

THE CROWN

REDEEMER'S STUDENT VOICE SINCE 1983

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BEST

OF

Hamilton



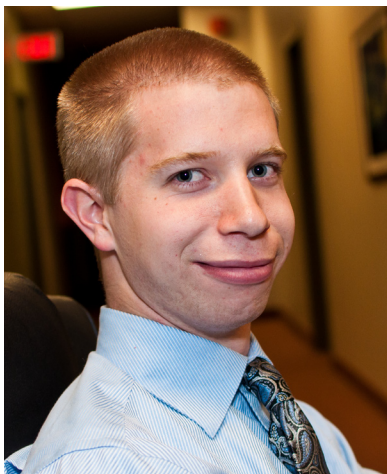
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Letters to the editor and article submissions must be sent to thecrown@redeemer.ca and must include the name and contact information of the writer, although we may print anonymously by special request. Works submitted as letters will be edited for clarity and length only. The opinions expressed in *The Crown* are not necessarily those of Redeemer University College's student body, faculty, or administration. *The Crown* is published by students eight times per academic year and is funded by the students of Redeemer University College and by advertising, but is dedicated to the broader college community.



LIVE IN THE CITY WHAT'S ON IN HAMILTON: FEBRUARY 2013

Molson Canadian Studio at Hamilton Place

Pavlo—Friday, March 8 @ 8:00 PM.

The Great Canadian Fiddle Show—Saturday, March 9 @ 7:30 PM

Laila Biali—Friday, March 22 @ 8:00 PM

Matt Mays—Sunday, March 24 @ 8:00 PM

Corb Lund—Wednesday, March 27 @ 8:00 PM

Copps Colliseum

Carrie Underwood—Thursday, March 28 @ 7:30

The Casbah

The Coyote Kids—Friday, March 8

The Usuals—Thursday, March 14

Two Hours Traffic/ Rah Rah—Wednesday, March 20

Hunter Valentine—Thursday, March 21

Shout Out Out Out Out—Monday, March 25

The Baltimore House

Steve Gleason—Saturday, March 9 @ 7:00 PM

Pete Van Dyke & the Second Hand Band—Tuesday, March 12 9:00 PM

Defne w/ Gdansk, Revery Eyes—Tuesday, March 19 @ 9:00 PM

White Ring w/ Orphyx, Dog Hat—Thursday, March 21 @ 10:00 PM

Fire x Fire w/ Spark Society—Friday, March 29 @ 10:00 PM

Unsung Hero: Gerda Elgersma



**BECKY CONNELL
CROWN REPORTER**

She is the welcoming face that greets you early mornings as you purchase that absolutely necessary coffee. She is the woman who you know will grant you a smile whenever you're waiting in line or even when you're ordering your complicated "earl grey latté, one sugar, tea bag out, with a shot of vanilla please" beverage (or as some like to call it: a London Fog).

And she makes a mean latté.

Her name is Gerda Elgersma and she is the friendly face of our school's beloved William's. Even if you don't know her by name, you certainly know who I am talking about.

Karley Witten, who works with Gerda, said, "Gerda Elgersma is literally one of the loveliest people I know--the Redeemer community is blessed to have her, and not only for the delicious lattés she makes! Gerda is easily

able to manage a busy William's rush, providing efficient but still friendly service, but she will also take the time to chat and show that she cares. One can't help but be uplifted by her kindness and her contagious smile."

Alison Denbok agrees: "She knows almost all of the staff/ students by name and what they usually order from Williams. She is always friendly, laughing and in a good mood and she is hard working. She is very caring and always asking questions about our lives. Just a great overall person!"

So we thank you Gerda for being an integral part to the Redeemer community, a reliable friendly face, and a kind, loving person.

Next time you go to William's and Gerda is there, make sure to give her a smile and a thank you for all of her loving and hard work.

Thanks Gerda!

More to Macklemore than just rap

JUSTIN HIEBERT



Macklemore and Ryan Lewis' hit single, 'Thrift Shop,' from his debut feature length album, 'The Heist,' has made him the second independent artist to top the Billboard charts, ever. 'Thrift Shop' has over 140 million views on YouTube and has sold more than 2.2 million copies. The song is about Macklemore saving money by shopping at thrift shops and how well-received this is by the club. He verbally bashes those getting 'swindled and pimped' by wasting money on designer

clothes.

For some, he came out of nowhere but Macklemore, also known as Ben Hoggarty, has been putting in his due time. He released his first EP in 2000 under the name of 'Professor Macklemore.' Dropping the title professor he released two more EPs, a mix-tape and an independent album before really coming into the eye of the public with 'The Heist.' The second part of the team is Ryan Lewis. Ryan was doing promo photography work for Ben but, after Ben noticed his musical ability, he started doing some producing and they hit it off. Ryan and Ben began writing together and now perform together as well.

But their independent success is not the only area Macklemore and Ryan Lewis are making waves. Macklemore's opposition to promoting consumerist behavior separates him from the majority of rappers. He takes the influence that rappers have over their listeners very seriously and attempts to prevent abuse of the power that his following has given him. In his song 'Same Love' he condemns the hip-hop community's stance on homo-

sexuals and their relationships.

He also confronts the Church's stance on homosexuality, saying that we need to love one another and that, 'If you preach hate at the service those words aren't anointed, That holy water that you soak in has been poisoned.' Macklemore's vulnerability in the songs he writes is a strength that sets him apart. It's evident not only in 'Otherside,' in which he writes about a drug overdose that nearly killed him, but also in 'Starting Over,' in which he discusses his shame in relapsing. Rather than bragging about his accomplishments, he tells stories of his failures in the hope that we can learn from his mistakes. The vivid images Macklemore paints in his storytelling are also a strength, one which he is both proud of and has worked hard on. His hard work ethic is as inspiring as his accomplishments as an independent artist. Macklemore's willingness to deal with taboo topics makes him an artist worthy of both respect and listening to. It will be interesting to see how international recognition and fame will affect his stance and willingness to tackle the prohibited.

Enjoy

Pasta Pronto

at ReFresh!

This March coupon entitles you to \$1.00 off the purchase of any pasta pronto at ReFresh.

\$1.00 OFF!

Coupon must be surrendered at time of purchase. Coupon valid for one purchase only. Deal excludes the Toonie and Texas Toast sandwiches. Valid until **March 22, 2013.**

8AM classes\$ are painful.

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Restaurant Review

Wass Ethiopian Restaurant and Bar

JULIA SODERHOLM
CROWN REPORTER

n a scene from the 1989 ro-mantic comedy “When Harry Met Sally,” the two title characters discuss dates they had gone on the previous night. Harry, played by Billy Crystal, describes the restaurant they had eaten at: “... and we’re sitting and we’re talking at this Ethiopian restaurant that she wanted to go to. And I was making jokes, you know like ‘Hey, I didn’t know they had food in Ethiopia. This will be a quick meal, I’ll order two empty plates and we can leave.’” Despite his, admittedly, somewhat off-colour quip, Harry does make a valid point—what exactly is Ethiopian food like? I asked myself this same question a few weeks ago when my sister and I sat down to dinner at Wass Ethiopian Restaurant and Bar on James St. S. The restaurant is known throughout the city for its unique and delicious fare. Reviews from sites such as urbanspoon and high recommendations from a number of friends convinced me to give it a shot. Being somewhat obsessed with food and trying new flavours, I entered with an open mind, excited for something entirely different from a conventional, North American meal. The staff at Wass are helpful and gracious. Along with the menu comes a step-by-step guide of how to eat the meal in a traditional, Ethiopian manner, sans cutlery, and a detailed description of the various components of the meal itself. Hospitality is an important aspect of Ethiopian culture, where the arrival of a guest to any home is immediately

reciprocated with an offer of food, and the staff of Wass certainly live up to this. The place is both warm and inviting, and the service is great. My sister and I ordered the Wass Special Combination platter to share, although the meal could have easily fed three or four people. The base of most of the meals is a type of flatbread unique to Ethiopian cuisine called injera. With the texture of a thin pancake and a sourdough flavour, the injera is used as both a plate on which the rest of the meal is served, as well as a means of transporting food to mouth. The platter consisted of a number of vegetarian dishes—green and red lentils, beets, cabbage, split peas, all astonishingly flavourful—as well as a dish of lamb that included onions, peppers, and rosemary. Pieces of the injera are ripped off and used to scoop up the other food. What results is a unique and delicious combination of savoury flavours, unlike any that I’ve experienced before. Along with the lamb dish, there are other types of meat offered including chicken and beef, as well as a number of vegan and vegetarian options. My experience at Wass was very positive and only confirmed all of the good reviews I had read online and heard from people in my community. If you’re feeling like something a little more adventurous than your usual choice—though, I promise, just as delicious and satisfying—I highly recommend Wass Ethiopian Restaurant and Bar.

