



## Grüß Dich von Landstrasser Gymnasium, Österreich

Twenty-six students and staff spend nine days visiting Riverside and exploring the Canadian cultural landscape

Taylor Campfield - staff reporter

Riverside carried on its tradition with its sister school in Austria by hosting 26 students and three staff members from Landstrasser Secondary in Vienna. The yearly exchange is hosted by counsellor Brian Kenny and is designed to allow students to experience cultures and traditions in another country.

The Austrian students arrived in the Riverside library Monday September 17 to stay nine days with Riverside students and their families.

Next March, 25 Riverside students will travel to Vienna to visit the families of the students they hosted this September.

When our students visit Landstrasser in March, they will get a chance to see if Austria is as different to them as Canada is different to the Austrian students.

One of the first positive impressions the Austrian students received was the sheer size of Canada. "In Canada everything is so much bigger and better," said Julian Trubel.

The students visited downtown Vancouver, to see all of the different cultures, and they were amazed at the variety. "Vancouver has more cultures than Vienna.

Commercial Drive and Chinatown were great," said Raoul Bruck.

In preparation for the Austrian students' arrival, Riverside hung a large banner in the foyer, and put information on the school's website.

The Landstrasser students' first day was spent accompanying their hosts to their classes to get an idea of what school routine in Canada is like. Class schedules are different here with the main differences being the slightly shorter days and our semesters versus their all year

**Vancouver has more cultures than Vienna. Commercial Drive and Chinatown were great.**

**-Raoul Bruck**

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photo R.Pope/Eddy

**Austrian students and their hosts pose for a souvenir photo before boarding the bus to start their journey home. Students spent nine days with Riverside families and explored cultural sites of the Lower Mainland.**

programs. Students were given a variety of tours that allowed them to see as much of the Canadian environment as possible.

"The funniest experience that the

Austrian students had was when they were canoeing [Widgeon Creek]. They were carrying their rafts because of the low tide and they saw a mother bear and her cubs up close on the shoreline.

They all took their pictures, but then a couple of girls walking past the bears screamed. The bears ran away, but then came back. Everyone got a chance to see them," said Mr. Kenny.

## Team building is what camp Zajac is all about

Selena Banser - staff reporter

Sometimes it helps to drive away the butterflies by getting a head start on things. Over the summer, the Green Shirts and Leadership students at Riverside secondary spent two nights at Camp Zajac to work on team building and to come up with ideas to make the new grade 9's feel welcome, and comfortable about high school life.

The Leadership volunteers spent the majority of their stay at Camp Zajac brainstorming ideas to make the first few days of school more fun and less stressful for the grade 9's. This year, in September, they had a grade 9 Previews Day, where the grade 8's came to Riverside for half a day before school started.

They got a tour of the school, were given their schedules, and they had hot dogs, chips, cookies, and pop for lunch. During the first

week of school, there was an activity and a treat for every grade 9 each day. They had cupcakes, freezies, and ice cream sandwiches. "I thought the previews were a great way to make the grade 9's feel more comfortable about Riverside and less stressed out about the transition and changes," said grade 9 student Emily Chan.

The Green Shirts and Leadership Students didn't just brainstorm ideas for the grade 9's at camp, they also discussed projects the whole school could take part in.

This year there is a carnival planned for spring for the whole school, and a lounge where students and teachers can relax during exams.

The Leadership crew also took part in the activities that Camp Zajac had to offer, which included

low ropes in the woods, kayaking, canoeing, archery and hiking.

They also worked on some team building activities. Riverside staff has worked closely with the Leadership program and believes in its benefits. "They are working together to become a group of socially responsible students," said vice principal Laurie Ebenal.

A typical day at camp Zajac was waking up, eating breakfast, team building activities, brainstorming, working with groups, eating dinner, and sitting around the camp fire.

