

# THE CROWN

REDEEMER'S STUDENT VOICE SINCE 1983

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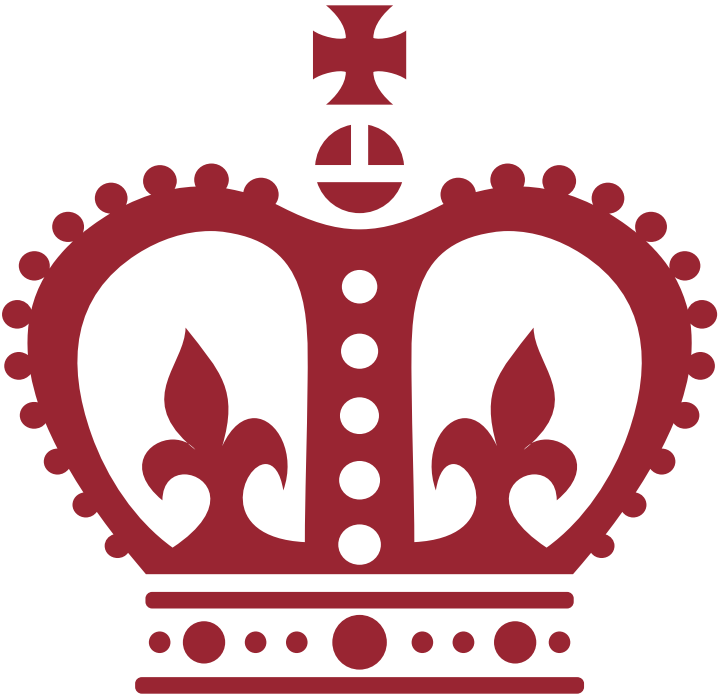
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# Letter from the Editor



The New Year is already 4 weeks old which means many students are feeling comfortable with their new routines that have been shaped by their resolutions; many more students have most likely already given up on theirs. Regardless, the New Year has always been a breath of fresh air for The Crown as new ideas are implemented and old ones are developed further. Rather than setting resolutions this year at The Crown we have decided to renew old commitments.

At The Crown we want to continue to provide Redeem-

er University with content that sparks discussion, stirs thought and challenges the reader. To do this, we hope to be intentional and also hope that you, as the reader, will become more involved. We have a great issue for you this month and we are excited to bring you the content within these pages but we are excited for the future role that readers like you will play in bringing together an even more relevant newspaper to the students and faculty at Redeemer University.

In the coming weeks we will be launching a new website that will be available online as well as on mobile platforms. This development is a part of the commitment we have made to the students and faculty at Redeemer; providing more accessible avenues of The Crown's content will deepen the interaction between our publication and the reader. We hope that you will choose to interact with and discuss the content as we begin to populate our new home with current articles.

In addition to the new website we will be ramping up our social networking efforts in order to stay better connected with the reader. We would encourage you to connect with us via Facebook, Twitter and Instagram. These platforms can be used as places for conversations, ideas and feedback. We have realized over the past four months that the best way to get better content into your hands is by involving you more in the process. We hope that through this greater communication a bridge will be built between our current position and the future of Redeemer University.

We hope this issue of The Crown is a blessing to you as you continue into this New Year. Look forward to the many developments that are coming this year from The Crown. We will be in further contact with regards to the websites address. If you have any questions with regards to how you can get involved please contact us at [thecrown@redeemer.ca](mailto:thecrown@redeemer.ca). God bless.

## Let's Talk Day

### CASSIDY PROCTOR

January 28th, 2014, marks the fourth anniversary of Bell Let's Talk Day.

Here's how it works. Bell will donate 5¢ to mental health initiatives for every:

- Text message sent by a Bell customer
- Mobile and long distance call made by a Bell customer
- Tweet using #BellLetsTalk
- Facebook share of their Bell Let's Talk image

1 in 5 Canadians will experience a form of mental illness at some point in their life, according to the Canadian Mental Health Association. That means here at Redeemer University College we have approximately 190 students who have suffered, are suffering, or will suffer a mental illness in their lifetime.

One of the most important aspects of Let's Talk Day is anti-stigma. According to the Let's Talk Day website, 2 in 3 people suffer in silence fearing judgement and rejection. That's 127

Redeemer students who may not seek out help because of stigma. This needs to change.

As Christians we are called to love one another. Of course we care for people who need to take insulin for their diabetes, so why would we do any less for someone who has to take a different medication for a mental illness? Be open, listen, and care for those around you who are struggling.

And to those at Redeemer who are suffering from a mental illness or suspected mental illness, it is, as Ken Camp's article "Through a Glass Darkly: Churches Struggle to Respond to People with Mental Illness" in the journal of Family and Community Ministries says, "not a sin to be sick."

I want to start the conversation today by being the first to be open and fight the stigma.

I was sixteen years old when I began to realize that something wasn't right. I cried often for no real discernible reason, spent a great deal of time locked in my room, had difficulty sleeping, and lost much of my appetite. The idea of mental illness flitted

around the edges of my mind, but I had a fantastic family, lived in a nice neighbourhood, and more than that, I was a Christian. Was it possible to feel despair and still be a Christian? Nevertheless, I made a trip to the local library and took out a stack of books on mental illness, just to be sure. One thing led to another, and several appointments and about a year later, I was diagnosed Bipolar II. Today I am doing well, taking my medication, going to my appointments, and praising God. Not only did he walk with me through the whole journey (though I often had difficulty seeing him), but he has done some wonderful things through it, including showing me that you can most certainly be a Christian and be mentally ill, just as much as you can be a Christian and break your leg.

So today, this week, this Bell Let's Talk Day, and every day after, let's engage in conversation with each other about mental illness. Let's end the stigma, let's listen to each other, let's hold one another up, and let's talk.

# Save the Date

### JANUARY 31 - FEBRUARY 1: REDEEMER ROYAL CUP

Redeemer's annual indoor soccer tournament is in full swing this weekend! Support the Royals as they make limited home game appearances this semester!

### JANUARY 30, 10:00 PM: COFFEE HOUSE

Always entertaining, Coffee House is a great way to watch Redeemer's many talented individuals come out of the woodwork. Prepare for anything and everything.



### FEBRUARY 1, 1:00 PM: HAMILTON HARBOUR TRIP

After a disappointing cancellation, the Hamilton Harbour Trip is back! Enjoy an afternoon of figure eights, waterfront vistas, and a warm beverage.

### FEBRUARY 3, 11:00 AM: PROCRASTINATORS ANONYMOUS

There was debate to tell everyone that the session stated at 10:00 because most of the attendees would arrive around 11:00. Regardless, attend this session! This is for all those who put things off to the last minute.



### FEBRUARY 5, 6:00 PM: ROYALS' VOLLEYBALL BATTLE ON THE MOUNTAIN

One of Redeemer's greatest rivalries, Redeemer looks for a win against its closest competitor. Wear your Royals Red and cheer on the men's and women's volleyball teams.

### FEBRUARY 6, 10:30 PM: HOTSPOT

Craving intimate worship experiences? Take time out of your busy schedule and slow things down.

### FEBRUARY 7, 6:00 PM: ROYALS' BASKETBALL VS. HUMBER

Humber Hawks visit Redeemer for a good ol' game of ball. It is sure to be a big game!

### FEBRUARY 7: COED INDOOR SOCCER EXTRAMURAL TOURNAMENT



### FEBRUARY 8: SHOUT IN THE HOUSE

### FEBRUARY 9, 7:00 PM: CHURCH IN THE BOX

The second Church in the Box of year is coming soon. Arrive early and get some good seats.

### FEBRUARY 10 - FEB. 14: ANGELS & MORTALS

It's a week full of some lovin' and being loved on. Sign-ups are coming soon. Who will your Mortal be?

### FEBRUARY 12, 6:00 PM: ROYALS' VOLLEYBALL VS. CONESTOGA

Men's volleyball team take on the struggling Conestoga Condors and the women's volleyball team takes on the slightly lower ranked Conestoga team.

### FEBRUARY 14, 6:00 PM: ROYALS' BASKETBALL BATTLE FOR THE MOUNTAIN

The rivalry continues on the court with Redeemer as hosts. Watch the game as the men's and women's basketball teams make Redeemer proud!

### FEBRUARY 15 - FEB. 23: READING BREAK

Take that well deserved rest you always wanted. Perhaps a day at the spa, picking up that hobby you forgot after the Christmas break, or finishing your pet rock collection?





# THE CROWN



## First Impressions

REBEKA BORSHEVSKY

I come from a small town in eastern Ontario, so you can imagine that cities were never my thing. When I first moved to Hamilton, I was dead set against loving it. In comparison to my town of two beautiful rivers back home, Hamilton was dirty and ugly and far too large to feel comfortable. So in first year, I sat holed up in Ancaster as much as possible. I went to school, did my homework, and avoided the city as though it held the plague. Whenever I went home I complained about how gross Hamilton was, how much I hated it, how much I yearned for home whenever I was there. To say the least, my first impressions were not all that fantastic, nor were they fair. I'm in my second year now. At the beginning of the year, I felt that it was going to be a formative time of my life. I finally felt ready to put myself out there, to gain new experiences. Part of that actually included becoming more acquainted with Hamilton. A few weeks ago,

some friends and I went to the Farmer's Market, toured around Hamilton, got lost, and finally got back to Redeemer soaking wet in the rain. But during that time, God opened my heart. We met a wonderfully kind bus driver who directed us back to where we wanted to go; we experienced good food and fun; I saw sights and sounds both familiar and strange. And I realized, bit by bit and yet all at once, that Hamilton was nothing to fear. Yes, it was a city. Yes, it was large and noisy and bustling, even overwhelming. But it is beautiful. There are nooks and crannies in this city, secrets and mysteries to explore. It's full of people longing and searching for love and belonging, for peace. So, as many have stated before in far better ways, I encourage you, fellow Redeemer students, if you haven't yet, give Hamilton a chance. There are so many ways to volunteer, so many ways to help yourself fall in love with this city. Because whether or not you may like it, God has placed you here for a reason. Maybe, like me, it's time for you to toss First Impressions in the trash before they become Lasting Impressions

### Concrete Ironic

When I first got here, saw  
the smokestacks, the broken concrete  
I was certain, rock-solid certain  
I hated you.  
Greasy, dingy, full  
of truths I didn't want to  
face. An ugly boy I could  
never love.

I am stone.

