

A child wearing a red and white striped shirt and a Santa hat is seen from the side, looking out a window. Outside the window, there are many colorful, out-of-focus lights in shades of blue, green, and yellow, creating a bokeh effect. The child's hand is visible near the bottom right corner of the window frame.

# student Success

VOLUME 10 NUMBER 1 WINTER 2018/2019

[www.langley schooldistrictfoundation.com](http://www.langley schooldistrictfoundation.com)

## WE'VE GOT YOUR BACK

Community partners rally  
to support Langley students

## IDEAX

Calling all teams  
to solve world problem

## ART ATTACK

The West Art Show coming  
to Langley to support  
Food for Thought Campaign

## KENYAN STUDENTS

Five young Kenyan amabassadors  
travel throughout the District talking  
and interacting with their Canadian  
counterparts



Since 1988

# Pacific Coast Taekwondo Schools Ltd

Transported After School, Mixed & Traditional Martial Arts Since 1988

*Fun, Safe & Effective for*

## KIDS, TEENS & ADULTS

Martial Arts For All Ages + School Pickups & ADVENTURE DAY CAMPS ~ Winter, Spring, Summer, ProD



**After School 3 or 5 Days Weekly & Evening Classes: Try it FREE!**



## Taekwondo, Hapkido & More

803-20381 62 Ave. Langley, BC \* S. Willoughby, Just South of Costco, Look for our buses

Web [www.taekwondo.bc.ca](http://www.taekwondo.bc.ca) ~ Ph 604-533-7855 604-818-7859

30  
Years  
2018

**AFTER SCHOOL & DAY CAMPS**  
**Seats Still Available ~ Reserve NOW!**

# PLAY

**Affordable. Professional. Fun.**

**DRAMA AND MUSICAL THEATRE  
CLASSES FOR EVERYONE**

**FALL CLASSES, WINTER CAMP,  
SPRING BREAK, SUMMER CAMPS**

**ALL PROGRAMS  
\$5/HR**



**playsociety.ca  
info@playsociety.ca  
604-612-2071**





# studentSuccess

VOLUME 10 NUMBER 1 WINTER 2018/2019

- 6 EDITORIAL**  
winter wonderland
- 8 KENYAN CHARM**  
five kenyan students spread their wings
- 11 FOR THE KIDS**  
inner city school raising funds for playground
- 14 CHRISTMAS GLOW**  
the warmth of the season
- 19 TIS THE SEASON**  
christmas calendar
- 20 WEST FINE ART SHOW**  
featuring artists and their art at a 3-day show
- 22 IDEAX**  
brilliant minds converge to solve a world problem
- 26 MEDIA MENTORS**  
coping with grief
- 30 COMMUNITY SUPPORT**  
time to act
- 32 ZOOM FEST**  
lfa students win top prize
- 34 CHILI COOK-OFF**  
prize-winning recipes
- 36 OH SUSANNA**  
good-bye to a great team member



# Does your child struggle in school?

✓ Check all that apply:

- |  |   |
|--|---|
| <input type="checkbox"/> Struggles with reading  | <input type="checkbox"/> Disturbs classmates  |
| <input type="checkbox"/> Struggles with spelling   | <input type="checkbox"/> Has behaviour problems in class                                    |
| <input type="checkbox"/> Struggles with writing  | <input type="checkbox"/> Memorizes the spelling words but forgets them after the test       |
| <input type="checkbox"/> Has messy printing and/or handwriting                               | <input type="checkbox"/> Reverses letters like b, d, p, and q                               |
| <input type="checkbox"/> Doesn't understand what is being taught                             | <input type="checkbox"/> Mixes up numbers like 6 and 9                                      |
| <input type="checkbox"/> Can't follow instructions   | <input type="checkbox"/> Confuses 3 and E or 5 and S  |
| <input type="checkbox"/> Doesn't listen  | <input type="checkbox"/> Mixes up words like was and saw                                    |
| <input type="checkbox"/> Struggles with math   | <input type="checkbox"/> Uses assistive technologies in class                               |
| <input type="checkbox"/> Is behind in most subjects  | <input type="checkbox"/> Is on a modified or adapted program                                |
| <input type="checkbox"/> Doesn't pay attention   | <input type="checkbox"/> Has an IEP   |
| <input type="checkbox"/> Is pulled from class for extra help                                 | <input type="checkbox"/> Has difficulty focusing on the task at hand                        |
| <input type="checkbox"/> Bothered by loud sounds   | <input type="checkbox"/> Can't understand/follow long sentences                             |
| <input type="checkbox"/> Can't participate in conversations                                  | <input type="checkbox"/> Can't speak in long sentences                                      |
| <input type="checkbox"/> Cries about doing homework  | <input type="checkbox"/> Is reading below grade level                                       |
| <input type="checkbox"/> Lacks self-confidence   | <input type="checkbox"/> Doesn't complete projects  |
| <input type="checkbox"/> Has trouble sounding out words                                      | <input type="checkbox"/> Forgets homework   |
| <input type="checkbox"/> Has too much homework   | <input type="checkbox"/> Is forgetful or absentminded                                       |
| <input type="checkbox"/> Takes too long to complete homework                                 | <input type="checkbox"/> Forgets the practiced sight words just a few minutes later         |
| <input type="checkbox"/> Misunderstands what you say   | <input type="checkbox"/> Can't paraphrase (say something in a different way)                |
| <input type="checkbox"/> Needs questions repeated  | <input type="checkbox"/> Gets confused in noisy places                                      |
| <input type="checkbox"/> Needs instructions repeated   | <input type="checkbox"/> Gives up too easily when things are hard                           |
| <input type="checkbox"/> Isn't bad enough to be a problem but is slipping through the cracks | <input type="checkbox"/> Doesn't "get" jokes  |
| <input type="checkbox"/> Doesn't finish schoolwork in class so brings it home as homework    | <input type="checkbox"/> Went to speech therapy   |
| <input type="checkbox"/> Has had a Psych-Ed assessment                                       | <input type="checkbox"/> Seems to not hear well even though hearing test results are normal |
| <input type="checkbox"/> Is on the wait list for a Psych-Ed                                  | <input type="checkbox"/> Guesses a lot!   |
| <input type="checkbox"/> Pronounces common words incorrectly                                 |   |
| <input type="checkbox"/> Is restless and fidgety when doing schoolwork                       |   |
| <input type="checkbox"/> Argues about doing homework   |   |

***We can help! We can explain the reasons for these "symptoms" and how to overcome them.***

**Call today to book a Learning Abilities Assessment to determine why your child is struggling and what to do about it. Just \$189 includes the 45-minute assessment and 90-minute Parent Consultation.**



**Accomplished Learning Centre**

**#102 – 5755 Glover Road, Langley  
(604) 539-1386 • [www.accomplished.ca](http://www.accomplished.ca)**

# WINTER WONDERLAND

A TIME OF COZY  
CONTEMPLATION

AS 2018 BIDS A FINAL FAREWELL NEVER TO EXIST AGAIN, WE WALLOW IN NOSTALGIA  
AND BRIM WITH HOPE AS ANOTHER YEAR EXPLODES ONTO THE SCENE.

It may seep into your bones like a leaky tap. It might intrude upon your morning commute like a semi-tractor trailer on a narrow road. It may drizzle down upon your soul in relentless monotony. But, its presence may also sear the eyes with a razor sharp silhouette of mountains against the brilliant sparkle of an arctic white sky. It may show glowing lights that shimmer and dance whether in rain or snow. For all its imperfections and foibles, winter is here to stay for at least four or more months. And its magnificence is being celebrated. Let me count the ways.