Redeemer by the Numbers

2.2 Number of kilometers of “official” pathways on campus: 2.2

192 Number of fire extinguishers on campus

354 Number of smoke alarms on campus

159,185 Projected amount of electrical energy produced per year

2,681,651 Amount of electrical energy consumed per year

Dismal Summer Job Situations

BECKY CONNELL
CROWN REPORTER

With a weak economy and the pressure to find a summer job to pay for the upcoming year’s steep tuition fee, the job hunt can be very stressful. Deanna Codner says, “I feel that all my time and energy is going into the job hunt when it should be focused on school. It’s stressful.” When asked, most Redeemer students who are searching for a job feel a similar way. Ontario’s tuition fees are the second highest in the country and with few jobs in the market students are forced to go into deeper debt to pay for school. In Maclean’s on campus article, Jeff Rybak states, “Students are frustrated with the cost of education and their future job prospects because they’ve been fed a load of crap and they know it.” What crap is he referring to? He is pointing out that nowadays we are paying a lot to earn our degrees knowing that, when we are finally in the work force, there is not much to offer as far as employment opportunities go. With the youth unemployment rate at 13.5%, it can feel hopeless when looking for a summer position let alone a per-

manent position post-graduation. However, there are still ways to find employment. Whether it means contacting a previous employer for a job, checking job postings daily, or taking that unwanted fast-food, minimum wage job, it’s better than nothing. And it’s temporary. Below is a list of resources which may assist in the hunt for a job this summer: **Redeemer** (<http://www.redeemer.ca/yourcareer>) Pros: Lots of the jobs are geared towards students, are local, and are beneficial to your education. Cons: There are not always a lot of jobs posted. **The Government** (www.go-jobs.gov.on.ca/SEP.asp or www.jobbank.gc.ca) Pros: The job bank is an easy way to search for employment. Cons: it can be difficult to filter through. **Workopolis and other job search engines** (<http://www.workopolis.com/EN/students/summer-jobs>) Pros: they pretty easy to use. Cons: Workopolis can be slow at deleting job postings for positions that are no longer available. **Talent Egg** (<http://talentegg.ca/find-a-job/>)

Pros: Talent Egg is dedicated to Canadian college and university students and self-acclaimed as the #1 most popular career website for Generation Y. Cons: This site can be more focused on entry-level positions instead of summer jobs (still worth a look though). **Kijiji** (www.kijiji.ca) Pros: Kijiji is turning into one of Canada’s most popular online directories and is frequently used by employers as a means of hiring. Cons: Job-seekers and employees can post on the same page which means that scanning the pages can be an annoying filtering process **Summer Camp** (ontariosummmercamps.ca or christiansummmercamps.ca) Pros: Easy to use and often a friendly experience. There are lots of options. Cons: Positions are usually only offered throughout July and August and the pay rate is not very high. With a revved up resume and CV and a dedicated search, chances are you will find the job you need. I wish you happy hunting.

A Chance to Change

JOHN SCHUURMAN
KIM KEEGSTRA

Once in a while there is an urge, an urge to step out, be noticed, and shine. To shine for God’s glory and live for Him, wherever that may be. Last month, Julia Soderholm’s article, “Making Home in the City of Hamilton,” about the different living options and choices for upper-year students, mentioned that there are more and more students who are deciding to move down the mountain, deciding to step out. Let’s realize that this is a chance to be noticed and shine for God. In Soderholm’s article, several great reasons were given for living downtown but one very important reason was omitted. Moving into the city is not just about the benefits. What if our lives didn’t revolve around us being as close as possible to the mall, theatre, or favorite coffee shop, and instead were focused on building and maintaining relationships with people on the margins of society? What would our lives look like? What would Hamilton look like? Have you ever stopped to wonder, “Why was I born in a house full of love and wealth? Why did I have a bed to myself, and enough teddies and toys to keep ten children occupied? Why am I not playing a game with rocks instead?” I think I have

found an answer: from those who have been given much, much will be expected. How can we not see this? To some, this city might seem murky, unlovable, dirty, and even hopeless on the surface. But Soderholm points out that there is also beauty in the city from the harbour front to the Art Crawl and more. I’m asking you to scratch a little deeper, look a little harder, and discover what we can take away from both visions. There are whole neighbourhoods that are just begging us to wipe away every misconception so we can look through the stains and see the people, look through the stability and see the hurt. In doing so, we will encounter people and see hurt in their eyes--and there will be pain--but let’s make them our neighbours. Jesus reminded us that even pagans love those who love them back. It is so easy to look around us at our safe, comfortable friends and love our “neighbours,” at least those we’ve chosen to be our neighbours. But Jesus doesn’t actually let us pick and choose; He simply says love. There is not a place or a time that we have to reach in order to start loving. Whether or not we live downtown, in this time and this place “let us throw off the sin that so easily entangles and run with endurance the race set before us”

(Hebrews 12:1). Even students who already live downtown need to make this choice. We can live at ease, blinded by the big plush cushions and duvets that we wrap around our hearts, or live with barriers stripped away and the freedom to love. That is how we will reach people who need us most. My reason for writing this article was not to disclaim any of the benefits of living downtown mentioned in last month’s article, but rather to show you a different, more meaningful side to living downtown. It feels hard to live for God in a culture saturated with money and with the desire for one’s own gain. I want to stress the importance of relationship, and how it really does make all the difference in the world. Maybe, as Marianne Williamson said, “our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us most. . . Your playing small does not serve the world.” Let us be burning torches, not flickering matches. Let’s start a forest fire. We have the chance to change lives, one neighbor at a time. We will march forth like an army and capture Hamilton by love.

The Cross in a Questioning Culture

Ed Knippers' Artistic Collection, Cross Purpose, First Time in Canada

LAURA HEMING

Throughout the centuries, the concept of the cross has collected much more than merely religious significance. It has become a culturally prominent symbol in fashion and media, in a society that may be blind to the depth behind the symbol itself. It seems to be a symbol that evokes much contemplation in those who do not necessarily resonate with Christianity. There is something about the cross that leaves it drenched with the meaning of the Christian culture, while welcoming contemplation of the human state and providing room for connections between our present condition as mankind and the suffering that comes along with being human.

Redeemer is privileged to be the first Canadian holder of Ed Knippers' collection Cross Purpose, an artistic exhibit that centres around the concept of the cross. The pieces in this collection, which are all varying items with the idea of the cross, have been accumulated over a matter of thirty years. The ages of these items span from as early as the 6th century to the present, including works from European masters, folk artists, contemporary artists and Medieval reliquaries. Some very well-known artists have contributed to this collection including Georges Rouault, Marc Chagall, Jacques Callot, Otto Dix, and Jacques Villon, just to name a few. Cross Purpose is part of a travelling exhibition loaned by CIVA, Christians in the Visual Arts, the only one with historical pieces included in it. Upon securing an internal research grant used to bring the exhibit across the border, Redeemer has the privilege to hold such an extensive and brilliant collection of work. Held in the art gallery until March 23rd, a series of tours will be held by senior students for both students and the public.

