

Christmas on a Cruise Ship Here I Am / There It Wasn't: Part 2



ANNA BAILEY
SENIOR REPORTER

"I had no money, and I really wanted to travel."

This is a common problem for students, but it led Media and Communications major Zach Chester to an uncommon place: a cruise ship. After he completed a social work degree, Zach was not sure what to do next. He completed the interview process for working on a cruise ship, even though he was sure he wouldn't get the job.

The day of his last interview, he was offered a job as a youth worker with Carnival Cruise Lines. That same day, his church, where he had a temporary internship position as a youth pastor, offered him a full time job.

Torn, Zach felt he was called to work on the cruise ship. He had grown up in a "sheltered" Christian background, and had heard that if you can be a Christian on a cruise ship, you can be a Christian anywhere. His pastor told him the church would be praying for him, and would hold the youth pastor job until he got back.

Zach's first month on board "Carnival Sensation" was not fun. He caught a stomach virus and felt lonely without a Christian community. Cruise culture was completely foreign to him; he describes "ship life" this way: "If you aren't working, then you're partying, and if you're not partying, then you're sleeping around. So, if you aren't sleeping around or getting drunk, there's not a whole lot to do." Zach wondered if leaving his church had been a mistake.

One day, Zach was in the crew mess hall reading his Bible, when Brittany, one of the performers who worked on board, came up to him. "Do you want to know who my favourite Bible character is? Take a guess."

"Jesus?" Zach guessed.

"Oh no, not him."

"King David?" Zach tried.

"Who's that?"

"Apostle Paul?" He was running out of ideas.

"Haven't the foggiest of ideas who that is," the British girl replied. "My favourite Bible character is Potiphar's wife. I've never read the Bible. I just love how badass she was."

Zach asked Brittany if she'd like to read the story with him. She was curious, so, for two hours, they read the story of Joseph.

After that, Brittany wanted to read the Bible almost every week. One day, she asked Zach to come talk to the other performers after a show; something had happened, and

they wanted his opinion. They told him they had been given Bibles anonymously, which puzzled them. They thought maybe someone was being judgemental, and trying to send them a message. Once again, Zach offered to read the Bible with them. They started in Matthew and read the gospel story.

A few of the girls kept asking questions, including Brittany and a friend of hers, Sophia. After that, every time a new cruise started, Zach would meet with them and other employees from around the world and study the Bible. "Some of the coolest Bible studies in my life happened during that time. The ship was hungry for hope. I woke up everyday expecting to share the gospel," Zach remembers.

One day, Zach was called into the cruise director's office. "Zach, we have a situation that we need your help with," his boss said. Carnival Cruise Lines had asked each ship to put on a scripted Christmas religious service, and none of the entertainment staff were comfortable leading it. The director had heard that Zach was a Christian, and asked him to lead it. Zach agreed. This was a month before Christmas.

The Christmas cruise began December 23rd. It was a busy cruise, with over 1000 kids on board. By 11PM on Christmas Eve, Zach still hadn't heard anything about the Christmas show. Once again, the director called Zach to his office. "I've been swamped, but you're good for tomorrow morning, right?"

Zach explained he hadn't received the script for the show, so the director sent it to him. Zach read it, and told the director he didn't feel comfortable with the script at all. "It was the most trash version of the nativity I've ever heard." Angry, but with no other options, the director agreed to let Zach read the Bible and run the service as he chose. The director did not expect many people to show up and was only running the show because it was mandatory.

Zach stayed up all night, studying and preparing. He knew the service was important; all the people he'd become close to on the ship would be there. He got to the theatre early to do a sound-check, and co-workers began to arrive. "I'll never forget looking out the windows of the theatre; the curtains were raised, so all I could see was blue water, blue skies, and not a single cloud.

At the last minute, "mobs of people filled up this theatre." The theatre seated about 400 people, and was so full that people had to stand in the aisles. The cruise director's mouth dropped. He pulled Zach aside to sternly warn him: "You need to be professional."

Zach talked about the virgin birth of Christ, and then skipped ahead to the hours of darkness on the cross. He explained that Christ offers forgiveness for all sins, and that gift is what makes Christmas so important. They also sang some Christmas carols.

They were supposed to sing one more song, when the music track stopped working. The cruise director, panicking in the sound booth, told Zach to pray. After he prayed, Zach felt prompted by the Holy Spirit to announce that they would sing the last carol acapella. "I'll never get that visual out of my head: blue skies, blue water, and a crowd of people in the middle of nowhere singing "O Come All Ye Faithful."

After the show, people came up to Zach, telling him how much they enjoyed it. One passenger, an American man with a southern drawl, told him excitedly, "Ya preached it, son! Ya preached it." Zach became known on board as the guy who did an off-script show, and as a result got many opportunities to share the gospel and see people come to know God.

A couple of weeks later, he found out that their ship had received significantly better ratings for their Christmas cruise than any other Carnival cruise ship. The reason? The Christmas service. Over 200 positive comments about the ship came in. The director received a featurette in the newsletter and claimed credit for allowing Zach to share his faith.

Eventually, Zach went back to youth pastoring, though he still has a heart for ministry on ships. After two years, he felt God was challenging him to gain more knowledge. "I was in a season of chaos. I'll be honest, I was one of those people who did not want to come to Redeemer. I just remember thinking, 'At the end of my life, as long as I can say that I told God's story, I'm content with that.'"

Zach felt God's call to come to Redeemer, even though he reluctantly made his decision to do so. He was on a tour of the school, standing in the commons, when he heard the words, "Zach, you're going to come here." Since being here, he has adjusted to being a student again and been surprised at the many meaningful conversations, prayer sessions, and impromptu worship nights he has experienced. He doesn't yet know what he hopes to do next, but says, "My only two goals are to be a master encourager and a master storyteller."



