



TRADITIONS

A publication for the Glenlyon Norfolk School community

SUMMER 2009



IN THIS ISSUE

**Chadi Saad-Roy Wins Gold
at National Science Fair**

**GNS Wins EcoStar
for Environmental Education**

**Macdowall Shield
celebrates 70th anniversary**

Traditions

SUMMER 2009



Published by the Advancement Office,
Glenlyon Norfolk School.

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Cover: Elizabeth Duncan as Pippi and Spencer Tranter as Captain Longstocking in the Middle School production of *Pippi Longstocking*. See page 21 for more details.

A Promise, a Benchmark

Reflections on our outstanding motto

Simon Bruce-Lockhart, Head of School

In the recent American election, Barack Obama's "Yes we can!" became more than a rallying cry. It became aspiration: "We can break away from the past way of governing;" it became a promise "We will break away...;" and, in the eyes of those who write history (in a hundred days? a hundred years?), it will become a benchmark against which Obama will be judged.

Good school mottos are like that and—in a field of surprising mediocrity—ours truly is outstanding. *Do your best through truth and courage* is aspirational; it is a promise; and it is a benchmark against which we are judged.

It is also an elegant reflection of the school's history. In 1986, when Norfolk House and Glenlyon amalgamated, so too did their mottos. Norfolk House's *Do your best and rejoice with those who do better* and Glenlyon's *Truth and courage* were both good mottos, but neither had the strength and effectiveness alone that they have together. *Do your best through truth and courage* is the best school motto I know because it speaks to who we are, it is accessible to even very young students, and it is constantly heard throughout our community.

That is surprisingly rare. Many school mottos are remote: although they articulate lofty goals, they really don't speak to students. A quick search of ISA schools on the internet led me to the motto in only a quarter of cases. Mission statements abound and have essentially taken over. The problem with mission statements is that most lack the succinct punch of a good motto and can rarely be articulated by the broad range of community members who are supposedly directed by them. That being the case, they are too often confined to school literature and strategic plans rather than being the standard that is constantly in front of the community. I suspect that many members of the GNS community cannot quote our mission statement ("to challenge and support our students to do their best through truth and courage in learning and in life"). How fortunate we are that it is simply an extension of our motto!

Something else that I love about our motto/mission is that it doesn't talk about excellence. That may be a surprising statement from the head of a school that prides itself on a high level of achievement across a broad range of activities. However, I will take *Do your best* over excellence any day. It is an incredibly high standard to put before students day in and day out, and it is unequivocal. It speaks to all situations, all circumstances.



Excellence, on the other hand, is on the down swing. It should mean to stand above everyone else, but common usage now puts it just beyond "very good" in a continuum of performance measure that starts with "fair" and ends in some new superlative necessary to distinguish those better than excellent. And, by common understanding, one doesn't excel on all fronts; at least, it is an extremely rare person who is able to do so. But one can certainly do one's best on all fronts! Simply put, everyone can do his or her best in every situation. Even by today's watered down standards, that is not the case for excellence.

Another reason I prefer the notion of doing one's best to excellence is that the first measures you against yourself, the second measures you against all comers. Being competitive is fine; it is character-building and—except in extreme cases—healthy and helpful. However, it tends to focus on the immediate. The real measure of a school is not how many 18-year-old experts it produces, but how many 35-year-old alumni reflect the values of the school as they put their expertise to work in their every day lives.

Through truth and courage, of course, adds another whole dimension to our motto. It speaks to doing what is right, particularly in difficult situations. Life throws curve balls at all of us, and we are all called upon to stand up for truth and decency in circumstances that make doing that very, very hard. That's when courage comes in—the courage to do what is right. When those circumstances arise, *Do your best through truth and courage* is both a comfort and a guide. In the meantime, it lives in every hall and classroom of GNS as a reminder that we are a values-driven community and that aspiration becomes promise, becomes benchmark.

Forgive me a sense of satisfaction, but that truly is excellent! 🌱



Doug Easton presents the Governors' Trophy to Emma Bodnar and Andrew Komlodi at the Senior Closing Ceremonies.

Fulfilling a Promise

Members of the Glenlyon Norfolk School community are strong examples of our Mission

Douglas Easton, Chair, GNSS Board of Governors

You'll notice in this issue of *Traditions* that we feature several of our 2009 graduates. It is always a wonderful thing to read about the accomplishments of our students. They truly are a remarkable group. Many of this year's grads are exceptional academically; several have outstanding arts and sports accomplishments to their credit. We have every reason to be proud and grateful.

It is important that the Board of Governors pays attention to our graduates' accomplishments; these students are the reflection of Glenlyon Norfolk School.

Do they fulfill the promise of the Glenlyon Norfolk School Mission Statement?

To challenge and support our students to do their best through truth and courage in learning and in life.

I'm proud to say they do.

If we require daily truth and courage of our students, then it follows that every level of the community should try to live up to the same standard.

Board Committees have presented plans that recognized the unprecedented financial uncertainty, and we have attempted to have contingencies in place to deal with the problems as they come up. To date, I'm pleased to report that we have anticipated these lean times correctly and will achieve our operating budget without impacting our children. Looking forward, the 2009/2010 budget has been built with the same prudent financial measures as we had in the 2008/2009 budget.

We have begun a major review of our current Strategic Plan with the focus on creating the next three-year operational plan. This is work that demands great attention to detail and organization.

We have completed all the construction associated with the new athletic field; we're ready to tender for construction of The Hall; and we have the design for the Beach Campus well under way. Desire bids us begin on The Hall. Prudence requires that we hold ourselves to a rule to have a proportion of the needed funds in the bank, before we break ground. Much as we would like to go ahead and hope for the funds to be there down the road, this would not be a good demonstration of "doing our best." It's a hard rule to follow: *Do your best through truth and courage.* To the Governors, it means we can't enjoy the fruits of our labours before we actually pay for them. What a concept in this day and age!

“It is important that the Board of Governors pays attention to our graduates’ accomplishments; these students are the reflection of Glenlyon Norfolk School.”

The Glenlyon Norfolk School Society has been very fortunate in attracting high caliber Society members to serve on the Board; each in his or her own way does their very best to be true to the Glenlyon Norfolk School Mission Statement, volunteering their time and their knowledge. We say goodbye with grateful thanks to **Eric Denhoff**, **Steve McKerrell** and **Shelagh Rinald** for their exemplary service to the school. Each has been a model of the Mission Statement and a leader for the Glenlyon Norfolk School community. We are happy to welcome three new Governors: **Rebecca Grant**, **Rob Mahrt** and **Ian Taylor**. Each brings unique and needed talents to the Board culture, and I welcome them with thanks for their service to be.



Ian Taylor

Mr. Taylor and his wife Carolyn moved to Victoria five years ago from Toronto. They have three children at GNS: Madeleine, Christian and Nicholas in the Senior and Middle Schools.

Ian is the SVP Global Sales for locally based, foreign payment experts Custom House Ltd. and has responsibility for the corporate business in seven countries.

Ian also serves on the boards of PacificSport Victoria, the new Pacific Institute for Sport Excellence, and on the Advisory Board of the Power To Be Adventure Therapy Society.



Rebecca Grant

Dr. Grant is an Associate Professor of Information Systems in the University of Victoria’s Faculty of Business. Rebecca has also taught at McGill University, the University of Cincinnati and the University of California at Irvine.

Rebecca has been an active volunteer with the United Way since 2002. She chaired the 2008 Greater Victoria Campaign, the 2004 University of Victoria workplace campaign, and served

on the Cabinets of the 2005–2007 Greater Victoria Campaigns. Rebecca is Chair of the Board for the University Club of Victoria, a member of the Telus Community Board, and a Governor of the Greater Victoria Chamber of Commerce. She has also volunteered in various capacities at GNS over the past 10 years.

Rebecca and her husband, David McCutcheon, are parents of Grade 12 student Colleen McCutcheon.



Roderick L. Mahrt

Mr. Mahrt is married with a daughter in university and a son in Grade 12 at GNS.

As First Vice President, Investment Advisor, Rod has been with CIBC Wood Gundy for more than 23 years. Within the firm, Rod operates the Mahrt Investment Group, a team of

professionals who design highly personalized and proprietary wealth management investment strategies for business owners, charities and foundations, family trusts and high net worth investors. He has a Bachelor’s Degree from the University of Victoria and is a Fellow of the Canadian Securities Institute. Before entering the investment business, Rod was an Executive Assistant to two cabinet ministers with the BC government in the Environment and Human Resources Ministries.

I’d like to give my heartfelt thanks to all the staff at Glenlyon Norfolk School who truly demonstrate doing their best, whether it is in the classroom, on the playing field, on stage, or by their record 97% participation in the Annual Appeal. We could have no greater examples for our Mission Statement than these fine people.

The Governors have had many conversations about the Mission Statement. What does it mean to do our best in learning and in life? How do we accomplish that courageously? This is not easy to do. How many of us could honestly say that we do our best each and every day in everything we do? This might be a beneficial nut to chew as you enjoy your summer. We will continue the conversation in the fall. 🍂

Yay, Growth!

Sue Siluch, President, GNS Parents' Auxiliary

Ever since my son Ray was three, he and my husband have had this ritual: every couple of months, Paul would say "Ray, go get the ruler," and the two of them would trek to the hall closet whereupon Ray's height would be measured and duly recorded on the inside of the door. If there was even the slightest change, I would hear the words "Yay, growth!" raised in triumph.

As I reflect on the accomplishments of the Parents' Auxiliary this year, I feel like yelling "Yay, growth!" We have welcomed new parents into our midst. "New-er" parents have stepped up and gotten involved in the planning of Monte Carlo Night and the Seaside Fair (bravo! to **Nancy Powell, Sue Edwards, Jenn Lee and Eimer McGrath**). Our Teacher and Staff Appreciation Teas were fabulous affairs. We raised more money than ever—over \$131,000—truly, an astounding amount! We also held successful elections, filling all of our posts for next year, which means we're off to a fabulous start!

Where does the money go? Funds raised by the Parents' Auxiliary have bought us our safety boat, SMART boards for classrooms, new gym equipment, bursaries for families in need, and upgrading of computer systems, to name just a few. In short, they go to improve the education of our kids at GNS.

So, next year, if you would like your child to have the benefit of even more enhancements, come out to an Aux meeting, buy a ticket to the Parent Party, volunteer at the Dickens Fair—get involved! You'll be surprised at how much fun you'll have.

Before I pass the torch to your new President, **Daune Roberts**, many, many thanks go to your Auxiliary Executive who put in so many hours to make GNS an even better place. They are **Beth Murray, Mary Anne Marchildon, Nicola Komlodi, Alex O'Brien, Jenny MacLeod, Cyndi Powers, Lindiann Hopkins, Vicky Ballantyne** and **Carolyn Taylor**. You are rock stars!

And, thank you to all of our wonderful Class Reps, who put in countless hours in classrooms and on the telephone, making new parents feel welcome, attending meetings and giving us new ideas. Without your input and support we would still be having coffee.

I look forward to an upcoming year filled with excitement, and I hope to see you all there! Yay, growth! 🌱



Giving Visions Life

Eva Riis-Culver, Director of Advancement

Thomas Edison is recognized as the world's greatest inventor, with 1093 patents to his credit and best known for creating the modern day light bulb. Edison had a brilliant mind, but perhaps the greatest aspect of his brilliance was realizing that he couldn't materialize all of his ideas on his own—he needed a team! In 1876, he founded an organized, research laboratory that brought together like-minded scientists, mathematicians, engineers and mechanics, all brilliant in their fields, who worked together to produce a steady flow of technological innovations. In just seven years, Edison's research laboratory produced nearly 400 patents!

Like Edison's team, all of us are working towards our own innovations. Along the way, we reach out to others to bring our visions to life, and we find ourselves belonging to groups of like-minded people. Visions become shared, and amazing things happen!

And so it is with philanthropy. It is the coming together of people with a shared vision, giving their talents and resources to make that vision a reality, to meet a need and create something special.

GNS has embarked on a major fundraising campaign to renovate and build new facilities. We are an independent school, and therefore do not receive government grants for capital improvements, including the construction of new facilities. It will be the philanthropy of the GNS family, the coming together of our community with a shared goal to improve our campuses, that will bring our vision to life.

When we give, especially when we give to the best of our ability, we are embracing a vision, we are saying, "I believe in something bigger, and I want to help." Believe in GNS! 🌱

THE ANNUAL APPEAL: *Inspiring Potential*

Like all independent schools, GNS relies on fundraising to help offset expenses not covered by tuition fees. Gifts to the Annual Appeal provide critical funding for student programs, bursaries and scholarships, academic initiatives, faculty support, and the maintenance of our learning facilities. The Annual Appeal is the backbone of all fundraising initiatives at GNS. This year, more donors than ever before helped inspire the potential of our students and made a gift to the Annual Appeal! Thank you to all the donors listed below for making GNS a philanthropic priority! If any omissions have occurred, please accept our apologies and contact the Advancement Office so that corrections can be made.

OTHER ANNUAL GIVING: *Helping GNS Thrive*

Each year, members of the GNS family and friends of the school community provide additional support outside of the Annual Appeal. Thank you to all the individuals and organizations listed on page 7 for their generosity! Your support helps our school thrive!