But the stone is flesh  
and the flesh is weak  
weak in a love so new  
it can hardly be understood.  
Love for this ugly, broken  
boy with a smile in his  
eyes and a story in  
every face—bus system,  
street children. My motherly,  
loving, urge is screaming.  
I want to be sister, mother,  
friend, beloved of this  
place.

## Poetry Corner

BRANDED (UN)CREATIVITY  
LAURA HEMING

In pressed, branded or  
was it stamped; paper cuts of edges writing uneven  
and completely fragmented to a legitimacy hoped for, but  
never reached.  
Absence in the veins, pulling at the trees and the rivers like  
they all do,  
it is the fashion.  
But you have written the soul out of your own pen from  
your  
creative strain.  
Words have kissed a thousand ears,  
Uttering emptiness and needles creating  
absence in the veins,  
you cannot fit any sort of conventions in this,  
communal diary.

LIFE NARCOLEPSY//  
CHRISY HURN

I keep falling asleep. I have life narcolepsy, occasionally  
waking up to the sound of broken people or a shiver in my  
spine. I don't want to keep sleeping through life, content  
with overconsumption and feasts upon feasts with educa-  
tion at my doorstep just waiting to be read. When some-  
thing is shocking enough to open my eyes, it is only a mat-  
ter of time till that good old apathy knocks me back down  
into this bed of comfort and convenience. My dreams haunt  
me, a whisper of what I once knew; people without food,  
children without mothers, girls starving themselves to be  
thin, and shielding my eyes from what is within. I have be-  
come drunk with this North American lifestyle and numb  
to anything that matters. I need to wake up, for good. Stop  
sleeping life away in hopes that it will end someday soon.  
I need to breathe with complete thankfulness that I was  
given a breath, rather than simply expecting it to come. I  
keep falling asleep. I need to wake up for good.

GRACIOUS GIFT  
BY MATTHEW BOKMA

A gracious gift, the fruit of love;  
Do accept, 'twas from far above.  
A seed thou bare, please work the soil; Hath not farmer's  
fruits pass the toil?  
Mere future speaks, you see my face; And feel the warmth  
of joy's embrace. Pitter-patter, doth slap my feet;  
What ear's not twitch from such a beat?  
A suckling lamb, a blue birds nest;  
I find nourishment, peace, and rest. In thy womb a soul  
doth reside;  
I live, shall I for'er abide.  
To weigh my life, a farthing be;  
Yet much more, crowned by Majesty





# #bestpopeever

MATTHEW BOKMA  
REPORTER

“I felt like I was in paradise,” said 53-year-old Vinicio Riva after Pope Francis’ tender embrace. At the age of 15, Mr. Riva was diagnosed with type 1 neurofibromatosis, a condition that mutilates the surface area of the skin by the growth of thousands of tumours. At first glance, some might call him a monster, but the Pope saw only a suffering man and, without hesitation, immediately moved in for a hug.

Although his own father was afraid to touch him, Riva told CNN that “[the Pope] didn’t have any fear of my illness. He embraced me without speaking . . . I quivered. I felt great warmth.” The Pope’s personal encounters with the poor, sick, and the down-trodden are not merely public spectacles. He despises the limitations that traditional Vatican protocol imposes on him and is sometimes seen escaping the Vatican incognito in order to deliver alms to the poor.

The Pope’s humanitarian endeavours aren’t merely a personal hobby either, for he also expects the clergy to adopt a magnanimous heart. He reminds the archbishop of Buenos

Aires that “you can sell your desk. You don’t need it. You need to get out of the Vatican. Don’t wait for people to come ringing. You need to go out and look for the poor.”

He insists that the church is more than just a hierarchical institution and Vatican bureaucracy; rather, she is an organic unity of individuals who journey toward God. She remains at the frontier of God’s advancing kingdom and therefore must continue to press forward, knee-deep in the darkness of our age.

He wrote, “I prefer a church which is bruised, hurting and dirty because it has been out on the streets, rather than a church which is unhealthy from being confined and from clinging to its own security. I do not want a church concerned with being at the centre and then ends up by being caught up in a web of obsessions and procedures.”

His beautiful apostolic exhortation ‘Evangelii Gaudium,’ which can be found at [www.vatican.va](http://www.vatican.va), is an invitation for Christian believers to renew their faith in Jesus Christ, renounce the consumerism that continues to hold Christians captive, and by doing so allow goodness and truth to “grow within.” Only then will we be able to “communicate life to others” and experience “authentic personal fulfillment.”



# A Short Story

ADRIANA BANKS

She stood alone as the cars passed by. A bridge before her; her life behind her. Everything in her said “Don’t jump.” The people in the cars looked at her with mild disgust. What type of person wants to kill themselves over a bridge? She noticed a cellphone pull out. Turning to look at the cars, she walked away from the edge. It was her decision and she chose life.

People seem to think they know what you’re like by looking at you. They only see the tip of the iceberg; the 10% above water. Most of my life was spent hiding behind the image people told me I was. The quiet, nerdy loner who was too tall and awkward to fit in anywhere but the edges. I’ve lived on edges my whole life. Sometimes it seems like I’ve gotten rid of them but then I’m reminded that it’s not hard to fall off.

When I was younger, I was pretty sure of myself. I knew I wanted to be a cosmetologist and I wanted a rich husband so I didn’t have to do chores. My life revolved around naps and homeschooling and books. I didn’t have friends. Why did I need them when I had my mom and dad and siblings? Once we moved to Canada, I realized that in elementary school it wasn’t about how many books you read or how smart you were, it was about being popular and fitting in. I faded to the edges as soon as possible to avoid interaction with others who judged me on my looks and personality (non-existent as it was).

Sitting on the outside means you can go unnoticed for the most part and hear the secrets from inside. Popular people never were as happy as they looked, and they had a lot of friends who would’ve dropped them if offered something better. Seeing all this caused me to think maybe I was better off being the friendless loser rather than the popular person with friends who secretly hate me. I didn’t really foresee anything unusual happening in my future that might cause me to deviate from my current path going nowhere.

Grade 9 came and I was suddenly thrust into this whole new environment. These people

wanted to be my friends and I didn’t know what to do. I had friends, I was inside, and people would say hi to me on purpose. Sports teams and choir called to me. I had a place for once, and I gratefully held onto it. Staying on the edges for so long made me realize it was really good to have at least one friend. Unfortunately having friends didn’t take care of all my problems.

I had let things slide for a long time, and my depression caught up with me. I felt like they were only looking at the person I chose to let them look at. I was trying to be bubbly and personable when, on the inside, I wanted to melt away to the edges again. I tested the limits of my friends and used people to get things. I lost a friend because of selfish lies. I wanted to see if people would care enough.

Grade 10 went by just as quickly. Boys came and went, breaking my heart as they left. Friends became enemies, and enemies became friends. I learned things that most kids don’t learn until they’re adults. I tried to make myself cooler to stay up with the rebels. I wanted that thrill of being too cool to care about the consequences. Homework slipped in order for me to be the fake version of myself. I told myself everything was fine but I knew everything was slipping out of control.

One of the hardest things I have ever done is tell the people I love the most that I don’t love myself anymore. I wanted to die and I wanted to be left alone in my pain. Several times the only thing that held me back from picking up a knife or rope was the fact that I would be hurting so many people worse than I was already hurting myself. I clung to the hope that things could get better.

As I see it now, I’m still recovering. I don’t know yet what is going to happen in the future, but I remain hopeful that I won’t feel like I have to be fake with people and use them to get attention. I could say how much better my life is because I went through all these trials and setbacks but, as I am still currently going through them, I don’t know how I’m going to feel about them later. I just try to live each day and trust in God.





# The Missing Generation: Where did the Volunteers Go?

SARAH BROOKS

“When we pray, ‘Break my heart for what breaks yours,’ it will happen.” There’s a sparkle in the eyes of Leanne Gaudreau, Volunteer Coordinator for CityKidz, as she discusses her passion. She speaks naturally, gesturing with her hands and smiling. “In the middle of any brokenness, you’ll find beauty.”

It’s easy to spot brokenness walking the streets downtown. Poverty, drugs, crime and hopelessness run rampant. Any Christian student treading Barton Street will feel compassion tugging their heart towards the city’s inhabitants.

But as David Livingstone famously wrote, “Sympathy is no substitute for action.”

“God said to take care of the widow, the orphan, and the foreigner—and that’s what we have in downtown Hamilton,” Leanne explains. People like Leanne are fighting on the front lines in the battle to bring hope. You may have seen CityKidz’ trademark red school buses roaming the city on Saturday mornings—the only buses in town that kids look forward to boarding.

With 1100-1400 children attending weekly and 2400 registered, CityKidz is an organization that strives to instill faith-based values, to increase resiliency, and to inspire kids from low-income areas to rise above their circumstances. They’ve operated in Hamilton for the past 20 years, and their vision is growth—reaching more neighbourhoods and more kids. There’s just one thing preventing them from the growth they seek. More on that later.

### The CityKidz Experience

At the Playhouse Theatre on Sherman, thirty eager 6-11-year-olds clamber off each bus and chase their way to the entrance. In the flash of lights and colour, it’s easy to forget about the world of concrete and exhaust outside. Twin tree houses, complete with oversized canary-yellow slides, flank the stage. The kids fill the rows and take a seat reluctantly before the beat of the music draws them, bouncing, back to their feet.

Across town at the KinderKidz Theatre on Burlington St., another bus pulls up and a line of preschoolers toddle up the ramp and go inside. Some of the newer faces are more apprehensive; those familiar with the program shine with excitement as they recognize old friends on stage. The little ones clutch a rope to stay together as they are led to red-and-white plastic chairs by a junior high school student in a yellow vest.

These two programs go on simultaneously, addressing specific issues with age-appropriate methods. As soon as a child steps onto the bus and continuing throughout the day, volunteers strive to welcome each child and make them feel special with hugs, high-fives, and lots of attention—for the girl with the lost tooth or the boy in his favorite sneakers. A specific message is woven throughout the program, presented through high-energy songs, object lessons, extreme games, skits, and stories. Week by week, CityKidz programs reinforce messages of hope, purpose, social competence, and autonomy.

One of CityKidz’ greatest strengths is their seamless approach to plugging kids into leadership opportunities. When a Kinder Kid turns six, they ‘graduate’ to the older program, and when a City Kid turns twelve, they have the opportunity to continue in the program as a Junior Leader. Junior Leaders, at sixteen, have the chance to come back as full-fledged ‘Red Vest’ adult volunteers. It’s a winning formula that places at-risk youth into a mentorship program, while giving them an opportunity to exercise growing leadership skills.