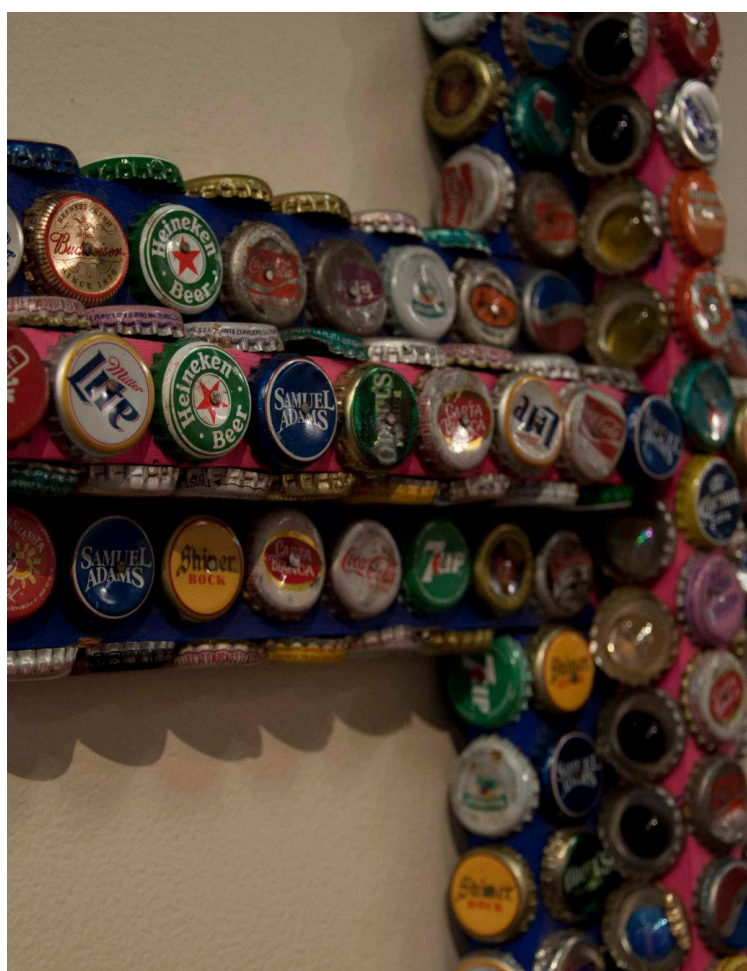
The exhibit embodies perspectives that are not strictly held by Christians, but rather from people exploring the meaning of the cross from outside this familiar view. Examples include perspectives which look at the cross in light of its connection to war, demonstrated by the exhibit which explores how the narrative of the cross can coincide with themes of suffering, sacrifice, and justice. The concept of God suffering as a man seems to be something that has closely resonated with artists, spurring on responses from various intellectual perspectives. Whether it's questioning the legitimacy of Jesus on the cross, reinforcing the idea of the shadow of suffering we live in light of Jesus' suffering, or tackling questions of how injustice makes sense in a world lavished in God's love, the phenomenon of the cross has bound together artists of opposing perspectives to a peculiar oneness that is unique to the concept of Christianity.

Misfit by Guy Chase is a creative depiction of artistic simplicity saturated in questions and perceptions of Jesus. The concept of the work is a piece of foolscap paper running horizontally against an envelope which is too narrow for the paper to fit in, shaping a silhouette of the cross. At first glance, this simple piece of art fails to communicate a clear message of any sort, and is something that an observer might simply pass by. This is exactly the response for which it was created; the depiction of a God who was walked past and ignored because he did not come in the beauty that people expected: "like a root out of dry ground, he had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him" (Isaiah 53: 2). He did not quite fit into society, and still today is walked by and ignored in a society that is filled with flashier things that primarily

pull in our attention.

This is just one of the many pieces that stand out in the collection which makes strong statements. A few other pieces to note include Jose D. Garza's Bottle Cap Cross, which is described as an example of an art form in the Hispanic community which transforms materials into art. It is a representation of how, within the community, little is wasted and the transcendent within the ordinary is ever-present. It shows our responsibility of stewards of creation. Also significant is The Road to Life by Prescott which depicts a road sign that has been shot and disfigured, rusted and bent. It has a poetic quality, as it speaks of the Christian, questioning the current state of Christianity in the face of our society. It is representative of 'Christendom under fire,' a concept that is very much a reality in a post-modern society, and which attempts to remain faithful to the gospel while at the same time figuring out how to be accepting of people who tolerate things that put a strain on the word of God.

Ed Knippers' collection gathers together thoughts and ideas of a nomadic society, a society that is attempting to grasp at the things of God and the embodiment of the cross as a whole. It questions a faith that we so often just accept because of heredity, because of convenience, or simply because we are told to. The deepening of roots that hold together an all consuming faith such as this is wandering, watering, and shedding light on dark areas. It is battling with the concepts of the cross and tying them into a life that we ourselves have not yet figured out. This collection is the diverse pool of questions, of insights, and of ponderings of brothers and sisters in a broken world, trying to piece together what we ourselves have broken.



BEST OF Hamilton

Best New Restaurant:

Burrito Boyz, 66 King St E

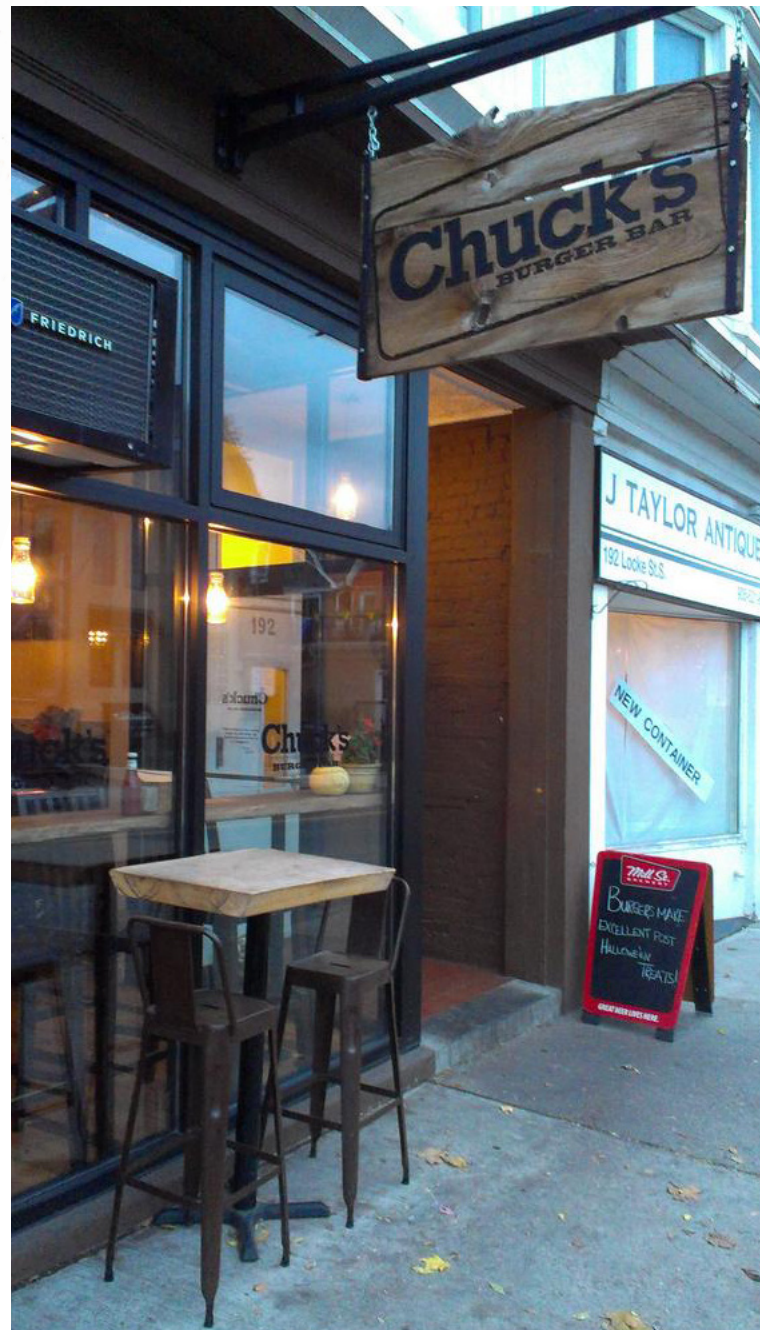
A small chain that began in Toronto and has been nominated as the best burrito of the city, Burrito Boyz has slowly been expanding across the GTA and has finally made its way to Hamilton. Dine in, take-out, and catering is offered for these fresh, authentic burritos made right in front of your eyes.



