

# NEWSLETTER

## Workshop Snapshot:

### *Two Truths & A Lie*

"Put the plus signs in other people's happiness equations," said Tom Yonge, the speaker of the presentation Two Truths and a Lie. The presentation gave the participants ideas about what they could do around their schools or communities to help everyone get involved. Tom encouraged everyone to stay positive no matter what the world throws at you. He shared personal stories of people that made progress in their lives and people that made a difference in someone else's life. Tom explained to the delegates that it would be hard to go home and stay the positive people we've become here because people will try to tear us down. Everyone came together at the end and made a promise to try and make a difference.

-Chelsey Van Staveren & Bridget Gibbs

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Newsletter edited by Trent Whipler  
& Marguerite Torgunrud

## Polar Expressions from Geoff Green

Geoff Green sent out a strong message of sustainability and protecting our planet in his speech Friday morning. From a young age Geoff was inspired by his various trips around the world. "The only place you can feel awe and wonder is in the great outdoors." From his experiences, Geoff was motivated to create the organization Students on Ice, where young leaders are given the opportunity to travel to the Arctic or Antarctica. During these expeditions students learn about the polar environments and how we are affecting them. "These are the greatest classrooms on earth," Geoff stated as he explained



the importance of nature in our lives. He went on by saying there are numerous ways to help, you just need to be committed. "We all need to learn about what we are consuming and buying." When asked what his favourite part of the expeditions are, he replied, "I like the feeling I get when I'm there and it is caused by seeing polar bears, being on the ice, and

sharing it with people." Carli Moralejo from Montreal said, "I thought it was really inspirational and I always wanted to experience things that I can't get where I live." The message of Geoff Green's presentation was, "Protect the Poles and we can Protect the Planet."

-Maddy Lazurko, Sabrina Mainil,  
Angie Kretschmer

## Workshop Snapshot: *Generation Hero*

Christal Earle, was the presenter for Generation Hero. She was telling us about how education, housing, and exploitation are all joined. Education is considered a right in Canada, but to children in communities where they cannot afford schooling, it is a privilege. Housing is very

important because many people get kicked out of their homes due to debt and inability to pay rent or because their houses have been destroyed. Exploitation happens more often than anyone would ever think. From the age of nine months on, girls are sold by human traffickers for use in

the sex trade. Good schooling and housing help because if you have an education you are less likely to be in a position to be exploited by the world's predators.

-Taylor Elmy

## Workshop Snapshot:

### RCMP Recruiting

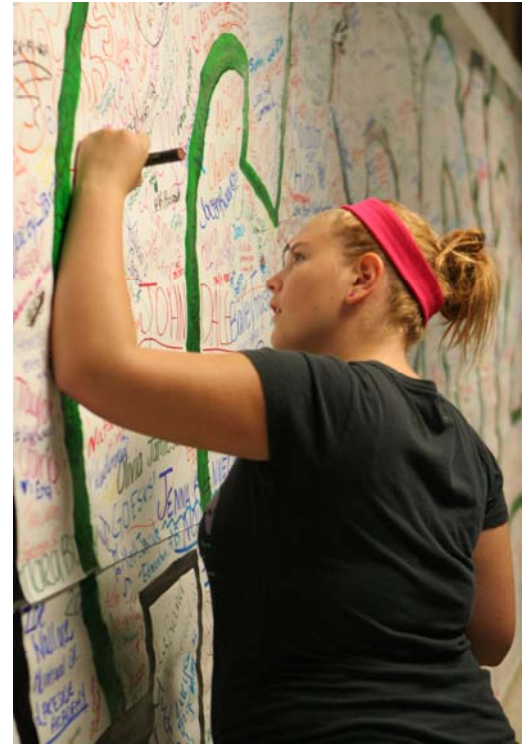
"Who keeps your city safe? Most students would answer that question with "the city police," but there is another organization that also keeps your city safe. The Royal Canadian Mounted Police, or the RCMP, is divided into provincial divisions across Canada and then broken down into an additional 750 detachments. The RCMP deals with organized crime, drugs, terrorism, and economic crimes. An experienced officer employed with the RCMP for over 17 years, Graham Taylor spoke to CSLC delegates about his job. Taylor told the students about core values needed to be a Mountie, including integrity, honesty, professionalism, compassion, respect and accountability. These are also attributes that all employers look for. He also spoke of the application process and what experiences would help candidates gain acceptance into the force. The RCMP want people who have a lot of life experiences interacting with different people because "humans are unpredictable." When asked about the most dangerous/scariest situation he has faced, Taylor went into detail about one call he got while working alone during his first six months in service. "A lady phoned from her house and said her husband had locked himself in their home bathroom with a gun and she thought she heard a gunshot. I showed up to the scene and my main concern was getting her and her two children out of the house and making sure they were safe. I went to the bathroom and saw blood under the door and I knew this man had tried to commit suicide and succeeded. The scariest part was kicking open the door because I knew what I would find inside."

