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*The BENN newsletter is a publication of St. Benedict CSS. It is distributed every second Wednesday during the school year using the WCDSB News-wire service. Any questions or comments pertaining to this publication can be sent to the editor [Anton Milardovic](#) or the school's principal [Dan Witt](#).*

### BENN Staff

[Mr. Anton Milardovic](#)  
[Mrs. Jennifer Jackson](#)  
[Ms. Laura Varriano Lane](#)

### Next Issue

October 16, 2013

## What's Going On?

At our grade nine parents' night, I got to address the parents to tell them about some of the ways they can get information about what is happening at the school. My goal—I informed them—was to dispel that age old myth propagated by students since the beginning of time. Parent: "what did you do in school today?" Student: "Nuthin".

Nuthin? *Nuthin'??* With over 1500 students, and nearly 150 adults in the building it's hard to believe that there's nuthin' going on. So I walked parents through the information sources: the website, the BENN, the calendar and infoReel, and our newest addition, the @StBenedictCSS Twitter feed.

Some of you may ask "anything interesting happening at your school in the next while?" and get a similar response. Well, today we are adding one more weapon to help combat the myth of the nuthin'ness. We're pleased to announce that you can call up the school calendar on your smart phone without calling up the website... with one quick link you can see what is happening at St. Benedict over the next few days.

Go to <http://stbenedict.wcdsb.ca/calendar.php> on your phone and you will get the upcoming days' events. You can also, then, proudly inform your son or daughter that there is, indeed, lots going on.

— Editor

### Benny's in the Local Media

Cambridge Times: [Thinking man's player off to U.S.](#)

## Administrative

### Saints celebrate opening liturgy

BY MRS. D. WYLIE

*The celebration of Mass was held for students in grades 10–12 on Wednesday, September 26. Fr. Bill Foote from St Patrick's Parish officiated.*

The gym becomes a "church" when Holy water is placed at the doors, curtains are hung to cover exit signs and the stage is dressed with the seven foot cross, made from the wood of a tree from the courtyard at the old St. Benedict, and decorated with the Yearbooks from the last four years and fall colours. The ambience was set and our students were both respectful and participatory.

Fr. Bill's message, "believe in God and trust Him with all of our concerns and worries" was well received by the students and staff.

Our Chaplain, Bob Rempel, gave a wholehearted thanks to the music ministry, Eucharistic ministers, ushers, gift bearers, audio, setup/breakdown crews and all who helped to make this celebration special. It was a very good experience for those new to our school and visitors alike.

## **Chaplain's Report**

BY MR. B. REMPEL

We have experienced another great start to a school year. Students arrived with renewed energy and enthusiasm. Grade 9 students bring a wonderful vibe to St Benedict.

We celebrated 2 Masses during September. On Thursday, September 12 grade 9 students and Link leaders gathered together to celebrate Mass in the cafetorium. Father Freitas presided and challenged the students to get into a rhythm of caring for others during their time at Bennies. It was a good way to celebrate new beginnings in a new school.

On Wednesday, September 25 grade 10 – 12 students celebrating their opening school Mass. Father Bill Foote presided and reminded students of the centrality of Christ as expressed in the Eucharist. As always, the gym became a sacred space.

October is the month we are collecting food for the Cambridge Self Help Food Bank. When you are out shopping, you might choose to purchase a few items you could send to school for the Food Drive. Thanks in advance.

October is also the month during Semester 1 when I take grade 10 religion classes on a 1 day retreat. We spend the day at Hidden Acres Camp and focus on Jesus call to "love God, love ourselves, and love our neighbors."

## **News from the Guidance Department**

BY MRS. P. KLASSEN

### **Academic Awards Night**

Thursday, October 10th has been set aside as the night when St. Benedict will celebrate the academic achievements from the 2012 – 13 school year. Any current grade 10, 11 or 12 students who were named to the Honour Role or who earned one of the two highest marks in a course last year have been invited to attend this celebration. We encourage all who receive an invitation to RSVP to the guidance office by Friday, October 4th. The program will begin at 7:00 PM in the gymnasium. We hope to see lots of you there!

