

september/october 2022

# cedar sentinel

volume 7 | issue 76





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# what is the cedar sentinel?

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Cedar Sentinel is Kingsway College's official student magazine, designed by the Cedar Sentinel Editor and Assistant Editor. The authors for each issue range from students, faculty and/or staff. Our content includes major event highlights of the month (like sporting events or on and off-campus events), poems to inspire, creative writing, and much more! There's something in here for everyone!

We encourage you to reach out and submit any articles, short stories, photos, poems, or artwork that you're willing to share. If you are ever interested in sharing your work, please contact [cedarsentinel@kingsway.college](mailto:cedarsentinel@kingsway.college), [geaagpalo@kingsway.college](mailto:geaagpalo@kingsway.college), or [timiolatunde@kingsway.college](mailto:timiolatunde@kingsway.college).

Most issues the Cedar Sentinel will put out will have activities in which you can participate to win prizes! Don't forget to pick up an issue in order to get a chance to win some sweet prizes.

Online copies of the Cedar Sentinel are available on the Kingsway College website and in the *bio* of our Instagram.



Follow us everywhere!

 @cedarsentinel

 [linktr.ee/cedarsentinel](https://linktr.ee/cedarsentinel)

# editors' message: introduction

2022-2023 SCHOOL YEAR

## EDITOR-IN-CHIEF

Hellloo Kingsway College! My name is Timi Olatunde, I'm in Grade 12, and this year, I have the great pleasure of being the Editor-In-Chief for the Cedar Sentinel! Most of you may already see me in the hallways or hanging out around the Records Office; however, let me do you a favour and tell you about myself. I was born here in Canada (no, I'm not exotic) and I've lived here my entire life. Some of my hobbies include playing video games (there's one specific game I absolutely adore, can you guess what it is?), running, listening to music, and obviously, writing! My favourite class is Band (I love, love, love Band) and I got this job because I was recommended by good friend (thank you, good friend <3). I am extremely excited to work with the Cedar Sentinel for another year and I can't wait to see what's in store for all of us this school year!

**Timi Olatunde**

## ASSISTANT EDITOR

Yo~ My name is Gea Agpalo and I'm in Grade 11. I have been elected as Assistant Editor for 2022/23 :) I'm a young workaholic and slight germaphobe who loves cats. I'm from the Philippines and I like to learn about how the world works. I've said most of my intro in my SA introductions^^ Just like my boss, I was recommended by someone for this job! I hope you all like this year's Cedar Sentinel <3

**Gea Agpalo**

# contact information

HOW TO REACH THE CEDAR SENTINEL TEAM



## TIMI OLATUNDE

Editor-In-Chief

### WHEN TO CONTACT US

- To **submit your work or pictures!**
- To **leave suggestions** (for topics, contests, other things you'd like to see on the Cedar Sentinel)
- To **enter contests/activities** for a chance to win prizes!
- Need help with anything? We will try our best to assist you!

### WHERE TO FIND US

- Mrs. Naidoo's classroom: **Room #109**
- Communications **Student Workroom**
- In the cafeteria at lunch (**12:00 pm - 12:35 pm**)

## EMAILS

cedarsentinel@kingsway.college

timiolatunde@kingsway.college

geaagpalo@kingsway.college

lucillanaidoo@kingsway.college



## GEA AGPALO

Assistant Editor







# student association (SA) INTRODUCTIONS

A special introduction to the leaders of Kingsway's very own 2022/2023 Student Association



## LUIGI VALENZI

Prime Minister

Hello Kingsway College! My name is Luigi Valenzi, and I am honoured to take the role of Prime Minister in this upcoming 2022-2023 school year. To give you all a little background information about myself: I am from Montreal, Quebec and am currently a dorm student. When I grow up, I want to be a pastor and I believe this position will teach me the skills and lessons that will help me reach that goal. I love to learn at Kingsway College and it is truly an honour to serve the school. Thank you all.