### The Generation Gap

With such a spectacular reach and structure, what is it that prevents them from moving forward into new communities in Hamilton?

The answer is simple: people.

“There are neighbourhoods where they’re asking us to come, and until we have the resources, we can’t expand.” Leanne said.

A casual observer to the program might come across a surprising fact: while there are plenty of high schoolers putting on their red vests to serve, while twenty and thirty-somethings and seniors serve as support staff, bus captains and bus drivers, there is one demographic noticeably absent. That’s right, ours: the college-aged students. It’s surprising that in a city that is home to three major post-secondary institutions, the fewest volunteers fall into this age range.

As Volunteer Coordinator, Leanne has a number of theories about the factors preventing college students from showing up. “For some, it’s the school workload. Some need to work to live, and some don’t live in the city year round, and they hesitate to commit because of that. For Redeemer, transportation is the issue.”

To combat these factors, Leanne and her team do their best to be flexible. There is a minimum one-season commitment for volunteers, but there are four time slots to choose from for Saturday programs. Some volunteers commit to every other Saturday, or serving once a month. From time to time, a whole dorm comes in for a half day or a whole day of volunteering. Volunteer roles in administration are open during the week, as well as at Wednesday night youth mentorship meetings. For those with transportation issues, Leanne suggests carpooling with roommates. Failing that, the Volunteer Center is on a major bus route.

It’s not just Social Work and Early Childhood Education majors that benefit from volunteering with CityKidz. There are opportunities for aspiring youth ministers to mentor in the Junior Leaders program. Theology majors can be challenged to contextualize the gospel to the worldview of a preschooler or elementary school child.

One area of the ministry with a pressing need for volunteers is the KinderKidz Stage Team. Stage Team members present the weekly message through songs, games, lessons and skits. The role requires an audition, but not a theatre degree. Anyone with passion, energy and love for children who isn’t afraid to look silly can do a fantastic job.

Since one in four residents of Hamilton comes from outside Canada (up from a national average of one in nine) International Studies majors can learn plenty from the multitude of cultures that mix in the course of one CityKidz Saturday. On one Saturday I sat with the kids from my bus route and encountered kids that speak Viet, French, Spanish, Hindi, Farsi, and even sign language.

“If you have a heart for missions, here is a way to connect with people you would have to go to [reach]. We have kids come who have been in the country for days... they’re coming here!” Leanne said.

### The Response

I have volunteered with CityKidz for the last year and a half, and I’ve experienced a lot of growth as God expanded my limited view of ministry. Here’s my personal call to action, which I hope comes across as judgment- and condemnation-free: as young Christians, we often claim that we desire to move from ‘milk to meat.’ Yet Jesus said that his food was to do the will of the Father (John 4:34). How many of us are consumers of spiritual milk that are not engaging in the meat of doing God’s work?

Many of us are good at short term missions, volunteer days, and service projects. It’s easy to be self-sacrificial for a week or two in the summer. Ministry at home is a lot harder. I would challenge Redeemer students to fight the attitude that says “the school year is me-time.” Any service involves sacrifice. From my experience watching teenage volunteers sacrifice more time and energy than many Christians my age, I believe that we have the ability to do more, to give more than we think we can. If we don’t adopt patterns of service while we are still young, when will those habits develop?

I believe it is our responsibility as servants of Christ to pursue the lost, to love the poor, the widow, the orphan, and the stranger. CityKidz is not the only worthy service option in town, but it is certainly one that has been profoundly rewarding for me.

### Opportunity Knocks

But don’t take my word for it. CityKidz Advance, the kickoff event of the season, is coming up on February 8th. This is the perfect chance to take in the ministry vision and ask questions of staff and current volunteers.

For Leanne, whose job is to match volunteers to ministry roles, the payoff is obvious. “I love getting to watch my volunteers come alive. I love getting to watch how excellent and dedicated they are at loving our kids.”

---  
If you’re interested in volunteering with CityKidz or the KinderKidz Stage Team, visit CityKidz.ca and reach out to Leanne Gaudreau or Laura Bethlehem. Alternately, contact Sarah Brooks by email - sbrooks@redeemer.ca.

CityKidz Advance will take place on Saturday, February 8 from 9:30 AM - 2:30 PM at the City Kidz Volunteer Centre, 601 Burlington St. E. Register online or call for details. The CityKidz spring season will begin on Saturday, March 8.





# Public Speaking Anxiety?

MATTHEW BOKMA  
REPORTER

Grade ten, I'll never forget it. "To be, or not to be"... I told the class before I decided to dart out of the room—a tragedy play! Since then, just before every presentation my “fight or flight reaction” always tells me to just pull a no-show. Thankfully, however, during my years at Redeemer I've always mustered up the strength to fight through the first thirty seconds and to deliver some powerful presentations. Here are some coping strategies that I've discovered:

1. Speak loudly  
In order to curb that shaky sound your voice makes when you are presenting in front of your peers, stand straight and confidently, and speak loudly in order to stabilize your flimsy vocal cords. Do not cower behind your paper and speak quietly; that will only leave you feeling vulnerable. Your body is charged with energy, so what you need to do is harness that energy and channel it into a firm posture and into the projection of your voice.
2. Use the chalk board  
Call me old-fashion, but turning your back on the class while expressing your illustrative genius is a great way to gather your thoughts, give yourself time to breathe, and loosen up a little bit. I'm not suggesting you dismiss the use of powerpoint. Using the powerpoint gives you an excuse to dim the lights so they are not glaring in your face while you give your speech.
3. Begin your presentation with preliminary questions  
Habitually, students speak for the first half of the presentation or seminar and leave the questions until the end. I'd like to suggest beginning your presentation with questions. The onus doesn't always have to be on you; rather, place it on the class by your questioning. However, you need to craft your questions well. Nobody wants to answer an easy question and nobody can answer a question that is too difficult. You want one that the class can relate to. Professors also love the active engagement.

4. Know the material  
Most students try to get away with reading their presentation off the powerpoint slides or from a sheet of paper. This strategy, however, robs you of the freedom to be flexible in your speech. Not only does it confine you to a determined pattern of thought but it also bores your audience to death.
5. Use humour (cautiously)  
Humour is perhaps the best way to break the ice. Once you know the class loves your sense of humour, it's smooth sailing from then on. However, you must use caution: If you feel you simply don't have the character to pull off a Jerry Seinfeld, then don't bother. There is nothing more defeating than a joke that doesn't fly!
6. Avoid alcohol  
I tried it once, and it worked alright for the most part despite a couple slurs in my speech. The problem arose, however, during the questioning period. I simply couldn't mentally process my peers' questions. After I asked one gentleman three times to repeat himself, I told him that I simply didn't know the answer. When I sobered up a bit I realized that the questions should have been very easy to answer and that I must have looked like a fool.
7. Read up on some famous people who also feared public speaking  
It might calm your nerves a bit knowing that people like Bruce Willis, Rowan Atkinson (Mr. Bean), and Winston Churchill stuttered and dreaded the thought of speaking in public. Check out the movie 'The King's Speech' and cringe as you listen to King George VI of England try to spit out a speech in front of his nation.
8. Be yourself!  
Students always presume that every presentation needs to be carried out in a strictly formal manner, thereby impeding the very idiosyncrasies that make you who you are. People want you! They want you to add your personal spin to the same-old rehashed material that the professors often require!



# Students Speak

**REBECCA VAN LEEUWEN** - I plan to work out more (my dorm mates and I have started playing biweekly basketball games!) and eat healthier so I have the energy to do well in my schoolwork and enjoy the times when I get to socialize with others.

**HELEN SCHUURMAN** - My new year's resolution is to never play monopoly again.

**DANIELLE DORSMAN** - To be joyful in everything that I do. Happiness is an intentional choice.

**CORY HOOGSTEN** -New Year's resolution was to read a book by Kierkegaard every month.

**ABIGAIL DEELSTRA** - My New Year's Resolutions are to actually try to do my readings this semester and finish crocheting the afghan I started last year

**JESSICA MOSTERT** - What are my new years resolutions for this year? Well, I have a few. One I have every year is to get closer to God than I was the previous year. I also plan

to get fit so that I can run the tough mudder course in the summer. I also resolved to be more academically responsible for this semester.

**SARAH SPEER** - My New Year's resolution is to slow down and be more present. Time goes by way too fast and it's important to stop and enjoy the good things about each day rather than simply rushing through and getting to the next task at hand.

**REBEKA BORSHEVSKY** - I don't really make New Year's Resolutions, but some overall goals I have decided to make for this year are: to get more involved in activities both inside and outside the school, and to get back into a better writing rhythm.

**ANN MARIE WARREN** - What are your New Year's resolutions for 2014? To pray more! And get straight A's.

**ALEXANDER HAMILTON** - What are your New Year's resolutions for 2014? My New Year's resolution is to cut back on my coffee consumption to once every second day





# The World and Whose Calling?

## A Wakeup Call to a Culture who has Fallen Asleep

LAURA HEMING

Flourish; flour-ish. Verb.  
1. To grow well; to thrive  
2. The buzzword that fills the halls and classrooms of Redeemer, of students of each scholarly discipline, after Andy Crouch Lecture Series.

And understandably so, after a few days filled of encouragement and a push to become creators of culture rather than followers of it. This was the word that encompassed the boatload of wisdom that was sent our way January 14 and 15th.

And no better man to deliver it. The man dedicated to culture shaking himself, Andy Crouch.

From award winning author for his books Playing God and Culture Making, executive editor of Christianity Today, and executive producer of documentary This is Our City, to serving on boards such as Fuller Theological Seminary, Equatis and an avid member of the International Justice Mission, Andy Crouch has certainly racked up quite the resume through his ambitious lifetime.

And what an impression he left at Redeemer University College the few days he stopped in to befriend staff and students alike, even being intentional about meeting with the student body after lectures. Justin Eisinga, a Sociology student at Redeemer spoke about the character of Crouch.

“Andy Crouch makes you feel like he lives close to home- like he’s someone you know. When you talk to him, he treats you like a friend. He flattens the power structure that is in place between himself as an author and speaker, and myself as a student,” said Eisinga.