### **Grade 12 and Post – Secondary Options**

Navigating information regarding the many and varied options for post-secondary education can be a daunting and overwhelming task for both students and parents. If you, and your sons and daughters are struggling with the wide variety of decisions available, consider taking advantage of the following opportunities:

1. Attend one of the many individual college or university presentations that are being hosted here at the school. These presentations take place at various times during the school day

and provide an excellent window into all that different schools have to offer. A full list of presentations is available on the St. Benedict website.

2. Sign up for our email distribution list. The information distributed pertains to presentations, events, scholarships and deadlines regarding post-secondary options. Parents are more than welcome to be part of this list! Joining is easy – go to the Guidance section of the website and click on the message that says “join our information list.” Email updates will come to you via Mr. Betik on behalf of the guidance department.
3. Post-Secondary Information Night will be held in conjunction with Parent/Teacher Interviews on Thursday, October 17th. Please join the guidance staff in the Lecture Hall at 6:30 PM for a presentation, followed by a time of questions and answers.
4. College CIP Day at Conestoga College will take place on Thursday, October 17th. The open house format will be available from 11:00 AM – 1:30 PM and from 5:00 PM – 7:00 PM. Representatives from all Ontario colleges will be available to answer questions about their campuses and their programs.
5. The Cambridge area University Information Presentation Night is being hosted by St. Benedict on Thursday, November 7th from 7:00 PM – 9:00 PM. All Ontario universities will be represented at this event and attendees will have opportunity to attend three 30-minute presentations, as well as to have time to circulate at the end of the evening.
6. Research your options and get the most up-to-date information on-line. For college information go to [www.ontariocolleges.ca](http://www.ontariocolleges.ca) and for university information go to [www.electronicinfo.ca](http://www.electronicinfo.ca). Both of these sites contain a wealth of information on programs and requirements.

## **Community Service Hours**

Opportunities for Community Service hours are announced on the ranger system and posted on the bulletin board outside of the guidance office as we are made aware of them. Please don't wait until grade 12 to complete this important diploma requirement.

## **Walk-In Counselling Available at Cambridge “Front Door”**

Do you have concerns about your teenager's behaviour, emotional state, or mental health? Are you concerned about possible self-harm or drug use issues? Are these issues creating family conflict for you? The Walk-In Counselling at Front Door helps families with children up to 18 years of age to get started on the road to understanding. Through a single family counselling session, the experienced counsellors there help identify issues and equip families with tools and strategies to address their concerns. The focus of the session is determined by each family's unique needs. The Cambridge office is located at 35 Dickson Street. Walk-In counselling hours are Tuesdays from 12 Noon to 7:30 PM (last appointment at 6:30 PM). Appointments are available on a first-come basis and are free of charge. Family members directly involved in the concern are encouraged to attend.

## **What is Specialist High Skills Major (SHSM)?**



The Specialist High Skills Major (SHSM) is a Ministry approved program that encourages students to focus their education on a specific employment sector.

Components include:

1. A bundle of courses related to a major
2. Co-op experience in an area of interest
3. Industry-recognized certifications related to the employment sector

## **Majors offered at St. Benedict's C.S.S. in 2013-14**

Arts & Culture  
Business  
Construction  
Energy  
Environment  
Health & Wellness  
Hospitality & Tourism  
Information & Communications  
Justice & Community Safety  
Manufacturing  
Transportation

Students who successfully complete all components of the program earn a Specialist High Skills Major (Red Seal) designation on their Diploma.

## **Why get involved?**

No matter which path you follow after high school, you will have a better idea of your direction and future career choice when graduating with a SHSM Red Seal.

