

April Fools' Day: A Day of Trickery and Tradition

Written by Sylvie Scott

The day we now know as April Fools' Day, celebrated on the first day of April, has a somewhat mysterious history. Historians have only theorized where the celebration came from and therefore have no definitive answer. The true origin is likely many different celebrations combining to create the modern traditions we see today.

One of the common theories comes from France in 1582. At this time, France switched from the Julian calendar to the Gregorian calendar. The new year used to start at the spring equinox, but had just been changed to start January 1st. Many of the French people adjusted to the new date quickly, but those who hadn't heard the news yet continued to celebrate on and around April 1st. These people became the butt of jokes and were called April Fools.



INDEX

- April Fools' history
- Easter origin
- Earth Day
- April's Pink Moon
- Easter chocolate rankings
- Seasonal poetry
- April Fools' prank ideas
- Funny days in April
- Recipe from the student-voted
WINNER of the Cookie
Competition
- April games

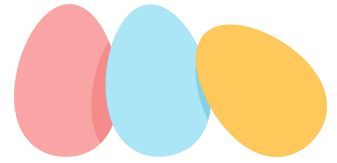
Another well-known theory is that April Fools' Day originated from the celebrations that many civilizations—such as the Romans—held at the end of March, which involved playful pranks and jokes.

This time of year is near the spring equinox, which happens annually around mid- to late-March. The weather patterns around this time can cause unpredictable changes in weather, which some say led to the naming of April Fools', because of the 'foolish' natural changes happening around this time.

Many different cultures and celebrations would have contributed to the origin of this day, but we may never definitely know which. Either way, it's a fun day to play harmless pranks and celebrate with your friends!

The History of Easter

*Written by
Molly Chan*



Easter is celebrated on the first Sunday after a full moon that follows the spring equinox. This means that the holiday can take place anytime between March 22nd and April 25th. It is preceded by Lent, a forty-day period (excluding Sundays) during which time many Christians abstain from behaviours considered to be non-essential or luxurious. Not everyone of the Christian faith observes Lent, though it features heavily in many denominations. Catholic, Lutheran, and Anglican communities are among those who practice the fasting period that precedes Easter Sunday.

A historically Christian holiday, Easter celebrates the resurrection of Jesus Christ. According to the Biblical account, Jesus rose three days after being crucified by the Romans. Jesus had many powerful enemies, who feared and resented him because of his influence and claim to be the Messiah -- a promised saviour of the Jewish nation. Those enemies were said to have forced his arrest and bribed the crowd that was consulted in his judgement. When they were asked to choose between punishing Jesus or the robber Barabbas, the crowd demanded Jesus's crucifixion. Crucifixion was a form of capital punishment favoured by the Romans and a brutal method of execution. The Bible tells us that Jesus was forced to carry his cross up the hill Golgotha, meaning "the Place of Skull" in Greek. There he was nailed by his hands and feet to the cross, raised up and left to die.

In the Christian faith, it is believed that Jesus sacrificed himself to save humanity, washing

away all sin. His sacrifice is observed on Good Friday, roughly two days before Easter. After his death, Christ was entombed by one of his disciples, who had asked permission to bury his body. It is said that on the third day following his death, he returned to life, proving he truly was the son of God. Christians celebrate Easter by ending the Lenten fast, lighting candles, feasting, and singing in order to rejoice in Christ's resurrection.

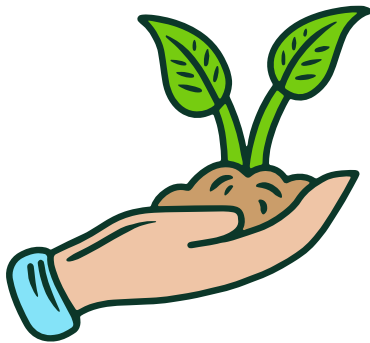
The holiday of Easter has accumulated many traditions that come not from the Christian faith itself, but are influenced instead by a diversity of cultures and traditions. The Easter egg, one of the holiday's most prominent symbols, actually originated with the ancient Babylonians, who would exchange gifts of eggs during their spring festival. The Easter Bunny, a symbol of the spring season, is rooted in the festival of Eostre. Eostre was a Germanic goddess of dawn celebrated during the spring equinox. She was said to have a special fondness for rabbits and hares.