## WILLIAM WANG

Deputy Prime Minister

My name is William Wang from Northeast China. I was so fortunate enough to be elected as the Deputy Prime Minister this year. I am cheerful, bright, and always full of enthusiasm for life and study. I like listening to music, playing badminton, chatting and hanging out with friends. If you have the same interests and hobbies, come talk to me! I hope that in the next year or so, I can get along with everyone happily, grow together and make progress together on this colourful campus. Thank you! :)







# SHARON KAPAKASA

Religious Affairs Minister

Hey, what's up? It's Sharon Kapakasa. I'm in Grade 11 and I'm one of your Religious Ministers. I hope that this school year will be amazing for you and I hope along with Nyjel, we can make the spiritual activities here at this school fun for you. Hope to see around campus and peace out!!

# NYJEL CAMANZO

Religious Affairs Minister

"Hi guys, my name is Nyjel Camanzo and I'm part of the senior class of 2023 and one of the Religious Affairs Co-ministers!" is what I would've put if I didn't know how to introduce myself, which I don't. That's fine though since now you know! What else... right- you should know a little bit about me as well: I'm an only child, meaning that the household is usually quiet- minus the constant meows from my cat, I like to play and watch games such as Genshin Impact, Minecraft, and Stardew Valley (though I don't play much Genshin as I did before), and to save the best for last- I'm constantly curious about the Bible and how God's love work! There are plenty of things in the Bible that I wish to understand and I hope that all of us know more too, thanks for reading (wow this is pretty long for an introduction)!





# SARINAH TJHATRA

Finance Minister

Hi! My name is Sarinah and I am a junior this year. I'm excited to be the finance minister for this school year and can't wait to see what's in store for the next school year, including planning events, budgeting, decorating, and much more.

# GABRIEL CABANSAL

Technology Minister

Hello Kingsway College! My name is Gabe Cabansal and I am a senior this year. I am honoured to take on the role of Technology Minister. I am passionate, enthusiastic, and willing to put in the hard work. Cool facts about me! I like to play basketball, worship God and listen to music. Please feel free to talk to me as I would like to meet each individual at Kingsway!



# JIRHO ALO

Communications Minister

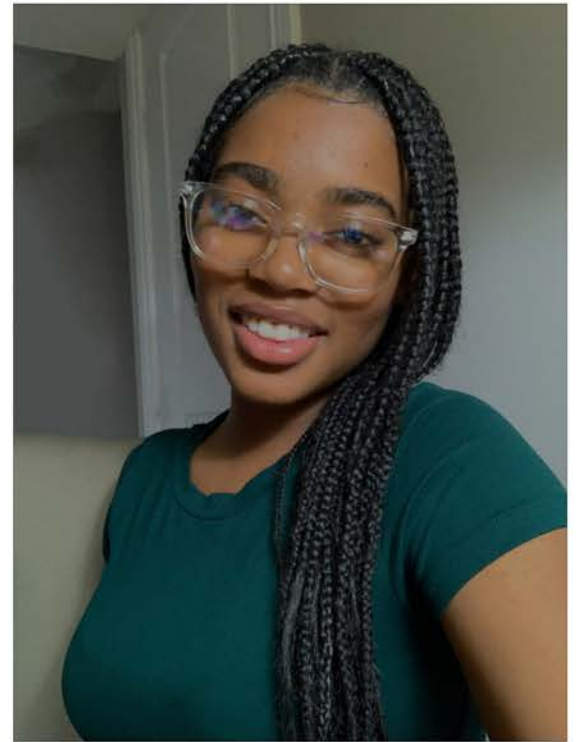


Hello, my name is Jirho and I am a senior this year. It is my passion to be Communications Minister and to make the best posters to advertise school events. I like communicating and getting that bag. I am so very much exhilarated to be the new Communications Minister for the 2022-2023 school year. The dentist said I'm grinding, even in my sleep.