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Kristen’s Corner

A Letter from the Editor

Welcome to December! It’s exam season! The sprint before “the most wonderful time of the year.” Or, maybe, it’s the sluggish crawl before “the most wonderful time of the year.”

For some of us, the Christmas break feels close; for others, it seems as though exams will drag on forever and we will never finish the semester.

Whichever situation you find yourself in, I encourage you to practice gratitude during this season.

For the past year, I have exchanged “three small wins” every night with an important person in my life.

Now, there is only one rule to how these wins work: your win cannot be something that has not yet happened. The reason being is that the purpose is not to look towards something in the future, but to positively reflect on your day.

These wins range from, “I received an awesome mark on a midterm,” to, “I had a nap today.”

They are an opportunity to practice gratitude towards the small things in life; to find at least three blessings in any given day.

During this busy season of the year, I want to challenge you to reflect. Set a reminder on your phone for before you go to bed. Grab a journal, ask a friend. Spend time being thankful for the small things throughout your day.

Kindly,

Kristen



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Comparison, Control and Distraction: Restrictions of a Life Well-Lived

A Letter from Student Senate



BLESSING OLULOTO
SPIRITUAL ACTIVITIES &
SERVICES COMMITTEE CHAIR

Busy, busy, busy, from one activity to the next, one conversation to the next, one Sunday to the next. Am I living this life well?

Lately, I've been contemplating what William Irvine describes as "mis-living" in his book *A Guide to the Good Life*. He amplifies a quiet fear in the back of my mind that, "... despite all your activity...you will look back and realize that you wasted your one chance at living."

Especially now that I have accepted the life that Christ has offered me, the last thing I want to do is waste it. These thoughts have pushed me to identify tendencies I have that encumber my ability to live in the freedom of life in Christ: comparison, control, and distraction.

Comparison paints a muddy picture of our self-worth and image. In other words, comparison is the self-inflicted burden of molding yourself into the image of another human being in an attempt to attain some skewed form of self-worth. Comparison hides the truth that we are made in the image of God, and that through Christ we have an identity as sons and daughters of the King.

The antidote to comparison is this truth: that we are created by God for a purpose. No one makes a pastry to use it as shampoo. Likewise, God did not create you with the intention of living another person's life. Remember your purpose, remember your calling; don't compare your life with others.

Secondly, as humans we are always attempting to control our own lives, casting God on a shelf and pulling Him out only when we need a miracle. Control is dangerous because we try to emulate God and narrate our life story. It is a cheapening and desecrating view of the life God has planned for us.

Surrender is the key to unlock the hold of control over our lives. Trust in God's authority is the foundation needed to establish a life dedicated in service to Him.

When we robe ourselves with the virtues of trust and surrender to God, we dethrone ourselves and exalt God instead.

"We are perpetually pulled away from being present in our own lives," says John Tyson in his book *The Burden Is Light*. We are intensely focused on irrelevant thoughts and events that hold little eternal value.

There is a danger in absentmindedness; it leads to shallow living which is not life at all. It leaves one oblivious to the God-given treasures that lace our everyday lives. The antidote to being distracted, according to John Tyson, is learning to "reclaim the art of paying attention." This means paying attention to the relationships around you, to the dealings and habits of God, and to the space He has placed you in. Reclaiming the lost art of paying attention is not easy work as it involves discipline and dedication.

However, I am willing to do what it takes to conduct myself as a living creation of God. I am willing to accept my identity in Christ. I am willing to remind myself of His purpose for me, and I am willing to learn the difficult art of paying attention.

The Lord is the Gatekeeper and Shepherd of my life. He came that I may have life in abundance, and I believe that He will gladly give me the grace needed to foster a life worth living for Him.

I pray the same for you; may you not waste the abundant life He has offered you.

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Interested in writing for us?

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The Hamilton Youth Strategy

From Youth, for Youth



HELANA MULDER
SENIOR REPORTER

Hamilton has become home for many Redeemer students. It has become a city that many students have grown in and fallen in love with. Recently, this city has been developing a new project that involves making Hamilton a better place for its youth—those aged 15-29.

This project is called the “Hamilton Youth Strategy” and was put together by a team led by Jesse Williamson. The project wanted to have representatives from various demographics: including age, race, and background. They have also selected individuals from the schools in the area to be a part of the committee. Hamilton’s website says that this project’s goal is “to understand the successes and challenges youth in Hamilton face, learn and showcase great stories of youth and partners supporting youth 14 to 29 in our city, identify partnerships to create new opportunities for youth, and showcase our youth and partners and look for opportunities to enhance services with better city support.”

Fourth-year International Relations major Alyssa Zilney has been Redeemer’s representative for the past several months, working with other members of the committee to conduct research on Hamilton’s Youth. She says “Jesse, the Youth Programs Outreach coordinator, contacted Redeemer and asked that Student Senate choose a student to act as a representative for Redeemer, and to be a part of this Hamilton Youth Strategy program. At the time, Greg Loerts couldn’t commit to it; then my name came up and I agreed.”

Zilney found that her program at Redeemer and her interest in environmental sustainability fit in nicely with the project’s goals. “There have been certain areas in the discussions within this program where I can bring in my love for environmental studies,” Zilney states.

“I get to play a cool role in pushing for accountability in the way that we steward relationships with each other and creation through this. I get to bring up how we can be aware of the way we treat each other and Hamilton’s environment.” Zilney is also the only Christian on the committee, meaning she gets to bring a unique voice and set of standards to the project.

The plan started up in March by setting the ground rules and the main goals that the project wanted to achieve.