The Annual Appeal

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 SF Former Staff
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Yasuo & Beatrix Yoshikawa, PC
Kenneth Yvorchuk & Pauline Truong, PC
Gertie Zeiter & Dean Stelmaschuk, PC/ST
Richard Zuk, ST
Anonymous (6)

Businesses & Organizations

The G. Zimmermann Foundation
Hugh Williams Soccer Academy
Mericos Foundation
Jack and Anne Mollenhauer Family Foundation at the Toronto Community Foundation
Provincial Employees Community Services Fund
Robbins Parking Service Ltd.
TELUS Community Engagement
Victoria Foundation – G.F. "Pat" Dunn Family Fund

Other Annual Giving

Ann Allen, FR
Donja Blokker-Dalquist & Doug Dalquist, BD/PC
John & Susan Bodnar, PC
Simon & Joanne Bruce-Lockhart, PC/BD/ST
Sherry Brydson, PF
Kristina Campbell, BD/FN/PC
Mike & Jennifer Dalton PC
Geoffrey Gudewill '76, AL
Janey Gudewill, GR/PF

Nicholas Gudewill '67, AL/FN/PF
Peter Gudewill '68, AL
Sam Gudewill '72, AL
Pat Hedley '30, AL
Anthony Jenkins, FR
Fergus Macdowall '42, AL
William & Deborah Patterson, BD/PC
Anonymous (1)

Businesses & Organizations

Berwick Investments
Coast Capital Savings
Garyali Architect Inc.
GNS Alumni Association
GNS Parents' Auxiliary
The G. Zimmermann Foundation
Lifetouch Canada Inc.
Vancouver Foundation
Victoria Foundation
Victorian Epicure Inc.

Gifts in Kind

4 Cats Art Studio
Cheryl & Brad Alexander
Avalon Gardens
Steven & Nelva Baillie
BC Ferries
Beach Acres Resort
Jean Bigelow
Bodhi Fitness and Lifestyle
Bullock & Kirstein Photography
Bruce Carter
Garth & Meagan Caters
Chamberlain Walk Hair and Nail Care
Cyndy Chan
Deirdre & Peter Chettleburgh
Gregory & Sharon Clark
Corbett & Lochbaum
David & Jennifer Coulter
Custom House
James Darke & Anna Tieman
Anthony & Susheela Dason
Demitasse

Paul Diment
Dreamland Kids
Doug & Joan Easton
Mary Lue Emmerson & Peter Johnston
Fairholme Manor
Cam & Helena Filmer
Finn & Izzy
Fire & Water Fish and Chop House
Bob Fraumeni
Doug & Marie Freeman
Ron Friend & Lynda Champoux
Stuart Gale & Susan Irvine
David & Jill Graham
Tony & Tracy Grewal
Hans Grundmann & Margaret McDowell-Grundmann
Gryphon Door
Noel Hall & Sandra MacPherson
Bradley Halliwell & Kathleen Goodall
Chris & Susan Hamilton
Michael & Patricia Hannigan
Jordy & Laura Harris
Tina Hospers
Andrea Hughes
David & Karen James
James Bay Esso
Anthony Jenkins
Jenny Wren Paperie
Shrawan Khanna
Graham Lamb & Joan Wiggins
Dara Landry & Jennifer Skinner
David & Laureen Letkeman
Jim Lewis
Griffin & Jane Lewis
Lifetouch
Scott Loughton
Marlin Travel
Marriott Hotel
David & Lisa Maxwell
John McAllister
Kini McDonald & Marie Tassé
Michael & Laurie McLoughlin
Tyea Niblock '75

Ocean River Sports
Pacific Opera Victoria
Katherine McCallum Pagett
Poets Cove
Polished Home Decor
Wayne & Robin Poncia
Juergen & Julie Puetter
John Pullyblank & Sara Comish
Queen Victoria Hotel & Suites
Radius Dental Arts & Aesthetics
Ramsey and Ramsey
Marilyn Rathwell
Craig & Michelle Rinald
Robbins Parking
Royal BC Museum
Salon Astoria
Salon Modello
Scotia McLeod
Tereus Scott & Lise-Lotte Loomer '85
Sharpe Clothiers
Paul & Sue Siluch
Greg & Darla Simmons
Studio 4 Athletics
Nelson Svorkdal & Jennifer Scarth
Tangerine Jill
Jennifer Taylor
Judy Treloar
Tri-X Excavating Ltd.
Hugh & Anne Tucker
Van Isle Windows Ltd.
Vancouver Island School of Art
WaterLily Shoes
Matthew & Sara Watson
Ian Weir & Brenda Henderson
David & Jackie Wheaton
Wheaton Pontiac
Eric & Janet Wieczorek
Graham & Joan Wiggins
Winchester Cellars
Winchester Galleries
Kelly & Dawn Wright 🌿

Fiscal Year	Annual Appeal	Other Annual Giving	Total Annual Giving	Parents' Auxiliary	Total
2008/2009	\$210,818.85	\$297,228.95	\$508,047.80	\$105,900	\$613,947.80

Chadi Saad-Roy WINS GOLD

After winning Best in Fair at the Vancouver Island Regional Science Fair, Chadi comes out on top at the Canada-Wide Science Fair

Jessica Natale

Step aside Bill Nye—we've got our own science guy! Grade 9 student Chadi took home the gold medal at the Canada-Wide Science Fair this May in the Physical and Mathematical Sciences Intermediate Division. His project entitled *Neodymium – Useful in Transport?* explores the use of magnets as a way to power vehicles. In his experiment, which went way beyond the Grade 9 requirements, Chadi compares the effectiveness of different magnets using mathematical formulae he devised and also assesses their effectiveness as renewable energies.

What a daunting task for a fourteen-year-old! More impressively, Chadi has been working on this project for three years! He came up with the idea in Grade 7 when he first learned about magnets. He thought, "magnets [are] interesting. Maybe I could do something for the world [with them]!" What a noble question for a young twelve-year-old! Since then, he has been working on this project, adding to it, changing it, improving it, every year.

This year, he fashioned the right formula. At the Vancouver Island Science Fair, he came out with SEVEN awards! (See

inset box for list of awards.) Moving on to the Canada-Wides in Winnipeg, Chadi's National gold medal-win awarded him \$1500 from sponsor EnCana Corporation, \$100 for an Honourable Mention in the Automotive category, and a \$2000 scholarship to the University of Western Ontario, should he choose to study there in a few years! It is quite an achievement to receive a university scholarship three years before you are even eligible to attend! Significantly, while Chadi handed in an English version of the project to his teacher, the project he presented at Science Fair was completely in French, which he translated himself.

Despite his great success this year, Chadi is not finished working on this project. "There's still more I can improve. I want to make it better," says Chadi. In fact, this year's project was a more

Chadi's Awards from the Vancouver Island Science Fair and the Canada-Wide Science Fair

Best in Fair

Nathan Geminiano Award

La société francophone de Victoria

University of Victoria VIA TeC Award

Association of Professional Engineers and
Geo-Scientists of BC Gold Award

University of Victoria Engineering Award

BC Ministry of Transportation Award

Gold Intermediate Award,
Canada-Wide Science Fair

Honourable Mention in Automotive,
Canada-Wide Science Fair



Chadi holding a component of his project.



GNS students at the Vancouver Island Regional Science Fair (L to R: Todd Darcie, Chadi Saad-Roy, Thomas Gilmour, Alexander Koziol-Neumann, Sean Pickersgill and Katie Curry). All received special awards. (Missing from photo: Patty Thomson.)

complicated version of the one he brought to the Canada-Wides last year. Once again, Chadi hopes to improve it even more and apply to bring his project to the International Science Education Fair and to the Taiwan International Fair next year.

Chadi firmly believes in his project and its ability to make our world more green. Winning is not a priority for him; in fact, his goal at the Canada-Wides was only to make the top 50% in his category! For Chadi, Science Fair provides the opportunity for students to show what they want to see improved in the world through their experiments. With that kind of altruism at work amongst students, our world—from pole to pole—will certainly be in good hands! 🌱

**Did you know that
since 1987 GNS has sent
30 students to the annual
Canada-Wide Science Fair?
In total, those students have won
2 gold medals, 4 silver, 8 bronze
and 11 special awards.**

No Debate About It —

GNS wins debate Provincial Championships two years in a row!

Jessica Natale

When last year's provincial debate champions, **Jennifer Losie** and **Ashish Sudhakaran**, weren't able to compete this year due to other school commitments, coach **John Baty** didn't worry. That is the benefit of running a large debate program of 50 members from grades 7 to 12: John simply went to the younger debaters and told them point blank: "We need to step it up." And the younger GNS debaters didn't flinch under the pressure.

To add a little more fuel to the fire, no school debate club in the history of BC had ever won provincials two years in a row, using two completely different teams. No team, that is, until GNS!

GNS arrived at the provincials in Prince George, as has been so often the case, with the largest contingent of qualifiers from any school in the province. Despite being the defending provincial senior champions, our young debaters weren't intimidated by the expectations; they knew they were well-prepared and were excited by the challenge.

In fact, **Elsbeth Easton** and **Colleen McCutcheon** set out to make history, and they did. After a series of debates on topics as varied as "honesty is the best policy" and "the security of the state is more important than individual freedom," Elsbeth and Colleen brought home the Law Foundation Cup, BC's top debate award, yielding GNS the victory two years in a row!

Many GNS debaters finished with personal bests and excellent placements in their particular classes of competition (see table), re-affirming GNS's preeminent place in British Columbia debate.

In addition to a number of top ten finishes by GNS debaters, our debaters were celebrated as follows:

David Denhoff	Bronze, novice debate
Elsbeth Easton	Silver, senior speech BC rep team to Regina Nationals (April 09) BC rep to Winnipeg National Seminar (November 09)
Kaelin Hickford	Bronze in novice team
Colleen McCutcheon	BC rep team to Regina Nationals (April 09) BC rep to Westerns, Saskatoon (December 09)
Dorone Smith	BC rep at Junior Nationals in Nova Scotia (May 09)
Josef Svorkdal	Gold, novice speech
Jamie Thornton	4th place, junior debate

To conclude the year, GNS once again hosted its fifth GNS Provincial Mock Trial Championships at the Victoria Provincial Court House. Five of our graduating veterans made it back for this competition, and with the help of our new provincial champions, GNS won the day!

As coach Baty stated earlier this year, when it comes to debate in BC, "GNS IS HERE TO STAY!" 🌱

Elsbeth Easton and Colleen McCutcheon.



Coaching According to John (de)Baty

Debate your best through truth and courage

Jessica Natale

“You’ll win a few you shouldn’t, you’ll lose a few you shouldn’t, but if you hang around long enough, justice will be done.”

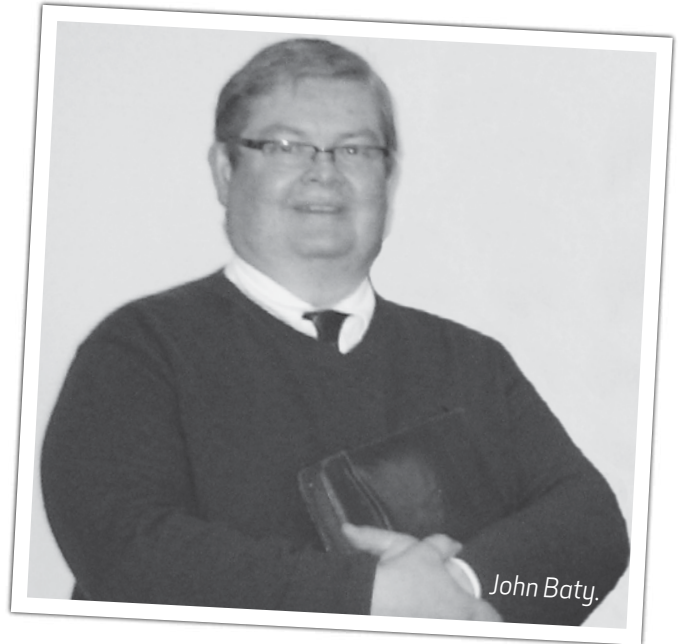
These frank words from coach John Baty (or John DeBaty, as he has come to be known) are the primary motto of GNS debate.

Despite coaching the Canadian debate team to a gold medal at the World Debate Tournament in 1988, John’s theory of competition is not “the creation of a star system.” John believes all abilities should be given a chance, and with his form of coaching, all levels of ability grow. “Debate is like an iceberg,” says John, “the speaking is merely what we can see; the thinking is much bigger and beneath the surface.” Debaters work with John through work shops, prep sessions and chat sessions by email and phone, constantly throwing ideas back and forth, providing students with the skills and confidence to present their own unique ideas in their own words. Through this form of training, John asserts that the coach is a “facilitator [who] helps students develop key life skills in thinking and communicating that will allow them to stand on their own legs and succeed in later life.”

Naturally, out of this debate regimen, a few stars do rise. Looking at John’s success coaching debate over the last 32 years, many stars have risen, including those at GNS. But as the GNS debate club motto suggests, debate is a process. At GNS, “we start training in Grade 7 to start building the confidence and critical thinking needed to present a solid, well thought out debate.” According to John, beginning training early “makes all the difference in the depth of argument and ability to respond that our debaters demonstrate.”