Finally, though the Jewish holiday of Passover is not a Christian tradition, its importance in the story of the Resurrection (as the last meal that Jesus had before he died) and the holiday's chronological closeness to Easter influences many facets of Easter itself. For many who do not celebrate for religious reasons, Easter's themes of new life and rebirth still resonate, as the spring sky grows clearer and the flowers begin to bloom.

Earth Day is Coming Up: What Can You Do?

Written by Bren Grundy

Earth Day, which has been recognized since 1970, will be celebrating its 55th anniversary on April 22nd this year. Earth Day is an annual event held to raise awareness about our changing climate, remind us of our environmental impact, and encourage actions to help protect the planet.



The concept of Earth Day was originally pitched by peace activist John McConnell to the United Nations Educational, Scientific and Cultural Organization (UNESCO) in 1969. UNESCO is an organization that focuses on international cooperation in order to achieve and improve world peace. After the idea was approved and accepted by UNESCO, the US Senate hired an activist to create teaching resources and a set of Earth Day weekly actions. Some of those actions include tree planting, beach cleanups, and reducing consumption.

Each Earth Day has its own theme. This year, it is “Our Power, Our Planet”. The goal this year is centred around uniting the world in order to support renewable energy and helping to save our planet. In addition to an annual theme, many goals are set to inspire us to work together to protect our Earth. This year, one of the goals is to triple clean energy usage by 2030. This relates to the support of renewable energy through the theme.

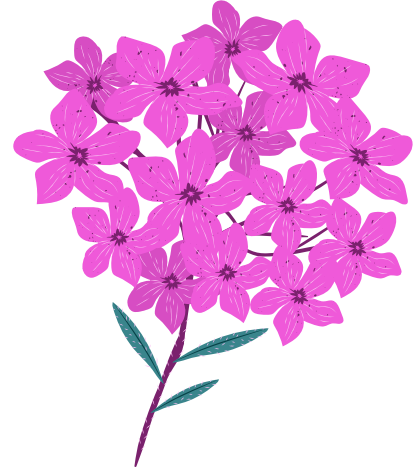


What can *you* do for Earth Day? There are multiple things one can do for Earth Day, such as biking or walking more to cut down on fossil fuel emissions, or practicing proper recycling and composting in your households. Using long-lasting light bulbs can also help to reduce greenhouse gas emissions, and planting trees can all help clean the air and reduce your carbon footprint. Be sure to get out in your community this Earth Day to help save our planet!

The Pink Moon Is Coming Up: Here Are the Facts

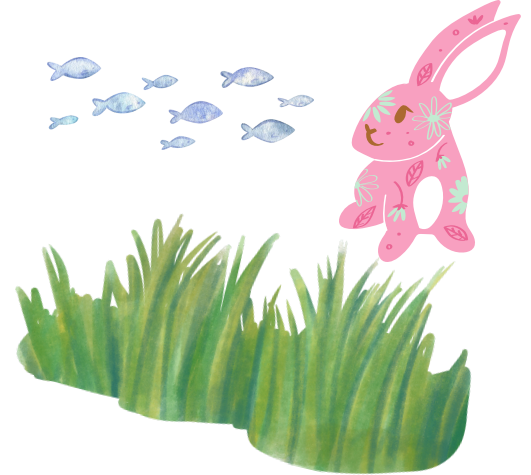
Written by Glory Wolstenholme and Eleanor Hogg

A pink moon is on its way! On April 12th, a full moon will occur, which will also be known as a Pink Moon. The title is slightly misleading, as it's not actually pink, it's just the name for the full moon of April. It gets its name from the fact that flowers start blooming in April, specifically the Phlox subulata, or creeping phlox. Many cultures around the world recognize this full moon as a special one. It symbolizes growth, new beginnings, and fertility.