As always, the Foundation thanks the Willowbrook Shopping Centre for their continuing support. Our collaboration with the Trick or Treat event on Hallowe'en and the Make the Spirits Bright Shopping Night raised more than \$15,000 to support Langley students. And if ever you wanted to immerse yourself in a cozy, nostalgic, brilliant and wondrous yuletide experience, check out Christmas Glow in all its dazzling splendour. Running from November 22 to January 19 at Milner Garden Centre, it will have you bellowing out carols and soaking in Christmas spirit right through the season and beyond.

While we Langleyites hunker down under blankets and wrap scarves around our heads in an attempt to stave off the chill of winter, think what a quartet of Kenyan girls are experiencing. Landing in the midst of a Canadian winter, the girls shiver and shake as they bravely acclimatize. As per their culture, they adapt and persevere. Their stoicism and unbridled enthusiasm for life, education and new experiences is something to behold. They are travelling throughout the district telling their sometimes horrifying, sometimes heart-warming stories. They are here as young and timid ambassadors. They would love to talk to you about the Butterfly Effect and the PA-MOJA philosophy: the concept of opportunity versus charity.

Other things to check out include the The West Art Show, IDEA Summit and IDEA X, the 14<sup>th</sup> Grand Prix Gala and much more. ♦



Susan Cairns  
Editor & Designer  
604-532-1464  
scairns@sd35.bc.ca



Shaulene Burkette  
Advertising Consultant  
604-994-1035  
shaulene.burkett@blackpress.ca



Paige Kidder  
Contributing Writer  
DW Poppy student



**Publisher:**  
The Langley School  
District Foundation  
**Editor & Designer:**  
Susan Cairns  
**Contributors:**  
Paige Kidder  
Shannon Booth  
David Thomas

**Photographers:**  
Raymond Brown  
Ryk Piche  
**Advertising Consultants:**  
Shaulene Burkette  
**Printing:**  
Langley Advance  
**Traffic Manager:**  
Ruby Sandhu

**Board of Directors:**  
Susan Byrom  
Gord Stewart  
Linda Jensen  
Peter Luongo  
Rod Ross  
Grace Stewart  
Rosemary Wallace  
Erin Easingwood  
Frank Roberto

**Executive Director:**  
Susan Cairns  
**Editorial:**  
scairns@sd35.bc.ca  
604-532-1464  
**Advertising:**  
shaulene.burkett@blackpress.ca  
**Copyright 2018**  
**Langley School District**  
**Foundation** 4875-222nd Street,  
Langley, BC V3A 3Z7



# LANGLEY UNITED SOCCER



- Boys and Girls Ages 3 and Up
- Full Fall and Spring Seasons
- Spring Break and Summer Camps
- Fully Accredited Coaching Staff
- 3 Streams of Play
- Mom and Dad Leagues
- New Players Welcome

**Langley's Largest and Strongest Soccer Club Since 1926**



**Register Now [www.LUYSA.com](http://www.LUYSA.com)**



# KENYAN CHARM

Three high school students, one university student and a teacher and mentor from Kenya bring cultural charisma to Langley and inspire Global interaction among students. They are the real ambassadors from Kenya.

---

## **SARNAVER EXUDES ELEGANCE AND**

**COMPOSURE.** Nothing fazes the girl from Kenya. Since she was just eight years old, she has made her way, all on her own, in a mostly cruel and unfair world. Now a successful 24-year-old university student, Sarnaver has been telling her heart-breaking, but inspirational story to Langley students, and every time she speaks in her soft and forceful voice, she stands in front of a rivetted and teary-eyed audience.

Where does such a girl, who was abandoned by a mother running for her life and a father who had no time for a girl-child conjure up such courage, such self-preservation and such an uncompromising determination to demand an education and insist on her right to succeed?

**TRIZAH ADMITS HER TRIP TO CANADA** has literally and most assuredly changed her life. "No one would ever seek my opinion in Kenya," she says.

"Young people and especially girls have no voice – at all."

In just 5 short weeks, Trizah has morphed from a shy, shell-shocked Kenyan girl into a confident and charismatic Kenyan ambassador. The unleashing of suppressed energy, intelligence and unbridled enthusiasm has never been more evident than in the Trizah transition.

**LUCY HAD NEVER SEEN A COMPUTER,** let alone a downtown restaurant, a skytrain, or anything like BC Place Stadium teeming with thousands of rabid football fans. She arrived in Vancouver and was immediately thrust into the maelstrom of Canadian culture. Coming from a tiny Kenyan village, it only took her two or three days to understand her mission. She instantly knew that she had a job to do. She was an ambassador and she was going to tell her story and bond with her Canadian counterparts.





**IN THE FACE OF RAMPANT POVERTY AND SEXISM IN HER OWN COUNTRY, AGNES STILL HAS A LOVE FOR PHYSICS, AND AGAINST ALL ODDS,** wants to be an electrical engineer. She is an athlete and has been involved with the Butterfly Effect in Kenya for three years. While in Canada, Agnes has embraced the Canadian culture and participated with full-blown enthusiasm in telling her story and talking to students. For the first time in her life, she went swimming. She put on skates and ventured onto ice, and with just a touch of trepidation went to a movie and saw a football game.

**FULL OF CREATIVE GLEE, SAGACITY AND WILD-RIDE ENTHUSIASM, JUDY IS THE PARAGON OF A MENTOR AND TEACHER.** Struggling to claw her own way up through a unmerciful society, she never lost her compassion for others. Even though she had no money of her own, she scraped together enough to help pay the school fees for many of her students. She was the one who helped make the trip to Canada a reality for Agnes, Lucy and Trizah. She is their rock and their mentor. Her leadership is admired by her students, colleagues and everyone she has met in Canada.◆



*Opposite Page:* Sarnaver, Agnes, Trizah and Lucy are met at the airport by PA-MOJA director and Langley Fine Arts teacher, Amber Illes.

*AboveLeft:* Trizah bonds with Eunice as they hold a fundraising event at Walnut Grove Secondary.

*Middle:* Trizah at the Table 35 Social Justice Assembly.

*Right:* Mentor and teacher, Miss Judy

*Bottom:* Sarnaver with Jabali, her rescue dog that made his way to Canada and now has to tolerate his bossy big sister, Molly.



# Food For Thought

THE LANGLEY SCHOOL DISTRICT FOUNDATION HAS EMBARKED ON A MISSION TO HELP FEED  
LANGLEY SCHOOL DISTRICT STUDENTS HEALTHY AND NUTRITIOUS MEALS EVERY DAY.



To donate to the Food For Thought Campaign, please contact Susan Cairns at 604-532-1464.  
Email: [scairns@scd35.bc.ca](mailto:scairns@scd35.bc.ca). Donate online at [www.langleyschooldistrictfoundation.com](http://www.langleyschooldistrictfoundation.com)



# FOR THE KIDS

By Lindsey Bannister



**FOR THE KIDS** is the motto of the Nicomekl Elementary Parent Advisory Council (PAC). This dedicated group of parents is bringing the school and local communities together for a good cause: a new intermediate playground for their inner city school.