Best Burger:

Chuck's Burger Bar—194 Locke St S

Although the restaurant is small in terms of square footage, this open-kitchen burger joint is famous city-wide for its massive flavour, wide array of toppings and sides, and even gluten free options for the burger-loving celiac. However, be prepared to wait for a seat at this perpetually busy spot, or take advantage of their take out services.



Best Make-out Spot

Bayfront Park:

The jewel of Hamilton Harbour, Bayfront Park is one of those places that the city must have been like, “You know what? Let’s build a place for people to have fun.”

During the winter time, there is an outdoor skating rink and a William’s right beside it, so a nice post-skate hot chocolate should always be on the menu. If skating isn’t your thing, in the summer have a gambol rollerblading on the path between Bayfront Park and Princess Point.

Tip: If you have access to a canoe, there are some neat waterways in the Cootes Paradise bulrushes that you can paddle through and a few islands for a little exploring. Oh, and make sure you don’t misplace the paddle. (Talk about the ultimate buzzkill...)

“Makeout Mountain”

Obviously we cannot have a top four article about Hamilton without talking about makeout-mountain. Given that Hamilton is surrounded by the escarpment, there are often some heated disagreements as to what exactly constitutes makeout mountain, so allow me to share a few key locations:

A. The 403 Chedoke Radial Trail: Originally home to a set of train tracks, it’s now a recreational trail linking Hamilton to Brantford. Hamilton, home to 126 waterfalls, has a number of waterfalls that are within 15 minutes of Redeemer and are neat areas to watch as the water rushes down the escarpment.

Although partially eroded away, there’s still an old brick path beside the falls that makes for a lovely place to sit and watch the water flow by.

B. Sydenham Road: Linking Flamborough and Dundas, Sydenham cuts up the mountain and there are a number of convenient places where cars can park on their way up. In the evenings, the view of Dundas is magnificent, a canvas of black dotted by lights of the city. It’s one of those places that is equally nice in the winter where you can park the car and listen to some tunes (perhaps some Dave Matthews Band—“Crash Into Me”), snuggle up in a blanket as the snow whips around the car, and just enjoy life. Stop at Starbucks along the way to grab a pumpkin spice latte and you’re all set!

C. Dundas Peak: This is probably one of the more developed escarpment-viewing areas and has been argued by some to be the real makeout mountain. In the fall it offers some breathless views of the leaves changing colour contrasted by the modern city landscape. On some days you’ll be able to see a cargo train thundering along below your feet

as they dangle off the edge. In addition, there’s a small fire pit along the edge (although its use is probably frowned upon). To access Dundas Peak, park at Webster’s falls and take the Webster’s falls side trail to the peak (about 10 minutes).

Sulphur Springs Road:

It’s one of those long winding roads that the city never really got around to paving. Linking Ancaster to Dundas, this foresty drive is home to the Ancaster Wells, is criss-crossed by the rail trail, and is probably one of the nicest Ancaster drives to do in the fall. The Ancaster Wells are a neat place to stop. Take a break to try some natural spring water! If you park by the rail trail, enter the branch on the right side of the road (towards Hamilton). About half a kilometer down the trail there are a number of old-fashioned trains that the Hamilton Conservation Authority maintains at the Trail Centre.

Caution: Members of the community have posted signs along the rail trail requesting people to keep it PG so be vigilant of others if you’re there for a “mack-sesh”!

The Royal Botanical Gardens:

Did you know that at 2,700 acres these are Canada’s largest botanical gardens? For comparison, Redeemer’s campus is 90 acres. Sandwiched between Hamilton and Burlington, the RBG is a massive flower garden on steroids. Seriously, they have a bazillion different kinds of flowers and plants there and an afternoon stroll will have you smelling like a bottle of Chanel No. 5.

Highlight: The Japanese Cherry trees are a sea of pink when in blossom. If they’re early this year, they should be in bloom around Easter although mid to late April is more likely. If you park near the Rock Garden, the grove is right by the parking lot.

Tip: Most of the gardens are free after 5PM, otherwise you’ll have to shell out \$10 during the day.

Tip: You’ll often have to drive between the different gardens as they are not always within walking distance.

Bonus round: Afterwards, pop by Easterbrooks, a classic hot dog and burger joint that’s been there since the 30’s! Known for its legendary footlongs, it has a 1950’s retro style, a nostalgic atmosphere and could be a nice way to wrap up your afternoon. Assuming things haven’t changed, they only take cash.

Best Concert Venue:

The Baltimore House—43 King William St

A great place to catch a local band perform, take part in a dance party, or perform at an open mic, the Baltimore House has really covered all of their bases. With Edwardian inspired décor, a lot of comfy arm chairs, and yummy nachos, the only real downside of this venue is the quickness with which capacity is reached—if you're set on seeing your friend's band play, make sure you get there early.

Best Pub:

Coach & Lantern, 384 Wilson St E. Ancaster

A long-time favourite of Redeemer students, the Coach & Lantern has a cozy and friendly atmosphere, a solid selection of both food and drink, and is easily accessible for those living on campus. For those who are more interested in exploring the world of craft beer, check out the Honourable Mention for this category.

Best Pizza:

Bread Bar, 258 Locke St S

Bread Bar values sustainable and local ingredients, and serves a variety of creative and delicious meals. Their pizzas, which include toppings like their signature béchamel sauce, potatoes, prosciutto, and apples, never fail to surprise and satisfy.

Best Green Space:

Hermitage Ruins—Ancaster

Not only is the Hermitage, a large, abandoned residence found in Ancaster a creepy place to explore at night—it's also just plain beautiful. With a set of hiking trails nearby and situated in a quaint, rural setting, the Hermitage ruins are both a fascinating piece of Hamilton history and a good place to spend a quiet afternoon.

Best Waterfall:

Devil's Punchbowl, Stoney Creek

Located in Stoney Creek within the Devil's Punchbowl Conservation Area, this stunning ribbon waterfall falls from a height of 37 metres. The area also offers a fantastic view of the city from the top of the escarpment and the nearby Bruce Trail is available for hiking.

Best Coffee Shop:

Detour, 41 King St W, Dundas

Despite the fact that the trek out to Dundas from Ancaster can feel somewhat daunting, take a Saturday to pack a bag of homework, hop on the 5 downtown, and spend the day at Detour Coffee Roasters Café. This locally roasted coffee is heralded as some of Canada's best, and with trained and knowledgeable baristas preparing your drink, true coffee lovers will not be disappointed.