You will:

- understand how and why your classes apply to your future career
- obtain training and certifications from experienced industry staff (e.g. First Aid & CPR)
- learn on-the-job skills during a co-op placement
- gain experience in your field of interest

## **How and when to get involved:**

Experiences start in Grade 11 or 12. Now is the time to sign up and get involved! Deadline to sign up is October 15. Sign up are available in the Guidance Office. More information can be found online at: [www.highskills.ca](http://www.highskills.ca).

Follow  
**St. Benedict's**  
ON OUR  
**TWITTER**  
FEED



**@StBenedictCSS**

**Find out what's happening  
at St. Benedict's using your  
smart phone**

**Visit**

**<http://stbenedict.wcdsb.ca/calendar.php>**

**from your cell phone.**

**(Be sure to bookmark it!)**



## Academics

### Enriching the Lives of Students

BY MRS. D. WITTMANN

#### Eva Vertes: An Inspiration To Us All

What she studies: How cancer moves through the body and resists treatment

Her age when she began research in a university lab: fourteen (14)

Her inspiration: Her grandmother, also named Eva Vertes, who was a chemist and died at 44



from cancer

Eva Vertes is an Alzheimer's and cancer researcher, born in 1985. She attended Highland H.S in Hamilton, Ontario. She is currently a University of Florida College of Medicine student pursuing her M.D. degree. She attended Princeton University as an undergraduate and was recognized as a teenager for her research, which found a correlation between stem cells and brain cancer. This finding is the basis of her argument that cancer itself is the body's natural self-repair system in error. She is perhaps most visible due to her speaking at the TED convention. Take a look:

[http://www.ted.com/talks/eva\\_vertes\\_looks\\_to\\_the\\_future\\_of\\_medicine.html](http://www.ted.com/talks/eva_vertes_looks_to_the_future_of_medicine.html)

Eva Vertes—only 19 when she gave this talk—discusses her journey toward studying medicine and her drive to understand the roots of cancer and Alzheimer's.

She has also been featured on PBS:

<http://www.pbs.org/wgbh/nova/secretlife/scientists/eva-vertes/>

## St. Benedict garden project assembly complete

By MR. S. GRANGER

*It is with great pleasure to announce the completion of St. Benedict's new garden. If you haven't noticed, it is the fenced enclosure beside the Annex.*

This been a long time coming, and with the "Toolbox for Education" grant from Lowes through Skill's Canada, it was possible to undertake. The garden has been constructed with materials through Lowes and has involved many students, including four different classes from four different technology areas. Approximately 80 students participated in the construction.

The garden area will be utilized by hospitality, environmental science, Life Skills, and our new Green Industries program starting in September. This will also enhance our Eco schools involvement and be part of the Energy Specialist High Skills Major program.

Thanks to all those students, staff and community partners who have made this possible.

## Tales From Technology

By MRS. L. O'NEILL

Things are off to a great start in the Technology area. Students have begun drawing, baking, machining, filming, and gardening. Looks like there are lots of fun projects ahead in all areas of Technology. We would like to welcome some new teachers to the Technology area: Mr. Vic Castela in Manufacturing, Mr. Ryan Gall in Computer Engineering and Mr. Michael Berger who is back as the Homebuild teacher but will also be joining us second semester in the school as the Construction teacher.

### Homebuild

Once again our school has partnered with Reid Homes to get students into the field and learn how to build a house. The Homebuild class for this year is comprised of ten students who spend their days on site learning the ins and outs of home building. The students in the Homebuild



program start the year with safety training and also received first aid certificates from St. John Ambulance.

To start working on their skills, they spent some time in the school garden building the frame and the base for the garden. They then headed out to their job site and have been working on building the walls on the first floor of the house. They are also working on the outside walls.

## Hospitality

Students have started off the semester learning about machine safety and food safety. The Grade 11 students wrote the Region of Waterloo's Food Handler's Exam and several students will receive their certificate showing they are Certified Food Handlers. Many of our classes start with basic baking to get the students used to working in the kitchen with their groups and to be able to read recipes and follow proper measurement. It certainly smelled wonderful in the Hospitality hallway as those baked goods came out of the ovens!

