

Contributing Writers:

Sehoon Kim  
Gina Jo  
Ayumi Toya  
Brenda Park

Editor:  
Emma Larocque

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# Camber College Chronicles

## Music Coming to Town

By Ayumi Toya

### Spectacle “Kathaumixw” !!

What a wonderful word “Kathaumixw” is ! It means “a gathering together of different peoples” (the words come from Sliammon).

This summer, the international choral festival is coming to Powell River! I interviewed Don James, the artistic director and one of the founders of Kathaumixw. He is also a conductor and the principal of the Powell River Academy of Music. He has been to foreign countries many times.

Twenty years ago, he began to wonder why there was no international music festival in North America. And he decided to start one in Powell River! Now we can enjoy this festival every two years.

The festival consists of Singing Week, Festival Week and Kathaumixw Tour Week. Choirs come from Africa, Australia, China, Finland, Poland, Russia, Sweden, Denmark, the Netherlands, USA, the Phillipines and Canada.

We can enjoy concerts by these choirs from June 23 to July 10.

Don says, “That’s a bargain! This festival gives us a super opportunity to enjoy high quality music.” He recommends all of the concerts, but especially the opening concert, which will be held at the Recreation Complex in the Great Hall. Everyone sings “O CANADA” together, and you can hear all of the visiting choirs sing.

Singing a song can overcome any borders. At Kathaumixw we can not only listen to songs but also we can make good friends from different countries. Many volunteers are needed for this event. People can find out more about Kathaumixw by visiting the website [www.kathaumixw.org](http://www.kathaumixw.org).



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# Enjoying Life in Powell River

by Gina Jo

What would you like to do in Canada? Have you looked forward to enjoying nature? You can do that in Powell River with wonderful nature and kind people.

Powell River is one of the most beautiful cities in Canada. It's small but very neat. It has mountains, lakes, forests and it is right beside the ocean. Everywhere you go has a spectacular view.

What can you do here? You're able to go hiking, kayaking, canoeing, sailing and camping. The most interesting experience is to go hiking. Kaori Sakurada, a student of Camber College, says, "Even though I don't like outdoor sports, hiking was an exciting experience because when I used to live in Japan, I couldn't see lots of trees and I couldn't breathe fresh air. Also, to walk long hours was not easy for me. When I was on the top of the mountain, I saw a magnificent view, and it made me forget hard walking." Cornelia Hug, another student, says, "When I got on top of the mountain, it was a great achievement. Of course my hometown in Switzerland has beautiful nature and lots of forests, but Canada's nature is bigger and richer, so I felt I was facing huge nature one to one."

What should hikers take with them? They need food, water and some equipment. If you want to sleep over on the mountain, you will sleep in a public cabin or bring a tent and a sleeping bag. William Dickson, hiking instructor, gives some advice: "To make sure, a beginner should start with an easy course." Also, he suggests some wonderful hiking courses. "Powell River is a good place for hiking. There are many kinds of trails to lakes and the top of mountains. Knucklehead Mountain has public cabins on the top of it. The Sunshine Coast Trail has a beautiful view, and it goes from Lund right to the ferry terminal at Saltery Bay." Also he mentions the advantages of hiking. "Before people go hiking, they have never done something like that. After they go, they have a sense of accomplishment. They can take pictures, make a campfire and see a spectacular view - it will be an unforgettable memory."

Until we get to the top of the mountain we may be getting tired, but when we get there we feel achievement and can see the magnificent view. When we walk in forest we breathe fresh air and sometimes we can see bears and squirrels. So bring a backpack and go hiking this summer. And don't forget to say "Hello" when you meet hikers in forests or mountains. All of them love nature so they'll be your friends.



## Goodbye friends

By Sehoon Kim

On Friday, May 28, eight students left Camber College. It was the first time that so many students finished school at the same time. Moreover, six of them were old students who had attended the school for more than three months, and one of the oldest students, Hilary came to Powell River last December. Many people said that they will miss the students who are leaving. One Camber College student, Hyunjoo Choi, said, "I have good memories with them. I can never forget our camping and Victoria trips. I will miss all of them." And one of the eight departing students, Denny, said, "I will really miss Powell River and Camber College. Here is my second hometown of my mind." Many of the students who left had a good time at the school and will keep in touch with other students. The names of the students who left are: Ayumi, Denny, Gina, Hilary, Kaoru, Cornelia, Sehoon and Yuka.