Students' favorite activities at Camp Zajac this year were planning and doing skits, and enjoying the camp fire. "My favorite activity at camp probably had to be the bonfire," said grade 11 Green Shirt Vanessa Wattamaniuk.

The responsibilities at camp were



photo Bryony Edward

**Henry Kang, Misato Hamanaka and Vanessa Wattamaniuk try on the newly designed Green Shirt T-shirts.**

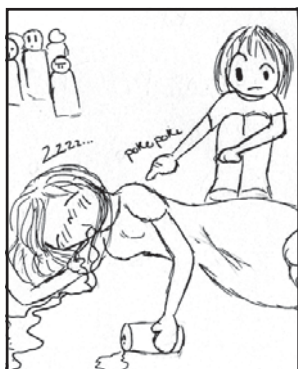
basically representing Riverside secondary school, and leaving the camp in better shape than when they got there.

"I joined Leadership because I was amazed by how many people

wanted to help out around the school," said grade 12 Green Shirt Adam Kveton. Students also joined leadership because they wanted to make a difference, meet new people and become leaders.

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**Dance Futures?**  
Will a few Bozos ruin it for the rest of the students



3

**Parent Barbecue**  
Riverside's staff and students host a meet & greet for parents.



4

**Soccer**  
The boys are tearing up the league. Is this their year?





Thursday, October 4, 2007 - Vol. 12 No. 2

# Goodbye dances?

Megan South-Flett - Op/Ed Editor

School officials are considering putting a stop to Riverside's dances unless steps are taken by some students to reform their behaviour. The last couple of dances have been Gong Shows with fights, drinking, and vandalism.

Its one of the things that trouble adults the most: the possibility of violence. When brawling it out on the dance floor there are not only risks for the combatants, but for those around them. Just stop. Horsing around was unacceptable throughout elementary and middle school, its no different here.

Next concern, inappropriate conduct: no matter how hyped you are or how alive you are feeling, please refrain from doing anything that would make a longshoreman blush - at least not on the school grounds where everyone can watch.

Students do appreciate the dances, "They're great opportunities for the students to plan an event; Leadership and the marketing students. they work together to make the event happen," says Kristina Morgan, grade 12. "It's a good place to hang out with friends," says Kyle Packham, grade 12. All too true; experience can only help a person learn and grow, and a dance can provide an evening like no other; its an opportunity to practice social skills, revamp dance steps, and just have fun.

So far the Winter Ball is still a go, but unless Riverside gets its act together that will be the only dance this year. One important fact remains: dances are not a right. Dances are held because staff members are willing to help organize them and give up their own free time in order to supervise. Riverside is in fact one of the few secondary schools left that still supports dances.

What can you do? Be responsible and if your friends are planning something inappropriate, remind them that it's not just their fun that's at risk. The principle is the same: if you abuse it, you lose it

# Change the only constant

Last year we saw popular principal Chris Kennedy leave to accept an assistant superintendent position in West Van., and this year we have yet another new principal, Mr. Scott Robinson. During Riverside's 11 years it has gone through 16 different administrators including five different principals. With so many administrative changes there is bound to be confusion, anxiety, and frustration. Fortunately this year that may not be the case. Principal Robinson intends to keep things running the way they were when Kennedy was on the job.

Robinson understands how unsettling these frequent changes can be for everyone and doesn't want to change anything in an already productive environment. He plans to observe and evaluate and support the many successful initiatives Riverside has going.

Right now his main objective is to get a feel for Riverside and its community, meeting and interacting with the Leadership students, student council, the staff, and the student body as a whole in order to learn from all perspectives. Continuing with what Kennedy started is the right thing to do - Riverside's reputation will remain that of a model school with an excellent staff. Hopefully principal Robinson will be afforded enough time to make this his school.

