

The *real* Green Day: Origin and History of Saint Patrick's Day

Written by Bren Grundy

Saint Patrick's Day, celebrated on March 17th, is often associated with imagery like leprechauns, the colour green, shamrocks, and the Irish culture in general. In modern times, it is celebrated by wearing green clothing and participating in community fun.

This holiday originated in 1631. Originally celebrated by the Catholic Church, it began as a day-long feast celebrating the patron saint of Ireland, Saint Patrick. The death of Saint Patrick occurred at around 500 AD, long before the holiday became official.

While Saint Patrick's life is shrouded in mystery, some information is known. He was originally from Roman Britain and was kidnapped at a young age to be brought to Ireland as a slave. After years of enslavement, he returned to his homeland to become a priest. He then went back to Ireland to spend the rest of his life converting the Irish to Christianity.

As Saint Patrick's Day modernized, so did its traditions. The usage of green is perhaps one of the most classic symbols of Saint Patrick's Day. It is derived from the Irish rebellion of 1798. Britain had its soldiers wear red, and Ireland decided to wear green as an act of rebellion.

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Saint Patrick's Day is now frequently celebrated with parades and other public celebrations. It is mainly a secular holiday now, meaning it's not solely a religious holiday. Many people see it as an occasion to celebrate Irish culture. Although the date falls during spring break this year, be sure to wear plenty of green on March 17th!

What is Ramadan?

Written by Glory Wolstenholme

Ramadan is the most sacred month of the Islamic calendar, where Muslims deepen their faith and relationship with Allah. Muslims practice this through fasting, prayers, reciting the Quran, charity, and spending extra time with their families.



During the entire month of Ramadan, Muslims fast from dawn to dusk. This is meant to be a time of spiritual discipline and a means of salvation for participants. Muslims recite prayers twice daily and participate in readings of the Quran. It's an obligatory practice that participants donate to charities like Zakat ul-Fitr.

Families gather together to break their fast and celebrate. Muslims abstain from lying, gossip, or anger.

Once Ramadan is finished, Muslims celebrate Eid al-Fitr, a holiday where they break their fasts through a feast. Ramadan Mubarak!



Springing Forward With Daylight Saving Time

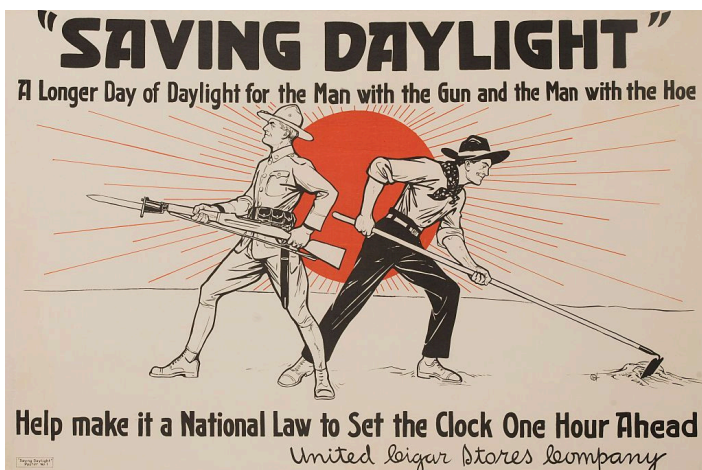
Written by Eleanor Hogg

On March 9th, daylight saving time will start, and we'll lose one hour of sleep. Major bummer alert! Why do we have to do this and adjust to the clocks springing forward?

Benjamin Franklin introduced the vague idea of daylight saving time in the 1780s, and it was fully proposed in the 1890s by a man from New Zealand named George Hudson. Hudson was an entomologist (someone who studies bugs), and wanted more time for collecting insects for his work.



George Hudson / ©Wikipedia



©David Pollack / Getty Images

In 1908, the city of Post Arthur in Ontario was the first ever city to start using the DST system. The United States implemented it during World War I, to save energy by not having to use more coal for light.