Crouch certainly delivered the most unique set of World and Our Calling lectures the school has ever, or at least seen in a while. Mixing his musical skills of the grand piano with engaging and relevant examples, Andy Crouch was able to draw in thousands of people through his time here.

His lectures were precisely the issues that we deal with today in our Christian culture- that is, the tendency to stand back, and let everyone else do that talking. To abuse our freedom of speech, and sink back in our chairs, while the world around us continues to twist in unnatural ways- in ways God never intended.

A clever way that Crouch presents the issue of the flawed Christian understanding as to how we are to engage in culture is through an acronym of “The Four C’s”. Each of these are practical problems with solutions we as a Christian culture shy away from, for fear of stepping on any toes.

Condemnation is the Christian tendency to say no to things that are morally wrong. Although this obedience is critical, if Christians are solely known for their tendency to condemn, then we have created a problem. We have to admit, that this has definitely been a shadow that Christians have been painting. Those crazy religious people who can’t do anything fun. But that’s a broken perception, so why do we keep it that way? Critique is the judgmental side of Christian culture, the side that is constantly picking out

the negatives of the secular culture. Instead of stepping up and making a positive change to the wrong we so clearly see, we tend to sit back and accept that that is the way the world is moving.

Copying is the trend in evangelicals to deliver a Christian message through changing popular media, replacing main words to say “Jesus”. The example Crouch used was the t-shirt that replaced Staple’s Business Depot’s notorious ‘Easy Button’ with the word ‘easy’ in the middle with ‘Jesus’-such a common scenario in material evangelism. This is also seen in secular music that can also work as worship music if it is vague enough to pass as talking about Jesus. Why are we copying culture, trying to be so relevant, when what we really need is to become the opposite?

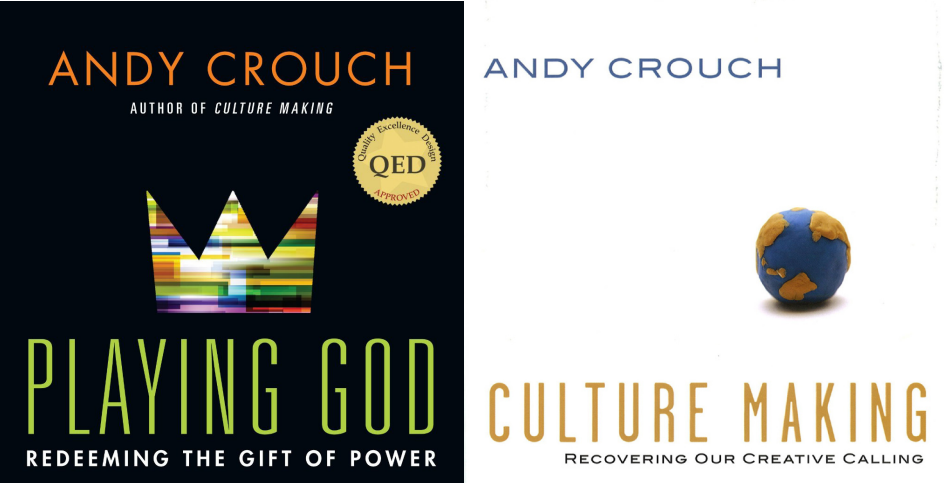
Consumption is the tendency for Christians to consume media, television or worldly things, rather than changing them and being culture shakers.

The solution Crouch presents to this problem is turning around our mentality to say, “Deliver us To Culture.” He uses biblical evidence to support this solution, pointing to Genesis 2:8 and 15, where God is cultivating a garden. We are meant to create and to cultivate. We are not to copy our culture but rather engage in a way that is not conforming the worldly patterns.

After vigorous hours spent writing responses to the lectures, it’s safe to say we were able to tangibly take away a lot from Andy’s visit. What a brilliant wake up call, especially to a Christian school that may more often than not sink into the comfort of being only ever with other Christians.

The point is that this safety is sometimes dangerous. We’ve heard it a thousand times over, but what will it take for it all to sink in? In a world that tolerates trafficking of humans, using the name of Jesus less for praise and more for cursing, that embraces sin, and that is passive with issues that are not happening directly in front of our eyes, as long as we are getting what we want, where is our voice?

Our whispers aren’t getting us anywhere as the voice of the world starts turning up its volume louder and louder. We are drowning in the standards of our culture, and we have a loud enough voice. As Andy said, how and when, will we decide to use it?





Predictions for 2014



JUSTIN BIEBER’S PERSONAL LIFE EXPLODES - HE LANDED IN JAIL IN THE FIRST WEEK OF 2014, WE CAN’T WAIT TO SEE WHAT THE REST OF THE YEAR HOLDS FOR OUR FAMOUS ROLE MODEL. PERHAPS YOU SHOULD CONSIDER PURCHASING ONE OF HIS “MUGSHOTS”



ROB FORD GETS RE-ELECTED - WE CAN’T POSSIBLY SEE THIS MAN LEAVE OFFICE, WE LOVE HIM TOO MUCH. ROCK ON FORD NATION \M/



THE PATH BEHIND REDEEMER LEADING UP TO MEADOWLANDS CRC GETS SALTED- NO MORE TWISTED ANKLES FORM THE LAYERS OF ICE COVERING THE PATH



GARNER RD. GETS A SIDEWALK!



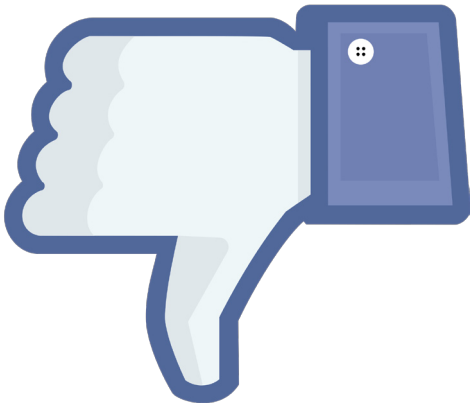
THE DOME POPS - REDEEMER HOSTS ANOTHER FOOTBALL TOURNAMENT DESPITE THE SMALL SIZE OF THE DOME.



PROBLEMS - JAY-Z DIVORCES BEYONCE AND DISCOVERS ANOTHER PROBLEM. CONSEQUENTLY, HIS POPULAR SONG WILL BE RE-WITTEN ACCORDINGLY



NETFLIX IN CANADA CATCHES UP TO THE STATES... NEW RELEASES FROM THIS CENTURY FOR ALL!



FACEBOOK GETS A ‘DISLIKE’ BUTTON - FINALLY YOU WILL BE REMINDED TO KEEP YOUR SELFIES TO YOURSELF



SCHOOL GETS NEW SQUASH COURT GOGGLES - OR AT LEAST THEY WILL CLEAN THEM





# Strengthening Your Core

MATTHEW BOKMA  
REPORTER

“This has nothing to do with my major,” Redeemer students often complain. Grumbling like the Israelites in the desert, they aren’t content with the blessings that are bestowed upon them—in this case, an education in the liberal arts. Core courses are important, but maybe there is some merit to their murmuring. Perhaps Redeemer should re-evaluate core requirements. In the meantime, consider the following suggestions when choosing your electives:

1. Personal finance (Business 353)

There is no better time for students to learn financial independence than during their college years. I’m not suggesting that students should be debt-free or that they shouldn’t be in need of their parents’ support during the four years; rather, I’m suggesting that they should be responsible for their future financial plans. There are some students who simply don’t know how to write a cheque (I know, I was one of them), review leases, sustain a mortgage, invest, or understand insurance policies. Furthermore, given the fact that most Redeemer students want to get married and have a family despite their debt, it seems that financial security—or at least the know-how needed to arrive at such security—should be top priority.

2. Writing (English 201)

Written communication is essential not only in every academic discipline but also in every area of life. Furthermore, given the advances in communication technology, students must be able to write efficiently and effectively. Perhaps poetic feat and meter should be considered secondary to the basic mechanics of writing such as grammar, syntax, and the various styles of essay writing.

3. Public speaking (Communications 215)

Terrifying, I know, but employers typically look for effective group members; they are looking for people who can work as a team. Succumbing to their demands, universities across North America are pushing toward team-oriented assignments in order to train their students to cope with the dynamics of the modern business world. Even in elementary school classrooms the desks are no longer being arranged by rows facing the teacher but rather in groups with each desk facing each other. However, teamwork entails presentations. Therefore, as terrifying as it might sound, taking a course in public speaking might enhance future performance in occupational settings.

4. Physical Education (PED 101)

Learning positive health habits is perhaps the best way to build your self-esteem, boost your confidence so you can ask out that babe for a cup of coffee, increase your stamina throughout the day, and reduce stress. Learn the benefit of maintaining not only a healthy mind and spirit, but also a healthy body. Furthermore, I don’t think there is a better way to stay motivated with your exercise habits than to have a professor breathing down your neck to complete them!

5. Biblical Theology (Religion 101)

The primary virtue of Redeemer University’s education in the liberal arts is that it focuses on the scope of academia; students have the opportunity to sample a variety of courses pertaining to the natural sciences, social sciences, and the humanities, with the hopes of obtaining a more well-rounded education. And it is precisely the focus on the Christian ‘worldview’ of Creation, Fall, and Redemption that serves as a framework whereby the different fields of study can be integrated into a unified whole—a coherent narrative. Without a thorough understanding of the Biblical narrative, our Christian worldview will remain impotent; it will be unable to penetrate the rigid distinctions between every field of study and take every thought captive under the rule of Christ.



# Job Fair

ANDREW TOSLAND  
STAFF

On January 23rd, Redeemer students were given, for the first time, access to the Connect to Careers event. With over 100 employees in attendance, students had the opportunity to network and discover new jobs in a variety of fields. From the RCMP to Canada Steel there were organizations fitting almost everyone’s interests. These organizations were enthusiastic regarding their offerings, and some even had fantastic activities to draw students’ interest, including a freighter simulator.

As a fairly new university, Redeemer was not as familiar to many employers in comparison to McMaster or Mohawk, but most employers were eager to hear about the small school in Ancaster. Offerings in

the area of sales and marketing were available to students, with a few specialized positions for students with advanced interests in engineering and other fields.

In addition to the many career opportunities available at the job fair, there were also other services for those looking to enhance their offerings to future employers. Students also had the chance to take advantage of the resume clinic which allowed them to have their resume professionally critiqued. With a line spanning to the door, many students were able to gain useful advice and position themselves ahead of the competition when looking for a future career.