*The editorials that appear in this space represent the opinion of the Eddy. They do not necessarily represent the personal views of the writer. The positions taken in the editorials are arrived at through discussion among members of the Eddy staff.*



# POINT POINT

## Shirley Bond wants to be your mom



Welcome to the 21<sup>st</sup> century, where leading a healthy lifestyle seems to be becoming law. The provincial education ministry is meddling again and has declared that students will all be required to have 30 minutes of exercise daily. Junk food will also be banned from middle and high schools by September 2008. Education minister Shirley Bond wants to be your mom.

What will this mean for students in B.C.? For elementary schools there won't be much change. However, for middle school and high school students it means no more A&W on Wednesdays unless you're willing to walk 15 minutes to get it.

But what about the minimum of 30 minutes of exercise a day? What is the school board planning to do, interrupt science class to take a walk around the field? Sure it's easy to make sure that everyone who's in grade ten or under has that average of 30 minutes a day: it's called P.E., but it's not that easy for grades 11 and 12. Do we extend the school day? If the thirty minutes aren't monitored they'll be ignored.

The only way of making sure the grade 11 and 12 students reach the requirement is if they give up an elective. That's not so bad for a grade 11 student but what about the grade 12's? In grade 12 students take courses they're good at in order to post a good GPA for university entrance. So if they are required to take P.E. and they're not the athletic type, won't that result in a drop in their GPA? That's not exactly what the district wants, and its certainly not what the senior students want.

The district has already set in place a way for grade 11 and 12

students to get exercise. They have to have 80 logged hours of physical activity in order to graduate, but that's just another ineffectual ministry initiative because kids just fudge the data.

It's not just about the physical activity. After all the ministry is also banning junk food. The provinces efforts are lost if as soon as kids leave the school they hit the local convenience store for some chocolate and Slurpees or as soon as kids get home all they do is eat junk food and watch TV. That's not healthy either.

If by grade ten a student doesn't have good exercise habits, is two more years of P.E. or some type of exercise program going to change that? The answer is no. The ministry of education should stop dressing their windows with useless, politically motivated initiatives and work on making P.E. enjoyable enough in years 1-10 so that students will take the joy of physical activity into their senior years. Leave the important life skills to the real moms.

## One in four already at health risk



It is time to bite the bullet and accept the inevitable. Starting in September 2008 the B.C. government will be issuing a mandatory 30 minutes of physical activity a day, as well as removing junk food sold in school cafeterias and vending machines.

Now hold on a minute, let's think this through. So those of you who dread P.E. can catch your breath; you are not required to take another P.E. class. If you are already in P.E. for grade 11 and 12, kudos to you, keep up the good work. But for the rest of the student body we have some shaping up to do. And yes, you may not be able to buy as many sweets or deep

fried snacks that you are used to. But this is all being done to help prevent serious risks like diabetes and heart disease, because according to stats; one in four of us is obese.

What's 30 minutes out of your day? Could it really do any harm? No. Is it a pain? Yes.

Obesity; everyone's heard of it, it's a mainstream issue. Statistics show that as close to one in every four children is obese or on the verge of becoming obese. What does that say to you about the situation? If you pair this up with the fact that only 20% of students walk to and from school today opposed to the 1980's 50%, it's not all that surprising anymore.

Instead that little extra exercise a day is being exchanged for sitting in front of the computer and the television. As a society we are slowly becoming more ignorant with each generation. I can already see our life expectancy dropping. What exactly does obesity do to

your body and mind? The list is endless, but here's a small example of what one could experience: depression, possible development of type II diabetes, increased risk of developing cancer and heart disease, and premature death

Education minister Shirley Bond's long-term goal for this program is "...to embed the habits of regular activity and healthy eating in students in hopes they'll keep up the lifestyle as adults..." She is trying to succeed where many families have failed.

As little as walking to school could be enough; making your way to and from on foot could easily make up that 30 minutes a day.

This new provincial initiative will no doubt help British Columbia establish its reputation as having the highest health standards in Canadian schools. We would not only live in one of the most desired places to live, but in one of the healthiest.