-Jenna Neufeld and Sarah Doud



Top Left: Posing with the tractor. Photo by Deana Mainil. Right: Signing CSLC banner. Photo by Vanessa Flavel.

Bottom Left: Nutrition Break. Photo by Gary Cooney.



## WORKSHOP SNAPSHOT:

### ENGINEERS WITHOUT BORDERS

The Engineers Without Borders workshop was led by WCS grad Nathan Van Betuw, an industrial engineering student at the University of Regina. For four months this summer he went on a mission to Ghana, Africa with other engineering students from across Canada. A major problem they confronted was that some companies were retrofitting the efficient pumps already in use with "play pumps." These pumps are like merry-go-rounds that were designed for children to play on and pump water at the same time. It took about three minutes to fill a twenty litre bucket with a play pump, but only thirty seconds to fill the same bucket using a regular pump. To get their necessary amount of water, the pumps would have to be run by the children twenty-seven hours a day. The use of these pumps was obviously a waste of time. As well, one company made two hundred of these "play pumps" but did not have anybody educated in maintaining them, so the pumps' lifespans were far less than what they should have been. Nathan and the other students led a project that transitioned the village back to the old-style pumps and then educated people in maintaining them. This was an interesting workshop and Nathan encourages anybody who has the chance to go to Africa to do so.

-Devin Collins & Mason Charlton



John Dennison from Corner Brook, NL, wins 10,000 "doll hairs" at *Something's Gotta Give: A Live Different Production*. Photo by Vanessa Flavel.



## CSLC TRADE SHOW

The trade show included a variety of different booths from fruit to universities to jewelry. We interviewed Katie MacKay from PEI who stated that her favourite vendor was the Live Different booth because she got to enter in a contest to win a trip. We also interviewed Darien from Yorkton, SK who stated that the booth he was looking forward to was the "Majestic Lights". We interviewed a band called FLTF (From Love To Forfeit) who started a little over two years ago, and have since toured Philippines, Thailand and western Canada. They are currently touring Canada and will be releasing an EP (longer than a single, shorter than an album) shortly called Daydreamer through the company Matchbox Records. Our favourite vendor was the Fearlessly Girl booth. Kate Whitfield is the founder of Fearlessly Girl which is a non-profit girls' leadership and empowerment program which works with girls of all ages and their parents. Kate has written a book called *The Empowered Girl's Nine Life Lessons* which shows you how to teach girls the message that they don't have to live up to anybody's expectations but their own.

-Brooklyn Arts & Hannah Hextall



Left: FLTF. Right: CSLC Trade Show. Photos by Deana Mainil

### Workshop Snapshot: *Believer of Dreams*

Shane Feldman is known as a humanitarian, an actor, and the founder of the Count Me In Conference, which is the largest youth organization in Canada. Most importantly, he is known as a teenager. When Shane was fifteen he started his first year of high school. Shane got involved in every activity and club that interested him, but he noticed that not too many other kids were involved. The typical stereotype of teens is that they are apathetic. They have no interest, enthusiasm, or concern. Shane wanted to change this stereotype, but in order to do that, he had to change the students themselves. Shane put together what was supposed to be a small school assembly, but it quickly turned into a Canada-wide conference.