Former Camber College students leave their mark on the school wall...their handprint, and a memory from their time in Powell River.

## Staying Healthy as a Student

by Brenda Park

It's time to get back to the basics of healthy eating and dieting. A healthy diet is a balanced diet. It should contain foods from all the food groups.

How do we lose weight by taking in nutritious foods? Our body weight is controlled by the number of calories we eat and the number of calories we use each day so, to lose weight we need to take in fewer calories than we use. Also, we have to eat foods rich in vitamins, minerals and fiber. We can do this by becoming more physically active or by eating in a controlled manner.

Obesity is not just a cosmetic problem. It's a health hazard. Someone who is 40 per cent overweight is twice as likely to die prematurely as an average-weight person.

As a rule, women have more fat than men. Doctors generally agree that men with more than 25 per cent body fat and women with more than 30 per cent body fat are obese. Doctors are concerned with not only how much fat a person has, but where the fat is on the body. Women typically collect fat in their hips and buttocks, giving their figures a "pear" shape. Men, on the other hand, usually build up fat around their bellies, giving them more of an "apple" shape.

People can't change their genetic make up, but they can change what they eat and how active they are. Learn how to choose more nutritious meals that are lower in fat. Become more physically active, and it can totally change your life.

## Creative Corner

### Haikus

by Gina Jo

Who knocks on a door  
My friends come to visit me  
Full because of you.

by Sehoon Kim

I really miss here  
My time always goes so fast  
But I can't grab it.

by Ayumi Toya

Sun goes down on sea  
The blue wrapped the orange sky  
Yellow is smiling.

### The Veterinarian

by Brenda Park

**Note: Brenda was given the following words and asked to make a story up using them: veterinarian; puppy; under a leaf; kayaking.**

Once upon a time, Jane, who was a veterinarian, lived in a small village. She really enjoyed kayaking. One of her friends enjoyed sailboating. They usually enjoyed sailboating and kayaking on Powell Lake after they finished working.

One day they found a sick puppy that groaned under a big leaf. So Jane brought it to the hospital. She cured the puppy and cared for it in her house.

One day a customer visited Jane's house. The visitor was so surprised because the puppy was her lost pet. After the situation was explained to her, she was impressed and appreciative to Jane, so she rewarded her with \$100,000.

## Creative Writing

### The King of Thailand

By Sehoon Kim

**\*Note: Sehoon was given the following words and asked to make a story out of them: King of Thailand; cook a fine meal; in a mud puddle; pig.**

Once upon a time there was a King of Thailand who was aggressive and stubborn. He was very fussy about his meals. Whenever he didn't like his meal, he killed his cook.

He killed thousands and thousands of cooks. Finally, there was no cook in the palace. So, he ordered his vassal to bring a new cook. At the time, Sehoon and his friends were travelling in South Asia and they heard the news that the King of Thailand wanted a new cook. Sehoon and his friends wanted somewhere to stay, so they went to the palace.

The king wanted them to cook a fine, new meal. If they didn't make good food, they would be killed. So they tried to find new stuff for cooking. First, Gina had an idea.

"What about making a pork dish?" Everyone agreed with her, so they went to a swamp in the jungle to find a pig. After they found a little pig in a mud puddle, they considered how to cook the pig. Brenda had an idea.

"I think a pork barbeque is the best." So they made a pork barbeque. When the king tasted the food, he was shaken with the bad smell. It was a terrible meal. He lost his mind and he died. Finally they could be on their way again happily. The End.



## Great New Additions

Over the past several weeks, Camber College students and staff have been witnessing a transformation. One of our Swiss students, Reto Schraner, is a fantastic artist and he has been decorating the walls with his amazing artwork. The caricatures depict people doing the activities that Camber College students do in the co-curricular program - hiking, boating, jet-skiing and more. The pictures have been a popular topic of conversation, as we wait with bated breath to see how the next painting fills out! Great job Reto!