Over the summer, the team developed a survey that they handed out at youth-oriented festivals and events that happened in Hamilton. Looking at some statistics, the team engaged with over 200 students and had over 700 surveys completed.

The team also organized around ten engagement seminars which interacted with a specific demographic to ensure that their results were as comprehensive as possible. The Hamilton Youth Strategy wants to make Hamilton better for all youth, not just youth from downtown or just from Ancaster. The project is covering all parts of Hamilton and the greater Hamilton area. They also realize that the results they get from downtown youth will be different from that of Ancaster or Dundas youth.

The data they collected included what the youth believe is being done well in Hamilton, and what can be improved. When looking at the results, the team found that the information reflected a bit of a divide. For example, while “coordinated and youth friendly events” was the top idea that some youth believe Hamilton does well, it was all the top idea that others believe Hamilton can improve on.

The data was processed and sorted so that it all fit into different categories such as health and wellness; employment and entrepreneurship; diversity, social inclusion, and safety; and civic engagement and youth leadership. Each field broke down specific ways in which Hamilton can improve so that it benefits its youth. The team saw what was being done well, and what they need to work on.

One area of improvement that Zilney is very passionate about is public transit in Hamilton. She states that the Hamilton Youth Strategy “hopes to work on this issue so there are more opportunities for youth to go downtown, engage with the community, and meet with different groups of people. This is a really good first step in participating in effective community building.” Redeemer students heavily rely on public transit—whether it’s for Deedz, shopping, or exploring downtown—so an improvement in this respect could directly impact Redeemer.

When asked to give a mission statement for the project, Zilney said, “Using Hamilton’s youth leaders to develop opportunities for youth in the city.” This mission statement

reflects the focus of the Hamilton Youth Strategy being “from youth, for youth.”

Zilney points out that “through this program, we recognize that you can’t change a community without the people in that community, and the youth in Hamilton are the ones who know the most about this issue because they are the ones who would be directly impacted by the changes.”

The next step for the Hamilton Youth Strategy is to refine and analyze all this data and prepare to present ideas in front of Hamilton’s council in February. The presentation will be done by the youth involved in the project, which is just another way in which this mission is from youth, for youth.

“It is young people raising questions and bringing suggestions about how Hamilton can help other youth,” Zilney states.

Redeemer students can also be involved in this project. During the clubs showcase in September, you may have noticed the table where you could fill out these surveys from people in bright coloured “Hamilton is Home” t-shirts. If you did get the chance to fill out a survey, the Youth Steering Committee is deeply thankful for your contribution! That being said, if you did not get the chance to fill one out, or want to be involved in any other way in this project, please contact Jesse Williamson at jesse.williamson@hamilton.ca

Ski Across the Hill, Scream Loudly, and Other Helpful Tips

How to Cope with Exam Stress

ANNA BAILEY
SENIOR REPORTER

It was dark, and the ski hill was lit with lampposts on either side of the trails. The hill was a gentle one, but I was 13, I’d only been skiing for a week, and I was cold and terrified. I was prepared to take off my skis and walk, but my mom wouldn’t let me. “You don’t have to ski down the whole hill,” she told me. “You just have to ski across. Then you turn, and do it again. Eventually, you’ll get to the bottom.”

Who doesn’t love December? Listening to Christmas music is finally socially acceptable, chocolate is a recognized food group, and, at university, everyone is stressed. My mom’s skiing lesson might be the best advice I’ve heard about dealing with stress. But, stress relief comes in many forms, and so I’m happy to present (no pun intended) them to you.

The following survival guide was curated by the Crown Team and peers (special thanks to Chloe Stell, Danae Bean, and Heidi Kranendonk for their valuable tips):

- Go to a sports game in order to scream loudly (random screaming outside of the sports setting tends to scare away friends or make people suspect murder).
- Lay on the floor. If anyone steps on you, sue them.
- Retail therapy (just call it Christmas shopping).
- One of the offices upstairs has a stress relief method... can you find it?
- Go caroling in the library. You may need to practice your whisper-singing.
- Pretend to be your own evil twin: the one who didn’t know any assignments were due.
- Make a Christmas tree out of textbooks.
- Fake insanity to get out of finals.
- Memorize Wikipedia pages of arbitrary facts and incorporate them into your essay answers to wow your profs.
- Spend all your time watching movies until an hour before the exam.
- Build a snowman.
- Wrap Christmas presents.
- Have a marathon of One Tree Hill.
- Eat your weight in nachos. Your mind can’t work on an empty stomach.
- Call your mom. Everyone needs a good pep talk before going into an exam.
- Scrabble. Everyone needs a good skill test in spelling.
- Fantasize stable life, finances, kids, retirement; this will give you motivation to study. Unless you’re in ministry. Then, Godspeed to you, my friend.
- Do your dishes. At least if you fail, you’ll still have a home to live in #RUCdissues
- Search online for free stuff and stickers. You’ll be super happy when you get mail!

Read what a professional voice has to say on this matter:

“Eat dark chocolate. Start studying early. Eat dark chocolate. Intentionally schedule study time. Eat dark chocolate. Review notes and text.* Eat dark chocolate. Get plenty of sleep. Eat dark chocolate. Take frequent breaks. Eat dark chocolate. You can combine the last two items into one if necessary.”
- Professor Laurie Busuttil

*And no, “text” does not mean spend hours sending motivational study-memes of Ryan Gosling to your best friend.



Humans of Redeemer

HELANA MULDER
SENIOR REPORTER

In 2010, a man by the name of Brandon Stanton began a photographic project in New York City that would grow to become a #1 New York Times bestseller and photo blog boasting over 15 million followers worldwide. Initially, Stanton set out to create what he calls “an exhaustive catalogue of New York City’s inhabitants,” comprised of 10,000 photos plotted across a city map.