This year we have 4 OYAP (Ontario Youth Apprenticeship Program) students who spend three periods a day in the Hospitality area. They are learning as much as they can and are looking forward to earning an apprenticeship position in industry. Together with the Grade 12 students, they have started our popular Soup and Bread program. This week the classes have made vegetable stock and used this to create Vegetable Soup and bread rolls which Hospitality then offers for sale.

## Athletics

### Junior Girls Basketball

By MRS. K. ARKELL

Just as our last issue of the BENN newsletter went to press (or rather, email), our junior girls basketball team played and won their third game of the season, keeping their undefeated streak alive. The girls defeated St. David's 37-21. Afifa Salad had 18 points, and both Julia Lowe and Maddy Bodanis-Medley played fantastic defence to help the team to victory.

Last week the Junior Girls Basketball team defeated Woodland last night 41-25 to extend their undefeated streak to 4 wins and 0 losses! Afifa Salad had 32 points and Maddy Bodanis-Medley added 8. Alexia Santos was a dominating force defensively and on the boards for the Saints.

They went on to extend their winning record to five wins and no losses by defeating Rockway 48-11 Monday night. Afifa Salad had 18 points and Laura Ivits added 16. Julia Lowe and Kali DeJong were dynamite on defence for the Saints.

The Junior girls also represented Benny's extremely well this past weekend and ended up winning the Bronze medal at the St. Michael's Tournament in Stratford.

Good luck to the team as they take on Doyle Wednesday!

## BENN BOX SCORES

### Jr Girls Basketball

Saints 48, Rockway 11  
Saints 41, Woodland 25  
Saints 37, St. David 21

### Sr. Girls Basketball

Saints 51, Rockway 19  
Saints 37, Woodland 28  
St. David 41, Saints 34

### Girls Field Hockey

St. David 1, Saints 0  
Msgr. Doyle 2, Saints 0

### Jr. Boys Soccer

Msgr. Doyle 6, Saints 1

### Jr. Boys Volleyball

Rockway 3, Saints 1  
Woodland 3, Saints 1  
St. David 3, Saints 1

### Sr. Boys Volleyball

Rockway 3, Saints 1  
Woodland 3, Saints 0

# Senior Girls Basketball

By Ms. A. WHALEN

In regular season play last week the Senior Girls Basketball team defeated Woodland– 37–28. Dana Milani scored 14 points and Kayla Leusink had 15 points. Killer defense shout outs to Brooke Wanklin, Brighten Ching and Nicole Hurley.

This past Monday the girls were victorious in their match against Rockway. The final score was 51–19. Dana Milani scored 24 points and Kayla Leusink had 19.

Wish the girls luck for their away game this Wednesday against Rockway. Go Saints!

## Jr. Boys Football

Jacob Hespeler 63, Saints 34  
Saints 48, St. Mary's 7

## Sr. Boys Football

Jacob Hespeler 54, Saints 13  
Saints 64, St. Mary's 15

# Cross Country Runners hit their stride

By Mr. F. WITTMANN

Benny's midget x-country teams are for real. The Grade nine boys and girls teams are impressing everyone in the region. At the Laurel Creek race on September 20, the Midget Boys were 2nd (just four points out of first) and the Midget Girls placed four in the top ten to finish first by a wide margin.

At the Shades Mill Meet on September 27, Benny's girls placed five in the top nine, to easily take first place with a low team score of 14, compared to second place St. David's with 97. Congratulations to Sevanne Ghazarian who won the race by more than a minute and her team-mates: Emily Soares, Natalie Minnick, Taylor Anderson, Sarah Joseph, and Logan Pereira.

The midget boys team lead by Jacob Lewis and Tung Lam were third, and Marcus Noble placed 2nd individually in the large senior boys race.



