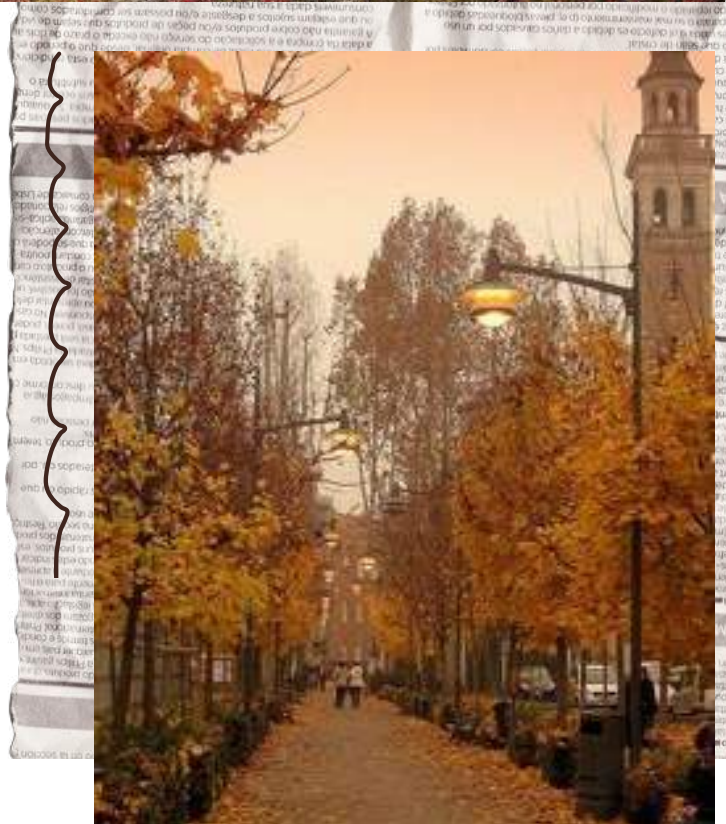




SJB TIMES

Fall Edition





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What Rory Gilmore taught me about Studying

Sandra Sinto
with help from Christel

Rory Gilmore is the studious ambitious dork in the show "Gilmore Girls". Although she has imperfections, like any other character, she has advanced study methods and enjoys studying. Rory makes studying look fun, and personally motivates me to study like her.

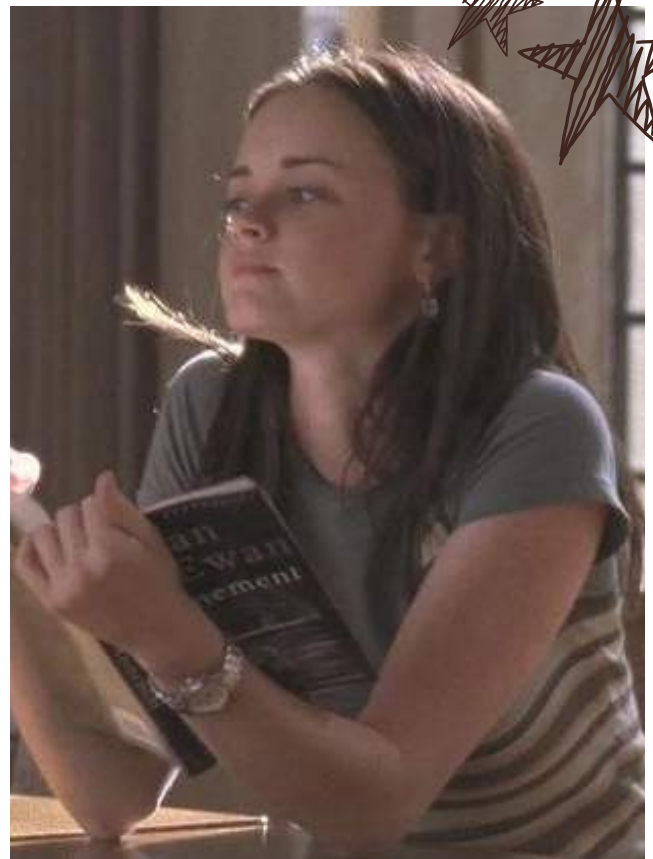
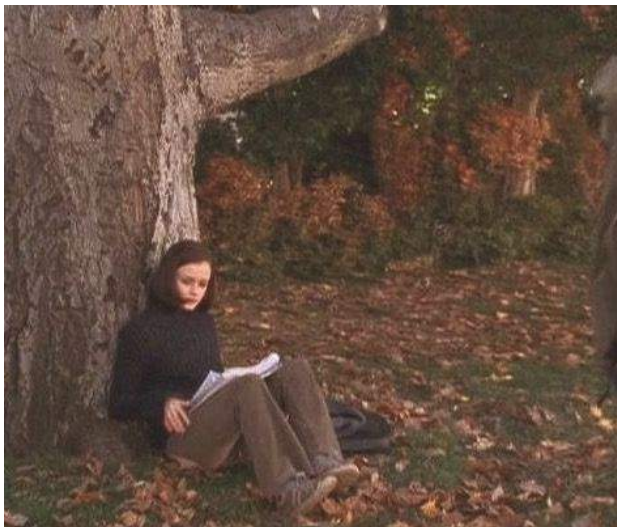
Here is what I've learned from Rory Gilmore:

Although multitasking can be stressful for some, it works for others like Rory. Try to find what works for you when studying!

When you are studying, don't have your phone nearby. You will lose concentration easily. Instead, put a set amount of time that you're going to study and then take breaks. I use the Pomodoro technique.

Some people find it extremely difficult to study when there is noise, or when it's too silent. I recommend finding music you can study to. For me, it's music without lyrics.

Next, be organized! I can't stress how important it is to have a tidy place and schedule. Personally, it gets me more excited to study and helps me romanticize it.



Speaking of romanticizing studying, try to find the fun in it. Although for lots of people studying is a chore, it can be very fun and rewarding when done right. Grab a coffee, light a candle, or plan study dates with your friends. This will make studying way more enjoyable!

Rory can always be found with a book in her hands. This has taught me to read not only for school work but also for pleasure! Not only is reading fun, but it is also beneficial for your writing skills.

Finally, hard work pays off. Rory has taught me that accomplishing your goals, means putting in the most time and effort!

Fall Book Review

Janina Escudero
and Maria Jacob

Dead Poets Society

By N. H. Kleinbaum

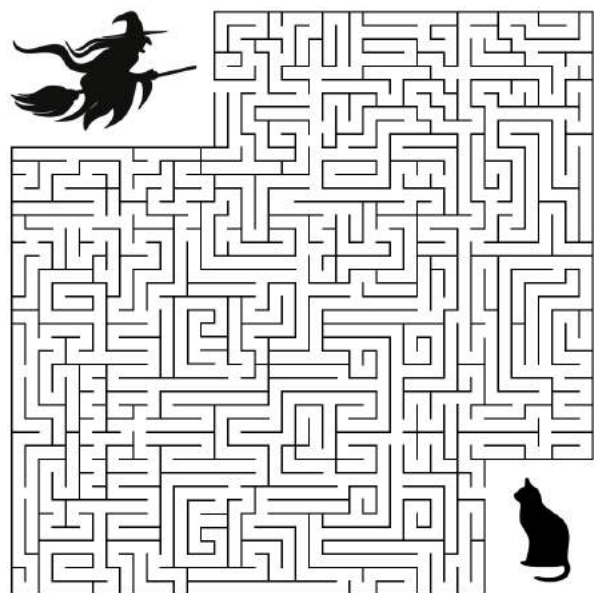
Welton Academy is an elite boarding school that teaches its students the values all boys of 1959 should have: tradition, honor, discipline and excellence. However, a new English professor challenges the boys to “make their lives extraordinary” and “seize the day”. Through poetry, the boys find their passions and slowly learn to break from the norms of society. Although, they soon realize that their newfound freedom can have tragic consequences, and they must choose between their own happiness or conformity. This dark academia novel features a lovable found family, and is a perfect read for the back to school and fall season.

*“No matter what anybody tells you,
words and ideas have the power
change the world”*



Games

9	8	5	4		1			
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1		6						
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4		2			9			3
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What is the "Artemis Mission"?