# ABIGAIL GEDDES

Social-Cultural Affairs Co-Minister

Hiiii! My name is Abi and I am in my senior year at KC. I am so excited to be a part of SA as a Co-Social Cultural minister for this school year. I hope that we will be able to make endless memories and have lots of fun while being spiritually focused. Don't forget to make this year count <3



# JEMAELLE SAINT BRICE

Social-Cultural Affairs Co-Minister  
Hey, y'all! It's Jema(elle). I'm currently a senior at Kingsway College (obviously) and I will be one of your Social Cultural Ministers for this school year. I am really looking forward to working with such wonderful people and making this school year better than the last one. I can't wait to make some new memories with all of you and get to know everyone better. I already have so many ideas and I can't wait to share them with you. I promise to not let you down. Have a great year :)



# MAYA RAMPERSAD

Co-Music Minister

Hey everyone! I'm Maya Rampersad and I'm your re-elected Co-Music Minister for the year of 2022-2023. I am a senior of the graduating class of 2023....gross. Anyways- I love to eat, sleep, exercise and binge watch shows on Netflix. I've been attending Kingsway College since Freshman year. Part of my job is to lead praise team, helping out with worship services, and part take in SA meetings and events. I can't wait to meet those who are new this year! If you have any questions for me just ask whenever. Don't be afraid to come by hi or whenever you see me! <3



# GABRIEL AYSON

Co-Music Minister

Heya, I'm Gabriel Ayson and I'm delighted to make your acquaintance. I am in Grade 11 and I will be your Co-Music Minister for this year, 2022-23. I love listening to music, and I am able to play some instruments here and there. One fun fact is that I like cooking and I am told I'm easy to talk to. Some say I look scary in real life, I'm not. So please feel free to approach me if you guys need anything. I can't wait to meet you all and I hope that we will have a wonderful and productive year together.





# SIMON MSAIGWA

Recreational Affairs Minister

I'm Simon, I'm a senior, and I love sports. I love playing, talking, coaching, etc. I played sports my whole life, mainly baseball before I came here, then, I got more into basketball. I am excited to be the new Recreational Affairs Minister for the 2022- 2023 school year.



# STEPHEN LY

Outreach Minister

Hi, my name is Stephen Ly. I am 15 and in Grade 11. I'm a pretty chill guy. I enjoy playing video games and watching movies. I'm more of an inside person but I do enjoy going outside from time to time to play sports and get fresh air. I'm a hard-working guy that always makes sure to finish my work! I hope to satisfy everyone's expectations and I'm looking forward to getting to know every single one of you this year!





## TIMI OLATAUNDE

Cedar Sentinel Editor-In-Chief

Greetings fellow students! My name is Timi, I'm in Grade 12, and this year I am pleased to be the Editor-in-Chief for the Cedar Sentinel this year! My work on the Sentinel as the Assistant Editor last year was substantial and I'd like to take the newspaper to heights it's never reached before! My main job will be working on the Cedar Sentinel, but, I'll be part of our Student Association as well. I'm looking forward to working with Student Association to bring you the best high school experience possible.



## GEA AGPALO

Cedar Sentinel Assistant Editor

Hihi!!!!!! I'm Gea and I'm a Filipino Junior. I have been elected as Assistant Cedar Sentinel Editor. I like cats, green teas, avocado smoothies, and chocolates and rice. I play games like COD, etc. I'm basically a jack of all trades! I'm a workaholic and beginner germaphobe, --- @Geakitty on Insta, this is a self-shoutout-lol-- I can't wait to help the Cedar crew!!! I might seem quiet or something, but fret not, feel free to talk to me for fun^^ I enjoy talking and learning about many new things and people. I hope you all have an amazing time at KC, and if ur bored or want advice on living stress-free, come to me! Also, isn't my boss pretty?!