Farmers are often credited with organizing daylight saving time to have more sunlight in the morning. This is actually a myth, and many farmers have advocated against DST. The clock change is considered unnecessary for the farmers, as the factors influencing their schedules are dictated by the sun itself.

This year, daylight saving will end on November 2nd. This is when the clocks will fall back and we'll gain an hour of sleep.

U.S. Tariffs: What are they and how do they affect us?

Written by Sylvie Scott

WHAT IS A TARIFF?

A tariff is a tax imposed by the government of a country. Tariffs are put on imports and are designed to raise the price of imported goods and services to discourage consumption. They aid to incentivize citizens to buy local products instead, stimulating their country's economy. However, there is near unanimous consensus among economists that tariffs actually have a negative effect on economic growth and welfare.



WHAT HAPPENED?



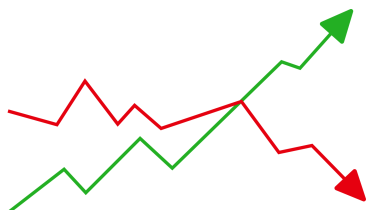
Recently, the new U.S. president, Donald Trump, imposed tariffs on China, Canada, and Mexico. He imposed 25% on America's neighbours, Canada and Mexico. China received a 10% tariff. This will begin to affect all economies for the worse, but before that can happen, a 30-day suspension was put into place for Mexico and Canada. The tariffs will begin for these countries on March 4th.

HOW DID THE COUNTRIES RETALIATE?

China imposed their own tariffs, with imported goods at 15% and 10%. If the tariffs planned to take effect on March 4th follow through, Canada and Mexico plan on taking action through retaliatory tariffs.



WHAT COULD THE RESULTS OF THIS BE?



Should the tariffs be put into place, U.S. economic growth will be reduced. Wages will fall and prices will rise. A tariff war will do no good for any country and should be avoided at all costs. The tariffs will continue to pile onto each other, each country retaliating against one another if this continues.

Spring Has (Almost) Sprung: Indigenous Plants Found in British Columbia

Written by Eleanor Hogg

With spring coming soon after this dreary winter, Vancouver Island has many indigenous plants that grow naturally all around. In the upcoming months, these can be found in parks, gardens, etc.

Garry oak trees grow all around the West Coast, and usually grow taller than 60 feet. The leaves are bright green with round edges, with a leathery surface. Many of them can be found around High Rock Park.



©Wikipedia



©Devon Bidal / Victoria News

Common camas is a plant with beautiful purple flowers. It sprouts in the springtime around Victoria. Bulbs from the camas plant are edible and are a traditional Coast Salish food. These bulbs can be roasted, boiled, or steamed to bring out a baked pear-like flavour.

The red flowering currant is native to British Columbia specifically, and it grows drooping pinkish-red flowers. They attract hummingbirds, bees, and butterflies, and grow small berries in the fall.



©Wikipedia



©Sparrowhawk Native Plants

The Douglas aster is a species of flower with pale purple petals. It grows tall, with plenty of leaves on its lengthy stem.

If you come across these beautiful plants, please don't pick them! Enjoy them with your eyes so that others can too.



FIRST Things FIRST: The Esquimalt Atom Smashers Take on the Competition

Written by Arden Giles

On Sunday, February 23rd, our school's amazing robotics team participated in a FIRST robotics Tech Challenge. Teams from British Columbia and the Yukon competed in bite-sized matches to have fun, apply their robot skills, and win prizes!

It was clear who was on the Esquimalt team. Everyone was wearing their team merchandise and had matching sparkly safety goggles. When I arrived, I was greeted with some sparkly purple nail polish to match the team!

I originally went to the event to accompany our school mascot, but then I decided to stay for the rest of it.



This year's theme is Into the Deep, where robots are tasked with picking up specimens to either hang them on a bar or drop them into a raised basket.

After all of the matches were over, there was a super fun awards ceremony to tie things up. I know you're wondering: Did Esquimalt win any awards? Yes, we sure did!