Luke Rhie

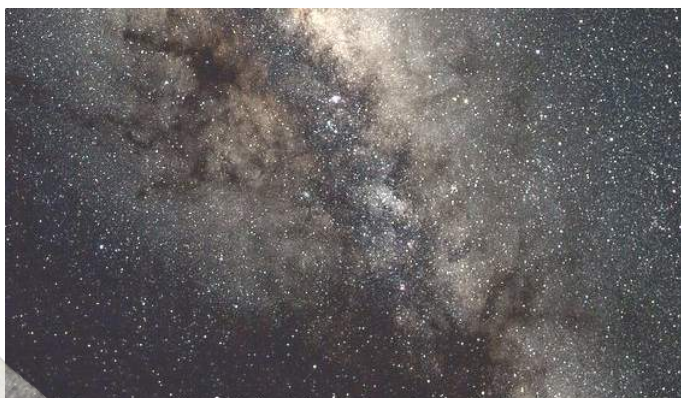


The Artemis Project is an international manned lunar exploration program led by the United States. Its goal is to send astronauts to the moon for the first time in more than 50 years (since Apollo 17 landed on the moon in 1972).

In October last year, the U.S. signed agreements with eight countries, including Japan, the U.K., Luxembourg, and the United Arab Emirates to promote this. In November of the same year, Ukraine signed additional participation. With the addition of Korea, 10 countries will participate in the U.S. led Artemis Agreement.

The Artemis program is a space program that the U.S. National Aeronautics and Space Administration (NASA) is pursuing to send humans to the moon again by 2024. NASA announced its grand plan to allow female astronauts to step on the surface of the moon for the first time, through the Artemis program, followed by male astronauts landing on the moon.

The Artemis Agreement contains principles that participating countries must abide by regarding the exploration and use of moons, Mars, comets, and asteroids for peaceful purposes. The main contents include peaceful exploration, transparent mission operation, interoperability between exploration systems, emergency support, registration of space objects, disclosure of scientific data secured during space exploration, protection of historical heritage such as Apollo moon landings, basic principles for utilization of space resources, and prevention of disputes over space activities.



But the content is not limited to exploration. NASA aims to develop innovative new technologies and systems for space development and utilization through the Artemis program and to leap to deep space exploration, including Mars, as a stepping stone to lunar exploration.



Initiation of new Space Race?

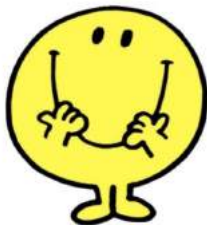
On the other hand, there is criticism that a new U.S.-led space alliance could trigger a new type of space competition in the future. Russia has already said the Artemis program is too "America-centric" to sign in its current format. The U.S. government prohibits space cooperation with China, so China cannot be subject to the Artemis agreement.

Recently, China has been strengthening its own space development by speeding up the construction of its own space station, and Russia and China have promised to cooperate in space exploration. As a result, the alliance between Russia, China, and Artemis program members can lead the world to a new 'Space Race' era, just like the Cold War between the U.S. and U.S.S.R. did.


Little Miss./Mr. Teachers

Maria Jacob, Christel Mazzek, Dulce Juarez, Janina Escudero, Madeleine Groves

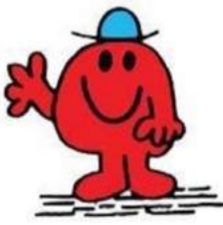
LITTLE MR
caillou lookalike



LITTLE MR
13794 unread emails



LITTLE MR
"HEY FOLKS!"



LITTLE MR
sneeze could kill a hamster



LITTLE MR
burns with minimal
sun exposure



LITTLE MISS
"My husband's Italian!"



LITTLE MR




LITTLE MISS
can't cook rice



LITTLE MISS
millennial girlboss



Match the little miss character to the correct teacher! Confident you have the right answers? Check out the answer key on page 12.