When it comes to competition, John also promotes the idea that debaters should debate, “not to win, but to gain respect.” As he sees it, our debaters will win on many more levels with this focus than when purely focusing on “the win.” Debate is one of the most intimidating of competitive activities. There is an intensity of self involved: the depth of one’s brainpower, the quality of one’s voice, the ability to persuade a cross section of people, the ability to stave off subtle attack. Debaters bring nothing up on stage except themselves: no top-of-the-line runners, no lightweight aluminum sticks, no Italian leather gloves. And, if, at the end of the competition, debaters have presented a product that is true to them and strongly persuades judges and observers, they experience a sense of fulfillment that is mightier than a win.

With truth and courage as the foundation of GNS debate, there is no question that our debaters have grown under John’s coaching. John’s experience in debate is unmatched. He was the



full time Director of the Alberta Debate and Speech Association for 10 years, President of the Canadian Student Debating Federation, the Chief Adjudicator at the Calgary Worlds in 2006, and a co-signator for the inaugural charter that established the World Debate Championship in 1988 (which Canada won under his coaching); he has trained over 30 national programs in countries such as Peru, Israel, Lithuania, Singapore and Khasikstan; and he was the host of the 1993 Worlds in Medicine Hat. He even met his wife, Ann, through debate, and his two children, Richard (24) and Michelle (22), have both been national debaters!

With a somewhat Long John Silverish voice, John declares, “If English be my wife, debate be my mistress!” He has dedicated his life to debate and training our students to be confident, well-spoken and ethical, critical thinkers and communicators. And what is the reward for John in all this? “To know that [he has] contributed just a little bit to the future greatness of each one of these special young people!” 🌱

GNS has been chosen to host the NATIONAL DEBATING CHAMPIONSHIPS April 24 to 27, 2010! GNS will require up to 200 volunteer judges for this event. Please consider volunteering to assist GNS as we host this national event!

In addition, GNS will hold a debate tournament the Saturday before Thanksgiving and again requires volunteer judges—this time only about 80! If you are considering judging at the Nationals, this would be a great warm up!

If you are interested in being a volunteer debate judge, please contact Mrs. Sue Siluch at psriluch@shaw.ca or 250.652.5350.



teen rowers after the Olympic Games, he realized he needed to re-think the legacy he was leaving his students. As a coach, he wanted to “create a culture where athletes could strive to be their best and lose and still feel amazing about what they had just done.” Based on the philosophy of the aforementioned quotation, everybody loses except one person, and that was no longer an acceptable ideology for Jason.

With the guidance of his wife, herself a two-time Olympic runner, Jason began a 12-year process to shift his attitude and deconstruct society’s conditioning that winning can only mean coming first. His new philosophy, which he applies to teaching in addition to sports, focuses on celebrating the process of doing your best.

Jason had the chance to test his new philosophy during his studies in graphic design at Emily Carr University. For his thesis, Jason developed an idea he had about starting a company called Skeet and Ike’s Organics that would manufacture and distribute organic popcorn, granola and snacks. (Check them out in local grocery stores!) The company is so named after Jason’s nickname, Skeet, and for his beloved best friend, Ike, a

Winning Isn’t EVERYTHING – It’s Only ONE Thing

Senior School teacher Jason Dorland teaches students to do their best and redefine success

Jessica Natale

In the 1950s, a quotation began circulating in sports circles that would simultaneously inspire and dishearten people for generations: “Winning isn’t everything; it’s the only thing.”

Senior School art teacher Jason Dorland grew up revering this philosophy and has spent the better part of his teaching career forgetting it. A former Olympic rower in Seoul 1988, Jason approached competition like a war: “I hated losing. I would get really mad [if I lost]; I’d be furious, and my motivation was always not to lose.” So what changed? The full story is too lengthy to detail here, but to say the least, when Jason started coaching

golden retriever. For his final project at Emily Carr, Jason decided to design the logo for the company, incorporating himself and Ike. His instructors were unsupportive; they felt it was a poor marketing choice to put a dog on human food packaging. But Jason disagreed: “the whole idea was to capture the relationship between a guy and a dog: integrity and honesty.” Despite the lack of support, Jason developed his idea anyway. He found himself less concerned with the mark his project would receive and more on the personal challenge of the design. Jason had successfully implemented his new philosophy: he learned a lot and knew he

“The focus has to be on the process, the process of what it takes to be your best. And then being happy with that, finding celebration in that.”



Jason's company logo.

had done his best (even though he didn't receive a top mark!), and to this day, Skeet and Ike's bears the logo Jason believed in so strongly.

Jason's personal journey redefining success has evolved into another venture: motivational speaking, or storytelling, as he prefers. Soon after he began to shift his attitude about winning, he approached Rowing Canada: "I've got a story to tell," he said. He first presented his story at a BC Rowing Coaching Conference and has managed a regular side gig from that point on, now appearing as a keynote speaker for schools, businesses, organizations and sports conferences to motivate people to focus on the process of doing their best. Jason recognizes that maintaining this philosophy is a constant battle with a society that fosters competition through grading, ranking and celebrating winners as the only victors.

As a teacher, he has the opportunity to encourage his students to celebrate personal achievement. Jason firmly believes that students and teachers do themselves a disservice when they focus solely on grades. "If what you focus on is learning and understanding what you're being taught to the best that you can, ultimately, you're going to do better.... The focus has to be on the process, the process of what it takes to be your best. And then being happy with that, finding celebration in that."

Jason's unspoken desire is to overturn the damage inflicted by that short-sited, 1950's comment and encourage people everywhere to celebrate the achievement of having participated and done their best. Perhaps one day, Jason's truly inspiring motto will prevail in the motivational market:

"the win is within." ❁

Mad for Math!

GNS Wins Provincial and National Math Recognition

Math is thriving at GNS! Read more for outstanding contest results this year.

Grade 3 – Our Grade 3 students are the provincial champions of the Thales Contest! Over 4,500 students participated.

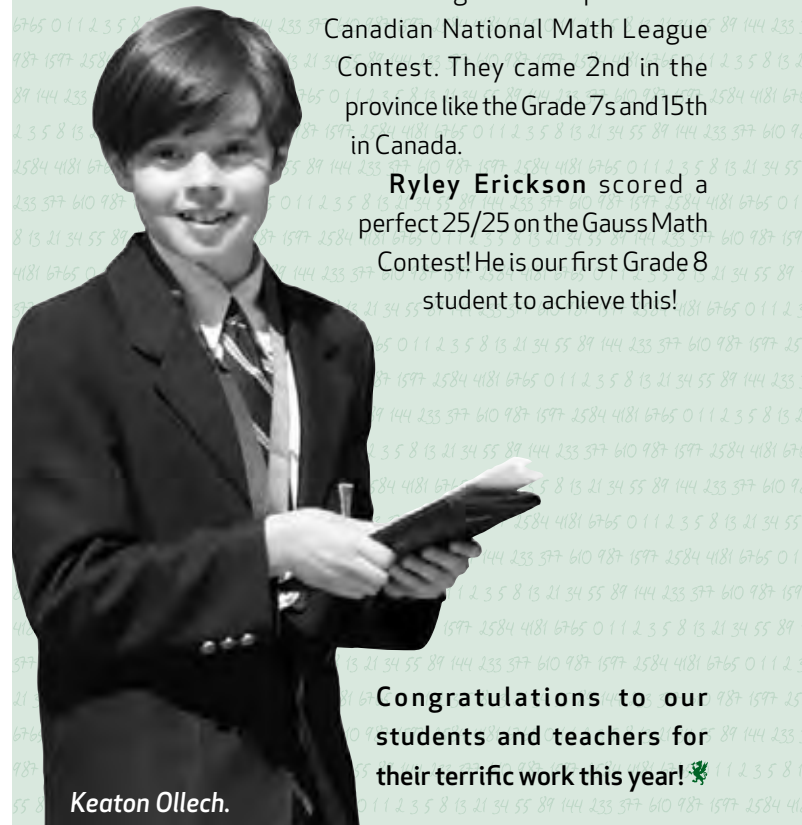
Grade 5 – A huge congratulations to Grade 5 student, **Keaton Ollech**, whose score on the Fibonacci Math test, 39/40, was the top score in Canada! Keaton was one of only five students out of 13,642 who achieved this score!

Grade 6 – For the Pythagoras Contest, students complete 50 problems in 75 minutes without a calculator. Not only did GNS come first in the region for the fifth time in five years, we came 2nd in the province and 6th overall in Canada! Of special note is that **Elaine Kim** and **Brian Lee** each scored 47/50, which puts them 13th out of over 20,000 students in Canada.

Grade 7 – This year, our Grade 7s are once again the regional champions! They placed 2nd in the province and earned an excellent ranking of 17th in Canada.

Grade 8 – The Grade 8s followed the lead of the Grade 7s and are the regional champions in the Canadian National Math League Contest. They came 2nd in the province like the Grade 7s and 15th in Canada.

Ryley Erickson scored a perfect 25/25 on the Gauss Math Contest! He is our first Grade 8 student to achieve this!



Keaton Ollech.

Congratulations to our students and teachers for their terrific work this year! ❁

Winter & Spring

Senior Boys Basketball

This year's team boasted one of the tallest line-ups of the last four years! The team placed 3rd in the Vancouver Island Basketball Association tournament, and then went on to win the Immaculata Mustang Invitational in Kelowna for the first time ever! They came 1st in league play, highlighted by a last-second win over Pacific Christian School. At the Island Championships in Ucluelet, our boys placed 2nd, only losing to Ahousaht. At the Provincial Championships in Abbotsford, they won two and lost two, for a 9th place finish. A highlight of Provincials was watching team captain **Jordan Mannix** play on the tournament all-star team!

Senior Girls Basketball

Over the course of this season, our girls showed a solid improvement from last year. The season started off well with a 2nd place finish at the Mulgrave Invitational. While the girls were happy with this result, they continued to practice hard, and their work paid off when they won the Island Championships, defeating Duncan Christian 60-30. Notably, our girls won every game at the Islands by over 30 points! This was good for morale as we headed to the Provincials, where our team has not placed very well in the past. This year showed that things are starting to change: the girls finished 4th! What a terrific improvement!

Senior Girls Soccer

Our girls soccer team maintained an incredible record in the regular season with 32 goals for and only 2 against! Of all ten teams in the league, our girls lost only to Lambrick, moving them into 3rd place in the league. The girls came back strongly at the Island Championships, winning the gold medal for the eighth consecutive year with 28 goals for and zero goals against! After winning their first two games in the Provincials, the team lost to Immaculata, the top team in the interior, in their third game. Unable to move up after that loss, the girls fell back a few spots from last year and finished the Provincials in 5th place.

Track and Field

Despite being a small team of only seven boys, our "little track team that could" left quite a mark on the Islands this year! **Gabe Mullin** shone in short distance running and took home the gold medal in both the 100m and 200m! He remained strong



Sports Roundup

and composed, even though these two events had the most competitors out of every track event at the Islands. **Jordan Fletcher-Berna** had a rough start to the season after twisting his ankle early on, but he came back strongly and won the gold medal in the 400m! He also placed 2nd in long jump and 4th in the 200m, alongside teammate Gabe. This small team shows great energy and dedication to improvement!

Senior Golf

Despite being a young team of two Grade 11s, four Grade 10s, and two Grade 9s, our golf players represented themselves and the school with class and a sense of fair play. Early success came our way as we won the Arbutus Invitational, and then placed 2nd in the Lower Island Final. In the Independent School Association Championships, we achieved a bronze medal finish. Finishing 2nd in the Island Championships, we advanced confidently into the Provincial Championships, but teeing off on the Royalwood Golf Club in wind and rain proved quite a challenge! Our team, last year's provincial champions, finished 7th this year. Coach Thorau is looking forward to working with this young team again next season.

Senior Boys Rugby

Our team of 27 athletes was comprised of keen new players and solid veterans. The regular season was a success with six wins and only two losses. We even defeated Esquimalt High, one of the top teams in the league! As we approached the semi-final game against Esquimalt, injuries to key players proved difficult to overcome as our squad hoped to break the four-year losing streak in the semi-final game. GNS fought strongly, but was unfortunately not able to defeat Esquimalt a second time. Coach Stanley is confident that next year's team will defeat the semi-final losing streak!

Junior Boys Basketball

Our Junior Boys rose to the top this year, finishing league play in 1st place with 10 wins and only one loss. They continued their climb to the top through the playoffs and won the league championship! The final game was a tight one: our boys were neck and neck with Claremont until the very last second. With only one second left on the clock, **Todd Darcie** scored a two-point basket, leading GNS to defeat Claremont by one point! 🏀




green GNS Gets a Gold Star!

The Capital Regional District Awards GNS a Green Star—an EcoStar—for its Sustainability Efforts

Jessica Natale

Just last summer, GNS implemented a five-year sustainability plan, printed in *Traditions* Summer 2008. Within less than a year, GNS has been recognized as a leader in green education! The Capital Regional District (CRD) awarded GNS the EcoStar Award in Environmental Education for its waste reduction strategies and for raising awareness of sustainability on a global level through Round Square 08. The EcoStar Awards celebrate the environmental contributions of local businesses, groups and individuals.