**the eddy**  
riverside secondary

The Eddy has been the independent voice of the students of Riverside Secondary since 1996 and is produced monthly by the Journalism 11 class. Journalistic styles and standards conform to those of the Canadian Press. The Eddy welcomes letters to the editor. Letters, however transmitted, must be signed and free of libel. Additional articles, writing, and opinion pieces are accepted and will be published as space allows. The Eddy reserves the right to edit all submitted material for brevity, and style. Advertisers can reach the Eddy at [eddy@sd43.bc.ca](mailto:eddy@sd43.bc.ca) or by contacting Riverside Secondary.

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# Down by the Riverside

## What was your first impression of Riverside?



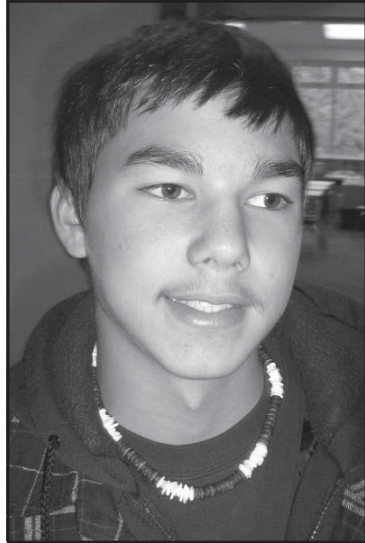
**Alex Dumaine**

"I'm liking the babes, and there's a lot more to do."



**Anastasya Shults**

"It's big and it's cool."



**Tyler Shaw**

"It rocks my socks off."



**Erin Balzer**

"At first I didn't like it, but now that I'm used to it, it's good."



**Tyler Toscani**

"Lots more kids, and it's a lot bigger than middle school."

# And here's to you, Mr. Robinson

### Riverside welcomes new principal Scott Robinson, its 5th principal in 11 years.

Elliot Kim - staff reporter

New principal Scott Robinson plans to support many of the positive programs that Riverside offers and also plans to observe and consult before making any significant changes.

His priorities are working on students' transition from middle to secondary, supporting technology initiatives, improving graduation rates and working to curb vandalism.

Mr. Robinson cites one of his biggest challenges as getting to know the unfamiliar community. "I've only been here for a few weeks and my plan is to talk to as many students, teachers and parents as I can and try to find the areas where we are having problems and working on them."

Mr. Robinson was born in Victoria and graduated from the university of Victoria. While at university, his interest in teaching was kindled by his experiences working with teens in a group home.

Currently in his ninth year as an administrator, he taught for six years at the elementary and middle level (Vanier and Kwayhquitlum) before becoming a vice principal at Monty junior/middle, then principal of Leigh elementary, and principal



New principal Scott Robinson is looking forward to getting to know the community and supporting Riverside's many successful programs.

of Maple Creek Middle before coming to Riverside.

In his spare time, Mr. Robinson loves to kayak and hike, listen to music (rock and classical) and read a lot. He also enjoys travelling. "I spent a week in Toronto and a week in New York City this past summer."

Asked about influences in his life he cites

his mom as his personal hero. "Before she died of leukemia, she taught me the value of building strong relationships by being respectful and kind to those around you."

Favorite foods include Thai cuisine and turkey with all the trimmings. He's currently reading Good to Great by Jim Collins, a book about improving already well functioning organizations.

## Riverside fires up the BBQ for new parents

Bryony Edward - staff reporter

"It's a good school with lots of clubs and sports teams to join," said grade 12, Sandy Quan. On a sunny September's evening, Riverside welcomed parents, teachers and students to a barbecue.

Riverside is a big school, but luckily, parents had their son or daughter to help guide them around after they had been fed and listened to a welcome from principal Robinson.