Best Group

Entertainment:

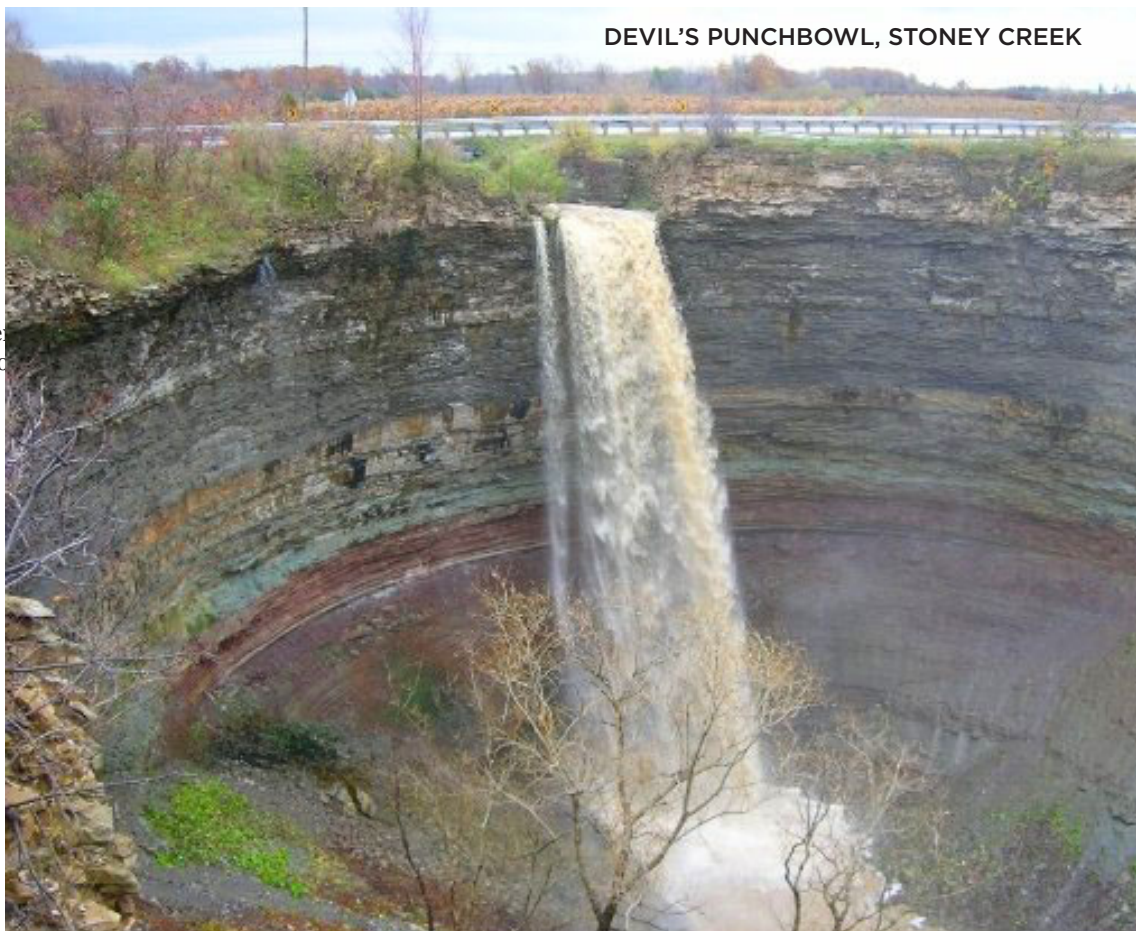
Splitsville—1525 Stonechurch Rd E

Bowling doesn't just belong in the category of bygone activities you did at Grade 4 birthday parties—it remains a great way to spend an evening with a group of friends. Make reservations ahead of time at this busy venue.

Best Food Truck/Stands:

Gorilla Cheese—the streets of Hamilton

Calling themselves “Canada's First Grilled Cheese Food Truck”, Gorilla Cheese tours the city with their warm, gooey wares in all seasons! Their schedule can be found on their website (gorillacheese.wordpress.com) but you are guaranteed to find them alongside the other food trucks at the annual Art Crawl on James St N.



SPLITSVILLE ENTERTAINMENT, STONECHURCH ROAD

Editorial: Redeemer Students pass at the polls

**BEN REID
EDITOR-IN-CHIEF**

Student Elections have once again come and gone! Yes, you heard that correctly, they are already done. An incredible four people ran for five positions. All uncontested. To top it off, a large

crowd of eleven people were in attendance for the virtually unadvertised election speeches, speeches that couldn’t be heard because they were in the commons and no one present knew how to work the sound system. As I sat outside the senate office during the two day voting period

the majority of people who got convinced to vote had no clue who or what they were voting for. Most did not know the candidates and decided to check the boxes randomly, or give the classic “yes”-to-all-candidates. In a surprising conclusion, all candidates got elected after achieving the

minimum 66% “yes” vote. I know many of you are disappointed that you missed the election craze but, don’t worry, another round is just beginning wherein we will get to vote for general senators and the VP of finance! All in all it was an embarrass-

ing election for both Redeemer and, especially, for Student Senate. Student Senate is quickly becoming irrelevant and it seems nobody cares.

Marriage: More Than Just a Walk Down the Aisle

**EMMA AND BRANDON
RICHARDSON**

After all the planning, renting, booking, and preparing, the big day has finally arrived. Hair is curled, shoes are shined, make-up is applied, and bow ties are tied. Everything is perfectly in place and the day you have been looking forward to for, in our case, twenty years has finally arrived. Flash. Where did the last twelve hours go? You have said your vows, smiled for a million pictures, thrown the bouquet, and had your first dance. After a million hugs and well-wishes you and your new spouse are headed off into this unknown adventure called marriage.

The wedding day is just that, a day. It’s what happens after all of the cake and flowers that really matters. Marriage. It is a concept that society today seems to view as a constricting institution that rarely ends in happily-ever-after. It is what you do after you have lived together for several years and are ready to start a family. In many cases it starts with good intentions but when something inconvenient hits the surface it is deemed best to go separate ways. These ideas may be what we see in media, through experience, and in society at large but does the Bible have anything to say about this thing called marriage? Can this downward spiral be stopped? How can Christians follow God’s direction in sticking together ‘until death do us part’?

The Bible is not silent on the issue of marriage. In fact, the Bible has a lot to say about marriage and the roles in which each individual plays in seeing its success. It seems that marriage is actually extremely important to God. So how can we fight to keep marriages strong, healthy and flourishing? Well, the Bible seems to give some direction in this regard. When really digging into what God’s word says about marriage, you cannot ignore the fact that gender roles have a huge part to play in making the bond strong. Whoa, wait right there.

Gender roles? Doesn’t that term inherently imply inequality? That men can do things women can’t do and vice versa? Yes, exactly. Men and women are different and have different strengths to bring to the table, especially in marriage. It seems that when husbands step up and be men in the way that God calls them to be and wives step up and be women the way they were innately designed to be, marriage is able to thrive in a whole different godly dimension.

In society today, Christian wives are faced with the dilemma of the ever-present societal demand that wives be independent, defining this as a major aspect of success, while also trying to hold onto the biblical truths of their role in marriage. One of the most difficult parts about this tension is that for many years culture has been fighting against the Christian view of how a wife should act. What is the first thing you think of when you hear “the Christian role of a wife”? That’s right, submission. This word makes most women cringe at the sound of it. Aren’t women in the 21st century supposed to be independent and able to make their own choices and take their own stand? Although submission is a key element (and we will get back to it) the Bible has a lot more to say about the role a wife plays in a solid marriage.

A wife is created to be in union with her husband. In Genesis 2, God creates a woman from man. Just in this act alone it can be seen that women and men are not supposed to be separate entities. In this same way, a woman is not a lesser party in the marriage but rather an equal half which when joined with the man makes a complete whole. The Bible also lays out a challenge to wives to have noble character, and to be hard working and virtuous. Women, if you have ever read Proverbs 31, you definitely know what I mean when I say, ‘challenge.’ The wife described is in no way portrayed as being weak in spirit or incapable of bringing a

lot to the table.

Among these things, the Bible does discuss how submission and respect are active and necessary roles for a wife to take on in order for a marriage to be fulfilling. The wife fulfills this role of submitting to and respecting her husband just as the Church fulfills its purpose by submitting to the will of God. In this way, submission is actually an act of glorifying God. Just as each member in the body of Christ has a unique role to play, each member of a marriage has a role to play. Rather than viewing submission as subordinate (as it is seen in society) it is better to see it as the fulfillment of a God-ordained role. And, in all honesty, if the husband is fulfilling his role (which may be even more difficult) submitting is really not so hard! If interpreted and lived out correctly, the Bible gives a holistic idea of what being a wife is all about. Even better, if the husband is also taking responsibility for what he is called to do, there can be great joy and love for both people!

It seems that women often get frustrated by the role they are biblically called to in marriage, but men are certainly not off the hook. In order to make a marriage thrive in a time where it is seen as not much more than disposable, men have to rise up and be the husbands they are called to be. This calling for husbands is definitely outside the picture the world has presented. More than anything, the husband’s role seems to lack definition. How are men supposed to act? Should they ‘rule’ over their wives? Should they be afraid of making their wives subordinate, and so instead cower alongside while the wife calls every shot? As usual, the answer to these questions and the defining direction for husbands lies within God’s word.