Watch the video on YouTube. Search for "CRD EcoStar Awards - Environmental Education" 



Chris Wieczorek and Conner Jewitt at the EcoStar award ceremonies at Royal Roads University.


It's Not Easy Being Clean

The PW Campus' seven-bin recycling program is dependent on volunteers. Before sticky plastic, glass, and tin foil can be recycled in the bins, they must be washed and cleaned. This year, the Grade 6s decided to take on this task as a grade: every lunch period, a different group of Grade 6 students ensured that recyclables were cleaned and placed in the appropriate bins.

Two students in particular volunteered for this sticky task every single day. **Conner Jewitt** and **Chris Wieczorek** spent every lunch period ensuring that GNS did its part to recycle and compost everything it could and that nothing was going to waste!

Because of their participation in the recycling program, Grade 6 students **Conner Jewitt**, **Alex Hughes**, **Sarah MacDonald**, **Laura Norwood**, **Chloe Loomer-Scott** and **Chris Wieczorek** were named our Environmental Stewardship Award winners for the year.

GNS – A Green Model for Round Square

As a follow-up to GNS's RS08 theme "From Local to Global," Hotchkiss School in Connecticut hosted RS09 with the theme "Is Sustainable Attainable?" **Sarah McKerlich**, Round Square Co-ordinator, was invited to present the GNS model of sustainability to the Heads and Coordinators of 40 Round Square schools. Sarah outlined the steps for sustainability GNS developed in 2008; described the experience of setting up recycling/composting centres; then presented the *Green Conference Planner* GNS created for RS08 with the help of **BlueMap Sustainable Solutions** and current parents **Colin Rankin** and **Sue Pratt**. GNS's conference planner has received considerable attention, and it will likely be used as a model of sustainability for future Round Square conferences! 

By monitoring food services through the conference, [the conference catering committee] found that of the 3,390 kg of food and associated packaging materials that was delivered to the venue by the caterer on average each day, less than 3 kg was "wasted."

– from the *Green Conference Planner*

Gabrielle Ciceri and
Mika Sturko build
a wall of the house.

Making a House a Home

Grade 11 student Gabrielle Ciceri shares her experience during the second GNS Round Square Service Project to Chacala, Mexico

Gabrielle Ciceri '10

The 15 students that ventured to Chacala, Mexico this spring break with Senör Reeves and Ms. McKerlich thought they were going for a vacation, but the trip turned into something much more than that.

When we arrived in Chacala, the small fishing village looked like paradise with its towering palm trees framing the white sands before an expanse of turquoise ocean and welcoming smiles from the locals. The first days of our trip were spent as tourists where we took a boat ride through the marshes of San Blas to see the wildlife and crocodiles and took a healthy hike to a beautiful beach. The locals, along with EBACH, the local youth leadership organization, taught us how to dance and cook enchiladas, although the lessons ended mostly in laughter as we tried and failed joyfully to be as skilled as they were.

For the serious service work, we helped build a house for a man named Daniel and his family. The projects were not easy: the Mexican cement, mescla, was so heavy, only our muscled men could carry it up the rocky terrain to the house! Brick laying was a precise and calculating job, but everyone did their part with laughter and smiles. While building the house, from the foundations to the walls, the cement to the castellos, we became part of a working team and part of Daniel's family. The

local women would bring us water and snacks for our breaks, and students from the EBACH group would help out after school. Everyone poured their hearts into that structure, all because a family needed it. When we left the site on the last day, we knew that all the sweat, hard work and love we had given the house had been repaid in double by the experience and memories it left with us.

After the five days of work, Ms. McKerlich, Sam Hutchinson and I travelled to Las Varas to help teach English to a class of Spanish students, and Bridget McGillivray danced at the Habitat for Humanity party before we said our goodbyes to EBACH with a final celebration. Before we left our beautiful house, all 17 of us sat on the roof and looked out across the sparkling waters and silken sands for one silent minute and reflected on exactly what this trip had been meant for all of us together and as individuals. No, our service project to Chacala was not a vacation; it was a vital experience that opened our eyes to the world around us and made every single person realize that you don't need to wait one more minute before starting to change the world. 🌍

Trip Coordinators' Note: For application details for next year's service project to Mexico, please email Dylan Reeves at dreeves@glenlyonnorfolk.bc.ca, or come by the Round Square Resource Room in G100 to see Sarah McKerlich in September.

Junior School Exhibits Art to Local Artists

The Junior School was honoured to showcase its art to two distinguished local artists, Ted Harrison and Victor Lotto, as the Junior School Art Show coincided with the Victoria Sketch Club 100th Anniversary Spring Show. After viewing our students' artwork, both artists demonstrated how they conceptualize and then materialize an idea for a painting. Our students watched in amazement as Ted Harrison transformed a student's name into a hatted gentleman and as Victor Lotto painted a scene that incorporated Mickey Mouse, an eagle and Canuck's goalie Roberto Luongo!



A selection of Junior School art.



Anat Kelerstein, Rachel Foster and Doreen Gordon.


Senior Students Win Their Place in Theatre Festival

Six GNS students were selected to participate in Kaleidoscope Theatre's Young Playwrights Festival this year. The plays of **Rachel Foster**, **Doreen Gordon** and **Anat Kelerstein** won awards as three of seven finalists in the playwrights competition, while three of our actors, **Philip Bohlman**, **Bronwyn MacLeod** and **Nathaniel Mots**, appeared as actors in the winning plays. The students participated in a four-day workshop where they worked alongside theatre professionals to write, direct, and act in the plays.

For the full story, see GNS Senior Students Shine at Young Playwrights Festival in the News section of the GNS website: www.glenlyonnorfolk.bc.ca. 

Plays in the PAC

This year's Senior performing arts show had something for everyone—tragedy in scenes from *The Love of the Nightingale*; absurdity in scenes from *Waiting for Godot*; comedy in **Kevin Eade's** tribute to **Judy Treloar**; and '70s nostalgia in the Senior Choir's medley of ABBA tunes. **Cameron Elwood** sang a chilling rendition of "Old Man River" from *Showboat* and impressed the crowd with his extensive vocal range.

See photos of the performances in the Photo Galleries section of the GNS website: www.glenlyonnorfolk.bc.ca. 



Sarah Tradewell and Leanne Wallace in *Waiting for Godot*.



Rockin' the West Coast Jazz Fest

The Senior Jazz Band brought down the house "18 karat-style" at the West Coast Jazz Festival this year! Not only did they receive their tenth consecutive gold rating, they received their highest mark ever, which granted them an invitation to Music Fest Canada. Out of hundreds of participants from all over the island, **Matt Kelly** and **Jordan Williams-Yuen** both won awards for their "burnin'" solos. Also, **Claire Butterfield** was the recipient of the Top Senior Vocalist award! Her prize consisted of a partial scholarship to the Berkeley Summer Music Camp in Boston.

Senior Jazz Band at the West Coast Jazz Festival.



Mass choir performance.

Choir Collaboration: Junior, Middle, and Senior Choirs Perform Together

Our Junior, Middle, and Senior choirs collaborated this year by performing altogether in a mass choir of over 200 singers! They performed two African songs: "Tina Singu" in Lesotho from South Africa and "Kwaheri" in Kenyan. Over a day-long workshop, the Junior School taught the Middle and Senior Schools "Tina Singu," and then the Middle and Senior Schools taught the Junior School "Kwaheri!" The final choir concert opened and closed with these two gorgeous pieces.

Grade 6s Shoot Dan McGrew for the 10th Time!

The Grade 6 tradition of presenting Robert Service's *The Shooting of Dan McGrew* continued this year, once again highlighted by a visit by artist Ted Harrison upon whose drawings of the poem our sets are based! The Grade 6 students captured the sinister days of gold rush Yukon with fabulous costumes, props, and acting.

For the full story, see *The Shooting of Dan McGrew* in the News section of the GNS website: www.glenlyonnorfolk.bc.ca. 




Wyatt Matheson and Akila Sato-Gaudreau.



Band students learn to play gamelan in Hawaii.

Band and Choir Play in Hawaii

Over a six-day trip to Hawaii, the students packed in four performances, a tour of Pearl Harbor and the University of Hawaii, a Polynesian luau, and even a meeting with Mrs. Hawaii and Miss Teen Hawaii! They performed at Mary Knoll School, the Royal Hawaiian Shopping Centre, Punahou School—the biggest private school in North America, which President Barack Obama attended—and Ala Moana, a huge shopping centre that features daily performances by schools from all over North America. In order to book a performance at Ala Moana, schools must submit audition tapes over a year in advance! Amidst all of the fun and hard work, our students also upheld the GNS commitment to service: each student contributed funds to the Pearl Harbor Fund to restore this important memorial in North American history. 

STAGE CRAZE!

Senior, Middle and Junior Schools give Broadway a run for its money




Grease

From drive-ins and doo-wop to poodle skirts and polka dots, the Senior School's production of *Grease* was more '50s than Sandra Dee, Ricky Nelson and Doris Day put together!

The cast of 25 hand jived their hearts out in full '50s attire—converse sneakers, leather jackets, and Brylcreem curls—and energized the audience with their non-stop singing, dancing, and use of '50s slang like it never went out of style.

The production showcased more than vocal, dancing, and acting ability; it was impossible not to observe the confidence of each cast member and the sheer fun they had working together and showing the community all they had accomplished.

Read the full *Grease* Review in the News section at www.glenlyonnorfolk.bc.ca 






PIPPY LONGSTOCKING

There is absolutely no way anyone left the Middle School's production of *Pippi Longstocking* without smiling from ear to ear.

This bright-coloured, high-energy production featured 46 students participating in a Big Top circus show, '80s dance breaks, and a full out rebellion from structured school classes! The stage was wildly colourful, thanks to vivid sets, costumes and lighting design, but nothing could outshine the radiance of the students on stage. *Pippi* was a production show in true Broadway fashion; every cast member on the stage contributed to a truly fun and entertaining presentation.

Read the full *Pippi* Review in the News section at www.glenlyonnorfolk.bc.ca. 

ROCKIN' GOOD TIMES

The Junior School wowed a jam-packed audience with their music and dance review *Rockin' Good Times*! Guided by the ghost of the legendary composer George Gershwin, 60 students jived, Charlestoned, and discoed while singing such songs as "Johnny Be Good," "Yellow Submarine," "Dancing Queen," "Rock Around the Clock," and "I Got Rhythm." (Gershwin couldn't leave out his own music, of course!)

The Junior School after school musical theatre club rehearsed for six months with Inge Illman, preparing for only one performance. With the amount of energy and dedication on stage, this show could have sold out for a solid week! 🎸





Jen and a child share a peaceful moment.

An Underlying Sense of *Purpose, Meaning & Joy*

Jen Causton writes about volunteering in Rwanda with the Peace Corps

Jen Causton '03

Some people have said that only missionaries, mercenaries and misfits come to Africa. While you could argue that Peace Corps attracts its share of misfits, I like to think we are a whole different category. Since its creation in 1961, more than 178,000 Americans have served in countries around the world. With a monthly living allowance equivalent to the daily per diem of many small NGOs, Peace Corps volunteers (PCVs) are most often placed alone in rural communities with few material or financial resources. Instead, they make change the old fashioned way, or as Lao Tzu wrote, "by going to the people, living with them,

learning from them, loving them, starting with what they know, building with what they have." Peace Corps placements, however, can be like Forrest Gump's infamous box of chocolates—"you never know what you're gonna get"—and when I was assigned to Rwanda as part of the first group of volunteers back since the 1994 genocide, many people were more interested in my safety than my job.

There seem to be two extremes when many Westerners think about Rwanda. On the one hand, some imagine that the situation is exactly how it was in 1994 and think of a country still ravaged by violence and death. On the other hand, some people argue that Rwanda is "over" the genocide and has moved on. While one sentiment grossly underestimates the resiliency and determination of the Rwandan people and minimizes all that has been achieved, the other fails to appreciate the atrocities that occurred that one is likely never to get over in a lifetime, let alone 15 years. The path to justice and healing is always long, but Rwandans seem dedicated to the journey. I will, however, undoubtedly have more questions than answers after two years, as I have already learned more talking to a survivor for an hour than I did reading half a dozen books before I came.

I have been at my site, a small village near the Ugandan border, for two months. Each morning, a cold bucket shower and a strong cup of Rwandan coffee wake me up and ensure I am ready for the day. I work at Ecole Technique Paroissielle, a private boarding school of 540 students, over half of which are genocide survivors and many who are orphans either because their parents were killed during the war or imprisoned after. It is a high school that has faced extraordinary challenges, including HIV/AIDS, ethnic tension and poverty, but which also has incredible potential.

When I'm not at the school I am exploring neighbouring villages with my counterpart on our bikes, enduring tough uphill climbs for the promise of racing down the other side, or accompanying a Catholic nun, twice my age but just as fit, on long walks to different villages visiting HIV/AIDS patients. Life in Rwanda is full and time is flying by, maybe because for the first time I am not constantly looking at my watch. I'm no longer looking for fleeting moments of happiness or even just good days. I'm looking for the type of happiness Aristotle described, that comes from an underlying sense of purpose, meaning and joy. I think I am getting there. Thank God I have two years! 🦋



Jen hanging out with locals.

Jen sets out on one of her long walks.

Ryan with some village children.



Ryan weighs an baby at the clinic.