# Junior Boys Football

By Mr. J. VALE

Congratulations to the Junior Boys Football Team who began their season with a 46–7 victory over St. Mary's. Aiden Yearwood led the attack with 3 rushing touchdowns. Devante Hudson, Colin MacPhee and Dontae Ricketts all caught touchdown passes from quarterback Alex Douglas. The defence was led by Mario Alyas who had a game high 15 tackles as well as Jevon Allen who returned a fumble for a touchdown.

# Junior Boys Volleyball update

By Mrs. S. MACDONALD



The Junior Boys Volleyball team has been making us proud to be Saints. We have a fantastic group of athletes that include two returning players and 11 rookies. These players combine to be a team that has skill, grit and passion.

We are currently two wins and three losses. We have been fighting some tough battles, particularly against Rockway, where we managed to grab a set and have less than five points differential in two others.



## Saint heading south for Lacrosse

BY MRS. S. REIS

*The Benedict Athletic Council (B.A.C.) would like to recognize Luke Henderson for his sports accomplishments. Our very own Benny's student will be heading to Bellarmine University in the fall of 2014 on a partial Lacrosse Scholarship.*

Congratulations to you, Luke, and all of your sport success thus far. Read his full article featured in the Cambridge Times on the display board in the phys. ed. hallway, or read it online at the [Cambridge Times](#) website.

BENN-TASTIC, Luke!

## Women's Varsity Field Hockey

BY MS. V. EUGENIO

Last week the Women's Varsity Field Hockey team played a tough game against the Mustangs on our very own home field. It was a hot afternoon, and the team was down a few players due to injuries, but the ladies showed no sign of giving up!

Katie Harding showed her versatility and suited up as goalie for the game. Defensive and midfielders kept the score close and the forwards worked hard to get us some short corners. Well played ladies, despite the 2-0 loss.

On Monday night the Women's Varsity Field Hockey took to the St. David's field for the second time. They played the mighty Celtics and brought their high spirits and game faces to the field. It was a close game, and both goalies worked hard to keep the ball out of our net; however, the Celtics did manage to get one goal – ending the game with a score of 1-0 for St. David's.

Shout outs to Cabral for enthusiastically taking on goal in the second half, Simard for her hustle and breakaways, Carnegie for showing the Celtics what it means to weave through players and to Agnese for showing her versatility. Way to go ladies!!

## Junior Saints FC update

BY MR. N. DUFRESNE

The junior Saints FC took the pitch against the soaring Eagles of St. Mary's. The boys started out a bit flat and timid and we fell behind early in the first half by one. With strong play in the midfield by Josh Fernandes and Sam Pugliese we began to control more of the play in the second

## Stay up to date with District 8 Sports

*Now receive sports updates in your email or on your mobile device!*

The new [District 8 website](#) now allows you to sign up themselves for nightly e-mail updates. You can select the school (or schools) you want to follow, and all the

half and even had a few solid opportunities up front.

The defense held strong through the remainder of the match by the strong leadership displayed by our man of the match, Miguel Brasil. The final tally was one-nil for the Eagles.

sports results will be sent to your email address.

The service is free. Sign up by going to <http://district8.ca/admin/emailSignUp.php>.

## Curling: Get swept away!

Do you rock? Then you should curl!

All male and female students interested in curling are invited to a short meeting this Thursday at the beginning of lunch in room 225. Please see Ms. Missio for more information!

## Clubs

### Camera Club

By Mr. J. CURTIS

If you're interested in learning how to take better pictures with your cell phone or digital camera, think about joining the Camera Club. Our first meeting is this Thursday after school in Room 214. Hope to see you there!

### Badminton Club

By Mrs. S. ADACH

Badminton Club is ON this THURSDAY!

Want to try a new sport or just fine tune your play, come out to our FRIENDLY, FREE, and FUN club.

Regular FREE weekly play starts on Thursday, October 3 and continues EVERY Thursday from 6:00pm to 7:30pm.

Bring gym clothes and runners. Racquets and shuttles are provided! See you there!