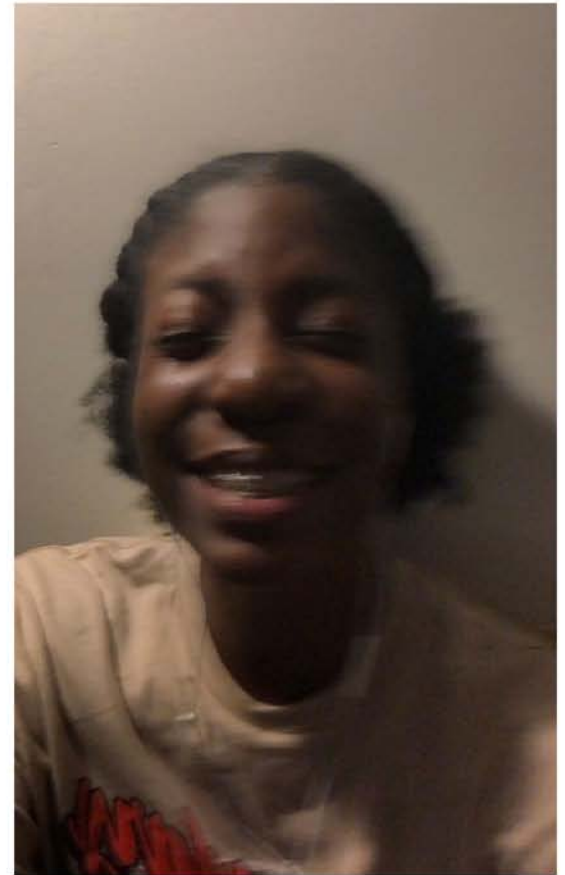
JB <3



# ESTHER MARTIN

Cedar Trails Editor

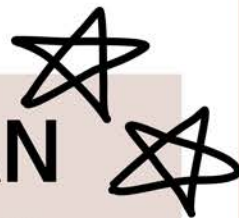
Hiyah, my name is Esther Martin! I'm in the 11th grade and I'll be creating this school year's yearbook. This year, I am planning on creating an official Cedar Trails team that will be taking photos (with provided cameras) which will be put towards the yearbook. I hope that this SA team will be able to create good memories for you this school year.



# ALLANA BALAN

Cedar Trails Assistant Editor

Hi I am Allana. I am 14. I was born in New York. My sister is Lyelle. I have 10 fingers and 10 toes. I love to draw. Let me clarify, I love to do it but I'm not that good. I am the Assistant Cedar Trails Editor for this year's SA.





# kingsway college staff INTRODUCTIONS

We reached out to the KC staff for introductions and here are the staff members who responded. Here are our Kingsway College staff introductions for the 2022/2023 school year!



## CONNIE SOLOMON

I teach History, Intro. to Business and Food and Nutrition. I was born in Benghazi, Libya in North Africa at the Seventh-day Adventist Hospital where my Dad was the chaplain. As a teen and young adult, I spent nine years teaching water skiing at summer camps.

I was a student here at KC, graduating in 1982. When the Kingsway Ski Club first started, I was one of the original members! My Husband and both of our sons also attended and graduated from Kingsway. I've been teaching here for 19 years.

## ERIN MORTENSON

Okay so I am Erin, my technical title is Student Support Services Advisor, but you can find me in the records office and the enrolment office. I give morning announcements and remind everyone to make good choices! I'm also one of two Student Association sponsors this year. That's it :)







## ANDRE LANGEVIN

Mr. Langevin completed both elementary and high school in Québec City. He then began his post-secondary education studying psychology at C.E.G.E.P. Limoilou. Later, he registered at Kingsway College, as a special student to learn English on his way to Canadian Union College (CUC) where he completed a bachelor's degree in education. He majored in Physical Education. Upon graduation, he completed extra classes at CUC, Athabasca University, and Toronto University. André now holds three minors: French, Social Science, and Religion and has completed his Master of Arts degree in Administration Leadership with La Sierra University (LSU). Mr. Langevin has received many accolades throughout his life.