Ryan Say '04

Ryan Say shares some of his experiences volunteering in a medical clinic in Ghana, West Africa. Ryan is a 2008/2009 recipient of the GNS Alumni Volunteer Service Grant.

“Wo ho te sen?”—“how are you?” I asked in Fanti.

“Me kotodwe yemmy yow,” the boy tearfully replied. I was embarrassed at the procedural necessity of my inquiry. It was obvious that his leg pained him. He had a foot-long stick of jagged bamboo jutting diagonally through his slender left calf muscle. I would come to know the eight-year-old boy as Basti over my three months at the Nsaba (IN-saba) Health Centre in Ghana. From February to May, Basti would visit me at the clinic every other week (well, he would come to get his wounds redressed). If I had brought my guitar to the clinic when he visited, and it was a slow, weighty, sauna-esque afternoon, we would sit out on the front steps and learn a few chords.

Basti was just one of the lives that intertwined with mine over my three months in Ghana. Others included the family I lived with, the other patients I sympathized with, and the medical staff I worked with. I was fortunate that my excitement to learn was met equally by the nurses' enthusiasm and patience to teach me. This affable cycle led to my checking blood pressure by the end of my first day, dressing wounds by the end of my first week, conversing with the patients in broken Fanti (the local dialect) while administering immunizations and intravenous therapy by the end of my first month, and assisting with five healthy deliveries by the end of my stay.

I gained a lot of practical knowledge from my work at the clinic, but my learning did not end with my workday. Upon returning to my home in Agona Swedru, I would be met with a

huge embrace by my tiny two-and-a-half year old host sister, Awompa (well, my knees would get the full force of the hug). Awo and I loved reading together. She would point at objects in the pictures of the books and ask their names in English. She pointed at a picture of a man wearing a pair of blue pants.

“What is this?” she asked.

“The man is wearing trousers,” I replied.

“No Uncle Ryan,” she interjected matter-of-factly, “jeans.”

To characterize my three months living with a family in Ghana and working at a small medical clinic as “life-changing” would be slightly inaccurate in the lazy way clichés often are. It was life-defining. Volunteering confers more than just practical knowledge; it bestows that which defines us: character. It helps us discover the fullness of our character as we assist others in attaining the human goal of self-actualization. GNS recognizes the value of character. Even as an alumnus, GNS supported my desire to volunteer by awarding me the Alumni Volunteer Service Grant. My experience abroad has strengthened my commitment to one of GNS's primary values: it is truly vital to help each other as we all strive to do our best through truth and courage. ✨

Ryan has recently been accepted to the medical program at the University of Limerick in Ireland and looks forward to the chance of more medical adventures there. If you have any questions or comments for Ryan, please feel encouraged to email him: supersay@shaw.ca.

From the President

Elizabeth (Courtnall) Taylor '70
President, GNS Alumni Association

I write this with mixed emotions as this is my last *Traditions* message "From the President." The end of the school year brought the end of my term with the Alumni Association. I've truly enjoyed being a part of the Alumni Executive, having served in various capacities over the years with so many enthusiastic alumni, each bringing their own special gifts to the group. Thank you all for making it a great experience!

This past year was a busy one for the Alumni Association Executive:

- We've hosted or been part of a number of events, including our always fun Duffers' Delight Golf Tournament, Christmas Pub Night, Alumni vs. Student Basketball, and our recent Cocktails and Croquet party. As well, the school hosted an alumni social in Vancouver, and individual classes held "significant year" reunions.
- We welcomed the GNS grad class of 2009 to the Alumni Association at our annual lunch during which **Ryan Say '04**, whose article appears on the adjacent page, spoke about his enriching experience working at a small clinic in Ghana. Ryan was the recipient of the Alumni Volunteer Service Grant this year, and I'm pleased to announce that **Sarah Courtice '06** has just received one as well. The Service Grant is awarded to young alumni who perform philanthropic services, usually abroad. The Advancement Office will be happy to answer your questions and provide the application for this grant.
- The Alumni Association contributed to the Alumni Bursary Fund in memory of nine alumni who passed away this year and also made our own annual contribution. The Alumni Bursary Fund, held by the GNS Foundation, was created in 2000 to support a bursary for children of alumni attending GNS. Donations to the Fund are always welcome and can now be made online!
- The Alumni Executive held a planning retreat last fall and had many subsequent planning sessions over the year. In consultation with the school, we have decided to take the Alumni Association in a new, more current, and better direction. The Alumni Executive will no longer exist as a group; instead, look for the Advancement Office to bring alumni together on resource committees, building a vibrant community dedicated to alumni relations. Advancement, I know, will welcome your enthusiastic participation—just give them a call at 250.370.6855.

I will continue to be involved with GNS as the Class Representative for 1970, and I look forward to seeing many of you at school and alumni events in the future.

Good-bye and best wishes to you all! 🌿

6th Annual Duffers' Delight Alumni Golf Tournament

Get your GOLF FACE on!!



**No
Skill
Necessary!**

Saturday, August 22
Prospect Lake Golf Course
3 p.m. Shotgun Start

Nine Holes & Dinner: \$40

Dinner Only at 6:30 p.m.: \$25

Club Rentals: \$10

**Register with Laura Lee: 250.370.6855 or
advancement@glenlyonnorfolk.bc.ca
and check out our Facebook page:
GNS Alumni Golf Tournament**

**Indicate skill level:
novice, intermediate or Tiger Woods**

**Indicate one dinner choice:
steak, ribs, chicken, salmon, veggie lasagna**

DRAW PRIZES!!!

The History of Glenlyon's Oldest Award

This marks the 70th year that the Macdowall Shield has been awarded at GNS

Stuart Brambley, GNS Archivist

As a student of the fledgling Glenlyon School and about to return to England with his family in December 1937, Fergus Macdowall's father asked him whether he would like the family to donate an award to the school. The Headmaster was approached with the idea, and Major Simpson was delighted, recommending it be for good character and conduct, two of the highest regarded values he wished to encourage in his students.

A year later, during the 1938–39 Prize Day the Macdowall Shield for Character & Conduct was presented to the first of a long line of deserving young students, R. W. "Johnny" Jones.

Since those early days, Fergus has always been passionate about his connection with the school, particularly through this Shield. As a young man continuing his education in England, he was always keen to learn of the newest recipient of the Shield, and at the recent 70th Anniversary celebration, he remained as keen and interested to learn of the paths taken by the Shield's awardees as he has always been.



Fergus Macdowall, spring 1937.

After returning to Canada and for many years, Fergus attended the annual Prize Day as a proud member of the audience on the lawn behind Rattenbury House and through the 80s and 90s and into the new millennium as an honoured guest presenter. As the school

went through amalgamation in 1986–87 and then reconfiguration in 2003–04, the "target group" from which to select a winner of the Shield changed. In 2004, it "took up residence" as a prestigious co-award for a Grade 10 boy and girl at the Pemberton Woods Campus.

Fergus still attends the Beach Drive Closing Ceremonies as an honoured guest and in recent years has co-presented with Mrs. Ann Allen, widow of former student and Alumni President, Cmdr. Michael Allen, certificates and books to students of the now graduating class of Grade 5.

Fergus Macdowall clearly loves the school and the campus at which his brief stay as a student meant so very much to him. It is to his great credit that the enthusiasm and sheer modest pleasure he gets from meeting and rekindling the friendships and memories of the Shield's former recipients has rubbed off on those very same recipients who are equally modestly proud, although possibly in some cases somewhat incredulous, that they ever received this long-standing award. They are however no less pleased to reconnect, share and rekindle those dearly held memories of yesteryear that cross over the perceived boundaries of Glenlyon, GNS, Beach Drive and Pemberton Woods campuses. 🌿



Read about the 70th Anniversary celebration of the Macdowall Shield in the Alumni Reunions section on page 29.

Macdowall Memoir: D.A. Fraser

Graduation, June 1959, and David Marshall, as expected, had won all sorts of awards. I wasn't expecting to receive anything, as I was not the top in academics, certainly had little athletic prowess, and was just sitting there, thinking it would all soon be over.

J. Ian Simpson, one of the top Headmasters I have ever known, announced the final award, the Macdowall Shield, for Character and Conduct...and called my name! I was thunderstruck as I was sure David would get that, too. I went up, thanked Simmy (☺), sat down, and was amazed. Later, Buntie Marshall, David's mother and a wonderful friend of mine over the years, said something like: "Leave it to you; all the other awards gone and you get the top one!" I am still grateful for her generous comments.

Recipients of the Fergus Macdowall Shield

1939	Johnny Jones	1980	Robert Sherratt
1940	Peter Fowler	1981	Brian Charlesworth
1941	Charles Boise	1982	Mark Steele-Mortimer & Timothy Nixon
1942	Ian Rowe	1983	Ted Hagmeier
1943	Ronald Wilson	1984	Thomas Willett
1944	Donald Wilson	1985	Matthew Lurie & David Edgell
1945	John Godfrey	1986	Bruce Peglar
1946	Alexander Robertson	1987	Jason Kew
1947	Robert Martin	1988	Richard Bailey
1948	James Sherratt	1989	Steven Bailey
1949	Lynn Thow	1990	Jesse Frender
1950	Michael Witter	1991	Mark Patterson
1951	John Manning	1992	Malcolm Brown
1952	Ian Thow	1993	Graeme Moore
1953	Peter Clark	1994	Dan Hilton
1954	Roger Bernard	1995	Christopher Fodor
1955	William Hibbard	1996	Matthew Ward
1956	Arthur Baker	1997	Andrew Mitton & Allan Ramsay
1957	David Walker	1998	William Hong
1958	J. Peter Juelsberg	1999	Ryan Say
1959	Dougal A. Fraser	2000	Geoffrey Cooke
1960	Mark Dickinson	2001	Matthew Gustavson & Stanley Zhou
1961	Ian Chard	2002	Tyler Brown
1962	Eric Donald	2003	Ashkaughn Forghani
1963	Mark Clark	2004	Natalie Appleton & Nigel Burke
1964	Duncan McDowall	2005	Robin Lattimer & Leroy Patterson
1965	Paul Kjekstad	2006	Kate Bruce-Lockhart & Mark Rankin
1966	Jonathan Haddon	2007	Emily Rogers & Ashish Sudhakaran
1967	Thomas Payne	2008	Elizabeth Davis & Alex Mahrt
1968	John Buchanan	2009	Hamish Bodnar & Madeleine Taylor
1970	C. Price Powell		
1971	Julian Paine		
1972	Jeff Barnett		
1974	Hans Cunningham & Christopher Pinckard		
1975	David Philip		
1976	Bruce Hatter		
1977	Roy Buchanan		
1978	Michael Stamford		
1979	Paul Taylor		

ALUMNI REUNIONS & EVENTS

Alumni Christmas Pub Party

Over **100 (!)** young alumni gathered at the Bard and Banker Public House on December 23 for cocktails and holiday cheer. What an incredible turnout for the first year of a new GNS tradition! Stay tuned for next year's pub party, once again on December 23 at the Bard and Banker!



Pub party, Victoria.



Pub party, Victoria.



Pub party, Victoria.

Calgary Pub Night

On a cold Calgary evening in January, a small group of GNS alumni reunited at a local watering hole: The Ship and Anchor Pub. Current parents, **James and Vicki Ballantyne**, owners of this popular establishment, kindly offered the Advancement Office the use of the Pub to host this event. With a growing number of GNS alumni heading to Calgary to pursue employment and post-secondary education, this is an event we will hold more frequently.

Vancouver Reunion

Vancouver alumni reunited at the Arbutus Club in March with **Simon Bruce-Lockhart, Head of School**, and **Eva Riis-Culver, Director of Advancement**. The small group enjoyed delicious hors d'oeuvres and drinks and laughed well into the night.



Calgary.

Cocktails and Croquet

Alumni from Glenlyon, Norfolk House, and GNS gathered on the lawn outside Rattenbury House to pay tribute to GNS's British heritage with a light game of croquet! Although no champion was crowned on this day, some noteworthy performances were turned in. **Ursula Kasting '39** demonstrated she still has what it takes to swing a croquet mallet, and **Brian Titus '74** outclassed the field with his precision shot-making. **Elizabeth (Courtnall) Taylor '70**, President of the Alumni Association, presented all of our croquet players with a GNS-crested pen set or package of golf balls, whether they played honestly like Alice in Wonderland or more creatively like the Queen of Hearts!

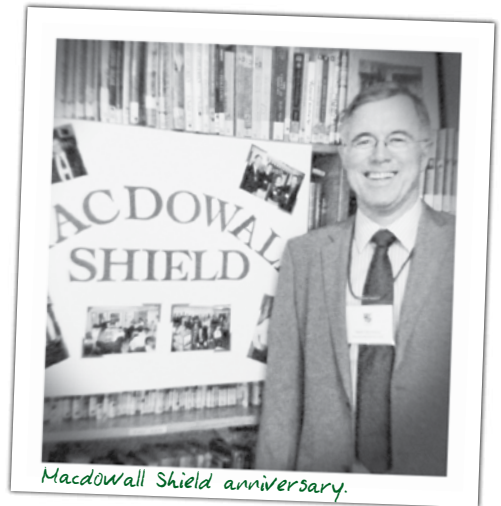


Cocktails and Croquet.

