

## New Year's Celebrations Around the Globe

Written by Bren Grundy

New Year's Day is a celebration in many parts of the world. A celebration of leaving the past year behind you and shaping the new year around improving yourself. This holiday is celebrated in numerous different ways, from the polar bear dip to watching the ball drop in Times Square. New Year's is a time of joy and new beginnings. These are a few ways that New Year's is celebrated around the globe.

If you happen to find yourself in Brazil for New Year's Eve, you may see groups of people celebrating the new year at the beach. There are multiple origins of this tradition; one of them is seasonal and the other connects to Brazilian mythology. In Brazil at the time of chilly January here, it's humid, warm and summery. Washing the heat off in the ocean makes sense to start the new year, and is very similar to the polar bear dip. When the clock strikes midnight you are to plunge into the waters and jump seven waves. For each wave you must make a wish for the upcoming year. Traditionally, one will wear white to embody purity. The mythology aspect connects to Iemanjá, the Brazilian goddess of water. Doing this New Year's dip pays respect to her.



Perhaps one of the most popular New Year's traditions, *las doce uvas de la suerte*, originates from Spain. This celebration of the new year has been practiced in Spain since the mid- to late 19th century, and has gone on to be a very popular New Year tradition.

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# New Year Celebrations (Continued)

This Spanish tradition brings a prosperous and safe year. All you need to do to achieve this good luck is to eat twelve grapes at midnight. Each of these grapes represents one month of the new year! While this may sound easy, it will only work if you consume all of the grapes in a single minute.

*Old man effigy in Goa, India*



*@artguyrob on Instagram*

In Greece, celebrating the new year is largely centered around shaping the new year around fertility, luck, and wealth. There is lots of food as well. These Greek traditions are some of the oldest traditions to bring in the new year. If one were to celebrate the new year in Greece, one may throw a pomegranate on their porch to promote joy, health and a positive new year. Some people also hang an onion outside of their house. This represents personal growth and luck, as onions are perennial and sprout on their own every year.



In India, there are many different New Year celebrations, including festivals, foods, and gift exchanges. There is a celebration in some parts of the country where a statue is created to represent an elderly man. It is then set aflame at midnight. This represents leaving the year behind and bringing in the new year. This tradition is often accompanied by singing.



As you can see, New Year's is such a unique time of the year, and can be celebrated in so many different ways. Around the world, there is a variety of joyful events. They all come together to weave a rich tapestry of culture and tradition. There is a true sense of unity around the new year, as everyone who celebrates it has a fresh start together. How will you shape your new year?

## A Student's Guide to Acing Exams

Written by Glory Wolstenholme

Who hasn't had trouble studying for an exam? Cramming for an exam is such a common thing in high school. Here are some tips for early exam preparation and last-minute cramming.



### TIPS FOR PREPPING IN ADVANCE

Find your study technique (the Pomodoro Technique, scribbling, notetaking, etc.)

Get lots of sleep!

Rewrite your notes until you memorize the material

Study with friends

Make flash cards (on paper or online using Quizlet)

Make a study schedule

Eat well

### TIPS FOR LAST-MINUTE CRAMMING

Maximize your time -- try to spend as little time on your phone as possible

Use study tools on the internet (i.e. Wisdolia, UnRiddle, Studyable, using AI to help you make you flashcards) This is a great way to memorize the night before an exam!

Get in the habit of repetition

Teach everything you know to a sibling, pet, guardian, or a friend. This will help your memory stay strong for the exam

Make sure you're eating and drinking during your breaks -- this helps with memory

Join a study group! Talk to them and see if anyone wants to cram with you



Psst! Looking for a tutor or a study group? Contact Mrs. Bjornson at [dbjornson@sd61learn.ca](mailto:dbjornson@sd61learn.ca) or scan the QR code on the hallway posters to submit a tutor request!



# BAKERS WANTED!



**Are you a baker? Do you make delicious cookies? Check this out!**

Esquimalt students and staff, get ready for Esquimalt's very first bake off! This competition is open to anyone who wishes to participate.



Contestants are to submit their fully-baked, decorated, and unique cookies to the competition. Those wishing to participate can only enter one batch of cookies!

These cookies will be sampled by an elite panel of judges who will rate the cookies before selecting a winner. The winner will be awarded a prestigious certificate extolling their greatness, and a week's worth of cafeteria cookies! The winning recipe will also be featured in a future Esquimalt Ink issue!