This Pink Moon is a micromoon, which means the moon will be at its furthest point from the Earth instead of its closest as with a supermoon. Although it's still as full as any other full moon, it will appear slightly smaller.

The Pink Moon has alternative names as well. Along with the Sprouting Grass Moon, for the plants that bloom during spring, it's also been labelled the Fish Moon, for shad fish that would spawn and swim upstream during April. Yet another name for this moon is the Paschal Moon, for it is used to determine the day that Easter lands on.



It's not only April that has its own name for a full moon! Every month of the year has a respective title for its moon. Some examples include the Strawberry Moon in the month of June, named for the harvesting of strawberries, and the Snow Moon during February, named for the cold temperature of the month.

Take advantage of this year's Pink Moon and try something new or extroverted! Test your skills at a new hobby, ask someone out, go to a farmers market, eat lunch with someone sitting alone, and be sure to have fun!



Not All Chocolates Are Created Equal: Top 3 Sweet Easter Treats

Written by Eleanor Hogg

Along with Valentine's Day and Halloween, chocolate is a large part of the modern celebration of Easter. Each of these holidays have a specific theme to their respective chocolates, with Valentine's Day mostly consisting of heart shapes and red colour schemes, and Halloween with spooky characters and darker colours. Easter chocolates include a lot of egg imagery, along with ducks, rabbits, and pastel colours. I've compiled a list of the three most iconic Easter chocolates, and have placed them on a podium from bronze to gold. Trust, much thought has gone into this list and it is to be considered definitive.

#3 - BRONZE

This was a hard decision to make. Though the Cadbury Creme Eggs make the best McDonald's McFlurry, on their own it's a little much. The filling is joltingly sweet, and the orange colour of it is shocking upon first bite. This isn't to bash the Creme Eggs, as they still made it onto this list. These chocolate eggs are still delicious, and I pride them on the ratio between the chocolate and the filling, which they got just right.



#2 - SILVER

I have so much respect for Lindt chocolate, and the golden bunnies have always been a favourite. The golden wrapping is classic, and the red bow with a bell is very charming. The chocolate is delicious, and I heavily contemplated putting it at number one purely for the taste. It was hard for them to stand a chance against the Mini Eggs.

#1 - GOLD

These are an absolute staple of Easter to me. The pastel colours and small egg shapes are quintessential to the holiday, and enjoyable to eat. Although they can be hard on the teeth, the ratio of shell to chocolate is perfect and adds just the right amount of crunch. They're iconic, and I could not imagine the season without them.

SEASONAL POETRY

*Organized by Bren Grundy**Spring*

To what purpose, April, do you return again?

Beauty is not enough.

You can no longer quiet me with the redness
Of little leaves opening stickily.

I know what I know.

The sun is hot on my neck as I observe
The spikes of the crocus.

The smell of the earth is good.

It is apparent that there is no death.

But what does that signify?

Not only under ground are the brains of men
Eaten by maggots.

Life in itself

Is nothing,

An empty cup, a flight of uncarpeted stairs.

It is not enough that yearly, down this hill,

April

Comes like an idiot, babbling and strewing
flowers.

Written by Edna St. Vincent Millay

Funny Days in April

*Check out these hilarious 'holidays'!***APRIL 3:** Burrito Day**APRIL 11:** Barbershop Quartet Day**APRIL 12:** Grilled Cheese Day**APRIL 13:** Scrabble Day**APRIL 25:** DNA Day*Organized by Arden Giles*

8 April Fools' Pranks to Test On Your Friends & Family

Written by Glory Wolstenholme

By the time you'll be reading this, April Fools' Day will have already passed! Here are some ideas for *next* year's April Fools' (unless you want to be mischievous and prank people without an occasion, of course).