Macdowall Shield

To celebrate the 70th anniversary of the awarding of the Macdowall Shield for character and conduct, **Fergus Macdowall** hosted a reception for past winners in the library of Rattenbury House in May. Recipients from as far back as 1955 reminisced on the surprise and pride they felt when they were selected as winners of GNS's oldest award. Many commented on the importance of character and conduct instilled in them during their school days and how these qualities are even now constant forces in their lives.

See article on the history of the Macdowall Shield on page 26.



Macdowall Shield anniversary.



Alumni basketball.

Alumni Basketball

A highlight of the Winter Term at GNS is the annual contest between the Senior Boys Basketball team and the alumni. Youth and speed versus age and experience always makes for a spirited match-up! This year's Alumni basketball game did not disappoint. A large crowd of current parents, students and alumni were fully entertained by the frenzied, end-to-end action. Ultimately, however, youth and speed prevailed ever so slightly: the Gryphons defeated a determined group of alumni on the final basket of the game! Final score: Gryphons 114, Alumni 112. No doubt the alumni players will be looking for revenge next year!

Class of 1974 Reunion

The Class of 1974 held its first reunion in June, 37 years after leaving Glenlyon. Ten Old Boys were able to attend out of the 16 who finished Grade 10 together. Most live in the Victoria area, but the process reconnected classmates spread across Canada and the UK. Keith Walker, the Aulds and the Joneses were guests of the class, and the Simpsons sent their regrets. One highlight was Keith Walker's presentation of an old notebook containing the script and photos of the class's Grade 10 skit, "This is your life, Keith Walker!" This sparked a long and enjoyable conversation, with everyone gathered around a single table, asking sometimes probing (and sometimes hilarious) questions about what it was like to be on the teaching staff at the time! All too soon, the evening ended with the promise that they will have more events like this in the future.



Class of 1974 reunion.

Alumni Grad Luncheon

On June 4, in what has become an end of year tradition, the graduating class was formally welcomed into the Alumni Association at a luncheon held at the Union Club. In honour of this special occasion, Association President, **Elizabeth (Courtnall) Taylor '70**, presented each graduate with an alumni pin and a beautiful, pewter tankard engraved with the school crest. The highlight of the afternoon was an address by former Head Boy **Ryan Say '04**, who is the recipient of this year's Alumni Volunteer Service Grant. Ryan spoke to the new grads about volunteerism and his recent service project in Ghana, West Africa. He encouraged students to stay involved in service activities after they leave GNS and described, with humour and insight, how such activities have enriched his life since his own graduation five years earlier.

Read Ryan's article describing his experience in Ghana on page 24. 🌿



Kevin Quinlan '01

Kevin is currently working as the Executive Assistant to Gregor Robertson, Mayor of Vancouver.

Q. What's a typical day for you?

A. I'm up around 6:30 and scan the papers and listen to the news. Get into the office at 8:30. Touch base with the Mayor and his Chief of Staff to go over the main issues of the day. From nine to noon, I'm sending a steady stream of phone calls and emails to reporters on different issues, responding to questions, pitching story ideas, asking about stories they're working on. If the Mayor has any public events that day, I'll brief him on potential issues and questions.

During the afternoon, I'll go to staff briefings, meet with various community groups/stakeholders, and generally just try to stay up to speed on what's going on at the City. With the Olympics coming, there's a massive amount of work to do, so I spend a lot of my time trying to prepare for potential issues. The Mayor speaks at events almost every day, so he needs a steady stream of speaking notes.

At 6 p.m., I'll watch the news and respond to any non-priority emails and phone calls. By 8 p.m., I can get out of the office, grab something to eat, and maybe go to the gym. I try not to check my email or the Internet past nine. I'll spend the rest of the night reading reports, mapping out the next day, and trying to read some nerdy book I have. Go to sleep around midnight. Repeat.

Q. What's been your best recent experience? And worst?

A. Best was definitely election night. The thrill of winning an election after two years of work at City Hall was just amazing. Worst was probably when I received a death threat from a guy on my cell about six weeks into the job. There had been a guy killed in a shooting a few weeks prior, and he said he'd do the same thing to me. But it turned out OK; he got the help he needed.

Q. If you could go anywhere in the world tomorrow, where would you go and why?

A. I'd probably do what all of my friends did six years ago and go to South America. I'm pretty sure I'm the only 25-year-old who has never been off the continent. I'd go do the backpacking thing: no blackberries, no blogs—the way things were meant to be.

Q. Which mottos do you live by?

A. "Never let them see you sweat."

Q. Who do you most admire and why?

A. There's not really one person in particular. I will say that I have enormous respect for anyone who works in public office, regardless of political affiliation. The demands on their time, combined with the amount of verbal abuse they have to put up with, are amazing.

Q. Five years ago, where did you imagine you would be today?

A. Basically from Grade 10 through university, I wanted to be on *Saturday Night Live* hosting Weekend Update.

Q. If you could go back in time and give yourself one piece of advice, what would you say?

A. "Don't buy that Coolio CD—it's not worth it."

Q. Where do you see yourself five years from now? Ten?

A. I have no idea. I don't have a great track record when it comes to predicting what I'll do in the future. Previous plans to win the Stanley Cup and an Olympic Medal, or have a dinosaur as a pet, have not come to fruition.

Q. Is there anything you are particularly looking forward to in the next six months?

A. At some point I'm going to take more than two days off. We got sworn into office in early December, so I haven't had much time off since Thanksgiving.

Q. Who do you see from your GNS days?

A. My roommate Gemma is from GNS, so it's kind of like GNS days never stopped—but in a non-desperate kind of way. Everyone else I keep tabs on via the magic of Facebook.

Q. What would you take with you to a desert island?

A. A boat. And a copy of *Traditions*, to pass the time by finding out what my fellow grads are doing!

Q. Your greatest fear?

A. That I'm forgetting something. Also, I have a recurring dream where I forgot to study for my Grade 12 French exam and if I don't pass, I don't graduate. Seriously. It happens whenever I get bogged down with tons of work.

Q. What do you do for sheer fun?

A. Play basketball. I have to play at least once a week. 🏀

On these next pages, you will find updates from Glenlyon, Norfolk House, and GNS alumni. Please email your news for Class Notes to advancement@glenlyonnorfolk.bc.ca or call 250.370.6855. Spread the news!

1950

Valentine Hughes: After her graduation from Norfolk House, Val became a teacher, married, had five daughters, and lived in Montreal and Halifax, before settling in Port Alberni in 1981. Val now volunteers as a teacher with Elder-college and also teaches high school students how to do research in the archives and the museum. She and her husband love the community and its closeness to nature, and they enjoy travelling, mainly to visit family and their new grandchild.

Val is a member of the Alberni District Historical Society and has learned to love local history as their volunteer archivist and historian. She recently submitted a proposal for heritage tours, and the bus tour was accepted!

1964

Robin Forrest: Robin is thrilled that retirement has finally arrived! She now lives on a six-acre farm in Port Alberni.

1968

Madeleine Humer: Madeleine officially retired from the teaching profession in June of 2009. Congratulations!

1974

Jeff Barnett: Jeff lives in Victoria with his loving wife, Pamela. They have two children, Olivia and Galen. Jeff is no longer a pharmacist; he now works as the Director of Clinical Informatics for the BC Cancer Agency. He is also an adjunct professor at the University of Victoria and has had the pleasure of teaching several GNS alumni.

Philip Butterfield: Philip lives in Toronto with his family and their dog, Mr. Woo. Philip is in the contract building business.

Michael Knowles: Michael is sure that God has a sense of humour, because the Baptists hired him (an Anglican) to teach preaching! He is ordained as an Anglican priest, has a doctorate in New Testament studies, and since 1997 has taught homiletics (preaching) at McMaster Divinity College, a Baptist seminary on the campus of McMaster University in Hamilton, Ontario, where he lives with his children, Eleanor (17) and Jonathan (14).

Paul Rowe: Paul has lived in Vancouver for the past 23 years. He has a 20-year-old daughter and an 8-year-old son. He has worked as a driver for the Coast Mountain Bus Co. (formerly BC Transit) for the past 18 years.

Ted Thurston: Ted relocated back to Calgary in November of 2007 after having spent the previous 21 years living in Edmonton. He is a distribution manager for Ecco Manufacturing and has been with the company, in various capacities, for over 30 years.

1982

Lorraine Woodwark is now a lawyer in California, running an interesting, varied practice. **Eleanor Creighton** lives near Victoria, and is looking forward to retirement from the navy as a logistics officer. She graduates from Royal Roads University this fall with her second degree; she is entering a new career in the justice field. **Janice Waring** also lives near Victoria, and works in the financial services industry. **Erin Anne Beirne** lives in Surrey, and is a communications consultant in private practice.

Erin writes: "We haven't seen each other since we finished Grade 9 in 1979. However, when we met again it was almost as if those 30 intervening years had never happened! Sure, we have all acquired a few battle-scars of life along the way, but the heart and soul—and laugh!—of each person was wonderfully intact, and everyone just felt so familiar, like great family. We certainly won't let another 30 years slip by us like that again!"



From left to right: Lorraine Woodwark (NHS 1970–1982), Eleanor Creighton (NHS 1970–1982), Janice Waring (NHS 1977–1979), and Erin Anne Beirne (NHS 1970–1976 and 1978–1979).

1985

Brian Titus: Brian is a research scientist with the Canadian Forest Service of Natural Resources Canada and currently works on the environmental sustainability of forest bioenergy. His wife, Colina, is a director of the Garth Homer Society, whose board currently includes no fewer than three alumni of GNS. They have two children, one living in Vancouver and one in Victoria.

Jayce (Henderson) Allen: Jayce writes: "It's rare that anything really newsworthy happens in my life, but as luck would have it, I just got married. That seems to be the sort of thing alumni newsletters want to hear about. My charming husband Mike is a geologist currently working on the Tulsequah Chief Project near Atlin, BC. I have been a federal prosecutor for just over two years now, working in the Economic Crime Group. We were married here in Vancouver at Aberthau Mansion. NHS Class of '85 guests included **Robyn (Horner) Robinson** and **Susan Chambers**. **Mimi (Johnson) Mullins** was busy travelling in Spain and unfortunately couldn't make it. Other old girls were **Shauna (Cavaye) Foley '86** and her sister **Kristi (Cavaye) Foley '86** was one of my bridesmaids. Always fun to reconnect with childhood friends. I can be reached at jayceallen@live.com."



Jayce and Mike Allen.

Alex Newbury: Alex finished a certificate in Advanced Project Management through Stanford University in July 2008 and has recently moved to Austin, Texas. Talk about culture shock!

1991



Oliver O'Neill.

Bonnie (Frazer) O'Neill: Bonnie and her husband Gord welcomed Oliver into the family on January 7, 2009 at 3:52 a.m. weighing in at 9lbs 3oz. All are doing well.

1994

Richard "Chip" Brambley: Chip lives in London where he teaches school at King's College School, Wimbledon. He taught for two years at GNS Junior School before taking a position at Northcote School, Wandsworth. After a two-year contract, he moved to King's and is currently Head of Mathematics in the Prep School. In addition to his teaching, he coaches soccer, rugby and cricket and this past spring, took a team of Under 13s to tour South Africa. Outside of school, he remains keenly interested in all sports and captains the Putney Cricket Club's First XI. Once or twice a year, he returns to Victoria to see old friends and the family dog!

1997

Steve Biggs: Steve and his wife are expecting their first child in July 2009.

Rebecca Brett: Rebecca reports that after graduating from the University of Leicester with a BA (Hons) in History and Politics, she moved on to the University of Exeter where she obtained an MA in International Relations. She currently works for Lloyds Banking Group as a Systems Analyst.

Scott Lucyk: Scott graduated from the University of Ottawa Faculty of Law's Bilingual National Program in the spring of 2008, earning degrees in both common and civil law. Currently, Scott is finishing his articling year at Borden Ladner Gervais LLP in Toronto and is looking forward to being called to the Bar this summer.

Jeff Paulson: Jeff lives in San Francisco and does contract operations work for the San Francisco Giants. He was married last October; **Wylie Mitchell '97** was his best man and **Steve Biggs '97** and **Mike Adams '97** were groomsmen.

Annie Valance: Annie and husband Erik Beiderwieden welcomed twin girls on January 17, 2009: Evie Gabrielle and Elise Sydney.



Evie and Elise.

1998

Andrew Fodor: Andrew has been living in Melbourne, Australia for the last five years and now works for a Health Care IT Company, IBA Health Group. He travels extensively, for both work and pleasure, and is getting married this December.

2000



Sarah and Michael Hirsch.

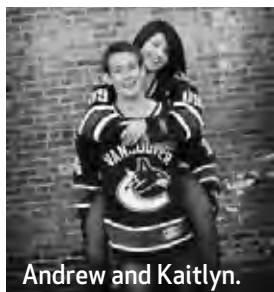
Sarah (Causton) Hirsch:

Sarah and Michael Hirsch were married in Victoria on June 28, 2008, with Sarah's sister **Jennifer '03** as one of the bridesmaids. They now live in Toronto where Sarah is a social worker and Mike works in software development.

Christopher Fodor: Christopher works at the Victoria Marriott as a Concierge, where he is apprenticing for his Clef d'Or Designation. He continues to volunteer and will travel to the South Pacific this coming winter.