Shane is now seventeen years old and still in charge of the Count Me In Conference. Every year the conference is held in Ontario during the spring break. Shane gave the delegates many tips in order to be successful. "You need to be optimistic, and you always need to set goals and take risks. You must always refuse to quit, and must always be motivational." Shane also said that a great way to start the morning optimistically is to smile as soon as you wake up. When asked what the greatest reward of starting the Count Me In Conference is, Shane replied that the best part is receiving all of the messages from other students. These messages are an inspiration to him, as they tell him how the conference has helped them and changed their lives for the better.

-Andrea Sidloski and Haley Anderson



Gym Blast at Queen Elizabeth School.

## WORKSHOP SNAPSHOTS

### GYM BLAST

Gym Blast was an exciting event. Everyone was full of spirit and ready to win some games. It started by everyone being broken up into four teams: red, yellow, blue and green. Each team was then told the words to their cheer and then allowed to put their own creativity into it. The first activity was called "Pirate's Cove." It was essentially a flag football game where there was no ball and everyone wanted each other's flags. There were also many other fun events. One of the most interesting was called "Doughnut Hole." Using a three man slingshot you had to shoot foam balls from one end of the gym to the other while trying to get them through a huge inner tube. Balls were flying everywhere at a fast pace! It was a hectic place to be but everyone enjoyed it, especially the yellow team who came out victorious in the end.

-James Giroux

### ROTARY CLUB EXCHANGE & OPPORTUNITY

"Rotary Clubs help people from around the world," said Mr. Bob King in the Rotary Exchange and Opportunities Workshop. During the workshop, Mr. King spoke out about the importance of Rotary Clubs and the exchange program that they offer. Rotary Clubs help bring water, education, peace, literacy, and immunization to communities around the world. Mr. King highlighted that one of its main causes is to eradicate the disease polio. During the second half of the workshop Mr. King talked about the Rotary's Foreign Exchange Program. There are two programs available to students between the ages of fifteen and nineteen. The first is the short-term exchange where the student travels to another country(s) for several weeks. During the program, the student does not have to attend school. Instead they can tailor their experience to suit their interests. This can include homestays, tours, and international youth camps. The second program involves travelling to another country for a year while attending secondary school. This involves staying with one or many host families over the course of their visit. Language may be a deterrent to some, but as Mr. King noted, "You will be comfortable with the language in about three to four months, fluent in twelve." Mr. King is the Activities Director at WCS and has been working here for forty-five years! Upon asking him to describe his experience at the school he replied, "It's a daily adventure."

- Manu Pandey

### FACING YOUR FEARS

Bill Johnson had students rolling on the floor laughing, so to speak. With his back stories and sound effects, he had the students listening to every word. In between his childhood incident stories, Bill explained that fear will hold you back, from your goals and from your life. Bill has a philosophy.

Fictious  
Events  
Appearing  
Real.

Fear is your imagination running wild, imagining the worst possible reality in order to scare you away and keep you from getting hurt. Bill also said, "A small change often has the most impact."

-Rekina Browatzke

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## WORKSHOP SNAPSHOTS

### *The Snowbirds*

"As we speak, we have members deployed in over thirty countries in the world," explained Lieutenant Colonel Maryse Carmicheal, who along with Chief Warrant Officer Alan Blankey, Squadron Chief, were the presenters of the Canadian Snowbirds workshop. The workshop explained to the participants the importance of the Snowbirds and the certain spots that are assigned to the pilots in the air for the formations. There are nine spots assigned in a formation with number one being the leader. The two presenters informed the delegates that confidence, trust, and communication are very important factors that each pilot must possess while in the air in order to succeed as a team. A few challenges faced by the Snowbirds include broken down planes, bad weather, or sometimes flying upside-down formations. A strong belief for the Snowbirds is to work together as a team to set an example for all Canadians.