1

Switch two keys on someone's keyboard (we suggest N & M for best results)

Put a small piece of tape on the bottom of your someone's computer mouse. This will stop it from working!

2

3

Put dry pasta in your mouth and pretend to crack your neck by crunching down

Open a bag of Cheetos and replace the Cheetos with carrots and then reseal it

4

5

Put confetti in your friend's umbrella... it often rains in April anyway!

If someone you know likes to awaken by the light of a lamp, put a plastic bug inside of their lampshade!

6

7

Buy a fake piece of plastic hair and pretend to cut your friend's hair off

Put water on your hands and flick it on someone while pretending to sneeze...
ACHOO!

8

*Baked by Esquimalt Ink's
Cookie Competition winner,
Cedar Chiang...*

Red Velvet Cupcakes

*Recipe written by Danielle
Rye from Live Well Bake Often
(recipe and image source:
livewellbakeoften.com)*

INGREDIENTS

For the cream cheese icing...

- 1/2 cup unsalted butter
- 226g (8oz) cream cheese
- 2 cups powdered sugar
- 1 tsp vanilla extract



DIRECTIONS

1) Preheat oven to 350°F. Line two standard 12-count muffin pans with 16 cupcake liners and set aside.

2) In a large mixing bowl, sift the cake flour and cocoa powder together, then whisk in the baking soda and salt. Set aside.

3) In the bowl of a stand mixer fitted with the paddle attachment, or in a large mixing bowl using a handheld mixer, cream the butter and sugar together on medium speed for 4 to 5 minutes or until light and fluffy.

4) Add the egg and mix until fully combined, then mix in the oil, red food coloring, vanilla extract, and vinegar, stopping to scrape down the sides of the bowl as needed.

5) Mix in the dry ingredients in three additions alternating with the buttermilk, starting and ending with the dry ingredients. Make sure to mix in each addition until just combined and be careful not to over mix the batter.

6) Evenly distribute the batter between all 16 cupcake liners in the prepared muffin pans, only filling each one about halfway full.

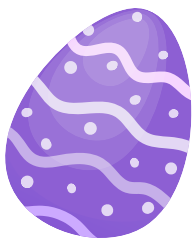
For the cupcakes...

- 1 + 1/3 cup cake flour, spooned & levelled
- 2 tbsp unsweetened cocoa powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 cup unsalted butter (room temp.)
- 1 cup granulated sugar
- 1 large egg
- 1/4 cup oil (canola or vegetable oil)
- 1 tbsp liquid red food dye
- 1 tsp vanilla extract
- 1/2 tsp distilled white vinegar
- 2/3 cup buttermilk