Operating the barbecues were members of Riverside's PAC, Jeff Harrison, Robyn Cambrey, Donna Josephson and Julia Harrison. Most of the parents had never met the staff or been inside the school so the school hosted a barbeque as an opportunity for parents to look around and meet their child's teachers. "Everyone's been super friendly and welcoming," said Mr. Robinson. At the beginning of the event, teachers,



photo B. Edward/Eddy

After Grad Chair Mr. Jeff Harrison helps cook for Riverside's guests.

students and parents enjoyed food together before moving into the cafeteria where principal Robinson, vice principals Laurie Ebenal and Todd Clerkson welcomed guests.

Principal Robinson was happy with the number of people that came to the barbeque and hopes for even more next year.

## Southside Socktober Celebration

Staff reporter- Selena Banser

On the evening of **October 19<sup>th</sup>**, band teacher Carol Sirianni has decided to throw a Southside "Socktober" Celebration to celebrate the year 1957.

The fun goes from **5 o'clock - 10 o'clock p.m.** in the music department.

Elementary schools, middle schools, parents, students, post-graduates, teachers, and the whole community is invited.

The celebration's focus is on the **food, music, culture, and history of the '50's.**

Tons of games, contests for people to compete in like a **hula hoop contest** and a bubble blowing contest, music, and performances for people to watch, **tasty food**, a cake walk, and costumes. Tons of fun for the whole family.

Purchase tickets through all of the Southside schools. The ticket sale proceeds remain with the PAC of the selling schools.

For more information about the Southside Socktober Celebration, you can contact Carol Sirianni at [csirianni@sd43.bc.ca](mailto:csirianni@sd43.bc.ca) or Brenda Seaman at [breanseaman@shaw.ca](mailto:breanseaman@shaw.ca)

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# Rapids beat Centaurs to start streak

Holden Grant - staff reporter

It was easy to tell that this year was going to be special after the Rapids soccer team trounced Charles Best 5-0 to start league play. This year's Rapids' style of play relies on quickness and tight ball control. "There is some good speed on this year's team and the boys are starting to mesh," said coach Mario Luongo.

Many of the lads have been playing for Riverside since grade nine, most notably The Twin Towers **Dustin and Davis Wallington** and forward/midfielder **Matt Rosenlund**.

Dustin's solid play in midfield provides the anchor for a very stingy defense. His ball distribution is always on the money allowing quick breaks by Rapids' slick forwards.

Quite often the target of his passes is his twin brother Davis Wallington whose impressive ball-handling and toughness has been giving defenders fits.

Newcomer striker **Josh Viegas** is slicker than oil on a rain puddle dashing around opponents for



Captain **Davis Wallington** streaks around a Centennial defender to set up **Josh Viegas** for the Rapids' first goal. Riverside defeated arch rivals Centennial 2-1.

blasts on net, or nutmegging hapless midfielders to lay off passes to other forwards.

**Matt Rosenlund** is back for his fourth year and has matured into a

very smart player. Always dangerous, **Rosenlund's** strength is anticipating the flow of play and dishing passes into holes where teammates magically appear. His

wicked shot is often unexpected by keepers and he's found the net more than once this year from outside the 18.

The most impressive victory this

season might have been against arch rivals Centennial. Stacked with Metro players, the Centaurs are perennial league champions but fell 2-1 to the Rapids.

Goals came from **Evan Sinclair** and **Josh Viegas** who never stopped running at the Centaur defence.

The Rapids' defeat of Terry Fox Ravens saw forward **Cory Nightingale** pot two goals en route to another 5-0 drubbing.

The Rapids are getting regular scoring from the Wallingtons, **Rosenlund**, **Viegas**, and **Evan Sinclair** but a variety of other players take turns contributing.

**Brad Brunneski** scored twice against Maple Ridge. "We have a very balanced attack. All the boys are dangerous regardless of where they play," said Luongo.

Rapids defeated Pinetree 3-0, and Maple Ridge 4-0. At press time the Rapids faced their toughest opponents **Moody senior**. The Blues are having as successful a season as the Rapids and the showdown will be between the only two undefeated teams in the senior league.