The remainder of the cookies will be sold at a bake sale in the foyer so everyone can enjoy the delicious treats! Half of the proceeds will go to a local charity, and the other half will help fund Esquimalt Ink.

So, are you interested in joining the fun of an ESQ cookie competition? Stay on the lookout for posters with more information!

*Written by Molly Chan*

## Esquimalt Eats: An Exploration of the Culinary Arts Program



*Written by Molly Chan*

I walk into the Esquimalt Cafeteria as the school bell buzzes overhead. The cramped room is filled with shiny, metallic equipment and sprinkled with dishes left over from the lunchtime craze. Mr. Aris bustles over and greets me energetically. As we speak, students begin to trickle in, pulling their aprons off the rack and putting them over their heads. Mr. Aris (or Chef, as he is known by his students) gestures towards the quietly filling room as he explains: C block is one of the quietest times of the day, especially when compared to A and B blocks, which are bustling and action-packed. In the morning, students busily prepare meals for their peers, who wait in lines that stretch out of the door.

The school lunches are only a small part of the Culinary Arts program's operations. The cafeteria makes food for Rockheights daily, and it prepares lunches for the Rainbow Kitchen once a week. As the holiday countdown continues, potatoes, beans and carrots are being baked, bodied and roasted for the Rainbow Kitchen's annual Winter dinner. The Culinary Arts program is well known by its students for its gingerbread fundraiser, which consists of houses baked and boxed by Esquimalt students. All proceeds go to Santa's Anonymous, one of Greater Victoria's longest running children's charities. The kitchen has already raised over ten thousand dollars so far this year. Estimates indicate that up to eighty thousand dollars have been fundraised over the course of the Culinary Arts' eleven-year partnership with the organization.

When I ask, jokingly, how many fires he has had to put out over the years, Mr. Aris laughs and shakes his head. No fires yet, he says. For Chef, the joy lies in the teaching. He notes that there is something incredible about instilling a love for food in a person. The menus, posted weekly in the Esquimalt Docker, are student driven. Working in the cafeteria is meant to be fun (though Chef and Adrienne, Esquimalt's in-house pastry expert, do run a tight ship), to give opportunity for leadership, and to allow students to acquire skills that can be used in food business, at home kitchens, and beyond. No small number of these students have continued down the path of the restaurant industry.

As our interview draws to an end, I can't help but shoot off one final question: What is in those cookies? The Esquimalt cafeteria cookie is adored by students and staff alike. It is renowned for its gooey centre, crisp edges, and gargantuan proportions. No one can resist the classic chocolate chip cookie. Turns out, the secret ingredient is butter. The mastermind behind this iconic recipe is Adrienne, who came to Esquimalt in November of 2020. She rewrote it to include more butter and more chocolate chips. Add that to the humongous scoops used to shape the batter into balls and a quick baking time, and you will find a chewy, gooey, and freshly warm cafeteria cookie waiting for you to scoop out of its silver platter. Delish!

# A Complete Unknown

Written by Eleanor Hogg



On Christmas Day of 2024, the Bob Dylan biopic came to theatres. *A Complete Unknown*, named after Dylan's hit song "Like A Rolling Stone", stars Timothée Chalamet as a young Bob Dylan rising to fame. We begin with pre-fame Dylan, who befriends Woody Guthrie (portrayed by Scoot McNairy) and Pete Seeger (Edward Norton), playing an original song, "Song to Woody". Impressed by his songwriting and guitar playing, Seeger, a folk musician and activist of the early 20th century, invites Dylan to open mic nights around Greenwich Village. He continues to perform around town, eventually meeting Joan Baez (Monica Barbaro), a fellow folk singer of the '60s, and another character based off of Suze Rotolo (renamed as Sylvie Russo for the film, played by Elle Fanning), who's featured on the cover of his second album "The Freewheelin' Bob Dylan". As the movie goes on, Dylan goes electric, making music backed by the Band. Finally, he performs his new material with the Band at a folk festival in 1965, much to the chagrin of his producers and fans.

At first, I was skeptical of the choice for Chalamet as the lead role; I didn't have any faith in the same person being able to play both Willy Wonka and Bob Dylan. However, throughout the film, he grew into the role, and looked a lot more like Dylan once he put sunglasses on. As for the singing, obviously it's not identical to the original recordings, but that can't be expected. He sounded close enough, and the guitar and harmonica playing was pretty good.