### Anime club

By Mrs. W. SCHUSTER

We meet every Wednesday after school from 2:30 to 3:30 in room 210. Activities include watching episodes of anime, creating our own characters, reading novels drawing/sketching and of course an opportunity to meet other anime lovers.

### Star Trek Club

By Mrs. C. KOT

In light of the Friday PD days this Friday and next Friday, the Star Trek Club will be welcoming students to room A1 at lunch on Thursday of this week and Thursday next week. Bring your lunch and a friend! All are welcome to join us.  
See you there, live long and prosper!

## Are you still looking at being MAD?

Please join the Making a Difference club this Thursday at lunch in room 326. New members are always welcome!

## Doctor Who Video Club

By MR. D. KUKWA

We meet every Friday, after school, in room 226, to enjoy the adventures of the most famous time traveler in history. It started out 6 years ago with four students. Today, anywhere from 20 to 30 plus come together to share adventures in time & space every week.



But in this year of Doctor Who's 50th anniversary, some of you out there (and where have you been?) might need introducing to Doctor Who -- the series & the concept.

Here's the basic explanation: It's a BBC series about an alien named "The Doctor" who travels through time in a spaceship that looks like a police telephone box, who saves people with the help of his companions, and his trusty sonic screwdriver.

Here's what it *really* is: It's about friendship & bravery & love and loss, and life & death, and forgiveness & guilt. It's about being human, and being less than human, and sometimes being a bit more than human. It's about skill & intellect, and sometimes a little bit of luck. It's about finding the extraordinary in the seemingly ordinary, looking up at the night sky and realizing you're part of an impossibly beautiful & mysterious universe...and that you don't know all the answers, no matter how clever you are. It's about looking inside of yourself and realizing you're far greater than the external conditions of your life. You're not a minimum wage slave, a medical student, a temp, a little girl than needs to grow up, or a boy who thinks the love of his life could have done better. You're the most important person in creation...and you're also the most insignificant thing in the world...and having the ability to chose between the two at any given time is fantastic. It's about embracing your inner darkness, so that you can stand in the light of your truth. It's about having the guts to do what's right, even when everyone else just runs away.

That's what Doctor Who is, and that's what we share every week -- all its preposterous, sublime goodness. And everyone is welcome.

A reminder to all Doctor Who Club members: due to upcoming PD Days, the next two meetings will be after school on THURSDAYS.

## Yearbook Announcements

First meeting for YEARBOOK is on Thursday, October 3rd. All interested in making school history, join us in Room 216 at 2:30.

Anyone who missed last year's yearbook, can pick it up after school in room 216 on Thursday, Oct 3rd. See Ms. Fernandes or Mrs. Adach if you want to join but can't be there on Thursday.

## Female Fitness workout club

By MR. M. AMBEAU

Female Fitness workout club is up and running on Thursdays after school in the weight room from 2:30 to 3:30. All new members are welcome; no experience needed.

## We Will Celebrate Life!

By MRS. M. ROCHA



The SAINTS4LIFE club participated in the Cambridge Walk for Life on Saturday, September 28. We raised almost \$400 for Cambridge Right to Life so that they may continue the meaningful work that they do. We are proud to be advocates for the life of every individual from fertilization to natural death. We will continue to encourage others to respect life and to celebrate it!

## Relay For Life

By MRS. L. O'NEILL

Planning has begun for the May 30, 2014 event to help raise funds for the Canadian Cancer Society. Relay For Life is an overnight event that brings students, teachers and staff together for a cause that affects everyone. It provides an opportunity for students to develop leadership skills, build team spirit and teach students the value of charitable causes and volunteering.

Students can get involved now by being part of the planning committee. You can join the cause by being part of the larger volunteer committee or you can commit to raising pledges and walk in the event.

If you are interested in being part of the planning committee, please attend the next meeting on October 8th in room 107 at lunch.

## Student Activities

### SAC begins year with inspirational activities

By DARRELL RELLEVE, SAC COMMUNICATIONS EXECUTIVE

On September 12 and 13, St. Benedict's Student Activities Council (SAC) experienced a rather wet, yet memorable two-day retreat at Camp Kintail in Huron County.