Although this was the first time that Redeemer had been included in this event, all students are encouraged to take advantage of the many career resources available to them.



# Music Notes

Upcoming Album Releases in the Next 30 Days

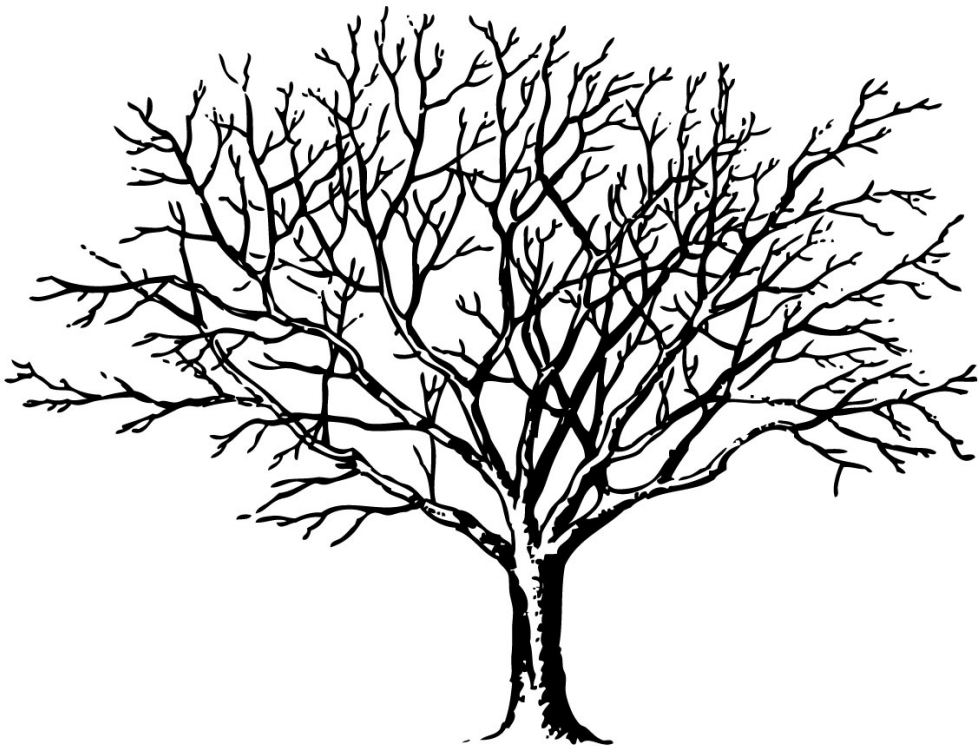
- Bombay Bicycle Club, So Long See You Tomorrow, February 3, 2014
- Broken Bells, After the Disco, February 4, 2014
- Band of Horses, Acoustic At the Ryman, February 11, 2014
- Noah Gundersen, Ledges, February 11, 2014
- Ed Sheeran, TBA, February 17, 2014
- William Fitzsimmons, Lions, February 18, 2014
- The Fray, Helios, February 24, 2014
- St. Vincent, St. Vincent, February 24, 2014



Upcoming Concerts in the Next 30 Days

- Elton John @ Copps Coliseum, Feb. 8, 2014
- Simon Fallon and the Who is There's? @ The Casbah, Feb. 10, 2014
- The Wild Suns and Timid the Brave @ The Casbah, Feb. 11, 2014
- Folly and the Hunter @ The Cashbah, Feb. 25, 2014
- Down with Webster @ Sound Academy, Feb. 7, 2014
- Kodaline @ Phoenix, Feb. 8, 2014
- Wake Owl @ Garrison, Feb. 28, 2014





# Depression

CAMERON PHILIPS

Mental health awareness is growing in our society. Statistics show that 20% of Canadians will personally experience mental illness in their lifetime. Mental illness affects everyone, regardless of age, culture, wealth, or education. I applaud Redeemer’s efforts to increase awareness of mental illness, and what it means to help those who are experiencing it.

Depression is a mental illness that is difficult to understand and even more difficult to go through. It is one of the most common mental illnesses, and also one of the most broad. I won’t go through naming all the different types of the disorder, for there are many. However, I will offer some tips and pointers to help those of you who have a friend, family member, or significant other who is undergoing depression.

1. Be there  
One of the best things you can do for someone with depression is just being there. It can be as simple as sitting silently and holding their hand, or just reassuring them with words like “you’re going to get through this” or “tell me what I can do to help.” A listening ear and a shoulder to cry on goes a long way.

2. Small gestures  
If you feel like you can’t give emotionally, try showing support through giving small tokens of appreciation. Baking a cake, making a card, or sending a thoughtful text everyone once in a while can radically change someone’s day.

3. Avoid judgment and criticism  
Be aware of what you’re saying to your loved one. Avoid

saying phrases like “you just need to see the glass as half full not half empty” or “it’s all in your head.” This type of talk implies that depression is a choice, and can come across as insensitive. It can lead to further isolation and disrupt your relationship.

4. Avoid using “tough love”  
Sometimes people take a harsh approach to dealing with their friends or loved ones depression. This includes giving them the silent treatment; acting impatient, or even giving them an ultimatum (i.e. “snap out of this or I’m leaving you”) is extremely unhelpful, and will result in further isolation and pain for your loved one.

5. Don’t minimize their pain  
Never shame someone who has depression. Calling them thin-skinned or emotionally weak makes their disorder seem like a personality flaw. Chances are they are already extremely ashamed and discouraged. Don’t add to it.

6. Be cautious when offering advice  
Avoid trying to advise your loved one with exact measures to take. Instead, ask them what they need and what you can do to help them. Do research about depression and warmly suggest possible helpful solutions. Remember that you can’t force them to get better; it needs to happen out of their own free will to take the proper steps.

7. Avoid comparisons  
Unless you’ve gone through depression yourself don’t ever say, “I know how you feel.” We often try to make a person feel better by saying this, but often it can just minimize how they are feeling.

8. Educate yourself  
As I said before, educate yourself about depression. Learn about how it affects a person. Read about effective cures. Realize that it is a far-reaching disorder, and that it affects different people in different ways. Once you know a bit more about the disorder, the better you will be at caring for your loved one.

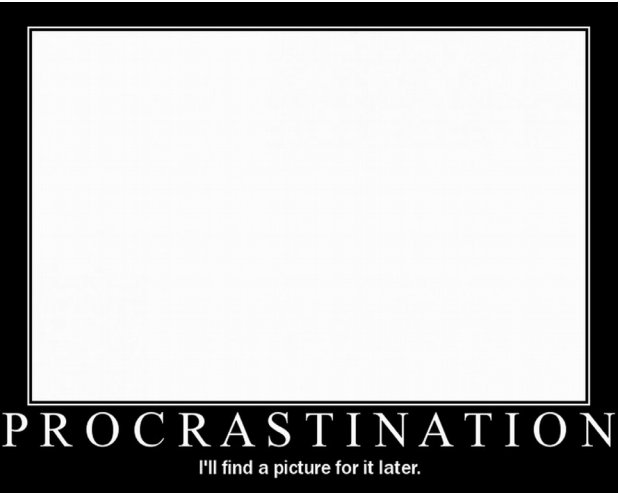
9. Be patient  
By being patient with your loved one you’re giving them a support system that they so drastically need. By letting them know that you’re not going anywhere can be a huge help. You may not always know what to say or how to act, but the very act of sticking with someone through hard times means a lot.

10. Pray  
Depression can be a spiritually heavy. In a Christian school where everything seems perfect, and everyone is happy, depression can be extremely discouraging and shameful. Praying for your loved one is important, and so is praying with them. Don’t simply tell someone “I’m praying for you.” Support them in every way that you can, and if they don’t want to pray with you, or if they don’t want to hear you say that you’re praying for them, pray for them regardless.

Speaking from my own personal experience, I think the most important tip is the first one. The act of “being there” for someone who is undergoing this disorder is immensely helpful and encouraging.

Depression is dark. It can be hard. It can be terrifying. But it won’t last forever. Don’t be afraid to reach out to your loved ones. Your love can go a long way, probably more than you could ever imagine.

# Curbing Procrastination



MATTHEW BOKMA  
REPORTER

“I’ve turned over a new leaf,” you remind yourself while flipping through your calendar, doublechecking your self-imposed due dates for your upcoming assignments. Although the old ones are still useable, you’ve nevertheless dropped another hundred dollars on brand new dividers, binders, filling cabinets, and other organizational commodities. However, after the first two weeks of January your sched-

uling is foiled and the semester is beginning to look a lot like last semester’s disaster. Procrastination strikes again, undermining your ambitious intentions. Luckily, however, in her book ‘The Willpower Instinct,’ Dr. Kelly McGonigal offers some scientifically established strategies that might help you curb procrastination.

First, just commit to your homework for ten minutes. Telling yourself that you must spend the next five hours or so writing a paper is perhaps counterintuitive. Being aware of the fact that you must remain in your seat while focusing on a single task for five dreadfully long hours might undermine your motivation. However, you’ll probably agree that 10 minutes is doable and arouses only a minimal amount of stress. Therefore, commit yourself to just 10 minutes and, when the buzzer on your watch sounds, you’ll already be so deeply engaged with your work that you’ll want to give yourself another 10 minutes! Remember: the biggest difficulty in finishing a task is to begin.

Second, become acquainted with your future self. Dr. McGonigal notes that people often “put the future on sale.” People often compromise—or sell—the well-being of their future selves for immediate gratification. They think that their future selves are godlike beings who can resist temptation, workout faithfully everyday, remain punctual at work, and handle all the homework assignments that our present selves throw onto them. Disappointingly, however,

the “You-2.0” never comes around, and you find yourself burdened by the homework that your past self has insensibly thrown onto you. Therefore, become acquainted with your future self; keep him or her in your conscious awareness, and remind yourself that he or she is none other than the lazy you.

Finally, “burn your ships.” In her book, McGonigal refers to the Spanish conquistador Hernán Cortés who, in 1519, landed in Mexico in order to subdue Montezuma and the rest of the Aztec empire. Although the Spaniards were outnumbered, Cortés ordered his men to burn their own fleets so that no one would be tempted to retreat and sail away. Cortés is a fabulous example of someone who is committed to his plans. I wouldn’t recomend destroying your property, but perhaps it might be useful to borrow the principle: if you are often distracted from your assignments consider disabling your internet, or deleting Facebook, or entrusting your friend with the keys to your car for a short duration. Effectively remove the distraction for a period of time.