-Chelsey Van Staveren & Bridget Gibbs



Presenter & Snowbird Lieutenant Colonel Maryse Carmichael. Photo by Gary Cooney

### *ECO-FOOTPRINT*

The Eco-Footprint workshop was an excellent way to learn more about how we impact our environment. Meagan Van Buskirk from the Saskatchewan Environmental Society was the workshop leader. She led an activity which involved students imagining Weyburn with a dome around it and then discussed what resources we have and how hard it would be to sustain them. Students learned how to reduce our ecological footprint by making a list of ideas. After finding each family's eco-footprint, students set goals for themselves to reduce their own eco-footprint.

-Angie Kretschmer, Sabrina Mainil, and Maddy Lazurko

### *PAUSE BEFORE YOU POST*

Pause Before You Post is all about making people aware of cyber bullying by informing them of the causes and effects of using media to harass other people. Cyber bullying is just as harmful as physical abuse, if not more so, because cyber bullying can hurt you anywhere. Cell phones and other media can do as many negative things as they can do positive. A victim of cyber bullying can become depressed, which may lead to abusing their own body or even suicide. Most cyber bullies think that what they're doing is a joke, but it is much more than just a joke to the victim.

The delegates watched three different videos that gave examples of cyber bullying and explained how it worked. Dr. Justin W. Patchin and Dr. Sameer Hinduja put together one of the videos. This video answered many common questions about cyber bullying. The delegates were told that anything posted on the internet can be traced back to whatever device it was sent from. In this way, anyone who has cyber bullied another person could easily be held responsible.

At the end of the presentation, the delegates were told to look under their chairs. One lucky student won a certificate for a free Pause Before You Post kit. The main thing to take from this presentation is to always PAUSE BEFORE YOU POST!

-Andrea Sidloski and Haley Anderson



## WORKSHOP SNAPSHOTS

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Who keeps your city safe? Most students would answer that question with "the city police," but there is another organization that also keeps your city safe. The Royal Canadian Mounted Police, or the RCMP, is divided into provincial divisions across Canada and then broken down into an additional 750 detachments. The RCMP deals with organized crime, drugs, terrorism, and economic crimes. An experienced officer employed with the RCMP for over 17 years, Graham Taylor spoke to CSLC delegates about his job. Taylor told the students about core values needed to be a Mountie, including integrity, honesty, professionalism, compassion, respect and accountability. These are also attributes that all employers look for. He also spoke of the application process and what experiences would help candidates gain acceptance into the force. The RCMP want people who have a lot of life experiences interacting with different people because "humans are unpredictable." When asked about the most dangerous/scariest situation he has faced, Taylor went into detail about one call he got while working alone during his first six months in service. "A lady phoned from her house and said her husband had locked himself in their home bathroom with a gun and she thought she heard a gunshot. I showed up to the scene and my main concern was getting her and her two children out of the house and making sure they were safe. I went to the bathroom and saw blood under the door and I knew this man had tried to commit suicide and succeeded. The scariest part was kicking open the door because I knew what I would find inside."

-Jenna Neufeld and Sarah Doud

### EVERYTHING YOU NEVER WANTED TO KNOW ABOUT THE OPPOSITE SEX

People, be prepared to have your earth shattered! Dwayne Jeffery, teacher, playwright and motivational speaker, discussed his findings on how the opposite sexes work. Jeffery spent an hour telling the boys and girls what they're doing wrong, right, and the things they should be doing. Talking mostly from his own experiences with his wife and former girlfriends, Jeffery started by decoding all the things that women say but don't really mean. For example, men need to know "fine" means "no." "Do whatever you want" means "don't you dare do what you want." "*We need to do it*" means "*YOU need to do it.*"

Jeffery also ratted out the guys. Men tend to not pay attention. They have mastered when to say yes or no or a simple grunt without actually listening to what you say. If you really want a man to listen, do not ask questions that can be answered with a yes, no, or a grunt. Touching on many other subjects such as "the food window", "the ten minute rule," and the fact that men only really know ten colours. Jeffery ended his speech by telling us that men and women really don't appreciate the little things about one another. We take each other for granted. And the point of this entire workshop? To have us understand that we are completely opposite of one another in every single way.

-Brittany Franklin



Enjoying a beautiful day. Photo by Bill Allen