The Esquimalt Atom Smashers were presented with the Connect Award. This award is for the team that is most connected to their local STEM community. The Atom Smashers put tons of effort into community outreach every year, bringing their robots to community events and helping to educate Esquimalt about robotics. It was a well-deserved award for the team!



Photo by Alexis Townsend

In addition to this team award, one of our members was titled a Dean's List Finalist. This title recognizes a strong leader who has a major impact on others and someone who truly embodies FIRST values. Congratulations to Colin Morris!

The Atom Smashers attended another competition in Vancouver last weekend, further showcasing their inspiring team spirit.

Cookie Competition Results

Written by Arden Giles

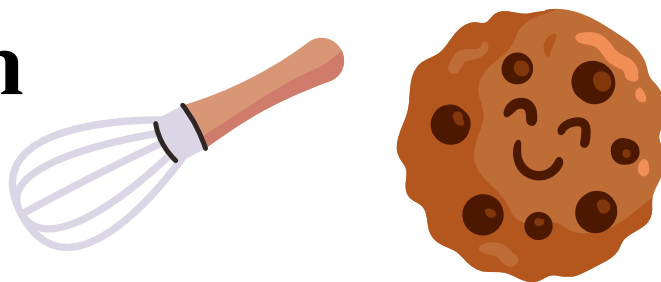


Photo by Arden Giles

Congratulations on a successful bake sale! We at Esquimalt Ink would like to extend a huge thank you to everyone who submitted their recipes! Without further ado, let's get into our results.

Our first winner was voted upon by students themselves... the red velvet cupcake! Baked by Cedar Chiang, this cupcake was wonderfully baked with delicious cream cheese icing.

After plenty of discussion within the staff panel of judges, they have chosen a first, second, and third place winner.



Coming in third are Bailey Lamothe's gluten-free cookies. Second is awarded to Jeannie Slamet's classic sugar cookies.

The winner of the staff panel's first place spot goes to Irma Brandstätter's delectable, fudgy brookies!



Congratulations to all of the winners! What a tasty event this was. Thank you to everyone who stopped by to support us.

Want to follow in the footsteps of our winners? In this month's and next month's issues, their recipes will be featured in our usual recipe section. I know I'll be doing some baking soon!

SEASONAL POETRY

*Organized by Molly Chan**Today*

If ever there were a spring day so perfect,
so uplifted by a warm intermittent breeze

that it made you want to throw
open all the windows in the house

and unlatch the door to the canary's cage,
indeed, rip the little door from its jamb,

and unlatch the door to the canary's cage,
indeed, rip the little door from its jamb,

a day when the cool brick paths
and the garden bursting with peonies

seemed so etched in sunlight
that you felt like taking

a hammer to the glass paperweight
on the living room end table,

releasing the inhabitants
from their snow-covered cottage

so they could walk out,
holding hands and squinting

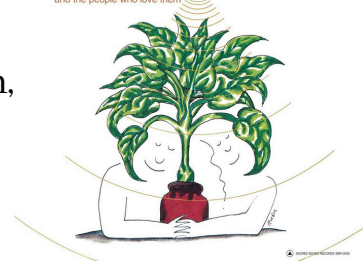
into this larger dome of blue and white,
well, today is just that kind of day.

Written by Billy CollinsMARCH ALBUM *Written by Bren Grundy*

Mother Earth's Plantasia, released in 1976, was composed and performed by Mort Garson. The album was originally created specifically for plants to listen to, with each track dedicated to a different plant.

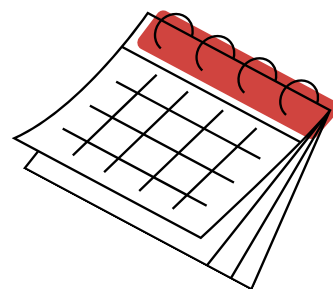
The album is perfectly crafted for the upcoming spring season, with its atmospheric instrumentation and lush synth, composed on the Moog synthesizer.