## LARRY DOOKS

Hi! My name is Larry Dooks and I am the Physical Education teacher here at Kingsway. I also coach the Aerials and volleyball teams. I am excited to be back at Kingsway after being away for several years.

I'm looking forward to awesome things happening this year!





## GABRIEL MALTA

How do you do, fellow kids? For those who don't know me already, I'm Gabriel (yes, another one), 24, and from Brazil. I came to work at Kingsway right after finishing university in a double major: Translation/Interpreting Studies and ESL. That was two years and a half ago, in January 2020. This is my first school year as Kingsway College Staff, as I had been working as a Volunteer until last summer. My jobs here include sponsoring Choir, assisting Mrs. Browne in ESL, helping Pastor Becbec in Campus Ministries, and doing odd jobs here and there. My hobbies include photography, so you will probably see me walking around with a camera from time to time. See you around!

## SHAUN NORTE

Hello!

My Name is Shaun Norte, or " Chef Shaun"

I am the Food Services Director here at Kingsway College. I keep my days busy with numerous roles as the Director. These include;

- Menu Development
- Ordering and Receiving food and food-related products
- Cooking and prepping foods
- Managing Cafeteria Staff & Student Workers, and managing the overall Cafeteria operations





# JOSHUA HERNANDEZ

Hello Cedar Sentinel!

My name is Joshua Hernandez and I am the assistant Men's Dean here at Kingsway College. Here at Ryan Hall we run fun activities, and worship and strive to encourage the guys to do their best to work together and develop their character!

Fun fact: My grandfather used to be a teacher at Kingsway College and worked here as the Dean of Students back in 1968-1985.

# WILLIAM KAYTOR

My name is William Kaytor, and I teach gr. 9, 10, and 11 Math at Kingsway College. While it's true that I LOVE math, I also LOVE sports. Volleyball and Basketball are just a few of my favourite things.

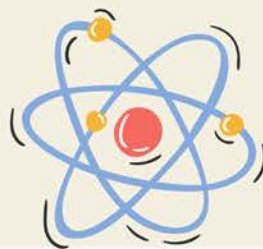
#soundofsports. Catch me in Room 203, or on the court - your choice!





## JUDY FE LARONG

Hello KC students, I'm Mrs. Judy Fe Larong and I'm teaching Chemistry and Biology. I am also a SA sponsor and work with the Campus Ministries. If there is anything I can help you with, you can find me in the Chemistry Lab/Room. Don't trust atoms, they make up everything! Have a wonderful school year! See you around!



## YBB VILLEGAS

Hi! My name is Ybb. I work in the Enrolment/ Alumni/ PR/ Development/ Marketing Department doing a whole bunch of random stuff. I would list it for you but it would be too boring to read, so I'll spare you the details. I have been working here for a while now. My hobbies include photography, design, knitting, thrifting, scrolling on the internet, and hanging out with my friends.