Headed by Mr. John Curtis, SAC is a group of dedicated and hardworking individuals who represent the voice for the student body. There are six different sectors in SAC: Arts, Athletics,

Communications, Dance, Social Justice and Spirit, and they work together to create different events and social happenings for St. Benedict students to enjoy.

Throughout the two days, SAC members were able to bond with one another through a series of activities that brought them closer together. Not only were they able to get to know one another, but they were also able to explore new things such as rock climbing, high ropes, low ropes and disc golf.

Overall, the SAC Retreat was definitely an extraordinary experience for the student council family, they bonded, connected, and prepared themselves for the exciting year ahead of them. As the voice of the student body, they promise to bring an exciting, motivating, and fun school year for all the students at St. Benedict's!



## What's Next for SAC?

After a successful and heartwarming opening assembly last Friday, filled with excellent musical performances, dance showcases, and a Minute-to-Win-It challenge, it is only the beginning of SAC's wonderful year planned out for Bennies this year!

Within the following weeks, SAC has been preparing and working on different events for the school. This Wednesday, October 2, 2013 SAC will be holding the very first Coffee House of the Year at 6:00 PM with an admission cost of \$2.00 or any perishable item for the Cambridge Food Bank. This night will be filled with various performances from students in every grade. Secondly, SAC is also planning a number of Spirit Days and a Halloween Dance on Thursday, October 24th, with more details coming in the next issue.

With that being said, SAC is definitely busy and working hard for a fun and exciting year for all the Bennies students! SAC would also like to thank the inspirational performers at our Opening Assembly: Michelle Payne, Isabelle Koma, Shae Dupuy, Jonathan Lawes, Kiana Gear, Patrice Oliveria, Ms. Rocha's Dance Class, and all of the teachers and students who played Minute-to-Win-It! If you have any questions regarding SAC, don't hesitate to [contact Mr. Curtis](#). Have a great week!

[Watch our YouTube video](#)

## Other News

### Parish Connections: St. Mary of the Visitation

BY FATHER F. FREITAS, PASTOR

Welcome to a new school year. Beginnings are great! You start fresh, you come re-energized, you enter invigorated. At least that is the way I feel as I come to the beginning of

4) and Altar Servers Program (Grade 4 and above). We also have an extensive Youth Ministry program for those from Grade 5-high school. Da Crew, our high school group meets



my 5th year as Pastor. I feel very blessed to be the Pastor of St. Mary of the Visitation Parish, and equally blessed to have three parish schools—Our Lady of Fatima, St. Elizabeth and St. Benedict Secondary—as part of our community. I look forward to being a visible presence in each of the schools, and equally hope to assist all the staff, students and parents as we journey sacramentally together.

St. Mary of the Visitation Parish is an active, energetic and growing community. Over the last few years we have modernized our facilities, including a large narthex area which provides a great place for families with young children. We have expanded our parking and we have ensured that we offer opportunities for all ages to grow in knowing, loving and serving the Lord; in fact our parish motto is *We have Something for Everyone*. I invite you to come be a part of our Family of Faith. Our Weekend Liturgies are; Saturday at 5:00pm, Sunday at 8:00am, 9:30am, and 11:30am.

Each Lord's Day (Sunday), we offer a Children's Ministry for those in JK– Grade 4 at our 9:30am Mass, a Children's Choir (Grade 2–

on Sunday afternoons at the Church, and our Kids Klub meets on Friday evenings from 7–8:30pm at Our Lady of Fatima School and is open to those in Grade 5–8. Our Searching in the Spirit program is geared toward our Confirmation candidates and offers special events and activities just for them. We also have many social events and family activities, which are an essential part of being a Family of Faith together. Our Mother's Night Out and Couples Groups, Adult Sports Nights, not to mention our men's group – the Wise Guys– help provide a place to grow in faith, but also to have some fun. This year many new opportunities for faith enrichment for all ages will be developing; the flagship will be our Tuesday Night Together. We also reach out to those in need through activities such as Food Drives, Service Saturdays and our Bereavement Group. Find out more about our parish on our website, [stmaryhespeler.ca](http://stmaryhespeler.ca). You have to check it out.