It is not that the Bible gives a list of tasks a man should perform in order to check ‘be a good husband’ off his list of life goals. Instead, the Bible gives some characteristics and mindsets that a man needs to take on in order

to fulfill his role as a husband. This key verse that can be read in less than two seconds is pivotal in defining a husband’s role and holds more weight than perhaps easily noticed; in Ephesians 5:25 Paul writes, “Husbands, love your wives just as Christ loved the church,” and he goes on to write, “Husbands ought to love their wives as they love their own bodies.” This is a big calling. Men are challenged to love their wives the way Christ loved the church. Is this even possible? Do we realize how much Christ loved the church? Christ laid down everything for us, the Church, including his own life. Are we to love our wives that much?

The answer in its simplest form is yes.

This passage suggests a complete change of thought from the cultural outlook on being a ‘provider’ or the ‘head of the household.’ This is a calling to gladly lay down everything for your wife, to care for her and love her as your own body and in every way to submit to Christ at the same time. It is to not only providing for her but standing strong for her, guiding your marriage with wisdom and making decisions that not only benefit yourself but in every way benefit her. There is a mystery in this calling that does not give any strict guidelines but rather a complete mindset of her coming first. The Bible says that the husband is the head of the wife; this role is not optional, and with it comes a huge responsibility. It is the type of love that continually keeps her best interest in mind. It is the most selfless role a person could ever imagine and it is a much greater calling than most men realize when they say, “I do.”

So how do these roles fit together and can they really create a marriage that counters the divorce rates in today’s culture (both Christian and non-Christian)? God has created wives and husbands to compliment each other beautifully. Incredible things happen when both members of the union comply to and

strive to fulfill their roles willingly with God’s guidance. When a husband is living in submission to Christ and is continually looking towards his wife’s best interest, it becomes easy for the wife to submit and work with her husband. Likewise, when a wife is acting in a virtuous, supportive and engaging way, a husband will want to provide for and love her in every way possible. It is a give and take that comes full circle, leaving both members fulfilled and ready to give more.

Now, this is extremely idealized and if you are reading this as a married couple you might be thinking, ‘Wow, that is not us.’ Honestly, this harmonious relationship will not be a 24/7, all the time kind of thing. It is a journey and a process but the important part is recognizing the benefits of living in accordance with scripture and God’s calling for the roles in marriage. It takes practice, selflessness, and work! You can be guaranteed that marriage is a lot of work both individually and together but the journey is worth taking.

Take a couple minutes this week and think of some strong married couples that you know. Likely you could point out characteristics in both the husband and wife that follow God’s direction on the roles of marriage whether they realize they embody these qualities or not. The Bible’s outline is a proven guide to moving forward in this adventure and when you can begin figuring out how it all works together, a beautiful, fulfilling relationship comes forth. So, whether married, engaged, dating or single don’t just dream of, or look back on, ‘the big day’ as the pivotal point in your relationship. It really is just a day. Instead, start looking at the rewards of a fulfilling marriage in the counter-cultural but totally biblical way of giving and taking in the fulfillment in your own role. This type of action leaves the best as yet to come.

Put It Down

SARAH-ANN WIJNGAARDEN

Welcome to parliament. This was incredible; I had a balcony seat, and now had the opportunity to see our leaders in action. It was question and answer period, a time where different political parties discuss important and critical ideas. This was my grade twelve year, and I wanted a story to tell my friends when I got back home. I got my story.

I fixed my eyes intently on Mr. Speaker, and then glanced at each member there. Each one displayed an air of importance and ambition. They were distinguished. Two men in expensive suits caught my eye. ‘Those men must be the leaders,’ I thought. But both men weren’t defending why our country should seek environmentally friendly options. They weren’t even participating in the discussion. Narrowing my eyes to get a closer look, I noticed exactly what both men were doing. Thumbs flying, they were texting. My story of our leaders.

His shoulders stooped, weary from their burden of agony. He spoke--an accent thick, proud, humble. This was Remembrance Day and he was our guest at Redeemer. He told us of the war he had seen, the war he had heard, and the Lord who had carried him. I listened intently, wanting to respect him, wanting to honor him and his family. But I was distracted by a girl right beside me. Thumbs flying, she was texting. Is this how we remember at Redeemer?

History class. The professor honoured his topic, as usual. He knew the importance, and wanted to share it with us. He had researched it with respect, caring for the people of the past. I wanted to know these people’s stories too. I wanted to know who they were, what they believed. Then I saw his expression change, defeat and sadness on his face. I followed my professor’s gaze and found a boy at the end of it. Thumbs flying, he was texting. History didn’t matter anyway.

Church. We sang, “Take my life and let it be, consecrated Lord for thee. Take my moments and my days, let them...” I lost track of the words. The light of Samsung caught my eye, and I saw some people beside me. Thumbs flying, they were texting. It’s okay. The song wasn’t important anyway.

Are there exceptions to those situations? We could make some. The parliament leaders? Both of their wives were pregnant, and they needed to make sure they were okay. The girl at the Remembrance day ceremony? She was telling her friend where the ceremony was. The boy in history class? He was telling a friend to wake up and get to class, because the topic was something his friend really needed to learn. The people in church? They were really looking up Bible verses.

Maybe. But I don’t think so. Our phones never leave us, even

when there is something or someone so much more important that we need to focus our attention on. We just can’t seem to put them down. It isn’t my intention to judge, but we need to ask ourselves: why do we have phones? To be more connected, right? What if we cared enough to stop texting for a few minutes to connect with the people around us? What if we stopped trying to know exactly what our friend is doing at that exact moment, and took the time to see what is happening in our world at that moment? What if we paused our status updates, and cared enough to listen?

What are we saying when we text and do not give someone our full attention? The other members of parliament, the war veteran, the professor--all of them deserved to be heard. When did we begin to think that they lost that right? Can we be, like it suggests in James, “slow to speak, and quick to listen” when we aren’t even showing the speaker we know they’re there?

The instance on Remembrance Day struck me hard. How can we remember when we can’t seem to forget our phones? We are called to “[bear] with one another in love” (Ephesians 4:2b). On Remembrance Day, we have an opportunity to visibly bear with one another--to stand with each other out of a mutual love and respect. On a day so full of hurt and loss, the love of God is so needed, so necessary. But will we put down our phones long enough to show we care? Think of a moment in your life when everything seemed wrong. What was the most powerful sign of someone’s love in that moment? Was it the cards or the words? Or was it the beautiful gesture of a presence, of someone there? We need to put down our phones long enough to bear with one another in love, to be there for one another.

The most piercing instance was the church service. God deserves to be worshipped. The Most High King deserves our time, our absolute full attention. We want to be heard, and it is always a comfort to know that God listens to our prayers. But how dare we expect Him to listen to us, when we do not take the time to listen to Him? How can we be attentive to His Spirit when our loyalty has gone from Him to a cellular device? How can we be sensitive to His standards and sing about having our lives consecrated for His glory when we choose such a pitiful thing over Him?

Cell phones have uses. However, we really need to consider exactly what those uses are, and when they are appropriate. My hope is that we become a considerate people, taking enough time out of our day to bear with one another and to seek the Living God. My hope is that we put it down.

O Father, Where Art Thou?

MICHAEL EMMANUEL

His was a quiet career, overshadowed by the scandals, infighting, and intrigue. Sadly, the thing he will probably be remembered for most is quitting his job. On Thursday, February 28th, at 8:00 Roman time, Pope Benedict XVI was the first Pope in just under 600 years to resign from office. Not since the “Great Western Schism” in 1415, when there were rival claims to the papacy, has a Pope resigned form office. The decision, causing a stir among the media who had largely ignored him, did not come without its controversy.