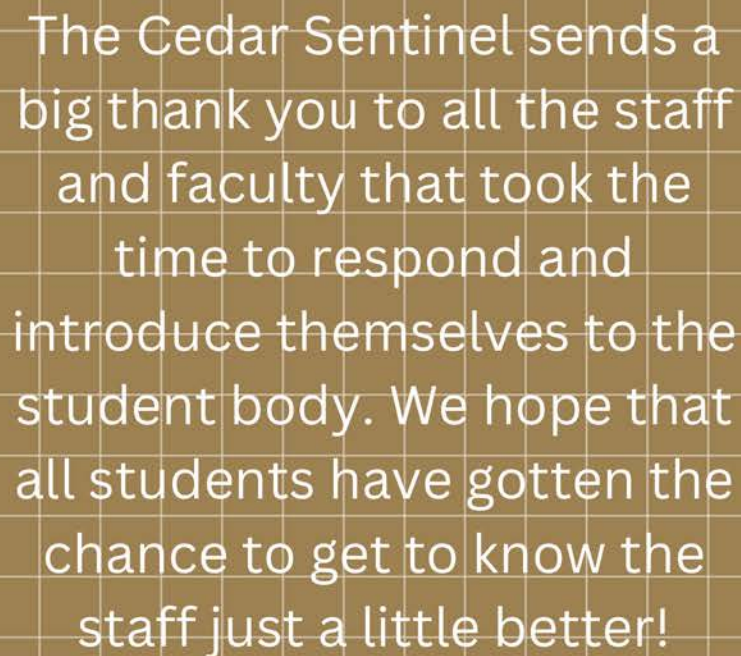




# NANCY CLEGHORNE

My name is Nancy Cleghorne. I graduated from Kingsway College in 1971...yes 51 years ago! I studied at Branson Hospital in Toronto for a 3-year Nursing program and have worked in Pediatrics all my life other than coming to Kingsway in 1999 where I did more young youth nursing.

While at KC I have done the following jobs: Asst. dean, Attendance officer, Lunch supervisor, Parent Association, Outreach coordinator, and the Nurse. I applied here because I wanted to give back to the school that solidified my journey with God and formed my character into what it is today.



The Cedar Sentinel sends a big thank you to all the staff and faculty that took the time to respond and introduce themselves to the student body. We hope that all students have gotten the chance to get to know the staff just a little better!



# Leadership Retreat

## Sasha Enjati


A couple of weekends ago, I was invited to the Leadership Retreat at Camp Frenda for the leaders of Kingsway College. What can I say except, well, it was a blast! There was a mix of emotions, especially for us freshmen. For me especially, still getting used to high school life, it was an amazing experience.

I had the opportunity to make new friends, socialize, and just enjoy being around nature. Most importantly, we were brought closer to God by understanding our purposes as leaders and fulfilling God's vision of Kingsway College this year.

Over the weekend, we talked about what it really means to be a leader. We went from 'Leader' being a title, to 'Leader' is a personality. In other words, you don't have to have a role or title to be a leader, it's a quality.

Usually, we associate things like popularity, power, or intelligence with leadership. Although these qualities can be a factor, they do not make a leader. One of the things we discussed was the characteristics of a leader. These included responsibility, organization, influence, etc. A big part of leadership is the actions you take to help the people around you. It's not all about being at the front of the line.

Leaders should have humility, patience, and compassion for others. As leaders, we have responsibilities. We are trusted with that responsibility, and we should maintain that trust by being good stewards to those around us.



As I've mentioned, we talked about what makes a leader important. Why do we need leaders? A leader is a person who has influence. They have an unspoken way of setting an example for people. Whether they do a good job or not, they have partial control over another person's actions.

But why do we need leaders? It's the same reason why we need generals in war or section leaders in the band. It's the leader's responsibility to point others toward success, whether the goal is physical, mental, or spiritual.

So, how can we be leaders? Remember, "leader" is a quality, not a title. Be understanding, thoughtful, and accepting. You can be a leader wherever you are: at school, at home, at work, etc. And if you don't want to be a leader for others, you can be a leader in your own life.

To sum up, the leadership retreat was full of laughter, lessons, and fun. We took time to really look at this year's calendar in order to plan an ideal year.

With God's help, we can do anything as he is the center of the retreat. With that, we hope to make Him the center of the 2022-2023 school year here at Kingsway College.

- Grade 9 Class President



# Fri-ENDS

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Written by Liza Pavilk

It is a big flex to say that you have been friends with someone since grade 2. That was me and my best friend. We started to become good friends in grade 5, 6 and 7, and were especially connected due to our faith in God. For some time, I even thought that we would be friends forever.

We always got along even with our differences in culture (I am Ukrainian, and she is a Canadian). Her parents are teachers and her whole family is gifted in smarts. She did not have to study for her tests in order to do well. This is different from my family where my Dad is the moneymaker of the family. Tato (this is a Ukrainian word for Dad) is a framer and my Mom is a stay-at-home mother.