"Through unstructured, free play, playgrounds provide key social and physical skills; confidence, and a sense of well being. We believe that it is only when we meet our children's needs, that we can encourage them to connect with the surrounding community and become strong leaders within it," said Carmen Phelan, Nicomekl's PAC President. "We feel our current structure (which includes: just one slide, six swings, two balance beams, monkey bars, a rock climbing structure and five stepping stones) is no longer adequate to engage upwards of 200 students, with that number expected to increase annually as our area completes its redevelopment."

The playground is also open to the other organizations that call Nicomekl home: including

Before and After School Care, a Montessori Preschool and Strong Start.

The PAC would like to see a new playground with three slides, two viewing platforms, rope and ladder climbers, monkey bars, a sliding pole and a modified lower platform to help increase upper body opportunities for those who use mobility devices.

Thanks to the generous support of the City of Langley, Langley Kinsmen, Otter Co-op, Blacklock Elementary, Harrison Pointe, Preston GM, Tannin Developments - and together with the local businesses and school communities – the Nicomekl PAC has worked hard to raise over \$26,000 towards their \$84,000 goal.

If you would like to help this inner-city school in Langley build a playground for their kids, please make a donation to the Langley School District Foundation by cheque or online at [www.langleyschooldistrictfoundation.com](http://www.langleyschooldistrictfoundation.com). All donations over \$25 will receive a tax receipt.◆



Build performing arts skills, gain confidence, make new friends and have tons of fun!

Fall, Winter, Spring  
Terms on  
Saturdays and  
Summer Camps

**Sing Dance Act  
SHINE!**

**For Ages  
3 - 18**

**Call Us: 778.240.5915**

**Email Us: [langley@lightsuptheatre.ca](mailto:langley@lightsuptheatre.ca)**

Langley ♦ Vancouver ♦ N. Vancouver ♦ S. Surrey ♦ Richmond



# Play Drums!

Robertson Drum School

**Register  
Now!**

All school ages and  
adult beginners welcome!

**Call 604-916-0558**

Available for clinics  
and workshops

Facebook/Robertson-Drum-School  
[www.drumschool-langley.com](http://www.drumschool-langley.com)

## CHILD CARE

**Now Accepting Registrations**

**For children ages 1 to 12**

- Infant Tot
- Day Care
- Pre-Kindergarten
- Out of School Care
- Summer Camp
- Summer Pre-K



P (778) 960-2273  
[www.StrongSteps.ca](http://www.StrongSteps.ca)

200-8912 202 St  
Langley, BC V1M 4A7





Dr. Ellie Bolgar



## Dr. Ellie Bolgar Psy.D. M.A. RCC Counselling/Psychotherapy & Mediation Services

*“We don’t see things as they are,  
we see things as we are.”*

Dr. Ellie Bolgar is a therapist, professor, family mediator and divorce coach. She has over 20 years of experience working with families, couples and children seeking mental health and wellness.

Her focus of speciality is stress and related disorders such as anxiety and depression and their root and impact on people’s work, relationship and general functioning. She has extensive experience working with personality disorders, attachment issues and traumas.

- Family and Couples Therapy, Child and Adolescent Therapy, Family Mediation and Divorce Coaching
- Cognitive Behavior Therapy,
- Dialectical Therapy
- Emotionally Focused Couples Therapy,
- Gottman’s Therapy
- Rational Emotive Therapy,
- Solution Focused Therapy
- Existential,
- Psychodynamic.
- Hypnosis,
- Mindfulness Meditation,
- Neurofeedback



**Dr. Ellie Bolgar**

**For information contact Dr. Ellie Bolgar Psy.D. M.A. RCC**  
**#306-8047 199 St, Langley, 604-371-0198**  
**[www.dr.bolgar.com](http://www.dr.bolgar.com) e-mail:[info@dr.bolgar.com](mailto:info@dr.bolgar.com)**



# Immerse yourself in **Christmas** **GLOW**

**CHRISTMAS GLOW EPITOMIZES YULETIDE IN ALL ITS GLORY.** Experience the warmth, brilliance, nostalgia and unprecedented mirth of the season. Running from November 22 all the way to January 19 at Milner Village Garden Centre, **CHRISTMAS GLOW** is the largest indoor Christmas Festival in Greater Vancouver. The lights glimmer and dance; the Christmas Market transports you back to childhood no matter what your age; and the food and drink available everywhere lift your spirits and make the

evening even greater as you plunk your kids onto the amazing Christmas Train. Everybody walks away with huge smiles and a myriad of memories.

And that's not all! The Langley Fine Arts Senior Choir will be performing on Thursday, December 13 beginning at 6:30 on. Don't miss this incredible performance. Langley School District Families receive a 30% discount on tickets from November 22 to December 13.



# CHRISTMAS *Glow*



## *The Warmth of the Season*

The largest indoor Christmas festival in Greater Vancouver



### **Light Gardens**

Discover 6 countries and  
"Glow Around the World"



### **Christmas Market**

Shop from 40+ local vendors



### **Food Trucks**

and licensed bars



### **Glen the Glow-comotive**

Choo-choo around the festival

**Nov 22<sup>nd</sup> 2018 ★ Jan 19<sup>th</sup> 2019**

Milner Village Garden Centre, 6690 216th St | Langley

**WWW.GLOWGARDENS.COM**



**Langley**  
SCHOOL DISTRICT  
FOUNDATION

**Enjoy 30% off!** Use promo code **LANGLEYSCHOOL** online at check out.  
Code is valid for event days Monday - Thursday, Nov 22 - Dec 13 only.



# Confidence In Math Confidence For Life™

**At Mathnasium, we transform lives every day.** We don't believe in rote memorization of tables and procedures; we teach kids how to truly understand math. Our caring, highly trained instructors assess and teach each child as an individual, using customized learning plans designed specifically for their needs. The Mathnasium Method™ builds confidence, develops critical thinking, and boosts grades and scores ... for today and for their future.

Teaching math is not just what we do, it's all we do. We're the authority in math education, growing to over 900 centres worldwide. **Start your child's transformation. Schedule a no-risk comprehensive assessment today.**

*Changing Lives Through Math™*

Tutoring and Enrichment

Test Prep

Homework Help

**MATHNASIUM**  
The Math Learning Centre

**604-825-4528**

[www.mathnasium.ca/langleybc](http://www.mathnasium.ca/langleybc)

## NEED STRAIGHTER TEETH? DON'T LIKE METAL BRACES?

Invisalign Teen aligners are made of a smooth, clear plastic that is virtually invisible! Your friends probably won't even know you're wearing them.



Dr. Aly Kanani & Associates  
Certified Specialists in Orthodontics

**CONTACT US TO SCHEDULE AN EDUCATIONAL  
CONSULTATION TO REVIEW YOUR OPTIONS**

604.533.6696  
[LANGLEYORTHODONTICS.COM](http://LANGLEYORTHODONTICS.COM)  
SUITE 201-19978 72ND AVENUE | LANGLEY, B.C. V2Y 1R7

LANGLEY  
**ORTHODONTICS**  
CREATING BEAUTIFUL SMILES



## WHERE THOUGHT MEETS ACTION

Arts

Business

Design

Health

Science &  
Horticulture

Trades & Technology

Upgrading

» Register now [kpu.ca](http://kpu.ca)



  
**Create  
memories,  
not garbage.**



Try recycled, upcycled and reuseable wrapping  
this Christmas. Festive and waste-free.