I was really impressed by Monica Barbaro's performance as Joan Baez. Her singing was great and she was clearly dedicated to the vocal training and guitar lessons in preparation for this role. The actors did the best they could, and the choices did make more sense as the movie went on.

I thought the plot was a little unstructured. I was also confused at the idea of having a biopic for someone who's still alive to tell their own story. It didn't feel like there was a conclusion, yet there was no room made for a sequel. It was generally entertaining, but I'm unsure of the intention for this film. If it was to document Dylan going electric, it didn't show enough of that. If it was to document the relationship between Dylan and Baez, it didn't delve into Baez as a person enough. It felt like half the budget went to cigarettes and not enough went to writing a well-paced plot. I still enjoyed it though, and I had fun seeing it in theatres. The sets replicating New York in the '60s were cool and the soundtrack was, of course, wonderful. I would recommend it to any fans of Dylan's music, for it does have some lesser known and interesting backstory. Overall, I give it 3.5/5 stars.



**SEASONAL POETRY***Organized by Bren Grundy***Frequently Asked Questions***Written by Arden Giles***January**

The days are short,  
The sun a spark  
Hung thin between  
The dark and dark.

Fat snowy footsteps  
Track the floor.  
Milk bottles burst  
Outside the door.

The river is  
A frozen place  
Held still beneath  
The trees of lace.

The sky is low.  
The wind is gray.  
The radiator  
Purrs all day.

*Written by John Updike***1) WHAT'S THE DIFFERENCE BETWEEN ESQUIMALT INK AND THE DOCKER?**

Great question! Esquimalt Ink (what you're currently reading) is a student-run newspaper club. We focus on providing student perspectives on different aspects of being a high school student. The Docker is a newsletter sent out to everyone in the school (and their parents). It's another way of getting important information out. It is run by the admin team!

**2) HOW OFTEN IS ESQUIMALT INK PUBLISHED?**

We aim to publish one newspaper on the first school day of every month (or around that time, depending on breaks). Be sure to pick up your copy at the start of the month!

**3) IS ESQUIMALT INK FREE, OR DO I HAVE TO PAY FOR A COPY?**

Esquimalt Ink is 100% free and accessible! Each month, students in the club put lots of volunteer effort into getting the issue published.

**4) CAN I JOIN ESQUIMALT INK?**

You bet! Esquimalt Ink is always looking for new members and submissions. Come join us in room 329 at lunch!

**5) DO I NEED TO JOIN THE CLUB TO SUBMIT SOMETHING TO THE NEWSPAPER?**

Nope! If you're interested in submitting a short story, a piece of artwork, a poem, or anything

else, be sure to email us at [esquimalt.ink@gmail.com](mailto:esquimalt.ink@gmail.com). We'll feature your piece in the next article, and you don't have to join the club to do so.



# New Movies in 2025

*Written by Eleanor Hogg*

## FREAKIER FRIDAY

The original Freaky Friday, released in 2003, is about a mother and daughter who switch bodies and live life as each other. Lindsay Lohan and Jamie Lee Curtis are back for a sequel, following another event of body-switching. It's expected to be in theatres August 8th.

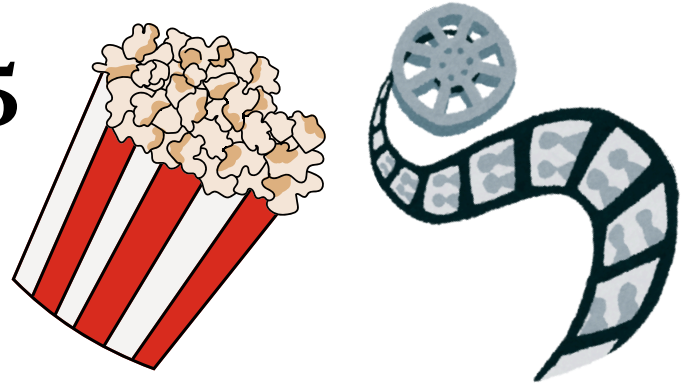


## WAKE UP DEAD MAN: A KNIVES OUT MYSTERY

For the third movie in the Knives Out film series, Daniel Craig will be returning as Benoit Blanc again. Though there isn't much information about the plot, they finished filming in August of 2024 and the film will be released by Netflix sometime in 2025. This film will be a mystery like the previous two, and have all new characters for the ensemble cast.