The concept took on a different form, however, as he began collecting pieces of conversation had with those he photographed. Photo captions would soon become as vital as the shots themselves, and, together, make for a captivating stream of stories, he entitled, ‘Humans of New York.’

Highlighting 6-8 Redeemer Students and Faculty each month, the Crown seeks to mimic Stanton’s idea on campus by asking a thoughtful or fun question, followed by taking a candid photo of the student, staff or faculty member included in each issue. We know that stories are powerful, so the goal here is to further uncover our own.

Scripture tells us to rejoice with those who rejoice, mourn with those who mourn, share the word of our testimony, and give glory to God in every season. This column is simply another means to do so and remind ourselves that our King, Jesus, is the ultimate author and finisher of our faith.

What is your favourite Christmas memory?



I was living in Jamaica, and December is hurricane season there. A hurricane hit us around Christmas and our whole house got flooded, so we had to evacuate. We ended up being put in a 5-star hotel; it was super fancy, the fanciest I’ve ever been in. They had the spa, the jacuzzi, the room service—everything good—for free.



Well, now that I’m at school, Christmas is a bit more special because I get to go home to Manitoba and spend it with my family. We all hang out and play games like Codenames and Ticket to Ride; we just have a lot of fun.



I was about 10 years old and me and my family went to church at 5 a.m. to drive around and pass out gifts to the older people who can’t make it to church most Sundays. Then, after church, we went home and opened our own presents. It was really cool because that Christmas my grandparents were still alive and both sides of my family got together. Even my uncle, who isn’t always into family time, came that year. The food was really good, too.



My favourite Christmas was probably last year with my church family. We have a pretty small church and we all went house hopping. We started at noon and ended at 2 a.m. We went to five houses or so and had five meals throughout the day—it was so much food. We are doing it again this year and I’m really excited about it.



My favourite Christmas tradition is putting up the Christmas tree. The whole family goes to one of those Christmas tree farms and we cut one down and decorate it all together. It’s always a real tree—those ones smell the best.



I was in the Amazon in South America for Christmas Eve a few years ago. Usually, the city lights are kept off for most of the day to save electricity, but on Christmas Eve, the people kept the lights on all night. We basically had a huge party. One tradition they have is they burn a scarecrow-type bust of Pontius Pilate; that was pretty interesting.



I think my favourite Christmas was two years ago; it was the first one I got to experience with my little adopted sister, Azucena. She came from a foster home and had never been really happy at our home yet, until Christmas. That same Christmas we had a girl from our church over and we got her a present

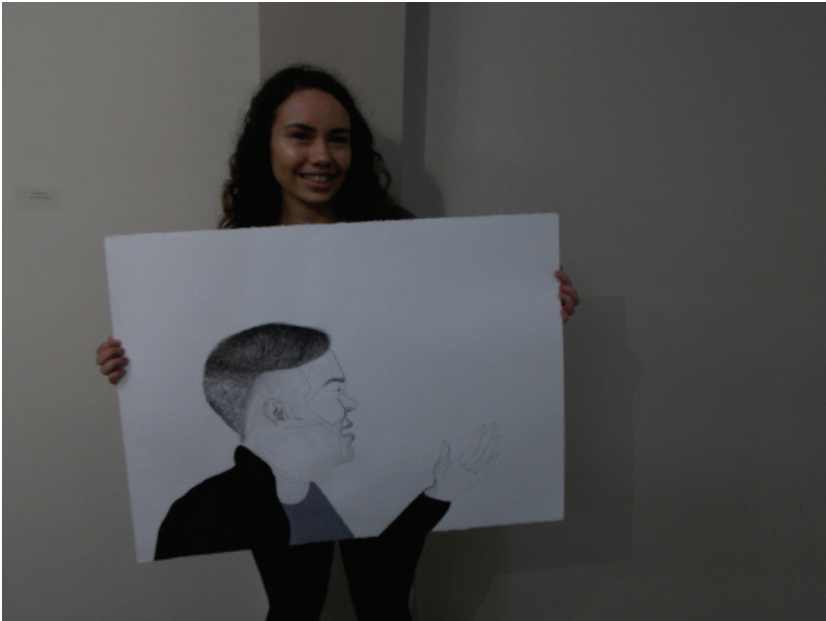


One Christmas, my whole family—all five of us—were sick. We decided that we couldn’t have a real Christmas dinner right away, so we all made grilled cheeses and sat together at the dinner table. It was actually really fun, even though we were all sick.

Duo Artist Feature

With Courtney Parker and Andrea Pedraza

RENESSA VISSER
JUNIOR REPORTER



Courtney Parker

What's your degree?

I have a double major in English and art with a minor in media and communication studies.

How do you find inspiration?

I find inspiration by exploring the things I'm passionate about. Whenever these things connect to emotion, I get excited because I'm able to work with personal stories and messages.

How would you describe your style?

I haven't really found a fixed style yet; it's something I'm still figuring out. By fourth year, a lot of people have found their style, and finding my own is something I'm continuing to experiment with and discover.

What message do you seek to convey through your work?

It really depends on the piece of work. For the upcoming show, I'm advocating for LGBT2SQ+ issues because a lot of my friends are homosexual. Hearing about their struggles has made me passionate to defend them. The LGBT2SQ+ community shouldn't have to live in a society that has blocked them from the opportunities everyone else has. For me, it's super important that I stand up for the LG-BT2SQ+ community because I'm able to do so. A lot of people pretend these issues don't exist, which is why I want to stand up for my friends through my work.

What mediums do you use?

I love creating collages—cutting things up and putting them together—and seeing what works well together and what doesn't. I'm working strictly with paper and ink for the exhibition. It makes my work a lot more graphic, because it's just black and white with no middle tone.

