie), and a mug cake! The first two recipes come from Jean Pare's Company's Coming Cakes book, and the last recipe comes out of my noggin. Anyways, have fun baking!

#### Vegan Chocolate Cake

##### *Ingredients*

3 cups of flour

2 cups of white sugar

1/2 cup of cocoa

2 tsp of baking soda

1 tsp of salt (this is one of the rare recipes where I use the amount of salt recommended, and it's the perfect amount)

3/4 cup of cooking oil (I used olive oil because it was the only thing I had on hand)

2 tsp of vinegar

2 tsp of vanilla

2 cups of flour

##### *Instructions*

Preheat the oven to 350°F (or 180°C). Measure the first 5 ingredients (the dry ingredients, basically) into your mixing bowl and stir. Make a well in the centre (this will be a pain, but trust me it's worth it). Add the remaining ingredients to the well and mix until smooth. Pour into a greased 9 by 13 inch pan (I, again, used olive oil to grease and it came out pretty easily, the bottom was a bit of an issue though). You may have leftover batter, I had enough to have a full dozen cupcakes as well, so be prepared to fill up some muffin tins - you may or may not need them. Bake in the oven for 35-40 minutes (it took me 45-ish minutes but yours may vary) until an inserted wooden toothpick comes out clean. Cool and enjoy!

# Let Them Eat Cake (cont)

by Hayley Watson

Boston Creme Pie (Cake, Definitely Cake.)

I've made a couple of adjustments to the chocolate glaze because my family doesn't like the original amount of sugar, so I'll include those adjustments as well as the original. This cake, unlike the others, is a layer cake with chocolate cake, custard filling, and a chocolate glaze. It's one of my favourite cakes, like, ever, and I hope you enjoy it!

## *Ingredients (for the cake part)*

2 eggs  
¾ cup of white sugar  
⅓ cup of butter, softened (I use Gay Lea Foods butter because my mom works there and I find a way to advertise it in all of my columns)  
½ tsp of vanilla  
1 cup of flour  
1 tsp of baking powder  
¼ tsp of salt  
⅓ cup of milk

## *Instructions (cake)*

Preheat oven to 350°F (or 180°C). Beat eggs in a mixing bowl until thick. Beat in sugar, butter, and vanilla. Add flour, baking powder, and salt, stir. Add milk. Stir and pour into a greased 8 inch round pan. Bake for about 25-30 minutes, until an inserted toothpick comes out clean. Wait for it to cool, then cut in half to make two layers (half as in top-and-bottom, not half left-and-right). Spread custard filling between layers.

## *Ingredients (custard)*

1 cup milk  
¼ cup white sugar  
¼ cup flour  
Pinch of salt (it says ⅛ tsp but who has an eighth of a teaspoon? Just guesstimate, that's what I do)  
1 egg  
½ tsp vanilla

## *Instructions (custard)*

Bring milk to a boil in a medium saucepan. Meanwhile, mix sugar, flour, and salt together thoroughly. Add egg and vanilla, mix well, and stir into boiling water to thicken. Remove from heat and cool (the lady who made the book this recipe is in, Jean Paré, recommends placing the pot in ice water). Stir often. Spread between layers of cake and frost with chocolate glaze.

## *Ingredients (glaze)*

A preface: my family and I don't really like too much sugar or too much frosting/icing/glaze, so as I mentioned before I'll be providing our own measurements as well as the original.

1 cup (or ½ cup) icing sugar  
2 tbsp cocoa powder  
1 tbsp butter, softened  
4 tsp (or 3 tsp) water or milk

## *Instructions (glaze)*

Beat all 4 ingredients together in a small bowl. Add more water/milk if needed to make a barely pourable glaze (I recommend putting the water or milk in slowly). Spread over top of the cake, allowing some glaze to drizzle down the side. Chill. Enjoy!

## Mug Cake

It's a cake, but in a mug. What more could you want? Plus, you don't have to share (single servings baby!!)

## *Ingredients*

1 mug cake mixture  
Whatever else it says on the side of the box

## *Instructions*

Do what it says on the side of the box and bam! You've got yourself a mug cake! Pro tip: mine came with a topping, but if yours doesn't, throwing some chocolate chips on while it's still warm is a delicious (and probably better for you) alternative!

Alright! Thank you very much for reading, make sure to check out our next issue for 3 more delicious recipes curated and annotated by me, Hayley! Happy baking!

# Art Club at GCVI

## By Asmaa Alsayed

GCVI's Art Club is an amazing opportunity for our school's artists to have an environment where they can share their artwork with other artists without any sort of judgment. It's a place where creativity, talent, and artistry are encouraged, instead of being pushed aside. Every week, members are given a new prompt, such as the introduction prompt they had during the first week, to inspire their art. They can tackle this prompt from any angle they want, whether this is with digital art, drawing, paintings, you name it!

Running all year long, the Art Club is run by grade 11 IB student, Darah Galbraith, and club supervisor Ms. Bell. The Art Club currently has about 50 people, and new members are always welcome to join, all you have to do is message the club on Instagram (@gcvl\_artclub) for the class code. Usually, Art Club would have weekly in-person meetings that you could attend and make art at, however, the pandemic has caused the club to switch over to using online platforms instead. Now, there are Google Meets every other week, and artists can either post their art on the online classroom or send their art to the club's Instagram account if they wish to share it with others.

But, if you want to only observe others' work, you are welcome to do so, there is no pressure to showcase your art whatsoever. The art club is a space where your creativity can flourish with no boundaries whatsoever, so if you're an artist or aspire to hone your creative skills, come check out GCVI's Art Club.