## ZOOTOPIA 2

From what's been said about the second Zootopia movie, the plot seems to centre around Judy Hopps and Nick Wilde (now detectives!) being teamed up together to solve a case revolving around a reptile. It is scheduled to be released November 26th.



## 28 YEARS LATER

The third in the zombie apocalypse film series, 28 Years Later will follow a group of survivors on a small island. The first two movies in this series, 28 Days Later & 28 Weeks Later, were released in 2002 and 2007, respectively. Filmed with an iPhone, this movie is set to release June 20th.

## WICKED: FOR GOOD

In November of 2024, the first half of a film adaptation of the Broadway musical "Wicked" came to theatres. Written as a prequel to the 20th century children's story "The Wizard of Oz", it's separated into two acts; the second of which is scheduled to come out November 21st. It will continue to follow Elphaba & Glinda becoming the Wicked Witch of the West and the Good Witch, respectively.





# Soft and Sweet Sugar Cookies

*Organized by Glory Wolstenholme*

## INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1/2 tsp baking powder
- A pinch of salt
- 3/4 cup butter or margarine, softened to room temperature
- 3/4 cup granulated sugar
- 1 egg
- 2 tsp vanilla extract
- A sprinkle of cinnamon
- Food dye of your choice

## DIRECTIONS

- 1) Whisk the flour, baking powder, and salt together in a medium bowl.
- 2) In a large bowl using a stand mixer, beat the butter and sugar together on high speed until smooth and creamy.
- 3) Add the egg and vanilla, then beat on high speed until combined.
- 4) Add the dry ingredients to the mixer and mix on low until combined. The dough will be a bit soft. If the dough seems too soft and sticky for rolling, add 1 more tablespoon of flour.
- 5) Add cinnamon and mix on low speed.

6) Divide the dough into 2 equal parts. Dye it, roll out until each part is about 1/4 inch thick, put in the fridge for 1-2 hours.

7) Once chilled, preheat oven to 350°F. Line 2-3 large baking sheets with parchment paper or silicone baking mats. Using a cookie cutter, cut the dough into shapes. Re-roll the remaining dough and continue cutting until all dough is used.

8) Bake for 11-12 minutes or until lightly browned around the edges.

## ENJOY!





## JANUARY GAMES!

### Sudoku

6			4					
7		2			1	6		
3			8					
		8			5		7	9
1	3	7	9	4			6	5
5		6	7					
2	7						8	
9			2	8	6		3	
		1	3		7			2



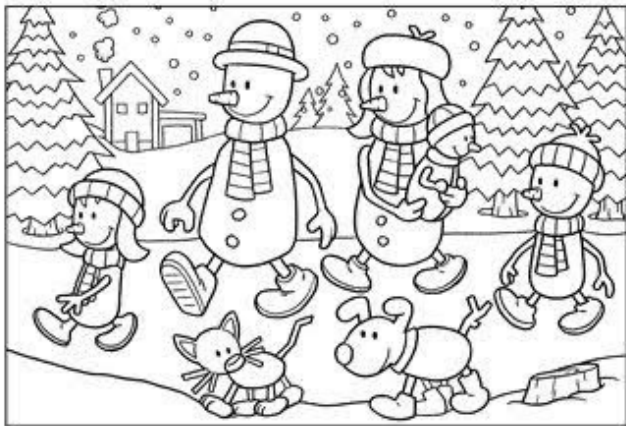
Organized by *Glory Wolstenholme*

### New Year's Word Search

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



### Spot 10 differences!



January  
 celebrate  
 fireworks  
 calendar  
 tradition

countdown  
 resolution  
 midnight  
 new year  
 confetti

Auld Lang Syne  
 holiday  
 party  
 cheers  
 balloons

### OUR TEAM

Have any questions or concerns? Contact us at [esquimalt.ink@gmail.com!](mailto:esquimalt.ink@gmail.com)

- Arden Giles
- Eleanor Hogg
- Matteo Galvano
- Bren Grundy
- Glory Wolstenholme
- Molly Chan
- Sylvie Scott
- Geoff Orme