Some fairly criticized the former Pope for his minimal cultural influence, or for his weakness as a public figure. Australia’s most senior Catholic cleric, Cardinal Pell, opined that Benedict’s weak political skills had failed to bring the Catholic Church together. Furthermore, his decision to resign might set precedence for future Popes the public wants out of office. Cardinal Pells claims are hard to argue with. Unlike his predecessor, Pope John Paul II, Benedict remained out of the public eye, except when scandals like the Vatileaks in 2012, where documents exposing corruption within the Vatican clergy, were released to the press. Most Europeans, according to polls taken

by Time Magazine, feel Benedict had no influence on their lives. Corresponding to this were statistics suggesting that a growing number of Europeans feel their political leaders shouldn’t listen to statements made by the Pope or other local bishops. Even in countries like France, famously Catholic, the influence of Rome is dwindling.

However, criticism of the late Pontiff ought to be checked by the understanding he is due for maintaining traditional conservative Catholic values during the stormy waters of his day. The ex-Pontiff, elected after one of the shortest conclaves in history, perhaps an omen of his short reign to come, was 78 when he was elected in 2005. Despite being one of the oldest men to don the papal robes in over 200 years, Benedict managed to pen three encyclicals on charity, hope and love, with a fourth about faith on the way. His time in office was marked by a return to doctrine and a return to the proper interpretation of the Second Vatican Council, the council that propelled the Catholic Church into the modern era during the 1960s.

And of course, one must take into account the scandals the church faced during his reign. In a farewell speech to over 100,000 onlookers in St. Peter’s Square, Benedict talked about the stormy

waters the church faced, what with the pedophile priest travesty and the infighting between Vatican Cardinals. Benedicts rule was not an easy one.

Now millions of Catholics wait to here who will be the next father of the Church. Who will next take up Peter’s keys to the kingdom? Among the potential candidates are Cardinal Peter Turkson from Ghana, Cardinal Angelo Bagnasco from Italy, and Cardinal Marc Ouellet from Quebec. This conclave, which will start later this month, could result in the first non-European to be elected to the papacy in history. As for now, over 140 cardinals have already arrived at the Vatican to prepare for the conclave with prayer and meditation.

Meanwhile, all of us at home can pray that God would direct their decision. Like me, most of us at Redeemer are not Catholic. Nevertheless, it is still important that God blesses the Catholic Church with a leader who will stand firm against the growing tide of secularism in the West and Islam in the East. Especially when many, even within Catholicism, are hoping for a “freer” and more “open” Pope, now as ever before we need a Pope who will be the rock like Peter was, boldly proclaiming the truth of the great Father we all share.



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Reformed Episcopal Anglican Church in North America

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Redeemer’s Jesseca Brown named OCAA West Rookie of the Year

PETER REID

It was a big day for the Redeemer Royals women’s basketball program and it’s future as 1st year Jesseca Brown captured the OCAA West Division Rookie of the Year award, was named an OCAA 1st Team All-Star, and was named to the OCAA All-Rookie team.

Brown led the Royals to their first win in 7 years as the team finished the season with a total of 6 wins. As a rookie, she finished in 6th overall in the entire OCAA in scoring with 17.2 points per game. She finished with a total of 310 points for Redeemer in 18 games. Brown also had one of the best seasons ever by a Redeemer Women’s Basketball player. She broke the Redeemer record for points in a season by 1 point as she bumped Redeemer Hall of Famer Anita Kralt down to 2nd place (309). Her 17.2 points per game tied Kralt in 1st place with the best points per game average ever by a Royal.

Not only did Jesseca break a number of season records, she also set a number of game records. Brown now holds the top two spots in the Royals record book with her 31 and 29 points this season against Niagara (the final game of the season) and Sault College. She also sits in a tie for 3rd place with her 27 points she scored against Mohawk in the 1st semester.



Unaware Patient-itis: An Epidemic

JORDAN MILLER

Wrapping up another year working at Redeemer University College, there is a consistent trend amongst the patients I have worked with which, in my opinion, is quite blaring and semi-alarming. An epidemic prevalent amongst all demographics, from varsity athletes, to the least active on campus, and, although not an immediate danger to anyone, one which should be addressed in my second attempt at a Crown Article. (This is serious business folks!) Unaware Patient-itis. Yes, it’s a real thing, and it could be affecting someone near you. Unaware Patient-itis: the absolute lack of knowledge an individual patient has toward his or her own injury, as well as the prevention/treatment involved with said injury.

In this article, I will quickly run through some basics you may need to know in case of unexpected aches and pains involving athletics or general daily activities for that matter. If any of these points bring about further questions or concerns, please do not hesitate to address them with me. Wikipedia is NOT a reliable source to refer to!

Soccer’s “Healing Spray”

Many of you know from watching professional soccer at various levels, athletic trainers at such a high caliber of play are fortunate enough to be able to afford and utilize a spray that immediately heals all ailments. This spray

does nothing. As proven by medical research, and written about time and time again in highly respected peer-reviewed journals, neither heat rubs (atomic/tiger balm) nor cooling spray (as seen on the sidelines of any professional soccer pitch) have any physiological benefit. These therapeutic tools do not benefit tissue beyond the fatty layer found immediately below your skin, although they do feel nice and can help an athlete in mental preparation for an event.

Sprain vs. Strain vs. Charlie Horse vs. Tear

A “Sprain” is the stretching and tearing of a ligament, which is the collagen-based structure connecting two bones in a joint. A “Strain” is the stretching and tearing of a tendon, which is a collagen-based structure connecting a muscle to a bone. In other words, you sprain your ankle when you roll it, you strain your hamstring when you sprint without a warm up. A “Charlie Horse” is an “Intramascular Haematoma” or a bruise inside of a muscle generally caused by a direct blow to the muscle belly. A “torn” ligament or muscle is a qualitative measure of either a sprain or a strain in technical terms; however, it has been used amongst general populations to describe a third-degree sprain or strain which is complete separation of the tissues.

Fracture v. Break

Broken and fractured bones are technically the same thing, “broken” being a common term amongst the general public, and “fracture” being the medical terminology. In saying that, a lot of people use the term “break” to describe a completely snapped bone with no remaining fibers intact to hold the two ends of a bone together. There are many classifications of a fracture health-care professionals use to describe trauma and potential rehabilitation considerations; they can easily be identified through understanding the mechanism of injury and x-ray imaging.

Ice v. Heat

Many people have heard such expressions as “ice a joint, heat a muscle” when it is quite simply not the case. Ice causes “vaso-constriction” or reduced blood flow to an area, whereas heat causes “vaso-dilation” or increased blood flow. When you understand this, the principles are easy to work out logically. Icing during the inflammatory phase of an injury (first 24-48hrs), after initial damage or aggravation of healing damage has occurred, will help to reduce inflammation, therefore reducing pain and increasing mobility in the short term. Heating during the remodeling and maturation phases of an injury (72hrs +), when the tissues are healing and scabs are

being replaced by newly formed and stronger tissue, will help to increase blood flow, therefore supplying nutrients to an area in need. So if you sprain your ankle, you should ice for the first 2 days solid, always icing for roughly 15 minutes with a 45 minute break in between sessions. Once the ankle has started its healing process, around the 4 to 5 day point, you should start heating it for 20 minutes at a time with no real breaks required between sets, encouraging blood flow toward that specific area.

Stretch Before vs. Stretch After Activity

We can start this conversation by saying that the number one technique for stretching in terms of gaining range of motion and preventing injuries is static stretching (holding a position for 30 seconds). The drawback to static stretching is that it has been shown to reduce the power output of a muscle by substantial values for up to several hours after the stretch has been completed. Therefore, despite the fact that the gains in flexibility are not quite as effective, a five minute jog followed by dynamic stretching (lunges, toe touches, butt kicks, high knees, etc.) is your best bet for pre-activity injury prevention, with static stretching immediately following an athletic event. Simple cardiovascular warm ups (getting a light sweat going) prior to activity, with static stretching after exercise is

the number one tool for injury prevention and should never be downplayed in terms of long-term health and general wellness.

What Causes Cramping?