**This season, celebrate with less waste.**



Find ideas at  
[creatememoriesnotgarbage.ca](http://creatememoriesnotgarbage.ca)



**metro**vancouver



**REGISTER NOW!!**

*The Langley Ukulele Ensemble Presents...*  
***Themes of Christmas***

at the Willoughby Christian Reformed Church  
20525 72<sup>nd</sup> Avenue, Langley

**Saturday, December 8, 2018**  
**3:30pm and 7:30pm**

Follow us on Social Media!    

**1<sup>st</sup> Annual Ukulele Spring Break Camp**  
**March 18 – 22, 2019**

**13<sup>TH</sup> Annual Ukulele Summer Camp**  
**August 6 – 9, 2019**

Visit [www.langleyukes.com/registration](http://www.langleyukes.com/registration)

Have an upcoming event?  
**Book the ensemble now!**

Visit <http://www.langleyukes.com/book-a-show>

**[www.langleyukes.com](http://www.langleyukes.com) • tickets: 604-340-UKES (8537)**



# Stay informed about collection changes

Sign up at [tol.ca/recycle](http://tol.ca/recycle) for weekly reminders or service disruption alerts due to inclement weather.



Engineering Division

604.532.7300

[tol.ca/recycle](http://tol.ca/recycle)



## We Pay! So ALL Kids Can Play!

We pay for Langley children to play sports!  
KidSport helps Langley families in financial need to get more kids off the sidelines and into the game!



Qualify for up to \$300! It's easy to apply!

[www.kidsport.ca/langley](http://www.kidsport.ca/langley)

### How To Apply:

1. Choose your sport.
2. Contact the local sport organization to confirm registration dates & fees.
3. Complete the KidSport Langley application form available at: [www.kidsport.ca/langley](http://www.kidsport.ca/langley)
4. Send completed form to: [kidsportlangley@gmail.com](mailto:kidsportlangley@gmail.com) or mail to: **242-7888 200 Street, Langley BC V2Y 3J4**
5. Kidsport Langley will notify you of approval and send payment directly to the sport organization.  
*Please Note: applicants still need to register with the sport organization!*



[kidsportlangley@gmail.com](mailto:kidsportlangley@gmail.com)



@kidsportlangley



KidSport Langley



[kidsportlangley](https://www.instagram.com/kidsportlangley)





# *Merry Christmas* and a *Happy New Year*

**From all of us at the Langley School  
District Foundation**

**Susan Byrom  
Susan Cairns  
Erin Easingwood  
Linda Jensen  
Peter Luongo**

**Frank Roberto  
Grace Stewart  
Gord Stewart  
Rosemary Wallace  
Lenny Yun**



**Langley**

**SCHOOL DISTRICT  
FOUNDATION**

**making learning  
UNFORGETTABLE for  
every Langley student**

**[www.langleyschooldistrictfoundation.com](http://www.langleyschooldistrictfoundation.com)**

THE LANGLEY SCHOOL DISTRICT FOUNDATION PRESENTS



---

**MARCH 8 • 9 • 10 • 2019**

---

**YORKSON CREEK MIDDLE SCHOOL**

**20686 84 AVE, LANGLEY, BC**

**FEATURING TWENTY OF THE**

**FINEST ARTISTS IN WESTERN CANADA**

**PARTIAL PROCEEDS OF ALL ART SALES DONATED TO THE LANGLEY SCHOOL DISTRICT FOUNDATION TO SUPPORT FOOD FOR THOUGHT CAMPAIGN TO HELP PROVIDE BREAKFASTS, LUNCHESES, SNACKS AND BACKPACKS FILLED WITH FOOD TO OUR MORE THAN 3000 STUDENTS WHO COME TO SCHOOL HUNGRY EVERY DAY.**







# THE WEST ART SHOW

**IMMERSE YOURSELF, REAL TIME, INTO THE MAELSTROM OF CREATIVE GENIUS. WITNESS THE ART AND ARTISTRY OF 25 OF THE MOST RENOWNED ARTISTS IN WESTERN CANADA. THEY ARE HERE AGAIN, FOR THE SECOND ANNUAL WEST ART SHOW AT YORKSON CREEK MIDDLE SCHOOL.**

It's a gallery seldom seen in Langley. The artists are in attendance and their works are real, sensual, charismatic and most in vogue. Artists including Brian Coombes, Brian Croft, Ken Nash, Joyce Trygg, Neil Hamelin, Howard Cobb and many others are alive and well and creating the masterpieces of the 21st century.

And that's not all. The gallery features the works of up-and-coming artists from the Langley School District. As delightful as it is illuminating, the art from students is clearly awe-inspiring.

Be there to view the art and purchase if you can. The artists have agreed to donate a portion of their sales to the Langley School District Foundation to support the Food for Thought Campaign. ♦

Friday, March 8:	7 pm -9 pm Show opens after the VIP reception.
Saturday, March 9:	11am – 7 pm
Sunday, March 10:	11am - 5 pm

# IDEA X VISION

**NO DOUBT YOU HAVE WRESTLED WITH THE PROBLEM OF HOW TO CREATE ENTREPRENEURIAL EXPERIENCES FOR KIDS THAT TRANSCEND THE NARROW CONFINES OF TEXTBOOKS AND CLASSROOMS AND, AT THE SAME TIME, ARE RELEVANT TO A GLOBALIZED ECONOMY.**

It is no surprise that increasingly modern products are developed with deep networked global connections that may involve many culturally and geographically diverse stakeholders. Instead of one giant all-encompassing factory, decentralization is the accelerating trend in modern manufacturing. If you read the fine print on many of the products sitting on store shelves, you probably see words like...hardware designed in Canada, with software coded by programmers in Texas and Bombay, and manufactured in China with components contributed by Thailand, Italy and Latvia. So here is our question: How will our students be prepared to find their niche in a world, that Thomas Friedman argues, is increasingly flat?

Besides addressing globalization of the economy, how can we structure experiences that encourage flexibility and entrepreneurial savvy to fill increasingly shorter and narrower time windows for a new product's life cycle all while following the mandates of environmental responsibility and fair trading practices? Even the revenue stream to which our students must adapt has been completely upended! Make a product and sell it for a profit? Nope; that is "so 2010!!" Now, we live in an age where transient teams invest substantial resources for R and D to develop the next "disruptive" technology

– something that is given away in the hopes that it will be quickly adopted. That it will create "buzz" and momentum for a lucrative IPO!

So where's the revenue stream in this scenario that will actually allow our students to make a living? Inevitably, it will be delayed. Revenue will sometimes not accrue from selling the original widget, but will most probably result from the way the widget is changed, improved and adapted to meet the needs of local applications.

With such a future in mind, the Langley Idea X competition was conceived. Offered as an opportunity for our students to engage with diverse stakeholders in a global economy that is advancing – as Bill Gates once said – "at the speed of thought", the competition was created to offer large scholarships from generous donors to motivate the Langley School District students to stretch their innovative talent as they compete with each other to devise the best solution for the accelerating dangers posed by plastic pollution, all while collaborating with some of the best subject matter experts in the world.