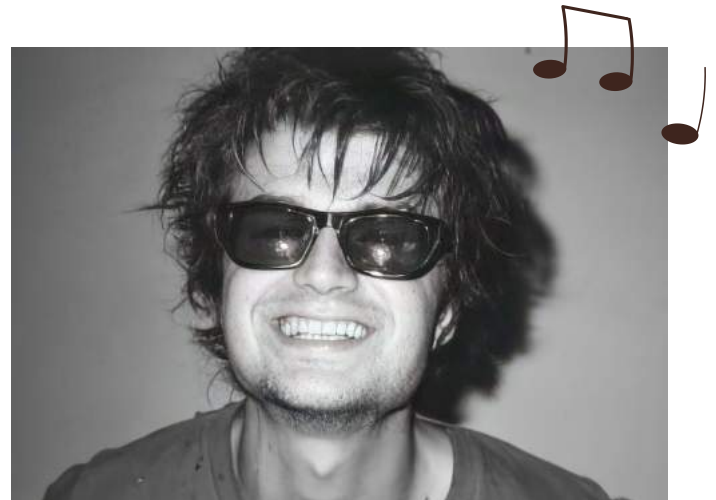
Steve from Stranger Things makes music?

Christel Mazzek

My biggest discovery this year? Joe Keery, aka the lovable Steve Harrington from Stranger Things, makes music- and he's actually good.

Although best known for fighting monsters in the underworld and his gravity defying hair, Joe Keery is an incredible producer, singer, and songwriter. Through his stage persona "Djo", pronounced as Joe, he has established a clear distinction between acting and music- to the point where clueless fans such as myself are unaware that he's the face behind the songs. Seriously, I've listened to his songs for the past year before realising it was him!

Joe has released a new album titled "Decide" September 16th. This album mixes psychedelic rock with Indie pop, reminiscent of Tame Impala and Talking Heads. Executed brilliantly, this album is filled with emotion in a spunky and fun way. Personally, I was compelled by the 80's aesthetic and the fullness found in every song. This album is creative, well produced and cleaner than his previous work, establishing an elevated feel to his new music.



Overall, "Decide" is an upbeat album- an album created to be blasted and physically felt, acting as contrast against Djo's typically mellower pieces.

Although Joe Kerry's music is not for everyone, I recommend it. His songs transport the listener into a teenage summer movie, and music is elite when it has that power.

Upcoming Movie Release Erica Lim



Halloween is always one of the biggest events in October to look forward to. There are various ways to enjoy Halloween week, such as wearing costumes, making cookies, and joining festivals. However, one of my favorite ways is watching spooky movies at night while eating my favorite snacks. So, for today's article, I've introduced an upcoming Netflix release you can enjoy this spooky season!

The Curse of Bridge Hollow

This movie best suits the Halloween season as it's about a teenage girl, named Sydney, who accidentally releases an ancient and mischievous spirit on Halloween. This causes the Halloween decorations to come alive and creates chaos in her town. Sydney and her father team up and try to solve the problem they created. The action between the main characters and Halloween monsters is one of the critical points. Will Sydney and her father defeat the mischievous spirit before Halloween is over?

A Main Character's Tips and Tricks for Greatness

Theodor Surdu
& Samantha
Luistro

Now onto some general study tips. Whenever you are at a rehearsal that has some ensemble practice or any important choreography, it is extremely useful to record the audio and take a video of what is happening. This makes it easier for you to go back and practice your specific parts, in case you forget the key or the pacing of the song.

LISTEN TO THE CAST ALBUM NON-STOP. This is one of THE MOST important things you can do when you have free time. Listen on the bus, in the car, while doing your homework, etc. It familiarizes you with the melody and the story itself. Memorizing the songs and lyrics will come in handy when it's time to put some moves on those words. If you are playing a big role, it's especially important to know how to say your lines in character.

If you ever have trouble with a scene, go find the Anastasia musical on Youtube and read your lines in sync with your character. This helps with memorization, tone, delivery, and timing. Stay in contact with the Aysia Schut (our stage manager) to get video footage of the rehearsals.

These are all general tips and tricks to how to be an amazing SJB player. If you want to learn more or even join our amazing production, feel free to contact Mrs. Gloanec. You are even welcome to visit the drama room after school on Mondays, Tuesdays, Thursdays to see for yourself! Anyone with a passion is welcome!

Remember! To be an amazing player, you need passion, dedication, patience, and a great sense of humor! This is Vlad Popov and Countess Ipolitov wishing you the best on your endeavors!