If you are interested in learning more about strategies that might help you to not only resist procrastination, but also strengthen your willpower for many other activities, I strongly suggest reading Dr. McGonigal’s book.



# REVIEWS



## Simon Fallon and the Alexander’s Win Judges Over: Battle of the Bands 2014

CAMERON PHILIPS

Redeemer’s annual Battle of the Bands is an event I always attend, and with good reason. Each year, performers compete for two prizes: People’s Choice and the Grand Prize, as determined by a panel of three judges. This year the former consisted of a \$100 gift card to Montana’s, and the latter an opportunity to perform onstage at SuperCrawl 2014.

Pop/rock group The Number Station, winners of Redeemer’s High School Battle of the Bands 2013, opened the evening’s events with a set of original songs as well as finely crafted covers. The set was an impressive display of musicianship, considering the band’s age and experience. However, the band lacked a certain sense of enthusiasm. It’s always fun to watch a band enjoy their time on stage, and for most members it looked as though they were waiting for the gig to be done. That being said, it was great to have the youngsters begin the evening with a rocking and catchy set.

The first competing band in this year’s competition was folk-rockers Simon Fallon and the Alexanders. An impressive set of original songs and one cover impressed the audience and judges alike. Songs centered on themes of nature and, as one judge put it, “girls and coffee or girls and cigarettes.” With a trio of female backing vocalists, Fallon’s group brought a nostalgic feel of 1950s rock and roll coupled with elements of the new wave of folk a-la Fleet Foxes and Mumford & Sons. While the lead guitar was somewhat overpowering at moments, as well as a notable lack of a bass guitar, noted by the judges, the group put on an impressive and well-rehearsed set.

Up next was the female-headed pop/rock group, That’s My Girl. Members of the group are also a part of Redeemer’s travelling worship team Alpha Praise. The set consisted of covers of various radio hits, with a few twists and turns that kept the audience interested. While the musicianship of the band was quite excellent, and all members certainly enjoyed themselves on stage, the judges concluded that the vocal performance was at times pitchy. Nonetheless, the band clearly enjoyed themselves, and for that I give them applause.

Third to take the stage for the battle was To Our Divide. The band’s sound was reminiscent of post-rock groups such as Brand New and As Cities Burn. Their ambience and crowd interaction kept the audience and judges intrigued throughout their 20-minute set. To Our Divide, originally known as The Bridgeport Beauties, gained entry into the battle with their hit single “This Christmas.” However, the beautifully crafted tune was noticeably

absent from the set. The band’s grand finale saw the use of heavily intricate guitar work as well as a trumpet solo to top it off. Judges commented they would have liked to hear words more clearly.

Following the post-rockers came a young dapper gentleman named Johnathan Thiessen otherwise known as Loud n’ Clear. Thiessen opened his set with a well-performed rap. However, his style of performance immediately shifted when he sat down with an acoustic guitar and performed various original songs. Thiessen was very open and friendly with the audience, despite being abandoned by the second half of his band for unknown reasons. The set was well-performed, but the judges commented on their sense of lack of preparation. Regardless, vocals and guitar work were impressive; he is someone to look out for in upcoming coffeehouses and open-mic nights.

The fifth and final band to take the stage was none other than last year’s victors, The Lanterns. The band’s set consisted once more of high-energy rock ballads, playing crowd favourites as well as newer songs. The group was enthusiastic and having fun, pumping out one tune after another. With a masterful guitar duo and strong vocal styles, The Lanterns put on a wild spectacle of what a rock and roll show should look and sound like. It is interesting to note that only two members are actual students of Redeemer (two of them are alumni), and despite lyrical content and their sound, The Lanterns were not born on the Mississippi nor have they ever been there. Their band’s performance was solid, and is worth seeing if you ever get the chance.

After all five bands finished their sets, audience members had the chance to vote for their favourite group, and the judges were given time to discuss their decision of who would go on to perform at SuperCrawl 2014. After a long and anticipated wait, the victors were announced. People’s Choice went to the ambitious ambient rockers To Our Divide. Their prize? A \$100 giftcard to Montana’s; not a bad prize to win for a group of young university males.

Finally, the judges announced their choice, which was none other than Simon Fallon and the Alexanders. One judge even confessed he would even purchase Fallon’s EP if it were on iTunes, a huge compliment to the musicians.

Redeemer is a place of immense God-given musical talent, which is definitely something we as a school can be proud of. It’s not easy to perform in front of your peers as well as a panel of expert musical judges; to each of you I say “kudos!” Make sure to keep an ear and eye open for Fallon’s EP that has just entered its early stages of recording, and make sure to watch the band’s set in September at SuperCrawl 2014.

## “Old-school Fun” Gone Apps



JORDON BOKMA  
STAFF

Attention, all board or card game fanatics out there, I write this to you. To the seasoned Catan champions, listen up. For the Phase 10 diehards, get ready to experience a whole new type of gaming.

This month’s feature is about not just a single app, but instead, a list of the best board and card games on the Apple and Google Play Store. You may be surprised at the number of old classics that have made their mark. Yet there are a number of newer, modern games that should inspire you to pick up the tablet or smartphone rather than the game itself. Also, all of these games should have a single player feature if you have no friends around to play the game you love.

The games are split into two, top-five categories: board and card games.



Board Games:

- Settlers of Catan (USM) (iOS and Android)
- Ticket to ride (Days of Wonder) (iOS and Android)
- Touch Rummy HD (Colorful Apps) (iOS) and Rummi Plus (Peak Games) (Android)
- Game of Life (Electronic Arts) (iOS and Android)
- Scrabble (Electronic Arts) (iOS and Android)

Card Games

- Bang (SpinVector S.p.A) (iOS)
- President Card Game (Eryod Soft) (iOS and Android)
- Phase 10 (Magmic) (iOS and Android)
- Euchre 3D (A Star Software LLC) (iOS) and Euchre (free) (Jefferey’s Software) (Android)
- UNO (Gameloft) (iOS and Android)





# Convenience of Cookies, Hardships of Hummus

LAURA HEMING  
REPORTER

You walk downstairs on a Saturday morning to the smell of bacon. Monday rolls around, and you open your cupboard and grab a Tim Tam to fill you up before class. Maybe even a left over pierogi.

No disrespect to the hard workers at Sodexo, we are thankful we are able to access food on campus, and for the new availabilities of products such as almond milks and butters, soy milk, and other organic foods. This is a humble proposal to zero in on the majority of the food that is offered for students to consume at the Market and a voice for the vegetarians who have made frequent trips to Sobey's to get the materials they need to live out their life choice.

It may be beneficial for the selection of whole foods to be fiercely widened, such as quinoa, various nuts and seeds, fresh rye breads, and local, organic and fresh fruits and vegetables. It becomes difficult for a student to choose to live a life of holistic eating when the materials to do so are limited in selection as well as freshness.

Let's take a look at the average Redeemer student's day in meals. In the morning, to catch 8 am class, a bowl of Compliment's Fruity Hoops. Late for class- grab a blueberry muffin and a latte. Lunchtime rolls around and your choices stand from pizza, to chicken burgers or poutine. To end the day, you sit down with your dorm eating a pasta and chicken dish. What prompts us to make these choices? Is it the lack of time? Lack of knowledge? Or perhaps, lack of variety?

The health food section has been growing more and more, which should certainly be applauded, but curiosity lingers in how we constantly choose convenience over our well-being, something we as students tend to take too lightly.

Maybe it's our culture of convenience, our over all need to have things quick and easy. Think about everything that is being tailored to us as students because we "don't have enough time to cook". Maybe this is a trend we have picked up on. This can be seen in the fact that every new product seems to be called "Easy-\_\_\_\_\_".

Regardless, University food services across Canada have picked up on the convenience trend and taken it by the horns. Not to say this poor eating problem is due to Canadian food services alone, but then again, it could take forever to figure out what came first, the chicken or the egg.

The eating patterns, sleeping patterns, and stress on a student alone are pretty good indicators of cold and flus that seem to often plague schools. If not immediately noticed in factors such as weight gain, the poor patterns will eventually take its toll in overall health and well-being.

Think of all the prepackaged, processed foods we take in everyday. As a rule, let's say if you can't pronounce it, your body most likely was not meant to digest it. Take Butylated Hydroxytoluene, used in almost all cereals, potato chips, cooking oils and chewing gum. This is a chemical that is also used to treat AIDS.

The reality is that we are harming our bodies more so than we know by our passive sense of convenience. It's a matter of working together; showing a general interest to our food service providers as a student body, our desire and need for more selection of healthy and whole foods. Hopefully that interest will allow them to see a desire for general healthier foods.

Tangibly, the ideal would be to see more vegetarian and vegan selection at communal, fresher breads, healthier snacks, and less availability of things such as chips, sugary cereals and bacon in the Market, and healthy alternatives to muffins, cookies, and convenient baked goods students grab as fillers.

For students, here are some ideas for quick healthier snacks, that really are not much more expensive than a slice of pizza.

- Whole wheat or rice crackers with hummus
- Apples and peanut butter
- Trail mix with various nuts and seeds (and a few dark chocolate chips if you can't resist)
- Dried fruits
- Unsalted and unbuttered popcorn
- Frozen fruit, granola, and yogurt
- Flavored tea, rather than lattes

The reality is that many things that are hard to do initially are usually the things that are the most beneficial, and vice versa. We tend to put our eating patterns on the back burner as students because maybe we are too busy to care. Now is the time to start good habits, because they will essentially set us up for life. Let's abandon our mentality of convenience, and start working a little harder for the things that matter.



# The Movie On Fire

LAURA HEMING  
STAFF

When it comes to movies, there are few that I will invest a significant amount of time on, let alone spend days and nights analyzing ferociously, fascinated by the depth and metaphor that a film series could possibly embody. I never thought that a simple Mockingjay-bird and a four-note whistle could ever speak so richly about the society I live in.

I remember sitting in the theatre, as the credits rolled before me, lights back on and bright, people piling out of the theatre as if there was not some sort of social commentary revolution that had just occurred. I sat in my seat for ten minutes, popcorn beneath my feet, wanting to tug at people's coats and yell, "Did you not just see what I saw?! The odds are never in our favour!"

I realize I am coming across as a crazy fan girl, but I want to point out some key aspects of the genius that is Suzanne Collins' book series turned Hollywood phenomenon, The Hunger Games, specifically the second film, Catching Fire. This is possibly one of the most important series for our generation.