So teachers, who are your under-challenged but overactive thinkers? Can you identify some prodigious talent that lies dormant and tragically paralyzed? Who are your kooky sages who don't even know that there is such a thing as a box, let alone know how to think outside of one? Consider encouraging them to join this challenge to accomplish something truly daring and unforgettable. Together, can we give them a stage to engineer a momentous breakthrough that hits the sweet spot between vision and practicality, that finds the perfect balance between audaciousness and feasibility? ♦



**WIN  
1ST PRIZE  
\$20,000**

**WIN  
1ST PRIZE  
\$20,000**

# **LANGLEY SCHOOLS IDEA X** **Let's Change Our World** **TOGETHER**

**WE MAKE  
THE IMPOSSIBLE  
POSSIBLE BY  
ENCOURAGING GREAT  
MINDS TO SOLVE  
WORLD PROBLEMS.**

**1st Prize: \$20,000**  
**2nd Prize: \$7,000**

**CHALLENGE: PROVIDE A LAND OR OCEAN  
BASED SOLUTION TO THE GLOBAL PROBLEM  
OF SINGLE USE PLASTIC.**

**Learn more and enter your team today at:**  
**ideasummit.ca**

**Questions?**

Email: [tstephenson@sd35.bc.ca](mailto:tstephenson@sd35.bc.ca)  
[johnharris@sd35.bc.ca](mailto:johnharris@sd35.bc.ca)

**Presented by:**



# NOW REGISTERING

## Winter/Spring 2018 Programs in Langley

### One to One Tutoring in Reading or Math

- Using the multisensory Barton Reading and Spelling Remedial Method (an Orton Gillingham based program)
- A multisensory approach to learning Math skills & concepts.
- Individual lesson plans and goals
- Caring and empathetic tutors trained and supervised by an experienced teacher.

### One to One Multisensory Keyboarding Program

- Students can learn to touch type one to one

For more info or to register contact LDAFS  
Learning Centre by phone: 604.591.5156 or by  
email: [info@ldafs.org](mailto:info@ldafs.org)



[www.ldafs.org](http://www.ldafs.org)



### Developmental Eye Care, Vision Training, Visual Processing Assessments, Handwriting & Sensory Processing Training

If your child is working too hard  
in school, we can help.  
Call today.

E-201, 20159 88th Ave,  
Langley, BC  
**604-455-0477**  
[www.visiontraining.ca](http://www.visiontraining.ca)



**Dr. Darren Sass • Dr. Oliver Chong**  
**Mina Lee Thomas, OT**



## LANGLEY OLYMPIANS SWIM CLUB



*"In Pursuit of personal Excellence and Olympian Fitness"*

## 2018-2019 REGISTRATION 2 WEEKS FREE

*For New Members only (Limitations apply)*

### PROGRAMS OFFERED AT

Walnut Grove Community Centre  
& W.C. Blair Recreation Centre

- Fun, fitness & make new friends
- NCCP certified coaches
- After school/evening programs
- Once a week or more
- Children age 6-18 years
- Adults 19 years & older
- Ongoing registration available

**604-532-5257**  
[www.langleyolympians.com](http://www.langleyolympians.com)





A SEASON OF

# THEATRE

*presented by*



R.E. MOUNTAIN SECONDARY  
November 27-29, 2018  
Gsidhu@sd35.bc.ca



BROOKSWOOD SECONDARY  
February 6 - 16, 2019  
Seyre@sd35.bc.ca



LANGLEY SECONDARY  
February 22 - March 2, 2019  
guys.and.dolls.lss@gmail.com



D.W. POPPY SECONDARY  
February 27 - March 2, 2019  
Jhoward@sd35.bc.ca



ALDERGROVE COMMUNITY SECONDARY  
February 27 - March 8, 2019  
Mmclaughlin@sd35.bc.ca



LANGLEY FINE ARTS  
March 5-9, 2019  
Lmitchell@sd35.bc.ca



WALNUT GROVE SECONDARY  
April 4-13, 2019  
Theatreinthegrove.brownpapertickets.com



R.E. MOUNTAIN SECONDARY  
May 1-3, 2019  
Gsidhu@sd35.bc.ca

FOR MORE INFORMATION ON THESE FABULOUS PRODUCTIONS,  
PLEASE REFER TO THE INDIVIDUAL SCHOOL'S WEBSITE.

*Enjoy!*

## Using Media as Part of the Conversation about Death and Loss

# Media Mentors

Death can be a hard topic to talk about but it is important to have a conversation with children and teens about it. It is a common myth or belief that children need to be protected from the topic of death; however, it is okay to talk about it with children and teens. Death is a natural part of life and children need to understand that everything has a beginning, middle and end.

Movies are not only a source of entertainment but some movies can be an educational resource, and they can be a helpful way to start a conversation

with your child and teen about death. Many people find it easier to discuss a storyline about or characters that are experiencing a loss because it might feel less personal. On the other hand, some people may be able to relate to the circumstance or the character in a movie which can encourage conversation.

With the cold, winter weather approaching us, it might be a good idea to curl up indoors to have a movie session with the whole family.

---

contued on next page





## THINGS TO CONSIDER

### When choosing a **MOVIE**

---

- Think about comfort, safety and security. The entertainment value of movies should be your priority so surround yourself with your favourite snacks and cozy seating! Also, choose your movies carefully to match your child's developmental and maturity level and not the rating that is provided by the industry.
- Prepare your child by explaining that the movie might be sad and ask if they are sure they want to watch it. Also let them know that they can stop watching it at any time.
- You may also feel emotional when you are watching movies and it is okay to show it. Children learn through observation and modelling your feelings shows children that it is okay to cry if you are sad.
- Try not to force a conversation about death and dying if your child does not want to engage; they will talk or ask questions when they are ready. It is important to make sure you are also prepared to answer questions about death and dying.
- When children have questions, provide simple answers and try not to over explain the information at once. Allow for time so that the children can process and then also be able to ask follow up questions.
- Use words such as "dying", "death", "dead". Using words such as "passed on", "sleep", "went away" can be confusing and scary as it sounds like there may be a likelihood a person can come back.
- For younger children, a good place to start is your Disney movie collection. Almost all of the stories portray the main character with some sort of loss. You may have to clarify for some children that a death occurred in the movie; sometimes the death might be softened for children.
- For older children and teens, discuss if the storyline seemed realistic or was it romanticized? What are some things about the story similar or different to your child's experiences? Stress that there is no wrong or right way to grieve.
- Listen. If a child or teen is grieving, sometimes they may just need to verbalize their feelings without any advice or judgement.

## MOVIE SUGGESTIONS

### **Young Children (ages 4-7)**

**Finding Nemo (2003):** A widowed clownfish chases his son halfway around the world.

**The Good Dinosaur (2015):** A young dinosaur must find his way back home after a rainstorm kills his father.

**The Land Before Time (1988):** Orphan dinosaurs travel the ruins of their lost world.

**The Lion King (1994):** Following the death of his father, Simba, the cub who will be king, goes into exile.

**Moana (2016):** A young girl struggles to find her identity and purpose after the death of her grandmother.

**Up (2009):** A grieving widow and young boy become reluctant adventurers together.

# MOVIE SUGGESTIONS

## Children (ages 8-12)

**Bridge to Terabithia (2007):** A young boy faces the death of his best friend.

**Coco (2017):** A young boy travels to the land of the dead to find out the family secret of his great-grandfather.

**Fly Away Home (1996):** Following the death of her mother, a young girl bonds with her estranged father by learning to fly with geese.