In order to get good grades, I have to work and study to do well and be smart. It seems like I was jealous, I was not... well maybe. But I tried to embrace these differences and not compare myself to her. When it came to grade 7, there was a lot of drama. Drama basically gravitated toward my best friend, and people would always talk behind her back and they would treat her bad. Many of her friendships were lost, and some of mine too.

I stuck with my best friend even if it meant that I was losing my other friends.

Unfortunately, there were times when I found myself gossiping about my best friend behind her back. She was very blunt and was not afraid of correcting people, which, at that time, we as 12-year-olds were very sensitive. She, herself, was very sensitive to criticism. I was afraid of correcting her because she would get offended very easily.

Soon, she left my school the next year in grade 8, leaving me behind and out of place. It was difficult finding new friends. Especially in an environment where I was the only real Christian in my class. I decided at the beginning of grade 10 to apologize to my friend for the things that I have done behind her back in elementary school. I poured out all my secrets and grudges against her. But that was a big mistake.

When I was admitting these things, I heard a small whimper like a puppy dog.

She made the resolution that nobody liked her in my school - including me. I knew I hurt her really bad. It was like a stab in her heart. She seemed optimistic after and we went home agreeing that we will still be friends after that. But I had a bad feeling about it. I had regret wash over me. I should not have said all those things. 3 months later I still felt guilty of what I said, and was wondering why my friend was not answering my texts.





I had online school at that time, and the internet was constantly nudging me about my old friend. So I left it to God.

One day I cried and prayed to God asking Him, "Why do I feel like this? What is going on in this friendship?"

Then I hear a voice. A silent voice - like a thought.

It was not a thought that I would think, of because I knew how I thought at that time.

But this voice said, "Friendships are temporary, but I am forever."

I was in disbelief. Did God just talk to me?! I immediately wrote this down.



I soon learned that Jesus is my best friend. In life, friends come and go, but only Jesus is stuck with us no matter what. Knowing that Jesus is my best friend helped me in finding out the consequences of my actions. I lost a friend on Earth, but that did not mean that it was the end of the world. Jesus helped me during my low times. He protected my heart with this drastic breakup, because friendship breakups suck.

I love Jesus, and would give my life for Him, because at the end, we will all be facing Him on judgment day.



# What are you thankful for?

"I am thankful for my friends and family who are always there to cheer me up" - K.P

"I'm thankful for Kloie!!!!!! I'm thankful for Gea. I'm thankful for Bethel and for Thea and for my mom and for my dad and for me. Oh yeah... and my brother, oh don't put him" - Cyrell Alo

"Im thankful for the people who are consistently there for me" - N.E

"I am thankful to all my friends and the people that encourage for me to be my best self, I am also thankful for God being in my life and for guidance and protection." - R.B

"Im thankful for Allana" - Nicolet Daley

"Im thankful for Nicolet" - Allana Balan

"I'm thankful for my family and for food. (and sleep)" - S.T

"This thanksgiving I'm thankful for God always being there for me. He is a day 1. I'm thankful for all the friends and family who always support me and for my roommate who has to deal with me every day. I'm thankful for the teachers and staff who always help me out over and over again. Lastly, I'm thankful for you, the reader. Y'all real ones <3" - G.A

"I'm thankful for Gea" - J.A

"I'm thankful for friends who push me out of my comfort zone" - T.O

The first 5 people to finish the wordcross and email [cedarsentinel@kingswaycollege.edu](mailto:cedarsentinel@kingswaycollege.edu) a picture of the complete wordcross will receive a prize!

# Thanksgiving

## WORD SEARCH



CHILDREN

DINNER

FAMILY

GATHERING

GRATEFUL

HOLIDAY

HOME

JOYFUL

MEMORIES

OCCASION

PARENTS

RELATIVES

SEASON

VISITING

THANKFUL