2001

Duncan Penn and Jonnie Penn '04: Duncan and brother Jonnie are taking their reality show *The Buried Life* to MTV! Duncan and Jonnie travel with friends Dave Lingwood and Ben Nemtin around the country in an old, purple bus, crossing items of their "wish list" that contains items such as getting shot out of a cannon and kissing Rachel McAdams. The show is set to air this summer!



Andrew and Kaitlyn.

Andrew Somers: Andrew and fiancée, Kaitlyn Smith, were married on July 24, 2009 in Victoria. They will be enjoying their honeymoon in Bali.

2002

Vanessa Letuve: Vanessa lives in Montreal and works as the Food and Beverage Supervisor at the Marriot Fairfield Inn and Suites. She enjoys everything Montreal has to offer.

Emily Zinnemann: Emily writes: "After graduating from the University of Toronto in 2007 with an Honours BA in English, I received an MFA in Creative Writing from the University of Michigan–Ann Arbor. During my time there, I taught Composition and Creative Writing classes and received the Hopwood Program's Michael R. Gutterman Prize in Poetry. I was also a finalist for the Poetry Foundation's Ruth Lilly Fellowship in 2008.

I will be living in Vancouver for the next year, where I have created the collaborative online art project "Emily, Lived By:". The project requires that I relinquish control of my life to 52 other people for one year; each person gets one week and a modest budget to serve as my puppetmaster/God. My participants include acrobats, travel show hosts, professional poker players, film producers and many others—including several GNS alumni. My project can be followed at <http://livedby.com>."

2003

Matt on top of Mt. Klitsa.

Matt Dill: Matt writes: "I graduated in 2007 from the University of Victoria with a BSc in Biology (Honours with Distinction). After that, I had some awesome adventures while travelling through Guatemala, Honduras, Nicaragua and Costa Rica. This trip was the beginning of an obsession with photography, which continues

today. The following two summers were spent working for the British Columbia Conservation Corps, during which time I travelled all over Vancouver Island conducting surveys on Northern Pygmy owls and Western Screech owls. We also studied White-tailed Ptarmigan, after being flown in by helicopter and dropped off in mosquito and black bear infested alpine areas where we camped for up to 10 days at a time. This summer I have been working in Central Texas doing research on two endangered songbirds for Texas A&M University. This September I am going to be starting a Master's in Environmental Studies at the University of Waterloo. I am not sure exactly what I will study but I am interested in climate change and tropical agroforestry."

Nick Fodor: After graduating from UVic with a Bachelor's of Physiology, Nick now works for the University of Victoria in several different departments, as well as volunteering his

time to assist others with psychiatric support. He plans to head to Africa this fall to assist those in need.

Kyla Harris: Kyla was recently featured as a principal character in the world premiere of the play *The Glass Box* with Theatre Terrific, a company from Vancouver. *The Glass Box* offers a glimpse into the secret lives of three people and their passions by following the experience of a 54-year-old wife and mother, a 23-year-old woman living with quadriplegia, and a 32-year-old man with Down Syndrome who are afforded the opportunity to play sexually iconic figures of their fantasies—Sophia Loren, Cleopatra, and Brad Pitt—while on display in a glass box.

Alex Kelly: Alex will enter Columbia Law School in New York in the fall of 2009.

2004

Ian Stockdill: Ian works as an Investment Assistant with National Bank Financial in Victoria.

2005

Risako Shirane: Risako graduated from the University of Toronto in the spring with an Honours Bachelor of Science Degree in Global Health.

2008

Cassie Lyall: Cassie currently attends London Metropolitan University. She is pursuing sports therapy—LMU is regarded to have the number one program in this field. After this, she might apply to UBC for a Master's of Physiotherapy, then perhaps open up her own practice or work for a pro team. Cassie was offered a spot on the Chelsea Women's Soccer team, but it is a bit of a commute from London, so she will be trying out elsewhere, including for Arsenal!

Current Staff

Congratulations

Melanie Fosdick: Melanie won 3rd place in the 2009 TC 10K's competitive walking category in her age group! What an incredible achievement!

Inge Illman: Inge was selected to attend the Summer Vocal Academy oratorio workshop at the Victoria Conservatory of Music this summer. Also, she has been cast in the role of Pitti-Sing in the operetta *The Mikado*, which will be playing in November with the Victoria Gilbert and Sullivan Society.

Eileen Menheer and Larry Borgerson: Eileen and Larry met when GNS and SMUS combined the bus service for the two schools. He started coming in to the office and hanging around her desk. After about eight months, Larry finally got up the nerve to ask Eileen out for coffee. Afternoon coffee turned into dinner because they were having such a nice time! And the rest (as they say) is history! He proposed on Eileen's birthday last September, and they will be married on August 15, 2009. It is indeed a match made at GNS!

Reyna Webb: After an intensive application process, Reyna was selected as one of only two interns at the prestigious Johns Hopkins Children Centre in Baltimore, Maryland. The internship fulfills the requirements for Reyna to become a recognized child-life specialist. She will work with children who are undergoing medical treatments in order to support them and their families through difficult times. Congratulations, Reyna!

Babies

Congratulations to the following staff members who have welcomed little bundles of joy into their families!

Kate McCallum Pagett: Kate and her husband Mark welcomed Scarlett Leslie into their family on June 9, 2009.

Doug Tyrell: Doug and his wife Wendy welcomed Quinn into the world on February 11, 2009.



Former Staff

Jim Parker: In October 2008, Jim returned from Sudan, where he spent six months working as a military observer for the United Nations' Operation Safari. Jim chronicled his stay in Sudan in the "Dung Beetle Diaries" featured in *Diplomat and International Canada* magazine.

Retirements

Chris Ward: After 17 years at GNS, Chris Ward retired from teaching. She will be missed by staff and students alike, and we wish her well in her new adventures.



Chris Ward with Simon Bruce-Lockhart.

Judy Treloar: A fond farewell to Judy Treloar, as she embarks on her second attempt at retirement. We wish her the best and hope that her second retirement works out better than her first!

In Memoriam

1933



Phyllis (Porter) Purkis: Phyllis died peacefully May 23, 2009, age 92, in England. Born on the family farm near Strongfield, Saskatchewan, in 1916, she moved at an early age to Victoria, where she and sisters Pat Hedley and

Kate Scoble attended Norfolk House. Phyllis is survived by her siblings. In the 1930s Phyllis went to England and studied art and subsequently enjoyed a distinguished career in fashion design. During WW II Phyllis served in the Women's Auxiliary Air Force (WAAF) where she met her future husband, Frank Purkis, also in the air force. His later career with BOAC led them to live in many parts of the world, including South Africa, South America, China and Spain. They finally settled into country living in Hampshire. Phyllis is fondly remembered by family and friends.

1939

Joy (Nixon) Mutter: Joy was born in Victoria and lived all her life on Vancouver Island. She has gone to be with her beloved husband, Islay Mutter who passed away in 1992. Joy loved people and was always a kind and hospitable person. She and Islay were snowbirds and following retirement, they spent many weeks each winter in California, and they also enjoyed sailing the Gulf Islands. One of the highlights of Joy's life was raising Highland cattle with Islay at Prospect Lake. She will be greatly missed by her family and many friends.

1942

John Edward Crofton Lt. Colonel (Ret'd) CD: John attended Glenlyon from 1935 to 1940. He was born on Salt Spring Island and had a long and distinguished career in the RCAF. One of the highlights of his career was serving with the UN peacekeeping forces in Damascus in the seventies.

1945

Paul McCulloch: Paul—aka "Moose" to friends and old shipmates in the Royal Canadian Navy (RCN)—was born June 15, 1927 in Victoria, British Columbia and was educated at Glenlyon School, Brentwood College and Royal Roads Naval College. A keen sportsman who excelled at rugby and cross-country running, Paul loved the sea from an early age and was an accomplished sailor. Upon graduation from Royal Roads in 1946, he entered the RCN and was one of three Canadian midshipmen selected to serve aboard the new British battleship, *HMS Vanguard*, for the first official cruise of the Royal Family to South Africa in 1947. McCulloch was a veteran of the Korean War, winning a Mention in Dispatches for outstanding navigation during nighttime operations off the coast of North Korea in 1952. He commanded the frigate *HMCS Antigonish* and the destroyer *HMCS Restigouche*. Shore jobs abroad included a posting to Rome where McCulloch was on the Directing Staff of the NATO Staff College, then served for three years on the International Military Staff at NATO HQ in Brussels, Belgium. He was one of the founding members of the Friends of the Public Gardens in Halifax, and also served on the board. McCulloch was active in several other organizations dedicated to preserving the history and heritage of Nova Scotia; The NS Lighthouse Preservation Society; Friends of the Halifax Commons; and, the Chesticco Historical Society, Port Hood, Cape Breton. He leaves his beloved wife of 56 years of marriage and best friend, Joyce; his three sons, Ian, Sandy, and Hugh; his daughters, Gillian and Sarah; his seven grandchildren; and his four siblings. Paul was a beloved husband, a devoted father, an older brother, a



genuine friend, an officer and gentleman, a heritage activist and hilarious raconteur. He was a man to whom service, honour and compassion came first. Paul and his favourite words "that reminds me of a story!" will be sorely missed.

1947

John D. Munday: For over 50 years, John was a missionary to the poor and needy in Quito, Ecuador, South America. Suddenly, on Saturday, June 6, 2009 in Quito, the Lord, whom John had served faithfully, took him home after an emergency surgery, six months after celebrating his 80th birthday. John will be sorely missed by his youngest sister Barbara, his brother-in-law Jim Milroy, and his uncle Ian Galliford as well as by several cousins still living in this part of the world along with many nieces and nephews; probably more so by many Ecuadorians to whom he had become a father and grandfather.

1965

John Lyne: Passed peacefully away in Victoria.

Former Staff

Evelyn Hunt: Annie Evelyn (nee Cripps) Hunt went home to God, leaving behind her loving husband, Larry Bailey; her daughter Eileen (Rob) Taylor, her son Richard (Gayle) Hunt; and beloved granddaughters, siblings, and their families. Evelyn was involved in Scouting for over 60 years, starting as a Guide and Guide leader in Glasgow, Scotland and a Cub leader in London, England. In Canada, Evelyn continued to be involved as an Akela in both Vancouver and Victoria and helped found the 11th Garry Oak Cub Pack in Cadboro Bay. She later became an Assistant District Commissioner, a trainer for Scout Leadership and was awarded the Medal with Bar. Evelyn was a strong supporter of lifelong learning, working as a teaching assistant at Jiminy Cricket Pre-school and Glenlyon School, as a Training Officer for St. John's Ambulance and as a volunteer with the Canadian Red Cross. Also, she was active in providing safety training for new mothers. Her love of children was evident as Evelyn volunteered her time to knit children's sweaters for young mothers at James Bay Community Centre and Esquimalt Neighbourhood House. She was also an active member of the Guild of Health at Christ Church Cathedral. Evelyn's passionate commitment to the development and welfare of children played out in her work, her volunteering and her personal involvement with her children and grandchildren. 🌿



Calling All Class Reps

Considering becoming a Class Rep? Contact Jessica Natale in the Advancement Office at 250.370.6855.

Leap and a Net Will Appear

Excerpt from the speech given by **Simon Bruce-Lockhart, Head of School**, at the Senior Closing Ceremonies, June 23, 2009

One of the programs that has grown in schools right round the world in recent years is risk management. As we do more and more, we have to have a means of ensuring that we are operating in a responsible and safe manner. Part of that program is called a Risk Tolerance Statement—in other words, what degree of risk is the school prepared to put up with in its programs. Here in part is what our Risk Tolerance Statement says:

GNS recognizes that it is neither possible nor desirable to educate in a completely risk free environment.

Risk needs to be weighed against benefit in the broad educational sense. Where there is no educational benefit, or the identified benefit can be achieved by means involving less risk, the school will not authorize the activity or will choose the safer option.

Obviously, that statement is talking about physical risks—rock climbing and ocean kayaking—and the risks involved in travel to a service project in Thailand or in Mexico. There are smaller risks it does not cover that are just as important. Those are the risks that students willingly embrace here every day in order to make the most of the opportunities afforded them. I passionately believe one of the greatest strengths of this school is that the vast majority of students feel it is safe to take the risk of putting themselves forward, of speaking their mind, of performing in front of their peers, of making themselves heard in some way, shape or form. A dramatic example of that is the leadership speeches that occur every year in Middle School assemblies. Grade 7 students in May are normally 12 or 13 years old, and each year, at least a dozen of them put their names forward for positions of leadership just as many of the grads did five years ago. That involves getting up in front of an audience of over 200 people—all their peers, their teachers and generally 40 or so parents—and speaking. Every year, I am amazed at how eloquent, effective and confident they are. I know there is no way I could have done that at that age, and I know most parents feel the same.

The reason they can do so is that they know that the risk/benefit balance in this environment is in their favour. If they do

not succeed, they will be supported; if they get flustered and lose their place, no one will ridicule them. And so they can stand up in front of a crowd and develop confidence. Any of you who attended the Middle School Closing last week and heard Alex Flynn and Katie Landry speak will agree that the results of that ability are extraordinary. That message was confirmed tonight by the speeches of Claire Butterfield and Andrew Komlodi.