**The LEGO Batman Movie (2017):** Bruce Wayne avoids thinking about his parents, who died when he was young.

**My Dog Skip (2000):** A story about friendship between a boy and his dog, which has died of old age.

**My Girl (1991):** An 11-year-old girl is surrounded by death but also experiences the death of a friend.

**Old Yeller (1957):** Early Disney classic about the love and loss of a childhood dog.

## Teens (ages 13-18)

**The Boys Are Back (2009):** A father has to raise his sons after his wife dies.

**The Bucket List (2007):** Two friends who are terminally ill set out to complete all the things they want to do before they die.

**The Descendants (2011):** An accident leaves a mother in a coma and the family is faced with hard decisions and loss. (For mature teenagers.)

**The Edge of Seventeen (2016):** A grieving high schooler deals with complicated relationships with friends, family, and boys.

**Extremely Loud and Incredibly Close (2011):** A young boy's search for meaning after his father dies in 9/11.

**Life is a House (2001):** A dying man attempts to reconnect with his teenage son by rebuilding a house together.

**Me Earl and the Dying Girl (2015):** A teen is forced to befriend his former childhood friend who has been diagnosed with leukemia.

**My Sister's Keeper (2009):** A young girl struggles with her role as her sister is dying from leukemia.

**Patch Adams (1998):** A doctor discovers and uses humour to help his patients and gains a new purpose in life.

**Step Mom (1998):** A mother dying from cancer must come to terms with her children's new stepmother.

**We Bought A Zoo (2011):** A recently widowed father buys and renovates a zoo with his children.

## How Does the Langley Hospice Society Help?

*The Child and Youth Bereavement Programs at the Langley Hospice Society provide support for children and teens through art and recreation-based activities as they journey through the loss of a significant person in their lives. Our programs are free of charge, and offered year round through our Supportive Program Centre in Langley, and include*

*one-to-one and group support, outreach in local schools, and seasonal day camps, Teen Grief Support Camps partially funded by Coast Capital, and Camp Chrysalis, a summer camp program for children and pre-teens who have experienced the death of a loved one. For more information, please visit us at [www.langleyhospice.com](http://www.langleyhospice.com)*

---



**TOY TRADERS & COLLECTIBLES**  
 19880 Langley Bypass  
 604 532 9516

Instagram and Facebook icons.


**PACIFIC COAST AFTER SCHOOL TAEKWONDO & HAPKIDO**  
 Fun • Safe • Effective ~ Serving Langley Since 1988

<p><b>Transported After School</b>  <b>Martial Arts</b></p>  <p>Picking Up:        • Walnut Grove        • Willoughby        • Murrayville        • Central &amp; South Langley</p> <p><b>Try Us Out For FREE!</b></p> <p><b>Now In Willoughby!</b></p>	<p><b>Evening Classes</b>  <b>For Adults, Teens, Children</b>        Master Witt - 8th Dan Black Belt, President</p> <p><b>Intro Special \$40</b>        1 month, free T-shirt &amp; DVD</p> 
---	--

#803 - 20381 - 62nd Avenue  
 604-533-7855 • www.taekwondo.bc.ca • 604-818-7859

**PRESCHOOL, DAYCARE & OUT OF SCHOOL CARE**

**Operating out of Topham and West Langley Elementary Schools**



**Kids in the Grove**

**Preschool Classes Ages 2.5-4**

*Don't wait until they are 4; join early to open the door... to early learning!!*

**www.kidsinthegrove.com**  
**604-619-0267**

**• FUN • FITNESS • FUNDAMENTALS • FUN • FITNESS • FUNDAMENTALS •**

**Gymnastics Programs**  
 at **FLIP CITY** in **Walnut Grove**  
**Teaching Kids Since 1998**

**We offer:**

- GYMNASTICS for all ages and abilities
- Half Day Camps
- Trampoline and Tumbling
- Birthday Parties
- Active Start 15 Months Plus
- School Field Trips
- Interclub and Pre-Competitive
- Homeschool Classes
- Drop In & Hybrid Movement



#4 – 20279 97 Avenue, Langley, BC  
**604-888-3366**

Want to join our amazing team of coaches!  
 email: flipcitygymnasticsclub@gmail.com

**Register online [www.flipcitygym.com](http://www.flipcitygym.com)**



**• FUN • FITNESS • FUNDAMENTALS • FUN • FITNESS • FUNDAMENTALS •**





## Primary Care

pediatric dentistry



Dr. Jennifer Howson-Jones is a Certified Specialist in Pediatric Dentistry.

Every child should see a dentist by the age of 1.

**No referral required!**  
We look forward to meeting you.

Office: 604 427-1010  
[www.pcpediatricdentistry.com](http://www.pcpediatricdentistry.com)



Celtica  
Highland Dance  
School

## REGISTER NOW FOR CLASSES

*Dance that inspires personal growth, achievement, confidence and friendships.*

COME JOIN OUR FUN HIGH ENERGY CLASSES FOR ALL LEVELS AND AGES

- **Qualified & Experienced Instruction**
- **Performance Opportunities**



For Information & Schedule:  
**[celticadance@hotmail.com](mailto:celticadance@hotmail.com)**  
[www.celtichighlanddance.com](http://www.celtichighlanddance.com)

778-865-8676



## FUN FITNESS GYMNASTICS

### GYMNASTICS FOR ALL AGES & LEVELS:

- Birthdays
- Classes
- Competitive
- Camps
- Drop In
- Field Trips
- Interclub
- Teen & Adult
- Preschool
- Parent & Tot

REGISTER ONLINE AT [WWW.LANGLEYGYMNASTICS.CA](http://WWW.LANGLEYGYMNASTICS.CA)

7888 200th st, Langley  
(Gate 12 of the Langley Events Centre)  
[info@langleygymnastics.ca](mailto:info@langleygymnastics.ca)

## PA-MOJA

### BBQ SCRAPER



Erastus designs and hand-carves the PA-MOJA Scrapers in the doorway of his home located in a back alley of a little town in Kenya called Nanyuki. He uses the cants discarded by local sawmills and salvages the wood remaining under the curve of the outer bark of the Kenyan cedar tree.

PA-MOJA purchases the scrapers from Erastus and all proceeds from Canadian sales support PA-MOJA initiatives. For more information, please visit our website: [www.PA-MOJA.com](http://www.PA-MOJA.com)



# Community Support

**THE TZU CHI FOUNDATION** has been one of the Langley School District Foundation's greatest supporters. Every year, they call and with extreme elegance and grace, ask how they can help. Since 2012, they have donated more than \$120,000 to support dozens of programs throughout the Langley School District.

**SHEWAN FOUNDATION AND VWR CAPITAL CORP.** The Shewan family, including Dougal & Lori Shewan, and Dimitri and Stacey Kosturos approached the Foundation four years ago, offering \$8,000 in scholarships to our students to be granted every year. Then, upon hearing that 3000 of our students were coming to school hungry every day, they donated an additional \$24,000 per year to provide backpacks filled with food to take home to hungry families. But that wasn't enough for the Shewans. Because of a keen interest in entrepreneurship, they donated another \$5,000 to support the IDEA Summit. All in all the family has donated more than \$88,000 with a promise to keep up the tradition of giving.

**STARLINE WINDOWS & VITRUM GLASS PRODUCTS.** The Martini family – Ron, Maria and Gemma have businesses and charities of their own, but they always have time for the Langley School District Foundation. Every so often I get a call or a text. "What do you need, Susan?" they ask. "Our kids are hungry", I say. The next thing I know, a cheque arrives and the Foundation can make sure that 100 students receive

a healthy lunch every single day for one year. Since 2014, the family has donated more than \$80,000.