Have you ever wanted to become an SJB player but you're worried about memorizing your lines, choreography, music, and / or Mrs. Gloanec's wrath? Fear not Bears! Vlad Popov and Countess Ipolitov are here to save you from your woes

Here's the thing, for one to become an expert in the fine arts, you need to have passion. Dedication to your team and to the production in general is extremely important in order to succeed. Likewise, you need to have a head on your shoulders and make sure to keep up with the present tasks at your rehearsals. Many times, there are events or mishaps that can interrupt the rehearsals, so it's always best to stay in check with your directors and managers to see what's going on, and what to do moving forward!

Pumkin Cookies ✨

Olivia Hargrave

My personal favourites of fall are the seasonal things, be it the candle scents, the orange leaves falling all around, or the delicious treats! Autumn treats are always best to have with family, so I've chosen to share with you a family favourite of mine: pumpkin chocolate chip cookies!



Ingredients

2 c. flour
 1 ¼ c. quick rolled oats
 1 tsp. baking soda
 1 tsp. cinnamon
 ½ tsp. salt
 1 c. butter or marg. softened
 1 c. packed brown sugar
 1 c. sugar
 1 c. packed pumpkin or roasted pumpkin
 1 egg
 1 tsp. vanilla extract
 1 Tbsp. grated orange rind

Directions

(This batch makes 2 ½ dozen cookies)

- Preheat oven to 350°.
- Combine flour, oats, baking soda, cinnamon, and salt.
- Cream butter gradually adding sugars and beating until light and fluffy.
- Add egg and vanilla; mix well.
- Alternate additions of dry ingredients and the pumpkin; mix well after each addition.
- Stir in chocolate chips.
- For each cookie, drop ¼ cup of dough onto a lightly greased cookie sheet.
- Bake for 20-25 minutes until cookies are firm and lightly browned.
- Let cool and enjoy your pumpkin chocolate chip cookies!

Teacher Spotlight: Meet Mrs. Van Vliet!

Stevie Laycoe

Teachers can be incredibly interesting people! Some of their characteristics are widely known, like Mr. Ferguson's enthusiasm and Scottish accent, or how Madame Henneveld hands out bonbons in almost every class. However, other things can only be figured out on your own over time. I have saved you the trouble of doing so or have simply opened new conversational doors for you, in regards to Mrs. Van Vliet! There is still so much to find out about her, but here are some relatively fun, quick, and entertaining facts!

Q.What is a song that you know all of the lyrics to?

A. Baby by Justin Bieber, including the rap! This song came out when I was in highschool. So obviously, I learned every single lyric.

Oh my gosh! Justin Bieber! This was both unexpected and somehow very obvious. It makes sense to stay up to date on the top ten songs, so I can see why you did it. But... Justin Bieber!



Q. What is one of your hidden talents?

A. I can make a mean spaghetti carbonara.

That is definitely a good dish to have in your back pocket! Italian food is always amazing and being able to cook it is an underappreciated skill.

Q. What is a memorable place you've been to?

A. I spent three months living in Toulouse, France. It is an incredible memory, I almost decided to move there permanently.

Toulouse, France! Admittedly, I had rarely heard about it before this conversation. After looking into it however, I can say with confidence that it looks like a beautiful place to visit. I can't imagine how wonderful it must've been to spend an extended amount of time there!

**Q. What would your perfect meal be?**

A. A fluffy delicious cheesy gluten free pizza (because it doesn't exist!) with blueberry pie afterwards.

Having to be gluten free sounds very difficult. I hope Mrs. Van Vliet finds an above average gluten free pizza someday! Blueberry pie is always a favourite of mine.

Q. If you won the lottery and decided to give up teaching, what would you do?

A. I would own a small hobby farm somewhere and grow dahlias.

This seems very idyllic and picturesque. I can imagine amazing autumn days in such a place. If it were me, I would have to include a cow. Any questions on this can be directly asked.

Q. Do you have any pets?

A. My favourite pet ever was tragically killed by one of my younger siblings. It was a red beta fish called Sir Reginald Rouge Beta Fish. He was my pet when I was about eight years old, and when he passed in that tragic manner, I wrote at least three very unhappy journal pages about it.

I am very sorry for the loss of Sir Reginald Rouge Beta Fish. May he be honoured in our memories forever.

Q. What inspires you the most?

A. Can I say the bible? But genuinely, the word of God inspires me the most.

You can definitely say the bible! The word of God can be very powerful and inspiring.