MOTHER EARTH'S
Plantasia
warm earth music for plants...
and the people who love them



It encapsulates the feeling of renewal, growth, and vibrancy that spring brings. With its soft yet rising melodies it evokes the sense of blooming flowers. Containing no lyrics, it's the perfect background and companion for reflection and appreciation of the return of plant life.

Interesting March Dates

*Organized by Glory Wolstenholme***MARCH 4:** Mardi Gras**MARCH 8:** International Women's Day**MARCH 13-14:** Purim**MARCH 14:** Pi Day (3/14)**MARCH 17:** St. Patrick's Day**MARCH 29-30:** Eid al-Fitr**MARCH 31:** International transgender day of visibility

*Baked by Esquimalt Ink's
Cookie Competition winner,
Irma Brandstätter...*

Brookies

*Recipe written by John
Kanell at Preppy Kitchen*

INGREDIENTS

For the brownie batter:

- 1/2 cup unsalted butter
- 3/4 cup chocolate chips
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/3 cup cocoa powder
- 1 tsp vanilla extract
- 1/2 tsp salt
- 2 large eggs
- 1/2 cup all-purpose flour

For the cookie dough:

- 1/2 cup unsalted butter
- 1/2 cup granulated sugar
- 1/4 cup brown sugar
- 1 tsp vanilla extract
- 1 large egg
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1 and 1/3 cup all-purpose flour
- 1 cup chocolate chips



©Preppy Kitchen

DIRECTIONS

- 1) Line a 9x13 baking dish with parchment or foil and heat oven to 350°F.
- 2) For the brownies, melt butter then stir in cocoa powder. Whisk in both sugar and the salt then add the eggs and vanilla and beat well (secret to glossy brownies is to beat the eggs and sugar very well.)
- 3) Add the flour and mix until almost combined then fold in the chocolate chips. Finish the batter off by hand with a spatula, scraping the bowl down.
- 4) Transfer the brownie batter to your prepared pan and spread into a thin layer then set aside.
- 5) For the cookie dough, cream the butter and sugars on high for 3-4 minutes or until light and fluffy, scraping the bowl down as needed.
- 6) Mix in the vanilla and egg and scrape the bowl down once more.
- 7) Add salt baking soda and powder then mix until combined.
- 8) Pour in the flour and mix until almost combined. Fold in the chocolate chips, reserving a handful to sprinkle on top later. Finish mixing the batter with your spatula then drop spoonfuls onto the brownie batter. You don't need full coverage, it will be nice to see the brownie batter peeking through after baking.
- 9) Cover with foil and bake at 350°F for 20 min then bake another 20 min uncovered. Allow to cool before removing from pan and cutting.



MARCH GAMES *Organized by Arden Giles*

Word Search

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | R | N | G | E | A | S | N | O | O | E | R | N | B |
| A | T | P | A | P | P | S | B | E | B | A | I | P | T |
| P | R | E | M | R | T | U | S | R | I | D | U | I | B |
| R | N | B | I | N | A | R | T | N | E | T | G | C | O |
| P | P | N | A | S | E | R | B | A | L | A | H | G | C |
| A | G | L | N | W | R | O | A | O | E | N | K | R | O |
| G | P | S | O | D | W | O | A | P | P | A | S | E | M |
| G | H | L | E | R | P | C | Y | I | R | R | H | E | M |
| C | F | O | N | T | S | R | O | D | E | P | A | N | U |
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- Parade
Sunshine
Leprechaun
Shamrock
- Community
Flowers
Spring
Rainbow

Sudoku

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

Word Scramble

1) NAMRAAD

— — — — —

2) TEGINSRMP

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3) OLFDDIFA

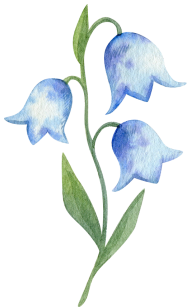
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4) SSOMOBL

— — — — —

5) ODWMAE

— — — — —



OUR TEAM

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

- Arden Giles
 - Eleanor Hogg
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 - Sylvie Scott
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