Cramping is simply a spasm within a muscle belly, caused in the vast majority of cases by muscle tightness and dehydration. To prevent cramping, a well balanced diet, sufficient consumption of fluids, and stretching are fail proof and they also happen to be the primary treatment after cramping has occurred. Potassium is generally accepted as the electrolyte that is knocked out of balance the fastest, and therefore foods that are high in this mineral (Lima Beans, Potatoes, Spinach) can be highly beneficial in both prevention and treatment of cramps.

Although incredibly brief and definitely over-simplified, these are, in my experience, the six most common questions people ask involving their injuries and health surrounding activity. As I mentioned earlier, questions or comments about these or any other issues you may brainstorm are always welcome, although my hope is--for your sake (you definitely don’t want to be in pain and I am an awful conversationalist)--that we don’t have to have too many professionally-driven conversations.

Until the next time (and for your information, I am as shocked as you are that I was invited to write another article!).

Wayne Harris Named CCAA Coach of the Year in Last Season with Royals

PETER REID

Redeemer Royals Men's Volleyball Head Coach Wayne Harris has been named the top men's volleyball coach in Canadian College sport as he was awarded the CCAA Coach of the Year Award at the National Championship Awards Banquet on Wednesday. The award is historic for Redeemer as it is the first CCAA Coach of the Year award for the Royals in its history. It is a fitting end to the season and to the career of Coach Harris as Wayne expects to step down as Head Coach this season.

Wayne Harris has brought stability and success to the Redeemer Royals volleyball program for the past 5 years. His calm and mentally tough teams have been built on excellent ball control and an intelligent approach to the game.

This is the first time since 2005 that a coach at an Ontario institution has won the Men's Volleyball CCAA Coach of the Year Award. This is also only the 5th time in the awards history that the winner has come from an Ontario Men's Volleyball program. Coach Harris has been nominated for this award before. In 2009-2010, Harris won the OCAA Coach of the Year Award but came up just short of winning the National Award.

Harris was honoured to receive the award saying, "Given the number of excellent coaches that work in the CCAA, winning this award is a great honour and completely unexpected".

When Harris was asked what winning the award meant to him he said, "It means that we did some very, very good things in our program this season, that we played this game we love with passion, precision, and purpose. It means that I was able to work with outstanding, 'coachable'

young men and an excellent coach. This award belongs to the 16 of us who shared a vision and worked tirelessly towards building the team we became."

Athletic Director Dave Mantel applauded Wayne for his time and impact as a member of the Royals Coaching Staff. "Every student-athlete that we've asked, has praised Wayne for his leadership, knowledge, and attitude towards them", said Mantel. "Wayne is always respectful of everyone and demanded the same from his team - something which both Wayne and everyone associated with Redeemer is very proud of. We are very thankful for the time, effort, and care that Wayne has invested in to the program. He is a special man and his regular appearances on our campus will be greatly missed"

With Wayne stepping down from head coach duties, this gold standard of coaching is likely to carry on, as Brad Douwes, who shares the title of CCAA Coach of the Year in many ways, has studied the game under Harris's guidance for the past 3 seasons. Mantel added, "Brad's energy and attention to detail, along with his knowledge were also key contributions to the team and are a big part of why the team has excelled." Redeemer's men's volleyball program is not likely to fall off from its current level of excellence. Harris will continue to support the program while Douwes takes over the official coaching duties next year.

"Wayne's built a very strong program at Redeemer," says Ray Sarkis, CCAA men's volleyball convenor. "The Redeemer Royals have risen to the top thanks to his coaching experience and great recruiting, and they've enjoyed great results this year."

The squad ranked as high as second place in the CCAA national rankings, qualified for the OCAA provincial championships, and took home a bronze medal. The Royals finished with a 14-4 record which included a record-breaking 11 game win streak.

Harris is a NCCP certified coach with over 30 years' experience. He's earned three OCAA provincial medals in the last five years, and his goal as a coach is to have every player committed to the team. Wayne will be completing his career at Redeemer and stepping down as one of the most successful Head Coach's in Royals history. He finishes his Redeemer coaching career with a record of 57 wins in just 5 OCAA seasons.

Other candidates for the 2013 CCAA Men's Volleyball Coach of the Year were Nathan Bennett of the Capilano Blues, Justin Lynch of the UKC Blue Devils, Steven Russell of the Medicine Hat Rattlers and Paul Tamburrini of the Griffons de l'Outaouais.

Harris received the award Wednesday, March 6 at the Coca-Cola CCAA Championship Awards Banquet at the 2013 Ironwood Wealth Management Group CCAA Men's Volleyball National Championship in Welland, Ont. CCAA Coaches of the Year receive a customized ring provided by Jostens, the official ring supplier of the CCAA Championship Awards Banquet.

The 2013 CCAA Ironwood Wealth Management Group Men's Volleyball National Championship takes place March 7-9 at Niagara College in Welland, Ont.



Coach Profile: Wayne Harris

- Redeemer Royals Men's Volleyball Coach from 2008-2013
- 57 wins and 29 losses over the course of 5 seasons
- 4 Championship appearances in 5 years
- 3 OCAA Medals in 5 years (Bronze: 2009-10, Silver: 2010-11, Bronze: 2012-13)
- OCAA Coach of the Year and CCAA Nominee in 2009-2010
- 11 All-Stars, 3 All-Canadians, 1 Player of the Year in 5 seasons
- Expanded recruiting base across the Country (specifically B.C)
- Initiated Christmas Break exhibition trip out West
- Led 8-10 team to OCAA Silver Medal
- Took 5-6 team in 2007-08 to 12-4 in 2008-2009 in first year coaching
- Captured 1st OCAA Men's League Sport medal for Redeemer in 2009-10
- One of Redeemer's Winningest Men's Coach's in Royals history
- Coaches in the very competitive OCAA West Division

2012-2013 Accomplishments

- 14-4 Record
- Tie for 1st place in the OCAA West Division
- 9-3 Exhibition record.
- Humber Cup Champion
- Seneca Sting Tournament Runner up
- OCAA Bronze Medalists
- OCAA Coach of the Year

Redeemer knocks off Niagara to win OCAA bronze

PETER REID

OAKVILLE, Ont. (February 23) -- Having entered the 2013 OCAA Men's Volleyball Championship as the second seeded team out of the West Division, expectations were high for the Redeemer Royals.

So when they were bounced from the quarter-finals by their city rivals from Mohawk, they needed to re-group as a unit and ultimately did so, defeating the Niagara Knights 3-1 (23-25, 25-18, 25-22, 25-17) to win the OCAA Bronze Medal.

"On Thursday night we had a team meeting and I said 'Guys, I need you to tell Brad [Douwes] and I what you want to do.' A lot of teams who come to play for gold, stop when that door closes," Redeemer head coach Wayne Harris said.

"They said they weren't ready to be done. Veterans on the team said, 'We are not ready to be finished our season.' While it wasn't what we were aiming for, they did re-focus and played three really good matches and they do bring home a bronze medal. So I'm really proud of the way they re-focused, despite the deep, deep disappointment."

The win for Redeemer comes despite the fact that Niagara held the statistical advantage in nearly all areas, from kills (51-46), to aces (5-2) and total offence (63-60).

The two areas where the Royals were better than Niagara were blocks (12-7) and digs (48-46).

On match point, David Klomps put an exclamation point on the victory with an emphatic stuff block to secure the bronze.

Aaron VanderLught led Redeemer with 18 points (11 kills, seven blocks), while Klomps (nine kills, one ace, two blocks) and Calvin Fast (eight kills, one ace, two blocks) also hit double-digits.

For Niagara, Sam Youlton was the high point-man with 21 (17 kills, one ace, three blocks), while Shayne Petrusma had 20 (19 kills, one ace).

Notes: Redeemer wins their third OCAA medal of all-time -- now with two bronze and one silver -- with all three coming in the past four years. Despite falling short of medalling, Niagara is the only team -- other than the champion -- who still has something to play for. The Ironwood Wealth Management Group 2013 CCAA Men's Volleyball National Championship will be hosted by Niagara, March 7-9.

Source: Sheridan College





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