## **UNITED CHURCHES OF LANGLEY**

Look up altruism in the dictionary and you will find the United Churches of Langley. With a core support group of committed men and women led by Bev Rodrigro, Tom Louie, Pat Thebaud, Lynda Christensen, Elaine Pokorny, Diana Cudlipp, Sylvia Mountain, Dougal and Lori Shewan, they have raised enough funds to supply backpacks filled with food to take home to 41 families, and they have done so for the last four years. Not only do they ensure funding, they also send volunteers to pack the bags and deliver them to the schools.

## **PREMIUM BRANDS/FREBYES**

Doug Ramsey has all the crustiness and bravado of an ex-football player. Darcelle Thiara exudes the nonchalant beauty, savvy and grace of a young millennial. They are the team from Premium Brands who are partnering with Canuel Caterers to provide healthy, wholesome breakfasts to more than 120 hungry students at Langley Secondary School.

## **ROTARY CLUBS**

Meet the most dedicated and committed group of philanthropists. When it comes to helping they are there in Spades, Hearts, Diamonds and Clubs – four of them Sunrise, Central, Langley and Aldergrove. They provide backpacks, funds for literacy programs and so much more. ♦



# CHARCOAL

## ZOOM FESTIVAL

BEST FILM 2018 LANGLEY FINE ARTS

SANDY CUI, MAGGIE PEARCE, KAITLYN ZARIN,

DUNCAN RYANS, ANGELES PEZ AND SUNJOO PARK





# CHARCOAL

produced, directed, filmed, acted and edited by  
six students from **LANGLEY FINE ARTS**  
wins top prize at **ZOOM FILM FESTIVAL**

**O**kay, it's like this. Create a movie. Find your director, script and screen writer, actors, editors and camera people. Develop the plot around the old saw *There's no such thing as a free lunch*, and make sure the main prop is a CD. If you don't know what a CD is – look it up.

You have 48 hours to produce, create, write, edit, film and submit your masterpiece for judging.

The task is onerous, but the prize is great - \$70,000 awarded to Best Film.

That was the ZOOM challenge – and those were the instructions that spurred on a team of grade 11 and 12 students from Langley Fine Arts. With eyes wide-open and creative juices flowing the 6-person crew settled in for a long, long 48 hour marathon.

First write the script and develop the theme. Next, scout out the locations and do the filming. Then spend the final excruciating hours editing, fine tuning and honing the essence into a 7 minute film. Bright eyes slowly glaze. Enthusiasm morphs into mania and common sense transforms into panic. The results? Magnifico!

Check out the frame-tale setup: Two sisters - one hearing, one deaf - and how they come to understand each other's needs and ambitions.

Problem: the actors are both hearing. Hence, they have less than 12 hours to learn sign language. They need to make the audience, both hearing and non-hearing, believe in what they are saying and signing. Can you imagine?

While the actors are desperately transcribing script into sign language and memorizing the hand gestures, the director is encouraging them to maintain a natural sister-to-sister relationship – one fraught with love-hate histories, jealousies and laugh-out-loud predicaments.

The film is indeed a masterpiece and the crew from Langley Fine Arts, under the tutelage of teacher Sue Boucher, was awarded Best Film and took home \$70,000. Congratulations to Sandy Cui, Maggie Pearce, Kaitlyn Zarin, Angeles Pez, Duncan Ryans and Sunjoo Park.

Remember their names. They will be walking the red carpet in the near future. ♦

---

**Opposite: from left to right: Film students Sandy Cui, Maggie Pearce, Kaitlyn Zarin, Duncan Ryans and Angeles Pez. Not pictured: Sunjoo Park.**

# CHILI Cookoff



## SHERRI TAPPERT'S WINNING AND NO LONGER SECRET RECIPE

### SMOKEY ROAST BEEF & SWEET POTATO CHILI

2 to 3lb Cooked Roast beef (cut into small pieces)  
leftover roast works great!

5 cups diced sweet potatoes (about  $\frac{3}{4}$  inch wide)

2 cups diced carrots (about  $\frac{3}{4}$  inch wide)

1 medium yellow onion, diced

3 garlic cloves, minced

1 red bell pepper, diced

1 yellow bell pepper, diced

1 can tomato paste

2 Tbs brown sugar

1 tsp ground cumin

1 Tbs cayenne

2 Tbs smoked paprika

2 Tbs coriander

1 Tbs oregano

1 Tbs cocoa powder

$\frac{1}{2}$  tsp salt

2 Tbs olive oil (or your choice oil)

1 tsp ground black pepper

2 cups brewed coffee

1 14oz can diced tomatoes

1 14oz can black beans

### INSTRUCTIONS

1. Preheat oven to 375\* or Crock Pot on High

2. Toss the sweet potatoes & carrots in a bowl with 1 Tbs olive oil and spread on a large tray/cookie sheet. Sprinkle with a dash of salt & pepper. Roast in the oven for about 15min. Do not overcook or they will get mushy in the chili. Set aside.

3. In a large fry pan on medium heat, drizzle 1 tbsp olive oil and add in the cumin, cayenne, smoked paprika and coriander. Let the spices roast for a few minutes till your kitchen smells amazing. Add the onions and garlic and cook till softened. Add a little more oil if needed. Next in goes the tomato paste, let roast/simmer with the spices for about 5min. Add the salt, pepper, oregano, cocoa, brown sugar and coffee, stir and set aside.

4. Meanwhile put the beef, sweet potatoes, carrots, bell peppers, diced tomatoes and black beans in a crock pot or Dutch oven.

5. Add the spice/tomato paste mixture and stir to coat evenly.

6. Cook uncovered for 90 minutes in the oven @ 375\* or for 4hrs on high in a crock pot.

### NOTES

I like this best roasted in the oven; it gives a deep smoky roasted flavor!

Top with a dollop of sour cream (add the zest of one lime &  $\frac{1}{2}$  lime juice for an extra refreshing kick), shredded cheese, green onions & chopped jalapeno or any of your own favorite toppings

## GORD'S FULL OF BEANS CHILI RECIPE:

2 pounds ground beef  
5 garlic cloves  
2 jalapeño peppers chopped up  
6 teaspoons Chili powder  
1 teaspoon Cumin  
2 15 1/2 ounce cans of red kidney beans, drained  
2 cups chopped celery  
2 cups chopped red onion  
4 Tablespoons Brown Sugar  
2 cups of Frozen Corn  
2 teaspoons Oregano  
2 16 ounce cans of Tomatoes  
2 cups of Tomato Juice  
2 ounce tins of tomato paste

### INSTRUCTIONS

Brown beef with garlic and jalapeño pepper. Drain fat. Mix in Chili powder, oregano, and cumin. Cook an additional 2 to 3 minutes

Combine rest of ingredients into crock pot.

Stir in browned meat mixture

Cover and cook on low for 10 to 12 hours.