What project are you currently working on?

As I said before, I'm dealing with LGBT2SQ+ issues in my



final exhibition and the ways people are forced to hide their identity in order to be accepted. You should never have to deal with stigma because of your relationship status. My plan is to create eight pieces that tell the story of my friends' relationships.

How do you see yourself using your passion for art after you graduate?

I want to educate people through my art; no one's going to sit and listen to you if you're preaching at them, but if you just put a picture in front of them, they might stop and think about it for a minute. I hope to become a school teacher one day where I can inspire kids to pursue the arts, stand up for others, and do the right thing. I want to teach them to be inclusive and stand up against bullying. Often, kids with developmental delays don't have outlets and that can end up in violence, suicide, or other issues that don't get resolved. If art or writing is your outlet, you can work through those things externally.



Andrea Pedraza

What's your degree?

I have an Art major and a Theatre minor.

How do you find inspiration?

I find inspiration through emotions, through nature, and through things that bother me. Sometimes I don't have words to express what I'm feeling, so I make a representation of that feeling and connect it to nature.

What message do you seek to convey through your work?

I wouldn't say I try to convey a message as much as I seek to create a connection between myself and those who view my work. I create pieces that express vulnerability that portray experiences that others can relate to—where they can know that they'll be okay, no matter what they go through.

What mediums do you use?

I usually stick to oil, but I also use watercolour. Right now, I'm exploring the combination of those two mediums.



How has your style evolved since you came to Redeemer?

I came two and a half years ago as a transfer student from Mexico, where I had already studied for two years. I used to copy other works a lot, since that was how I was taught. That method was helpful but also made it difficult to develop my own sense of style. The transition to Canada was huge; I changed languages, cultures, education systems and religions all at once. I felt alone and isolated, but I kept pushing myself. Through this, I began to discover the subjects and emotions I like to portray. Right now, I'm creating art about my story so that I can express the stories of the marginalized people around me.

What project are you currently working on?

I'm working on several paintings. One depicts a figure lying in the desert, surrounded by the fluctuating temperatures. It represents the time when my father died, when I was angry at God. The landscape brings me to that moment of depression when I was lost; yet there's light in the piece too, representing the feeling that I would make it through—despite all the darkness around me. At that time,

I started going to university. Being surrounded by such an open-minded community that passionately advocated for issues was a big change; it was a time when I grew out of my innocence. The second piece portrays a forest. There's this quote by Virginia Woolf that represents the message of my painting: "I will find a place in the forest and I will cry there." It's an allegory to earth, roots, and my connection to Mother Nature. This project is a series that represents my journey. My plan is to include big drawings made up of watercolour and charcoal around the three main paintings.

How do you plan on using your art degree?

I have a lot of plans, which is something that frustrates me because the opportunities can be scary. I want to keep producing art, work on sculptures, and do an internship in Italy. I want to photograph nature and wildlife, I want to travel, and continually explore the things around me.

Program Preview

Health Sciences Through the Eyes of Students

HELANA MULDER
SENIOR REPORTER

When you think of Redeemer as a liberal arts college, I bet the first program you think of is not health sciences. The Health Sciences department is a multi-disciplinary program that includes a general major, pre-med, and pre-professional. Along with various health sciences courses, students in this discipline will also take courses in biology, chemistry, psychology, calculus, and physics.

According to Redeemer’s website, the Health Sciences program teaches students “to think critically and write academically by placing [their] major into a broader context of other disciplines with Redeemer’s core curriculum. Together, these will provide the building blocks for a variety of careers in health sciences.”

This program also has experiential learning opportunities through the lab facilities on campus that allow students to work on their assignments and use professional equipment. This enables students to get an idea of the equipment they could be using in future careers.

Jacob Borgdorff, a Redeemer Health Sciences graduate who is currently working in the ER at St. Joseph’s hospital, had this to say about Redeemer’s Health Science program: “Health Sciences allowed for a safe atmosphere to learn about the sciences while also fostering and challenging my faith. It was a unique opportunity to study science through a Christian worldview and develop a rich understanding of God’s hand at work in creation.”

“The pre-med stream,” according to Dr. Kristina Durham, “is designed to provide students with the foundational knowledge required for completion of the MCAT (The Medical College Admission Test), as well as develop the student’s perspective on population health. It is geared towards students who are interested in completing professional degrees in medicine, dentistry, veterinary, or pharmacy.”

The pre-professional stream and general major, on the other hand, provide students with a greater degree of freedom in upper-year science electives. “These streams make a great option for those who may wish to pursue nursing or other health-related fields—especially those related to mental health, health systems and health research methodology.”

Like other programs at Redeemer, the Health Sciences program requires a lot of hard work and dedication. The courses not only involve regularly scheduled classes, but also various labs throughout the week. Second year pre-med student, Kristina Renwick, says, “it is definitely not an easy program; there is a lot of information that we have to memorize, and most of our science courses have weekly labs that add a lot of class time.”

Erin Lowen, a fourth year Health Science honours major also commented on this issue, saying “the program can be challenging at times because of the workload that comes alongside multiple labs on top of class assignments; however, the intense workload has helped me to develop time management skills for life.”

Health Sciences student Emily Bootsma raises another challenge with the program. She states “Health Sci is hard because it is a very heavy course load and there is essentially no space for electives.” Elective classes provide students with a great opportunity to learn about topics outside of their program and to apply them to their discipline. Having no electives means that these students do not get to pick different classes that they would have liked to take.

But, the Health Sciences program also comes with an array of benefits. Bootsma continues by saying, “I learn so much, and I love what I’m learning! Even though health sciences classes can be hard, they are always interesting. I never feel like what I’m learning in class is useless or boring. Also, there are many connections between classes, so I can

apply what I learned in one class to what I’m studying in another.”