## Sr. boys volleyball rebuilding

Tori Dove - staff reporter

The sr. boys volleyball team are already off to a good start in what is for them a rebuilding year. The team is working extremely hard to make up for the grade 12's that graduated last season.

This year the team has only four grade 12 players where last year the team was mostly made up of seniors. The team started off the year playing against Prince of Wales. Prince of Wales took the lead 2-0.

On September 15 the team's luck turned around and they conquered J.N. Burnett 2-0. Then a steady winning streak, with the team winning four games in a row against Windermere 2-1, David Thompson 2-1, Templeton 2-1 and Gulf Islands 2-0.

On the weekend of September 21-22 the Rapids came third in the tough Capilano College



**Matt Gerwing 10, and Pat Hay 9, block during win over Garibaldi.**

Invitational Tournament. The team defeated Windermere, David Thompson, Templeton and Gulf Islands Secondary.

The team is also without many of the year round club players that gave them an edge. Even though this is a set back, coach **Carlo Muro** believes that the main purpose of being a part of a team is to not win all the time but to learn to work with

other players. "Even if we don't win, we will still feel good about ourselves," said **Muro**

The team faces some tough competition this year from Centennial, Port Moody and Heritage Woods. "These schools all have players who play volleyball year round and are extremely committed," said coach **Muro**.

## Sporty Shorts



### SR. Boys Volleyball

- Sept 14 Prince of Wales Loss
- Sept 14 McRoberts Loss
- Sept 14 Burnaby North Loss
- Sept 15 Port Moody Loss
- Sept 15 J.N. Burnett Win
- Sept 15 Prince of Wales Loss
- Sept 20 Heritage Woods Loss
- Sept 21 Brooks Loss
- Sept 21 Windermere Win
- Sept 21 David Thompson Win
- Sept 22 Templeton Win
- Sept 22 Gulf Islands Win
- Sept 22 Templeton Loss
- Sept 27 Garibaldi Win
- Sept 28 Crescent Heights ( Medicine Hat ) Loss
- Sept 28 Kelowna Loss
- Sept 28 D.W. Poppy Win
- Sept 29 Mt. Sentinel Loss
- Sept 29 Porter Creek (White Horse) Loss

### Boys Soccer

- Sept. 13 Win vs Best 5-0
- Sept. 20 Win vs Centennial 2-1
- Sept. 25 Win vs Fox 5-0
- Sept. 27 Win vs Maple Ridge 4-0
- Oct. 2. Win vs Pinetree 3-0

### Sr. Girls Volleyball

#### South Slokan Tournament

- Sept. 29, 30
- Win vs Selkirk College 25-20
- Win vs Rutland Secondary 25-28
- Loss to Mount Sentinel 14-25
- Win vs Rutland Secondary 25-10
- Win vs Selkirk College 25-23
- Loss to Mount Sentinel 16-25

## Sr. girls young but remain strong

The senior girls are rebuilding after losing all their seniors and coach Lawrence Ve

Erika Grosset - staff reporter

The senior girls volleyball team have lost all their seniors. The players that helped them place in the top five in BC last year have now graduated. It won't be as easy this year.

They've had early success at the UBC tournament, beating Fraser Valley Christian, Eric Hamber, and South Kamloops, in long three set matches. The Rapids' tournament score was four wins and two losses.

This year, the senior girls volleyball team is working on

rebuilding. Last year the Rapids had an overall record of 47 wins out of 55 matches. Their coach, **Bryan Gee**, has said he is confident about how the girls are going to play this season. "These girls are a young team that will challenge many of the stronger schools," said **Gee**.

The girls are enthusiastic and working hard to accomplish their goal this season. "This year is very different than last year because last year it was mostly grade twelves, and this year it's mostly grade elevens," said #6 **Kate Gyorgy**.



**Jessy Fisher** digs in 2-1 loss against Centennial.



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