Q. What were some of your favourite things when you were a student here?

A. I loved how small the school was and how you knew everybody in all the grades, that was really beautiful. I loved having the chapel nearby for moments of peace throughout the day. It was always a really beautiful experience as well. I really loved the energy of pep rallies and how strong the school spirit was.

These are some of the main reasons why SJB can be such a good school! Sometimes, broadly knowing everybody can be a hassle, but the community here is irreplaceable. I hope we continue to have energetic pep rallies! Let's go bears!

Q. What would your perfect holiday look like?

A. Probably a cross between a tropical beach vacation, where I would then get on a cruise to a historical European town. Then after that, I would go hike the alps! Do it all in one vacation!

To have it all! This would be a fantastic vacation, and I wouldn't mind going on one similar myself. As long as it stays below 15 degrees that is.

Q. What would the students be surprised to find out about you?

A. I am not sure? This is my go to surprising fact. I was a flight attendant for a year and a half. It was really fun!

A flight attendant! I wonder what travel adventures took place due to such a career?

Meet our new International Students!

Christina Chen

With the graduation of multiple International students last year, we are already welcoming new International Students! How is their school life so far in SJB? We interviewed two new Chinese students to hear their thoughts and experiences!

My name is Jacky Fu, and I am an International student from China. As a new student, I found that SJB is much better than my old school. I was able to meet more friendly teachers and students. They always try their best to help me when I don't understand what the teacher says, and I can feel the warmth of this new country.

Here, we have such a good volleyball team. It's really different from my school in China- we wouldn't have such excellent volleyball games!

I love how I don't need to get to school at 6 A.M. and leave school at 10 P.M. I don't have never-ending homework. An example of course work in China is finishing eight A3-sized exam papers with complete questions, and two 1,000 word essays in two days! Compared with schools in China, SJB is HEAVEN for us.

I learned from the old students that there are very few clubs in SJB. As a guitar lover, I hope the school can open a pop band or a guitar club.

Overall, SJB is an outstanding school. I don't feel lonely in a foreign land here, and I believe that the school will continue getting better and better."



Hey guys, I'm Minghao Jiang, and I go by Andrew. I am 17 years old, and I am a new student from China. I have been in Canada for almost a month and I am so glad to study here. The teacher and students are all friendly and helpful.

I still remember the first time I walked into the school gate. I was very nervous, but Mrs. Cree's presence made me feel warm and sweet. On orientation day, we met Mrs. Stock. She was so lovely, and she introduced us to the school environment and rules.

I met Mrs. Van Vliet, Mr. Calzavara, and Mr. Shin on the first day. They are so hospitable and talkative. I still recall my first math class. Mr. Shin communicated with every student, and he walked towards me just like my elder brother. What impressed me the most was I taught him how to read my Chinese name, and he read it fluently! After class, we usually share exciting experiences, which means a lot to me!

I also met many classmates at school, especially Sam! He is my English deskmate, and he helped me break through the new environment. In our spare time, we usually talk about our hobbies and interests.

It is my honour to study here, and I hope I will do my best at school in the future."



≡ Student Council Elections

Emily Marcotte

At St. John Brebeuf, Grade 12 students have the opportunity to run for student council. Throughout the year, the group of Grade 12s elected through the students' votes have the ability to make decisions for school activities. Three groups have taken part this year: Beary Fresh, Bear With Us, and Beary Potter.

Bear with Us



In the hallways, you can see Bear with Us' art and posters. This team recently brought a cotton candy machine to school during lunch - It was made on the spot! They also held aritzia and gift card giveaways and decorated lockers to campaign

Beary Potter

Next is the magical Beary Potter! This group is very generous and kind. To campaign, they held a fun "candy in a jar" contest, giveaways, and allowed ties in the dress code!



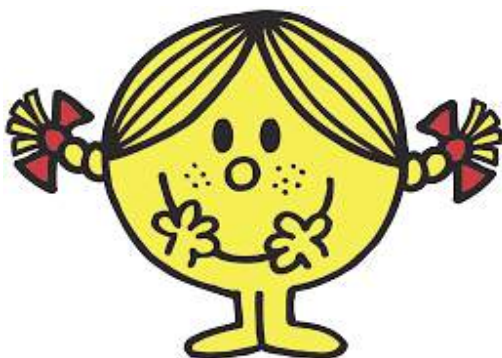
Beary Fresh



You can see the Beary Fresh team roaming around the school and handing out candy and school supplies. To campaign, they handed out some sweet lemonade at a couple of our lunches!