Lowen also provides positive feedback on the program, saying, “I have had a really positive experience so far in the program. It provides a well-rounded education on the natural sciences, while also including classes that will help me to succeed in the healthcare field.”

One of Lowen’s favourite classes that she has taken is Bio-medical Ethics, which involved discussing the ethical dilemmas currently facing the healthcare field. Second year students Victoria Waithira and Emma Hill both enjoyed Human Anatomy with Dr. Durham where students learn the ins and outs of the human body. Renwick and Bootsma both considered the first year biology course with Professor Chiang to be one of their favourites.

Many students have commented on the way in which this program influences their faith. Hill states, “I have learned a lot about the natural world and my relationship with God throughout the health sciences program.” Renwick comments that “it has been really neat to learn about biology, chemistry, and the human body from a Christian perspective, and I am learning how important it is to integrate my faith into my study of sciences.”

Bootsma also says that “It is important to bring our Christian faith into any field, but especially health sciences because we need to learn to see people as God’s children made in His image and treat them accordingly. The RUC Health Sci program does a great job of instilling that in us.”

Overall, the Health Sciences program at Redeemer is one that teaches students all about creation: from big, abstract concepts, to the smallest molecule. It is just one of the many programs here at Redeemer that allows students to integrate their faith into their studies and learn more about our great God.



Concert Season

Two Showcases, But You’re Not Too Late

ANNA BAILEY
SENIOR REPORTER
AND SELENA KENNEDY

December means exams and papers for most students; for music students, it is also concert season. For the first time in several years, Redeemer’s music department put on two separate concerts to showcase its student’s hard work this semester.

The upcoming choir concert will take place in the auditorium on Friday, December 7th, at 7:30pm. Tickets cost \$20—but the cost for students is only \$5. The first half of the concert will feature scripture readings, and advent and Christmas carols sung by both the choir and the audience. The second half will feature Redeemer’s concert choir, singing Bach’s “Cantata 140,” as well as other choral works.

Bach’s “Cantata 140’s” full German title is “Wachet auf, ruft uns die Stimme,” which means “Awake, calls the voice to us.” The full cantata tells the parable of the ten virgins waiting for the coming of the bridegroom. It is commonly called “Sleepers, Awake,” and is one of Bach’s most well-known cantatas. The choir will perform three of the seven movements.

Another notable piece that the choir will sing is “Advent Motet” by Gustav Schreck, arranged by Olaf C. Christiansen. This piece divides the choir into twelve parts: eight sections, and four soloists. The choir will sing the second movement, known as “The Entrance Scene.” The text is based on Matthew 21:9, which is where the crowds praise Christ as he rides into Jerusalem. It is most commonly used on Palm Sunday, and also during Advent.

The four soloists will be Nicole Haverkamp (soprano), Selena Kennedy (alto), Kennan Benjamins (tenor), and

Dru Graham (bass). The piece features a battalia, an Italian term for a musical depiction of a battle. Though all eight sections and four soloists are declaring the same thing—the news of Christ’s coming—the news is so important that all twelve parts battle to proclaim it.

Imagine it this way. You’re at a noisy dorm dinner, when everyone starts receiving the same email: exams have been cancelled. It would not be enough for just one person to tell everyone; everyone would be talking, even yelling, over each other. This piece is a musical representation of what it looks like when twelve parts receive much more exciting news.

The choir will be joined by several instrumentalists and vocal soloists. Instruments will include the viola, cello, bass, oboe and organ. Redeemer voice faculty, Janet Obermeyer, will be singing, as will her son, Matthew Grosfeld.

This isn’t the only concert put on by Redeemer music students this year. The choir has already performed twice this year, including a televised performance on Remembrance Day at the War Plane museum to an audience of over 2,500 people. The jazz ensemble has also been busy this year. Their concert took place on Friday, November 30th in the auditorium, and they also played at Southcote on Sunday evening.

Season’s End, Redeemer’s jazz ensemble concert, was unique for a few reasons. The Jazz ensemble had ten students this year, which is more than there has been in past years. In the second half of the show, the ensemble was joined by teachers and alumni. This was the first time the jazz ensemble has done a concert of this nature.

They played songs written over the last seventy-five years, by artists such as The Beatles, Yes, Tori Kelly, John Mayer, John Coltrane, Jeff Beck, and more. Bennet Soenen,

who played guitar, commented on the wide range of music that the jazz ensemble plays. “I was stretched in my music playing abilities; you really have to be willing to put yourself out there to excel in Jazz ensemble.”

The jazz ensemble wore faded denim and played for an audience of students, family, friends, faculty, and staff. There was a brief intermission to allow alumni to join the ensemble. The audience particularly enjoyed vocal runs, guitar and sax solos, and Portuguese songs sung by Maria Gonzalez.

A busy semester for the music department wraps up this Friday; so, if you need a break from studying, grab your tickets and come see what music students have been working on this year.