It comes down to confidence in your community, to living in an environment in which it is safe to care, to try, to put yourself forward....

There is a great expression that says, “Leap and a net will appear.” At GNS, that net is always there, that net is you, the community, who support one another at every turn, who make it safe for everyone to take that leap. And so, you leap—again and again.

I believe that one’s greatest strength and greatest weakness are often the opposite sides of the same coin—that is, they both spring from the same source. For example, the 6’7” frame that every soccer goalkeeper would love to have is literally a pain in the neck in a cruising sailboat that has 6’2” of headroom. Or someone whose strength is spontaneity may well be accused of being weak in the area of planning.

If one of our great strengths is providing a secure environment for you, a net that is always there, is it also a weakness? Grads, are you tough enough to survive in the cold outside world, or have you been too well-supported? Can you walk the tightrope knowing that the safety net is no longer there to catch you if you fall? It may surprise you to know that that discussion occurs semi-regularly on staff. My experience is that the vast majority of you will continue to leap. That is because of two or three lessons learned here. One is the realization that when you leap, very often the net does appear, even in the outside world. In addition, you have learned how to leap and when to leap. And most importantly, you have learned that the consequences of a leap going wrong are ultimately not very severe; the fall involved in slipping up in front of peers is not so far nor so hurtful. I hope you will take on the role of teaching your new colleagues next year the truth and beauty of that realization.

You are a talented class. You have taken much from the opportunities that GNS has given you, for which I congratulate you. You have given much back to GNS, for which I thank you. Your life has been intimately entwined with the school, and wherever you go, you will carry part of us with you. Remember that; remember us; remember to leap, because the world is in great need of leapers; remember to look before you leap, because your parents still love you; and, as always, “haste ye back.” 🌿

The Next Stage of Their Journey...

This fall, the Class of 2009 is heading off in many different directions, pursuing many different activities. Here are some details about the next steps some of them are taking on their path toward life-long learning.



Michael Bailey

Michael will begin his Bachelor of Fine Arts in Sculpture at Ringling College of Art and Design in Sarasota, Florida this August. This is much more than just post-secondary

school to Michael; he is ready "to commit [himself] tirelessly to the brink of death, night and day, to [his] art!"

Michael had no trouble deciding what to pursue after high school. He says art "is not so much a choice, but really, it's who I am." Sarasota offers a flourishing art scene to help Michael develop a strong portfolio, which he hopes to eventually bring to New York City to launch his career as an artist. He anticipates the next few years of total immersion in art, during which time he will develop a unique image and style. He has no fears about the future: "why should I be afraid of some of the best times of my life and let [fear] restrict the possibilities to succeed?"

Sophie Benello

For the past eight years, Sophie has led a split life between Victoria and England. While Victoria now feels more like home to her, she says she is truly a European girl at heart, and thus, she will return to



England this fall to study Multilingual Studies at Royal Holloway in London. Sophie says that she took as many language classes as possible at GNS, so it is only natural that she would continue to pursue her interest in languages in university. She hopes eventually to use her fluency in Spanish, Italian and German to work in international business.

Sophie is most looking forward to the independence university brings as she sets out to explore the world on her own: "GNS has taught me to have the courage to get through anything, to be determined, and to always believe in yourself."



Jennifer Losie

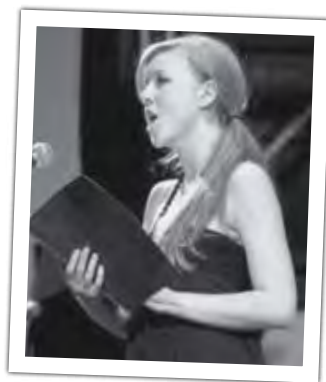
Having never lived off the island, Jennifer is looking forward to studying Sciences at the University of British Columbia. The decision to attend UBC was facilitated by the tremendous scholarships

Jennifer was offered—she is the recipient of the President's Excellence Scholarship and the National Entrance Scholarship, totaling \$34,000!

Jennifer is excited to experience life in a new city, and she feels confident about moving on: "I've had a supportive home and school environment that I feel has given me the skills to be truly independent next year." She isn't worried about the increased workload, the difficulty meeting people, or any of the more typical phobias associated with going to university. There is only one thing that concerns her—keeping up with her laundry!

Heather MacLeod

After five years of honing her vocal talent on the GNS stage, Heather will be heading south to Louisiana State University (LSU) to shine on a bigger stage on a \$40,000 scholarship!



While Heather says she is slightly apprehensive about leaving the Island, she is excited to begin her studies in vocal performance at LSU, which offers one of the top ten opera programs in the United States. She recognizes that taking a risk by leaving her comfort zone will ultimately help her become a more sophisticated learner: "I get an adrenaline rush every time I think about next year and everything I'll experience!" She anticipates being part of full-length opera productions and weathering the year-round hot climate. Don't worry about her becoming Americanized, though; Heather says she has "too much Canadian pride for that to ever occur!"

Jordan Mannix

For Jordan, being able to mix academics, sports, and a good location was important to choosing a post-secondary environment. He achieved his goal by earning a \$16,000 scholarship to Dalhousie University to play on their soccer team!



Not only will he receive a great education, he will be further developing his skills as a competitive athlete at the same time. He is thrilled with the idea of moving to Halifax, too: the city has a great reputation in Canada, and the ocean is there to always remind him of Victoria!

With graduation brings mixed emotions, says Jordan, but there's a bright side: "my Dad says these are the best years of my life, so I am ready to enjoy them!"



Sarah Miller

Amidst the facts, dates and stories of Mrs. Bruce-Lockhart's IB History course, one particular message stood out for Sarah: "one person's decision can have a profound effect on the world." This lesson has fostered within Sarah a

strong desire to understand why

the world functions the way it does. She has many questions: Why is Christianity a stronger force in the USA than in Canada? Why do we have strong relations with communist China, unlike our relationship with communist USSR? In order to join the conversation about issues like these, Sarah will study International Relations. She begins her quest for understanding in London, England, at the London School of Economics, the institution that pioneered this field of study.

Sarah credits GNS for inspiring her to find her passion; the school taught her "open-mindedness and acceptance—not blind acceptance, but a desire to replace ignorance with understanding." No matter what next year and those that follow hold, Sarah hopes to always "care about issues and people outside of those in [her] day-to-day life."

Ashish Sudhakaran

After reading the book *Race Against Time* by activist Stephen Lewis and watching the documentary *Darfur Now*, Ashish became fascinated with the work of people committed to improving



the conditions of others around

the world. Inspired, Ashish chose to write his extended essay for the IB Diploma Programme on human rights abuses of immigrant workers in Dubai. While he worked on the essay, Ashish realized that he wanted to pursue a career dealing with global issues and human rights. Now he prepares for his own international journey, heading to the London School of Economics in England to study International Relations.

Ashish can't fully imagine where his degree will take him, but he is confident that whatever he does, it will be something he believes in: "I'm aware of things in the world that I love learning about or being involved in. Every step of the way, I want to nurture those passions and hopefully do something in the world that I can be proud of."



Sam Watson

After fantastic experiences with the Round Square at GNS, Sam has decided to complete a GAP year at the Regent's School in Pattaya, Thailand, in order "to help support the Round Square." He chose Thailand after falling

in love with South East Asia while travelling through Singapore and Malaysia playing tennis and competing in a World Junior tournament.

Though GNS has been a home for Sam since Kindergarten and he believes that "Vancouver Island is the most beautiful place on earth," he says he is ready to take on the responsibility of independent living. He is excited to teach children from all over the world and share what he learned in high school with others. After he completes his GAP year, Sam hopes to stay overseas, working and travelling until he has seen the world!



Sally Yu

To select her major, Sally considered the many subjects she enjoyed as well as how those subjects would help her work in an industry she finds interesting. She ultimately decided on Chemical Engineering, which could

allow her to branch into the jewelry industry by alloying elements. Sally has designed a number of jewelry pieces and was thrilled to learn a field of study in the sciences could complement an art so nicely!

For Sally, choosing a university proved to be more challenging than choosing a major! She applied to and was accepted into seven universities in North America—two in Canada and five in the United States. After studying each university's reputation in Chemical Engineering, as well as its student population and location, Sally decided to attend the University of Illinois at Urbana-Champaign (UIUC), which is ranked as having the third best engineering program in America. Turning down a \$21,000 scholarship at the University of Waterloo was a difficult decision, Sally reflects, especially since Illinois is a long way from home. Nevertheless, Sally says she is confident that GNS has provided her with all she needs "in order to seize as many opportunities as possible to live [her] life at UIUC to the fullest!" 🍀

Total Scholarships Offered to Our Grads

IB Diploma Recipients: \$335,000
(of 10 students, 10 got scholarships)

IB Certificate Recipients: \$187,000
(of 31 students, 18 got scholarships)

Non IB: \$78,000
(of 31 students, 7 got scholarships)

**Total Scholarships Offered:
\$600,000**

Universities that offered admission to our 2009 graduating students:

Acadia University
 Camosun College
 Carleton University
 Dalhousie University
 Georgia Institute of Technology (USA)
 Glion School of Hospitality (Switzerland)
 Hofstra University (USA)
 London School of Economics (UK)
 Louisiana State University (USA)
 Milwaukee College of Art and Design (USA)
 McGill University
 New York University (USA)
 Queen's University
 Ringling College of Art (USA)
 Royal Holloway College, University of London (UK)
 Simon Fraser University
 St. Francis Xavier University
 Swiss Hotel Management School (Switzerland)
 Thompson Rivers University
 Trinity Western University
 University of Alberta
 University of British Columbia
 University of British Columbia Okanagan
 University of Calgary
 University of California – Los Angeles (USA)
 University of California – San Diego (USA)
 University of Guelph
 University of Illinois at Urbana (USA)
 University of Saskatchewan
 University of Toronto
 University of Victoria
 University of Waterloo
 University of Western Ontario
 Vancouver Film School

GRADS OF 2009 – Where are they Headed?

Robert Anderson – University of Victoria
Michael Bailey – Ringling College
Iain Belcher – Vancouver Film School
Sophie Benello – Royal Holloway (UK)
Emma Bodnar – University of Victoria
Claire Butterfield – University of British Columbia
Zoitsa Cartwright-Petropoulos – University of Victoria
Celeste Connell – Queen's University
Rachel Courtice – University of British Columbia
Robert de Clare – University of Victoria
Anne Drury – University of Toronto
Maxwell Dumonceaux – University of Victoria
Hannah Ferguson – TBA
Kristin Frederickson – Emily Carr University of Art and Design
Saori Fukubayashi – University of Victoria
Sam Gilmour – University of Victoria
Matthew Gover – University of Calgary
Monica Grundmann – University of British Columbia
Gabriel Stefan Grzybowski – University of British Columbia
Kieran Gunderson – working for Canada's military
Leif Gustavson – University of British Columbia
Emery Hartley – McGill University
Christopher Heckel – GAP (Australia)
Eileen Heckel – Queen's University
Emily Heeringa – Camosun College
Clemmie Home – working/Camosun College
Graeme Keais – University of Victoria
Laila Kelada – Swiss Hotel Management School
Andrew Komlodi – Dalhousie University
Christopher Koziol-Neumann – Carleton University
Trevor Lalli – University of Calgary
Alexa Lockwood – University of British Columbia
Jennifer Losie – University of British Columbia
Jesse Lupini – University of Victoria
Graeme Lyall – University of Toronto
Mary MacKenzie – University of British Columbia

Heather MacLeod – Louisiana State University
Grant Mai – University of Victoria
Simone Main – University of British Columbia
Jordan Mannix – Dalhousie University
Dylan McRae – University of Victoria
Sarah Miller – London School of Economics
Nathaniel Mots – Carleton University
Cameron Poncia – Vancouver Film School
Elise Purdon – working and travelling
Megan Quigley – Katimavik, then University of Toronto
Daniel Rampling – University of Western Ontario
Lisa Rocheleau – University of Saskatchewan
Emily Rogers – University of Victoria
Jackie Romeyn – Queen's University
Sacha Romeyn – Camosun College
Hayden Sager – Italy, then Scotland working
Rory Say – University of Victoria
Andrew Seigel – Acadia University
Kiersten Shulhan – University of British Columbia
Karis Simmons – University of British Columbia
Ashish Sudhakaran – London School of Economics
Christopher Taggesell – McGill University
Heather Thomas – Acadia University
Hollis Thorau – Simon Fraser University
Spencer Townsend – University of Calgary
Eugene Umeki – GAP (Australia)
Samuel Watson – GAP (Thailand)
Michael Webster – University of Victoria
Geordie Wilson – University of Victoria
James Wood – University of Victoria
Rose Woodward – University of British Columbia
Vivian Wu – University of British Columbia
Jaimie Wylie – McGill University
Tina Yao – McGill University
Sally Yu – University of Illinois
Moorea Zava – Queen's University



If undeliverable, please return to:
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Victoria, BC V8R 6H9
CANADA

Canada Post Corporation/Société canadienne des postes
Postage Paid Post payé

Publications
40022111
Victoria BC



This publication is printed on paper made with 100% postconsumer waste fiber that is manufactured using windpower.



www.glenlyonnorfolk.bc.ca