A lot of people assume this film is a sick post-modern flick about kids killing each other. On the surface level, that is what happens. But there is something going on that is richer than that. Something brilliant that speaks to the human condition and the world we live in, not just the one with 12 districts.

Distraction of Media. In the film, the Capitol glamorizes inhumanity, making an exciting event out of something completely horrible—that is, 24 people battling to the death. The Capitol puts on TV newscasts as if it were the Olympics. On the other side of things, the people in the districts and the tributes are both deeply suffering with the reality of their poverty, as well as the violent loss of a loved one from their district. The citizens of the Capitol don't care to see this. The tributes are forced to dress up and act and talk as though they think this is all a game, when inside they are scared for their lives. This is all to distract the people from what's really going on.

In our society, we are bombarded by gossip sites and magazines at the grocery store check-outs, as if these celebrities' lives are the centre of the world. The job of the media, just like the Capitol, is to distract people from real issues, from things that are really going on, such as religious riots, poverty in our own cities, and, to extend it, atrocious conditions in impoverished areas of the world—to make us ignorant to the reality of the world. We have so much entertainment that we are blinded to injustice. To quote The Net Delusion by Evgeny Morozov, "We are entertained to death."

Emphasis on appearance. Everything is about looking good in the Games. Everyone is always watching; each conversation, each move—everything is watched. The point here is that we find ourselves as those spectators behind the TV. We are those who are so intensely focused on others performing well. Even with things such as critiquing our pastors or worship teams, the people around us, even our friends. We as a society are spectators who have the power to allow people to survive or to tear them down. We are obsessed with image, and true character gets swept to the wind. We are quick to write people off because of how they look, because of their lack of charm, or maybe lack of talent. We are becoming more and more shallow as a society.

This even speaks to us as a Christian school. As Christians, we feel like we need to have it all together and never make mistakes or else people will question our faith. We say we are doing fine; we hide our scars. We show our best sides on social media—our best pictures—because if everything looks good, we will be okay. Our only identity becomes how people see us, and anything more doesn't really need any concern. What we see is all we need to know.

Absolute Gluttony. In Catching Fire, the two tributes Peeta and Katniss come from District 12. Here, they are only given food at the price of putting their names in the draw for Hunger Games eligibility. The two find themselves at a royal ball thrown by the Capitol to celebrate their engagement. They are offered food left, right, and centre. A man offers them more food and they reply that they are so full they couldn't eat another bite. He offers them a drink that will make them vomit in order to give them room for more.

Here we have the idea of recreational eating. Here are people who have so much access to food and resources that they are able to eat for fun, while they are surrounded by districts of people who are impoverished. This is a mirror to us as a society. The very idea of buffets speaks loudly to this. The fact that we can have plates upon plates full of food at our fingertips, while there are people starving in front of our eyes and feel nothing about it is quite alarming.

While we look at a movie like The Hunger Games as a ridiculous society, with all the outrageous costumes and extreme measures, I think this is exactly the point. To make us step back and realize that we are living in a world just like theirs (if we are taking it metaphorically, of course). This is what makes the movie so brilliant, the idea that it is so different from films that are solely for the purpose of entertainment. Hunger Games: Catching Fire falls into a category of its own, for the purpose not only of social annotation, but also, hopefully, of stirring up a social reformation of our own, as we begin to see films like this as mirrors of what we have become.



# Record Weekend For Redeemer Royals With 8 League Wins

PETER REID

It was a record-setting weekend for the Redeemer Royals as the program grabbed 8 wins in a span of 24 hours. It is the first time in program history that the Royals have registered 8 league wins in one weekend. Women’s Volleyball, Men’s Volleyball, Women’s Basketball, and Men’s Basketball all walked away with a pair of victories each.

The excitement started on Friday evening when Redeemer’s Basketball teams hit the road to Sudbury for a match-up against the Cambrian Golden Shield. Some bad weather and even worse traffic had the Royals arriving at the Cambrian Athletic Centre after the scheduled start. However, a delayed tip-off time gave the Royals a much needed warm-up.

Despite sitting on a bus for 8 hours straight, Redeemer was able to come out strong from the start and showed no signs of rust. The Lady Royals were victorious 68-51, while the men thumped the home team 103-66. The men’s team walked away with their most lopsided victory of the season and their first 100-point game.

Jessica Brown had 21 points and 8 rebounds in Friday’s win for the Lady Royals, while Benn Ibrahim had a double-double in the men’s game with 27 points and 10 rebounds.

After some much needed rest, the Royals were back at it again on Saturday in their second games against Cambrian. Strong starts for both squads gave Redeemer the early lead in both games. The matches Saturday proved to be much closer contests but the Royals came out on top with a 79-66 win in the women’s game and a narrow 79-70 win in the men’s game.

Arica Price led all Royals in scoring in the women’s game on Saturday with 25 points. Benn Ibrahim had a team-high 15 points on Saturday and added 7 rebounds in the men’s game.

The women’s record jumps up to 6-9 while the men’s team sits at 7-8.

While the Basketball teams hit the road, the Volleyball teams were finally back at home after 4 straight games away from the Redeemer Athletic Centre. Redeemer’s last home games were against St. Clair back on November 30th.

Both Volleyball teams had little trouble securing their first home wins of 2014 as the teams dropped just 1 set in the 4 weekend matches. The Lady Royals swept the Boreal Vipers (25-17, 25-23, 25-11) on Friday night and followed it up on Saturday with another 3-0 (25-20, 25-21, 26-24) win against the Cambrian Golden Shield.

Curtiss Straatsma led the Royals on Friday with 14 points while Straatsma and Charlene DeVries each had 12 points in the victory on Saturday.

The Lady Royals have now won 6 of their last 7 matches with their 1 loss coming at the hands of the #3 ranked team in Canada, the Humber Hawks.

The women’s record improves to 10-4.

The Men’s team looked to get back into the win column after dropping 2 straight matches for just the second time this season. After a disappointing loss to Sheridan College, 3-2 on January 18th, the Royals took out their frustration with a dominating set of matches on Friday and Saturday. The Royals defeated Boreal on Friday night, 3-1 (25-7, 25-19, 26-28, 25-17), and Cambrian College on Saturday, 3-0 (25-16, 25-18, 25-20).

Kevin Semplonius and Shawn Brus had a team-high 10 points each for Redeemer on Friday.

Eric Heidbuurt led the Royals on Saturday with 19 kills and 21 total points.

The men’s record improves to 9-5.



## “It’s More Than a Game”

KIMBERLEY STEWART

It wasn’t easy for our Women’s Volleyball team to initially answer the question, “What sets Christian athletes apart?” and, in particular, “How do people know we are different other than seeing the Redeemer name on our jerseys?”

Athletic Therapist Jordan Miller asked our captain Yakira Smeltzer the question, and the answer was important not only to find as a team, but also to live out.

We are volleyball players who passionately love the game, true—but that’s something we do, not who we are. Our real identity is as followers of Christ. So how do we practically use the gifts and talents God has given us to glorify His name on the court?

We decided to take a step in being bold. Jordan suggested an idea he had heard through an athlete named Ashley Nyholt. She and her sister, Laura Nyholt, both played soccer at Liberty University together and throughout their experience they would write encouragement notes to their opponents.

We decided as a team to do this as well. Before every game, each of us would receive a player’s name from the other team—a match up. Then we’d pray about it and write a personal card to that person, often including an encouraging Bible verse. All the notes would then be placed in an envelope for our captain to hand to the opposing coach at the end of our game.

Initially, we were apprehensive about the reaction that may come from our cards. But it has been incredible to hear how the other teams have responded.

After playing number-one ranked Humber, the head coach took the time to email our coach, saying, “Just wanted to drop a line and say how classy your women’s team is. What

a nice gesture they did for my girls in writing them those athlete prayers. I think it says a lot about the type of quality people you have in your program. Please pass on a sincere thank you to your girls. It was really kind.”

Players from other teams have thanked our coach at least four or five times, and often during the men’s warm-up, players will come over to our team and express their appreciation.

We gave the encouragement notes, but we also received encouragement. It was a big reminder that if we are simply genuine about our faith and in our care for others, they will see that and respond.

Once, after a match at home against Niagara, one of our players was walking in the hallway towards the gym and saw a Niagara player reading her card. She noticed our player and told her it was her favorite verse in the Bible and that it was just what she needed that day. “Please thank the team for me,” she said.

In all honesty, it’s taken courage to recognize our identity in God and not in how others view us, but we have really reflected on the verse Colossians 3:17 which says, “Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus.”

Our volleyball team is working hard at training and being the best players we can be. However, we are also challenging ourselves to be more open about our faith and show it on and off the court. We hope and pray that our team can earn a voice, truly meet others’ needs, and even possibly allow others to rethink the box in which they or the media may have put Christians.

The act wasn’t complicated, and the reception was better than we ever thought, making us think that God honoured our quest in trying to make what we do more than a game.



## Chaplain’s Corner: Help!



SYD HIELEMA

Then Philip ran up to the chariot and heard the man reading Isaiah the prophet. “Do you understand what you are reading?” Philip asked. “How can I,” he said, “unless someone explains it to me?” So he invited Philip to come up and sit with him (Acts 8: 30-31). Help! I need somebody, Help! Not just anybody, Help! You know I need someone, Help! (“Help!,” Lennon/McCartney). We live in a self-help culture. Our definition of adulthood includes navigating our way through life’s challenges on our own, independently. If we run stuck, we have bookstores overflowing with self-help books and, of course, that greatest self-help guru of all time: Google (or one of its many spin-offs). If I was given a loonie for every person who walked into the chaplain’s office and said, “I never

expected to need any help, but I’ve hit a wall and I need to talk...,” I could retire to Mexico by now (well, almost...). The assumption is that if we can’t figure things out on our own, there’s something wrong with us. In the Kingdom of God, the reality is exactly the opposite: if we think we can figure everything out on our own, there’s a lot wrong with us. The very first comment that the Lord God made about us as he observed us in that wondrous Garden of Eden was, “it is not good for the man to be alone; I will make a helper suitable for him” (Gen. 2: 18). Did you catch that? In a perfect world, before the fall into sin, we were created in such a way that we needed help! And that need is only multiplied now that we walk with our Lord in a fallen world

that he has redeemed. That’s why Paul writes, “The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you” (I Cor. 12: 21). The community that is led by the Holy Spirit is an interdependent body in which every single one of us needs the others. This need for help applies to every dimension of our lives (in different ways at different times), but it always applies to our devotional life. We easily assume that praying and reading Scripture are just simple activities that anybody can do, and then we beat ourselves up because we discover that our devotional life isn’t going that well (sound familiar?). That’s why in November we chaplains sent out “30 ways to pray” and this month we’re doing the same with reading Scripture.