Top with Shredded cheese



## SUSAN'S VEGETARIAN SWEET POTATO CHILI

### INGREDIENTS

1 tablespoon olive oil  
1 medium red onion, chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
1 sweet potato, peeled and cut into 1/2-inch cubes  
Salt and freshly ground black pepper  
4 garlic cloves, pressed or minced  
1 tablespoon chili powder  
1 teaspoon ground cumin  
1 teaspoon cayenne pepper  
2 teaspoons unsweetened cocoa powder  
¼ teaspoon ground cinnamon  
1 large can (28 ounces) diced tomatoes, with their juices  
1 can (15 ounces) black beans, rinsed and drained, or 1 ½ cups cooked black beans  
1 can (15 ounces) kidney beans, rinsed and drained, or 1 ½ cups cooked kidney beans  
2 cups vegetable broth  
Suggested garnishes: sour cream, grated cheese, thinly sliced green onions and/or chopped cilantro

### INSTRUCTIONS

1. In a 4-to-6 quart Dutch oven or stockpot over medium heat, warm the olive oil until shimmering. Add the chopped vegetables (onion, peppers and sweet potatoes) and a sprinkle of salt and pepper. Cook, stirring occasionally, until the onions start turning translucent, about 3 to 5 minutes.

2. Reduce the heat to medium-low. Add the garlic and spices (chili powder, cumin, cayenne, cocoa powder, cinnamon, and another dash of salt and pepper) and liquid ingredients (tomatoes, beans and broth), and stir. Bring the mixture to a gentle simmer. Cover and cook, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, until the sweet potatoes are tender and the chili has reduced to a heartier consistency, about 45 minutes to 1 hour.





by Paige Kidder

# Girl in Transition

The Truth About Grade 12

What it means to grow up while still in high school

**THE BEST WAY I CAN THINK TO DESCRIBE THIS YEAR IS LIKE DRIVING A CAR. SOMETHING I'M LEARNING TO DO AS WE SPEAK.** When you're driving you are constantly thinking about a myriad of things, whether you know it or not. You're estimating when is best to use your turn signal or you're scanning your surroundings for any changing lights. Pedestrians or animals can and will jump out onto the road. You're matching speed, not driving too slow or fast. You're glancing at your mirrors and shoulder checking to ensure your safety when merging. But every single driver has the same goal in mind, to reach a destination. I'm Paige Kidder, and this year I've emerged onto a road shorter than it looks... the 12th grade.

Grade 12 has hit me like a pie to the face. Despite all the advice I received from my graduated friends, I still have no idea what I am doing. That's the beauty of it. Grade 12 is supposed to be a learning experience, a year to work hard, discover and celebrate who you are.

It's a year to venture on a journey that will lead you to a stage, standing with a cap and gown, flowers and a diploma. But let's backtrack a bit. Just like driving we are all on this road to get to our next destination (where ever that may be), however we must remember to keep in the moment and focus on our journey so that we can arrive safely in the end. I can say with complete and utter confidence that no matter how much you prepare

It's a year to venture on a journey that will lead you to a stage, standing proudly with cap, gown, flowers and a diploma.

---



for this year, you will be way busier than you ever thought possible. To be fair, I am a person that is involved in quite a bit. I play an important role in our school's leadership and grad council teams, I am editor of this year's 2018/2019 yearbook, I am taking a university class at KPU with the Langley District's dual credit program (which I would highly recommend). I volunteer for most school events and of course I write for Student Success Magazine. Sure, anyone could say that these are things I'm purposely involved in and enjoy doing. However, on TOP on all of these extra-curricular activities is everything that comes with being in Grade 12. Grad events, grad transitions, grad photos, grad meetings, graduation exams, picking out prom dresses, keeping up your grades, learning how to drive, getting your N license, thinking about buying a car, applying to University, finding what programs interest you, working and/or applying for part time work, writing applications for scholarships, figuring out if you're going to live at home or live on campus, wondering if you should take a gap year, debating on going to post-secondary, learning how to bank, take out loans... have I stressed you out yet? Don't worry, it's completely normal to feel like the entire world is being thrown at you, but you are never alone in this journey.

Grade 12 comes with a lot of responsibility, effort and time, but have no doubts about yourself when you reach this crazy year. Billions and billions of people have graduated before, and if they can do it, so can you. Despite all the craziness I'm having the time of my life. As it turns out I'm learning a lot and I'm only 3 months in! Every grad event is incredibly enjoyable. Getting behind the wheel and driving is wicked, thinking about your future is kinda cool,

going dress shopping with your best friend is a must, and it turns out that applying to scholarships and schools is just a whole lot of talking about yourself and letting your intelligence shine. I think that this year will be busy, but it will also be one of the best years of my life.

To every student out there, or every relative and family member of a student, please know that this year is so much fun. It is a lot of responsibility, but it's so worth it as the journey makes each of us stronger and more thankful for the people in our life. I would not be able to accomplish and strive as who I am today without the incredible people that are my family. From the rides, to help with homework, to advice, to teaching, to guiding... I can honestly say I am so lucky to have such a supportive group of people to guide me and help me pursue my future plans. We (as students) all have support. Whether it be our families, our friends or our amazing teachers and staff at school none of us are alone in the journey of leaving our high schools and comfort zones behind. Grade 12 is a time that magnificent people meet magnificent opportunities and learn about themselves. This year will probably go by a lot faster than you will ever expect. This is what I call the truth about grade 12. ♦

---

**Paige Kidder is a Grade 12 student at DW Poppy who has contributed to Student Success Magazine for the last three years. Paige writes with an energy and imagination that captures the essence of her youth and galvanizes a generation.**



# OH SUSANNA

by Susan Cairns

**WHAT MAKES A GREAT BOARD PRESIDENT?** The answer is not obvious, because neither is the nature of a president's work. Some are micromanagers. Other roam. Some are dais creatures, many grant the limelight to others. But if ever there was a Foundation Board President that went above and beyond her commitments, and combined all the positive attributes, it was Susan Byrom. She was a mediator, a filter and of course a leader. Her tenure was driven by instinct, sensitivity and people management.

Our paths crossed 14 years ago when we were organizing our first Foundation fundraising event. The Foundation had just been established and I was its first Executive Director. Green, inexperienced and totally without any idea what I was doing, I launched into several programs and projects. The sky can easily become the limit when you don't know what a fall to earth feels like! Susan patiently stood by, offering advice and counsel and constant support, as we staggered through times with unorthodox board members, comic misadventures and incredible growth.

She was always there for me. First as a committee member, then as a board member and finally for the last six years as Board President. To anyone who knows Susan, she has the uncanny ability to read people and problems and be the calm, rational and sometimes persuasive voice of reason. She managed with sanity and warmth and somehow took the myriad of stuff, the cascade of detail and framed it into a cohesive and understandable whole. She guided the Foundation from its inception through its awkward growing spurts right into its maturity as a \$5 million organization. She instituted policy and procedures, she quietly insisted on integrity and transparency and gently steered the board toward its stable and prosperous existence in 2018. Hers is a legacy that will carry the Foundation onwards for years to come. We will miss you Susan Byrom. ♦







# CANLAN ICE SPORTS SKATING ACADEMY

**REGISTER NOW!**

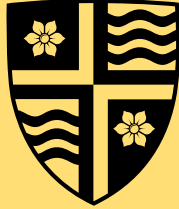
**SEASON  
2018/2019**

**PRESCHOOL LEARN TO SKATE  
PARENT & TOT LEARN TO SKATE  
STANDARD LEARN TO SKATE  
ADULT LEARN TO SKATE  
BASIC FIGURE SKATING  
PRIVATE LESSONS**

**ICESPORTS.COM/LANGLEY**

**604-532-8946**

Township of  
Langley



Est. 1873



**There's a new home for  
glass bottles and jars.**

**[tol.ca/recycle](http://tol.ca/recycle)**