N B E T H L E H E M J R C P F V H M A O H V S L T
N Q U I Y X M A N G E R X B V T L W P F G A N F S
J I M X M P K M S N X Z J W X J J S F A I E B D Y
L M C A N D Y C A N E K A O F Y W W T Q E I U F N
V P Y I A I D S O U L G L P S U P S Q U Q C X Q H
T Z I R G Z Y Q H Y I W I X B E Q L K R W T Z M O
S J G Y R H V Q X E J R T L M B P Y G P X U V O L
F I Q R I R U A D P P T U E X R B H F Y C I D V I
X R Q X P L U U L W C H L A K J Z R R R A W S B D
U I E J Q M M S N O W M E F Z C F C A N P J O P A
K D O P I G A A L C E V X R V L P N N Y A E Y T Y
X S O R Y G E V A A C T U Y D B P J K F L S A V S
Z K G N V J F W R X P S B F M S X J I U R U V U R
I H P O K C C R V D Q T K Y B H G A N A L S Y W L
I N S U C E B U X R U A H I M G O Y C E B Y M S K
Z W Z V O M Y D A E E R Q O A N L N E H S B C H P
K L C S U K I E W C L I P V R P D J N D O K O E W
I W T W E B B V O C U V N Y Y L V M S D V L D E G
Y O I L I E U R R S Y G E D J K X Y E R L X L P P
E B P Y Y O N R Q G V M E S E V U G B Z L O H Y M
O O U M Y J I X Z P Y F W G J E D V R R F U W Y S
I W I S E M E N U I O B Z K Q I R W G P S P H E R
S Z R R R J I N G L E B E L L S C K L S L Y F O P
E O M A B T H A R I M G T P C H J U W J V P D X I
N O N N G Y F Q F F Z O D X Z D A E I D S B P V K

- | | | | |
|--------------|-------------|-----------|-----------|
| FRANKINCENSE | JINGLEBELLS | CANDYCANE | BETHLEHEM |
| SHEPHERDS | HOLIDAYS | REINDEER | WISEMEN |
| MANGER | JOSEPH | DONKEY | HOLLY |
| ELVES | JESUS | SHEEP | GOLD |
| SNOW | MYRR | STAR | MARY |

Christmas Word Scramble

Some May be More than One Word!

- | | | |
|-----------|--------------|--------------------|
| gnegog | bdergeianreg | esertpn |
| smnoretan | eslieslrbl | topenenrpe |
| tosngcik | fslwkaone | BONUS: |
| oeilmttes | lediytue | ywoedatrohaihreuah |
| tarhwe | arclo | |
| adanrlg | asnaltrikse | |

Helana’s Holiday Ho-Ho-Hos

Christmas Puns that Yule Laugh Out Loud to

HELANA MULDER
SENIOR REPORTER

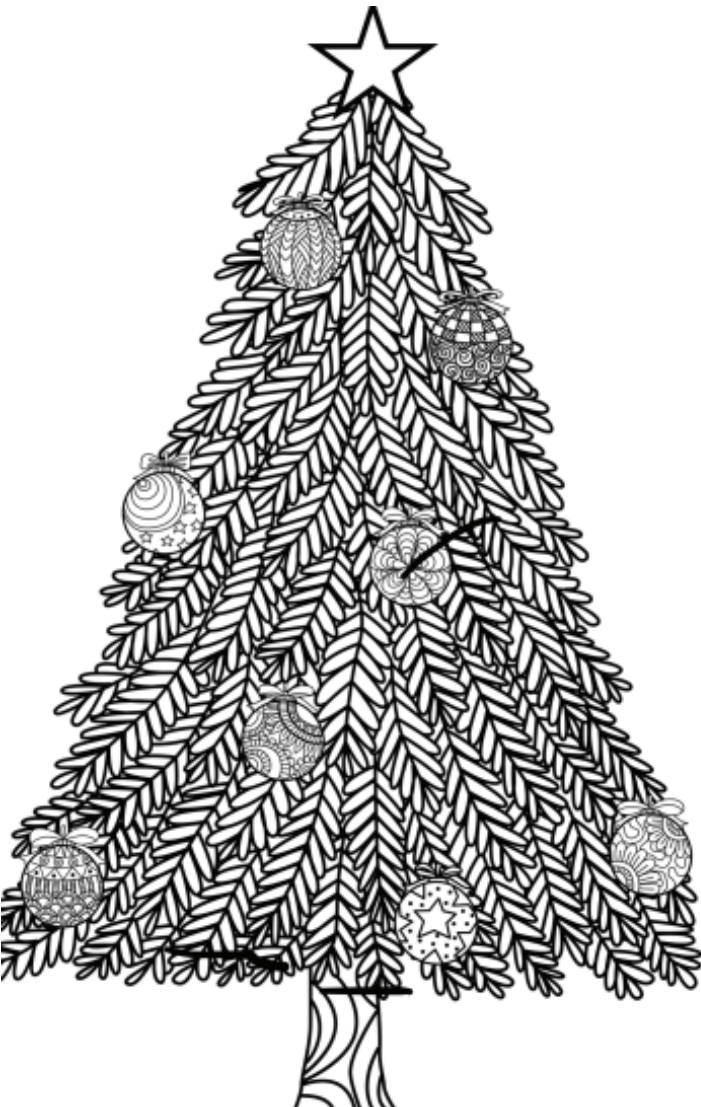
What did the English teacher call Santa’s helpers?
Subordinate Clauses.

How do you find Will Smith in the snow?
You look for Fresh Prints.

What song does Beyonce sing at Christmas time?
Sleigh my name, sleigh my name.

What do you call an elf that runs away from Santa’s workshop?
A rebel without a Claus.

What does a cranky sheep say during the holiday season?
Baa-humbug.



Where Is She Now? Jesseca Brown Goes Pro



MIKAYLA BLACKBURN
LAYOUT EDITOR

When you hear the name Jesseca Brown, you probably think about women's basketball at Redeemer. The 5'10 guard from Grand Manan, New Brunswick played five years at Redeemer, becoming known as the school's greatest women's basketball player: one of the greatest in OCAA history, and one of the key figures in a remarkable turnaround for the program. In ending her career at Redeemer, Brown broke the OCAA All Time Career scoring record, was a First Team all-star, the West Division scoring champion, and led her team to their first ever playoff game.