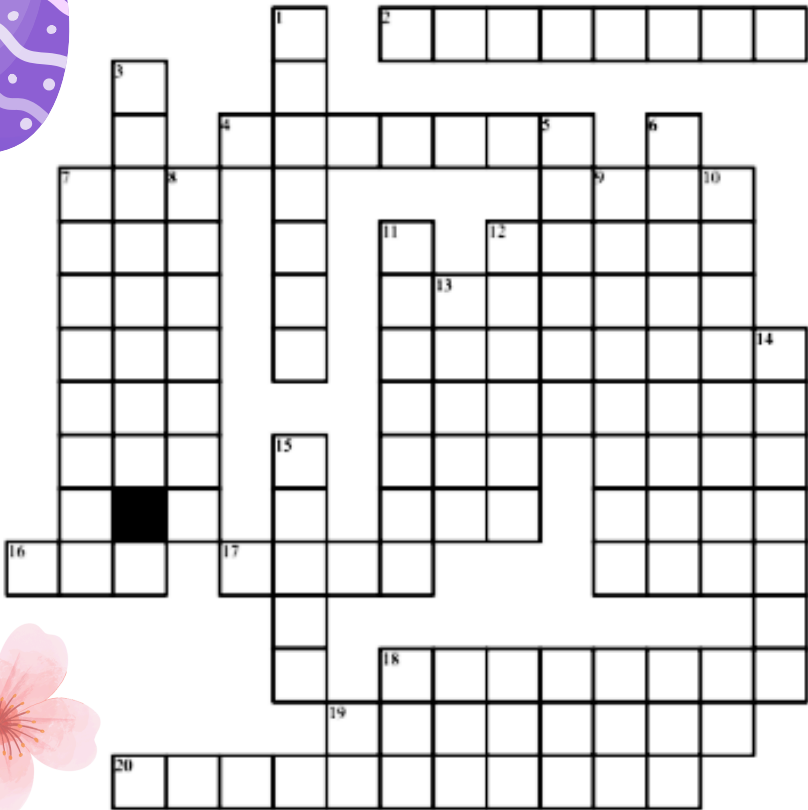
7) Bake for 15 to 18 minutes or until the tops of the cupcakes spring back when lightly touched and a toothpick inserted into the centre comes out clean. Carefully remove the cupcakes from the pan and transfer to a wire rack to cool completely.

8) To make the cream cheese frosting: In the bowl of a stand mixer fitted with the paddle attachment, or in a large mixing bowl using a handheld mixer, beat the cream cheese until smooth. Add the butter and mix for about 30 seconds to 1 minute until well combined and smooth.

9) Add the powdered sugar and vanilla extract and continue mixing until fully combined, stopping to scrape down the sides of the bowl as needed. Once the cupcakes have cooled completely, pipe the frosting on top.



Spring Crossword



Across

- 2. "Blooms"
- 4. Leisure time lake sport
- 16. Honey producers
- 17. Animal aviator
- 18. Wiping & dusting for examples
- 19. Initial act of growing a garden

- 20. Butterfly or moth larva

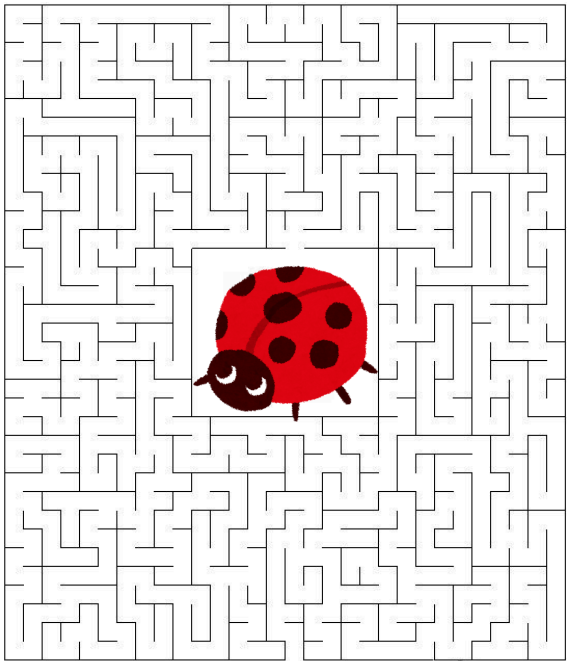
Down

- 1. Colored arch
- 3. March's birthday flower
- 5. Where flowers & vegetables grow
- 6. Winged insect, also a swimming stroke
- 7. Bright, daily light & warmth

- 8. Small pools of rainwater
- 9. Game played on a diamond
- 10. Portable rain shield
- 11. Spring blooming tree
- 12. Slow, cool wind
- 13. Commons Dutch flower
- 14. Spotted "good luck" beetles
- 15. Wet, showery day

Organized by Bren Grundy

Ladybug Maze



April

Spring Sudoku

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

OUR TEAM

Have any questions or concerns? Contact us at esquimalt.ink@gmail.com!

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