Do you desire to strengthen your own reading of Scripture? Do you recognize that you need help to do this? True confessions – what follows is a naked sales pitch: we’ve put together an annotated bibliography which lists most of the devotional books available in Redeemer’s bookstore, and the folks there have graciously agreed to put the entire collection on sale this week for 10% off. Pick one up! Send a text to a parent or grandparent and suggest they give you a late Christmas present or an early birthday present, and if you can’t find a benefactor to subsidize your devotional life, let me know and I’ll see what I can do (yes, I’m serious). Because we all need a little help.



## Christ Shall Have Dominion

MICHAEL EAMMANUEL

Ask any five people what their eschatological views are and most likely you’ll be met with dumb stares followed by the question, “What does ‘eschatological’ mean?” Or, granted they’ve gone to catechism class or paid attention in REL-101 and know a thing or two about the end times, they’ll probably shrug their shoulders followed with the question, “Does it really even matter?” In any case, in my experience, the majority of Canadian Christians don’t know and don’t care a thing about eschatology—the doctrine of the end times. Perhaps this is a reaction against American Christianity, where elaborate eschatological predictions can be so radical that even the Left Behind series seems moderate. The problem is eschatology does matter. It matters tremendously. If not for any other reason, it matters because it’s impossible not to have one. The question is, will we have a Biblical one?

Everybody has metanarrative—an over-arching story about where the world came from, where it’s going, and where we fit in. Christians tell the “Creation, Fall, Redemption” metanarrative ending with the return of the King, Christ, to reclaim His Kingdom. If you haven’t already heard this, Redeemer has truly failed you. My point is that with a metanarrative comes an inherent “telos,” an end goal or purpose. While the Christian “telos” is one of victory or dominion for the Kingdom of God, most Christians seem to have one of defeat. If I could borrow some theological terms, the Bible tells the story of post-millennialism, but most Christians believe the story of pre-millennialism.

Just to be clear, post-millennialism is the view that Christ will return after (post-) His thousand year (millennium) reign, as spoken of in Revelation 20 (which of course figuratively refers to many many years). This means that with Christ’s victory over Satan, death, and Hell the Kingdom of God has been established on earth. The mission of the church will be progressively successful and when Christ returns it will be to a world that already calls Him Lord. In other words, the Church will dominate the world. It comes straight out of both the Great Commission (Matt. 28:16-20) and the Cultural Mandate (Gen. 1:26-28), and has been the historic anthem of the faith as evidenced by the victory hymns of men like Isaac Watts, the eschatological drive behind discovering the New World, the medieval cathedrals built to last centuries, and St Athanasius’s On the Incarnation of the Word of God, just to point out a few.

Pre-millennialism, however, is the view that Christ will return in the last days to usher in the (often literal) thousand year reign. This means that, although Christ has ultimately won the spiritual victory, the earth is still the kingdom of the devil and the Church will slowly regress until it is all but abolished from the earth. The mission of the church is to save some souls, retreat, and pray Christ returns tomorrow, because we’re fighting a losing battle. The Anti-Christ, great tribulation, and abomination of desolation are coming. Bunker down and pray.

Somewhere along the way Christianity traded off victory for defeat, and bought in to pre-

millennialism. It started way back with the Enlightenment and the belief in progress. Now progress was always a Christian belief, but the Enlightenment traded faith in God’s progress, i.e. Providence, for faith in man’s progress. And as long as it was living off the capital of Christianity, it seemed to work. But then modernity failed. Man was no longer master of the universe and knowledge seemed unattainable. Unfortunately, while all this was going on, rather than heeding the call of men like Abraham Kuyper, to fight modernity’s worldview with a comprehensive Christian worldview (read Lectures on Calvinism), the church was playing hooky. In its absence, liberal theology took its place using Modernity’s categories dressed in religious language. Wherever Modernity went, the visible church trailed behind. So when Modernity jumped after its logical conclusions under Francis Schaeffer’s line of despair, the visible Church followed suit. When culture lost its faith in progress, so did the Church. Suddenly post-millennialism didn’t seem “with it.”

But pre-millennialism fit the mold. And the late 20th and early 21st centuries only added fuel to the fire: the Cold War with the threat of nuclear war, genocides and “ethnic-cleansings,” financial crises, terrorism and radical Islam, environmental crises, “wars and rumors of wars,” “famines and earthquakes in various places,” (Matthew 24:5,7). All of this was ripe material for the latter days.

The West’s decline established the new eschatology of defeat. But we can never let our own experience guide our understanding of Scripture. We must let it speak on its own terms; as they say, let Scripture interpret Scripture. Nowhere does the Bible tell us the Church will suffer defeat. The Bible is the story of the garden becoming the city. Do we believe that’s possible?

Hopefully I’ve raised some eyebrows. Unfortunately brevity requires that I leave a lot unsaid. (How do we deal with Matthew 24? How about Revelation? And what about that ever mysterious a-millennialism?) I hope to address some of these issues in future editions of the Crown. What I want to impress though is that eschatology matters. How you view your end goal and how you plan on getting there changes everything about how you travel. If it’s all downhill, you can just sit back and let gravity do the work. But if it’s all uphill, get ready for a fight. No doubt all Christians accept Christ’s ultimate spiritual victory. But how will you go about the Cultural Mandate and the Great Commission if you think in the end it will fail? In that case, Christianity becomes about reforming souls, but never about reforming cultures. Why be culture builders if our culture is doomed to fail?

The Great Commission is the coronation of Christ. All authority has been given to him on heaven and on earth! We’ve already won. It’s time we stopped retreating and claimed what’s ours. As one ageless victory anthem declares:

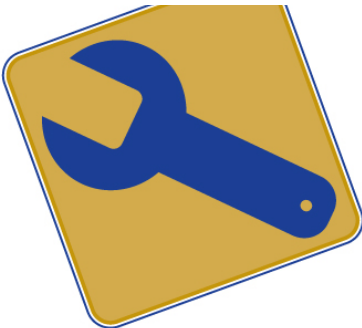
“Christ shall have dominion, over land and sea,  
Earth’s remotest regions shall His empire be;  
They that wilds inhabit shall their worship bring,  
Kings shall render tribute, nations serve our King.”



# CROWN

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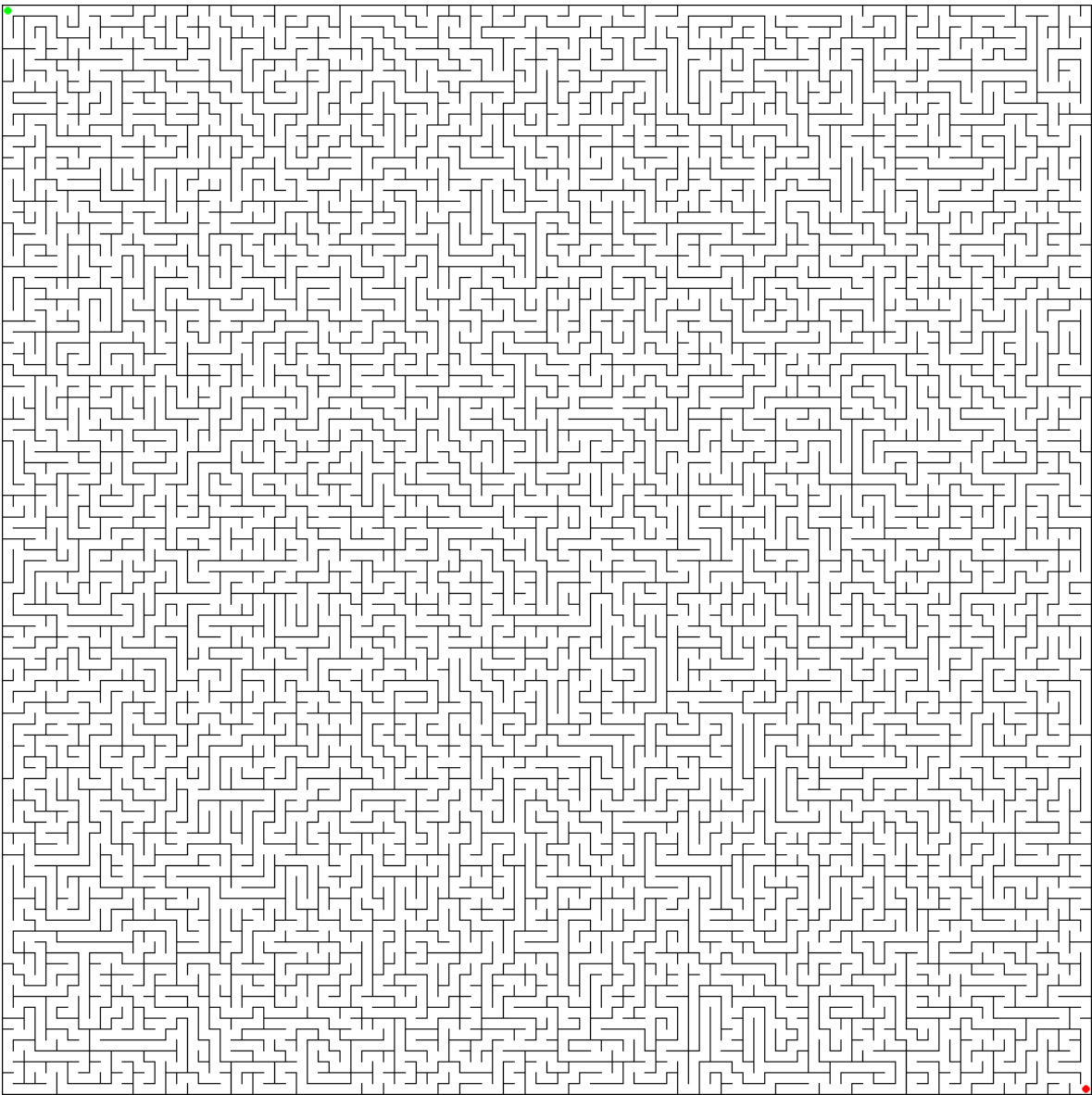
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This is a perfect time  
to get some work done.

Nope!