I recently got the opportunity to catch up with Jess, who is now playing professionally in France for the CABC Basket-NF1 (National Feminine Division 1). Jess is living in a small town called Brive La Gaillarde, which is about two hours from Bordeaux. She says that, "It's very small, but cute. In the centre of the town, there are little stores, bakeries and a theatre that I love photographing in my spare time. I'm sure I look like the biggest tourist."

When I asked about her team, she mentioned that they aren't playing to their potential this season. "But, we are just getting used to playing together. We have a few new players, so I imagine we will improve in January when the second part of our season picks up," says Brown. The team is currently eight games into their season, but they have only won one of their games so far. She also mentioned that she has been recovering from some injuries so she hasn't been playing a lot.

When asked about her favourite part about living in France, she said the architecture and culture. Jess says that she absolutely loves the European way of life. The houses, the buildings, the cars. The weather is also a huge positive. Brown said that last week it was above 20 degrees and she doubts it will even snow in December.

The language is another beautiful thing, according to Jess, but she mentions that it is also a barrier. She joked that "they say that English is the hardest language to learn,

but I definitely disagree." Brown says that her roommate speaks English well, so she translates what their coach says in practices and games. Jess' least favourite parts about living in France include how far she is from her friends and family, the six hour time change, and not being able to go out and socialize.

When I asked what's next for the former Redeemer star, she said that she isn't sure. Her contract runs out after the season ends in April and she currently has no plans after that. However, Jess is hoping to get an offer to play for another team. She wants to play until she can't play anymore.

Outside of basketball, Jess loves to travel and says that "playing a professional sport overseas is a great way to accomplish that." Her goal after university was to become a cop, so if that is still possible, she wants to pursue that. Overall, Jess says that she is loving her experience playing professional basketball in France.



Ladies Only Gym Time It's Back and Better Than Ever!

MIKAYLA BLACKBURN
LAYOUT EDITOR

This year, Redeemer's Athletic Centre has introduced Ladies Only Gym Time, which is being held on Monday and Wednesday evenings from 7:30-9pm. According to Brad Douwes, chair of the Physical Health and Wellness team, there was a "Women's Only Gym Time last year. It was offered once a week in the winter semester and was poorly attended. This may have had something to do with it not being promoted very well, so we ended up cancelling the initiative."

This year, it's back and better than ever. It has come as a response to Redeemer's girl-to-guy ratio which is significantly female dominated, but the gym and Athletic Centre has typically been male dominated. Brad Bouwes said that, "One of the Physical Health and Wellness Group's goals is

to provide recreational activities that meet the needs of our student population. Just over 60% of students are female so we're aiming to have 60% of campus recreation participation be women."

Redeemer's Physical Health and Wellness Team wanted to offer a less intimidating and more welcoming opportunity for female students to use the fitness facility on campus.

Jana, a first year student and employee at the Athletic Centre, listed some potential factors may keep girls out of the gym, including: self-consciousness, not knowing what to do, and intimidation. She continued to say that it is good that Redeemer has implemented something specifically for women to get more comfortable using the gym.

A female first-year student said that she really enjoys Ladies Only Gym Time, but it isn't intimidation that keeps

her out of the gym during regular scheduled hours; rather, it's that the machines are always occupied by guys.

When asked about the attendance at Ladies Only Gym Time, Jana said that "it really depends on the week. Sometimes ten to twelve girls come out and other times it may be one or two." In speaking with Brad Douwes, he said that "On average, we have roughly seven to eight people attend. But, we'd love to see that number up around fifteen to twenty!"

The Physical Health and Wellness Team has been advertising through posters, timeout announcements, and posts on the campus recreation Instagram account, and they are hoping to see this opportunity grow even more through word of mouth. So ladies, if you want to get active and have some fun, take advantage of Ladies Only Gym Time on Mondays and Wednesdays from 7:30-9pm.



Athlete Spotlight

Get to know your Royals!

ANNA BAILEY
SENIOR REPORTER

Since 2011, the Redeemer Athletics Department has chosen one male and one female athlete per month that has shown exceptional skill, a sportsmanlike attitude, and all around earned a place in the spotlight. This month, three athletes were chosen. We had the opportunity to interview the past two months’ athletes and ask a few questions to allow you to get to know your Redeemer Royals in a different light.



James Scott
First-year
Cross Country
Major: Health Sciences

What was your favourite toy as a kid?
My favorite toy as a kid was hotwheels.

What is your favourite form of potato?
Sweet potato.

What is a pet peeve of yours?
Crossing busy intersections.



Emily Lorimer
Fifth-year
Cross Country
Major: Education

What was your favourite toy as a kid?
Easy bake oven; who doesn’t love cooking with a light?

What is your favourite Netflix show?
I’m obsessed with New Girl.

How do you feel about Christmas music?
I love it AFTER December 1st.



Tobie Brinkman
Third-year
Women’s Basketball
Major: Social Work

What’s your favourite Netflix show?
The Office.

What’s your favourite form of potato?
Sweet potato cubes—baked with garlic sauce, dipped in chipotle caesar.

How do you feel about Christmas music?
Only after it snows!



Spencer Kerssies
Third-year
Men’s Basketball
Major: Business

What’s your favourite Netflix show?
F•R•I•E•N•D•S•

What was your favourite toy as a kid?
A John Deere tractor!

What is your favourite form of potato?
Mashed.



Linden Bontkes
Third-year
Men’s Volleyball
Major: Honors Business Management

What’s your worst fear?
Anacondas.

How do you feel about Christmas music?
It should start mid-October.

What’s a pet peeve you have?
Dyed moustaches.



Lilly Brown
First-year
Women’s Soccer
Major: Physical Education

What was your favourite toy as a kid?
I just wanted to be outside with my brothers.

What is your favorite form of potato?
Mashed.

What is your favourite Netflix show?
That ‘70s Show.