Congratulations to Bear with Us for their well deserved win!

Little Miss- Answers



Little Mr. Caillou lookalike- Mr. Bitante
 Little Mr. 13794 unread emails - Mr. Fraser
 Little Mr. sneeze could kill a hamster - Mr Lavrik
 Little Mr. burns with minimal sun exposure- Mr. Foster
 Little Mr. "HEY FOLKS!"- Mr Keely
 Little Miss "My Husband's Italian"- Mrs. Fronteddu
 Little Miss Millennial Girlboss - Mrs. Kitteringham

SJB's fallen soldiers

Little Miss can't cook rice- Mrs. Marquardt
 Little Mr. - Mr. O

Why D&D is the Place to be

Krista Toombs &
Giacomo Pistrin



We had one goal in mind: find, question, and murder Malfreces Neul. We knew of the many challenges we would face, as we attempted to charm the terribly powerful cleric. What we were not expecting however, was the difficulty of this task.

As we set off down the narrow staircase, we started our long journey to a land we had never seen before. We wondered what we would find. Was this truly the right place to look? We could only hope.

As we drew closer, the temperature got colder... and colder. We noticed not only one, but multiple creatures. We had reached the crypts, and they were definitely filled with beasts we knew could harm us.

Cluelessly, we took a step into a large room with very high ceilings and pillars. There were spiderwebs everywhere.



Whether you've heard of the game from announcements at school, the show *Stranger Things*, or have a friend who plays- there is no doubt you are familiar with the game *Dungeons and Dragons*. I know you probably think of D&D as a very "nerdy" game, right? Society likes to place labels and make people think negatively about innocent things. Did you know that *Dungeons and Dragons*, in simple form, is a storytelling game? You get to choose the actions of your character and control your own fate!

Will you die to poisonous spiders that make you dance? Or will you intervene and attempt to kill them to save your party? Join D&D... where the choice is in your hands!

Speak up for those who can't

Madeleine Groves

Mahsa Amini was walking in Tehran, capital of Iran, when morality police arrested her for wearing her hijab incorrectly. She was brutally beaten into a coma and later died. In protest, women have been cutting off their hair and burning their hijabs in the streets, which can get them arrested, to prove that Iran's laws for hijab are more about controlling women's bodies than just being modest. These protests have spread across the world and even to Vancouver. In Iran, 41 people have been killed in protest as of a couple days ago, and an unknown number has been arrested. Additionally, Tehran's government is heavily restricting their internet and even shutting it down completely. Say her name and use your voice for the people in Iran being silenced. Mahsa Amini.



SJB Artist Spotlight ✨



Brigid Wright



Anastasia Lewis



Anastasia Lewis



This Issue's Contributors

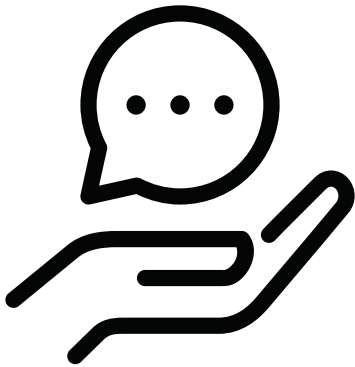
Sandra Sinto
Janina Escudero
Maria Jacob
Dulce Juarez
Madeleine Groves
Christel Mazzek

Erica Lim
Luke Rhie
Theodor Surdu
Samantha Luistro
Olivia Hargrave
Stevie Laycoe

Christina Chen
Emily Marcotte
Krista Toombs
Giacomo Pistrin
Brigid Wright
Anastasia Lewis

Editor and layout: Christel Mazzek

Teacher sponsor: Mrs. Neuls



Do you need advice? Do you have a problem that you need help solving? Do you have a school issue that needs to be addressed? Send it in to sjbtimes@gmail.com, and we'll be sure to answer them as best as we can in the next issue.

Do you want to show off your writing, art, or photography? Join the SJB Times! Email sjbtimes@gmail.com or talk to our editor or teacher sponsor. We're always looking for new members- Anyone is welcome to join!



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