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## YOU JUST PROVED THAT THESE ADS WORK

Want an ad in the world-renowned GCVI Gael Gazette?

Simply come to our headquarters with 19 jars of 64-ounce peanut butter (doesn't matter the brand, we're not picky) and 3 of those hotel-sized honey packets and we'll consider it.

(Or email [hawat8767@ugcloud.ca](mailto:hawat8767@ugcloud.ca) or [zocus7288@ugcloud.ca](mailto:zocus7288@ugcloud.ca) and we'll work something out)

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## Better and Better: Not Your Regular Snow Angels (cont. from page 3)

By Addison Sambells

Shoveling snow may not seem like a fun job, so they make it easy for you to form your own halo of Snow Angels with others signed up in your neighborhood. With a halo, you could meet new people in your neighborhood, and have a group of friends to shovel with. It is not only safer to do this, but you get some exercise all well having fun!

The work that the Snow Angels provide contributes a massive amount to the well-being of the community. Volunteering with the program is truly 'the neighbourly thing to do' and is even a great way for families to volunteer together, or high school students to complete their 40-hour volunteer requirement.

Even if you aren't able to shovel, you can still help the Snow Angels from the comfort of your own home. You probably didn't know they existed until now and they need people to spread the word and let others know they are there. Know a student who needs volunteer hours? Seen someone who needs assistance that lives near you or someone you know? Tell them about Snow Angels! You could even share on social media to help people know they exist.

For more info visit: [snowangelscanada.ca](http://snowangelscanada.ca)

"Keep Calm And Shovel On"

# Staff Spotlight

## By Lauren Campbell

Ms. Lisa Stewart has been teaching for nearly 25 years, 17 of which have been here at GCVI. This quadmester, she is teaching two IB Prep Grade 11 Functions courses, but in the past, she has taught all sorts of math courses from Grade 9 applied, all the way to Grade 12 calculus and vectors. Ms. Stewart has also taught a few science courses. As a high school student, her favourite subjects were science and math. At that point in her life, Ms. Stewart already knew that she wanted to teach math and biology.

When she is not at school, Ms. Stewart enjoys reading, doing puzzles, walking her dog, gardening, playing Euchre, and spending time with friends and family. Since she has not been able to go to the gym, she has discovered some great workout apps and found “Yoga with Adrian” online. During the pandemic, she has spent most of her time with her husband, her two 17 year-old sons, Evan and Owen, as well as with their dog, Newton. Ms. Stewart says that the pandemic has caused her family to become a lot closer, as they have been spending most of their time finding fun things to do together. They have been having movie nights, playing board games, and completing household projects together. Since the pandemic began, Ms. Stewart has enjoyed being able to spend much more time with her two children, as they would normally be working or hanging out with friends a lot of the time.

During her virtual learning experience in January and early February, Ms. Stewart found that she had the opportunity to discover many great online resources that she plans on using in the future. However, she found that it is hard to get to know students well and support those who are struggling online. Ms. Stewart found it difficult to separate her work and home life, as there is no bell to signify the end of the school day. In terms of the quadmester system, she has discovered that it's beneficial for students to focus on a single subject at a time, but there is not enough time for students to digest complex topics. If students are struggling, there is very little time to seek extra help or get a tutor before the class has moved onto something new. Ms. Stewart has also found it extremely challenging and time-consuming to have to change all of her resources to fit this new system.

As a teenager, the best advice she received was to “get into the workforce any way you can”. Her experiences as a gymnastics coach in Grade 11 and her time doing a co-op in a hospital showed her that she did not want to work in health care, but that she really enjoyed working with young people. In order to make the most of their high school experience, Ms. Stewart advises students to “get involved any way they can”, as it is a great way to get to know people. All the students she has taught are so lucky to have had the opportunity to learn something from Ms. Stewart!

## More Than Just Fortune Cookies (cont. from p 2)

### By Felicia Sang

Although every culture has different traditions, some of them are very similar. In both Vietnam and Korea, people often respect their ancestors by offering food and prayers. Additionally, all across the world, it is a well-known tradition for children to give New Years greetings or bow to their elders for pocket-money. In China, these are called red-envelopes. In Vietnam, this tradition is called *mùng tui*. In Korea, all family members bow to their elders to bring each other good luck. Another significant part of the Lunar New Year is the change to a new zodiac. Almost all cultures that celebrate the Lunar New Year also follow a zodiac system similar to the traditional Chinese one. This cycle consists of twelve animals that come with their superstitions and luck. This year's Lunar New Year marks the beginning of the Year of the Ox. Next year will be the Year of the Tiger, and last year was the Year of the Rat.

It should be noted that many other customs haven't been included or explained in depth, and that there are many more unique celebrations of the Lunar New Year outside the countries mentioned above. The Lunar New Year is an extremely interesting and exciting holiday that stems from the history and traditions of countless cultures from Asia. It's a celebration of family, culture, food, tradition, and of the future to come. It's the Spring Festival/春节 (China), and it's Seollal/설날 (Korea), Têt (Vietnam), Losar/ལོ་སྟོན་ (Tibet), Tsagaan Sar/Цагаан сар (Mongolia), Hari Tahun Baru Imlek or Sin Cia (Indonesia), it's the three-day celebration of Wan chai/วันจ่าย, Wan lai/วันไหว้, and Wan tieow/วันเที๊ยว (Thailand), and it's so many more that this article could go on forever.

So to everybody in the community, whether you celebrate it or not, may the Year of the Ox bring you all luck and joy! Happy Lunar New Year!