This is an exciting time to be a part of our Family of Faith. There is always room for you and I hope to have the chance to meet you.

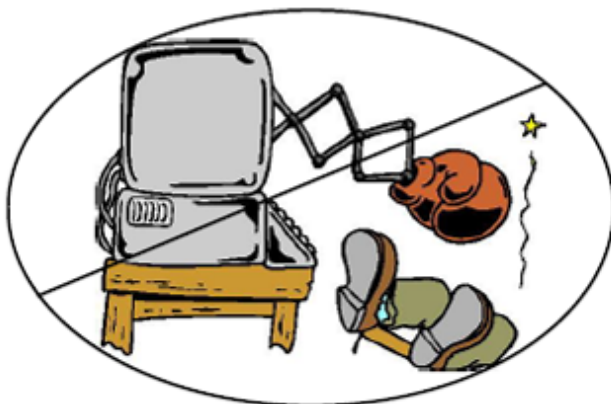


# CYBER BULLYING, BULLYING & INTERNET SAFETY

**St. Francis Health and Wellness Committee**  
hosts an officer from the  
**Waterloo Region Police Department**  
in a workshop on Bullying, Cyber Bullying  
and Internet Safety.

**Thurs. Oct. 10 at 7pm**  
in our church hall  
St. Francis of Assisi Church  
49 Blueridge Ave. Kitchener

All are welcome,  
school children to adults



School should be a happy time of  
learning and growing!

## Upcoming Events

### Wednesday, October 2

2:35pm Anime Club  
2:45pm Hip Hop Dance Crew  
3:30pm Jr. Boys Soccer vs St. Mary's HS  
3:30pm Jr. Girls Basketball @ Msgr. Doyle CSS  
3:30pm Sr. Boys Volleyball vs Monsignor Doyle  
CSS  
4:00pm Sr. Girls Basketball @ Rockway MC  
4:30pm Field Hockey @ Resurrection CSS  
7:00pm Coffee House  
Spirit Day  
BENN Newsletter release

### Thursday, October 3

8:20am Canadian Manufacturing Technology Show  
8:30am Univ. visit: Nipissing University  
11:00am Camera Club  
11:00am Lost Club  
11:00am M.A.D. group meeting  
11:00am Weight room open

### Thursday, October 10

8:20am Leadership: at the Forest Festival  
8:30am College visit: St. Mary's University  
11:00am Camera Club  
11:00am Lost Club  
11:00am M.A.D. group meeting  
11:00am Weight room open  
11:00am Cross Country Wat. Dist. Inv. Meet  
11:00am Eco Team  
11:00am Univ. visit: University of Toronto (All  
campuses)  
11:00am Star Trek Club  
2:30pm Girls' Workout Club  
2:30pm Games Club  
6:00pm Badminton club  
7:00pm Academic Awards Night

### Friday, October 11

4:30pm Jr. Boys Football vs Preston HS  
PA Day

11:00am Eco Team  
11:00am Star Trek Club  
11:00am Curling  
1:30pm Cross Country Bechtel Race  
2:30pm Girls' Workout Club  
2:30pm Games Club  
5:00pm Jr. Boys Football vs WODSS  
6:00pm Badminton club  
7:00pm Sr. Boys Football vs Grand River

**Friday, October 4**  
PA Day

**Monday, October 7**  
9:45am College visit: Sheridan College  
11:00am Accepting Differences Club  
11:00am Concert Band  
11:00am Self Def & Conditioning Club  
11:00am Weight room open  
1:15pm Univ. visit: Ryerson  
3:30pm Field Hockey vs St. David CSS  
3:30pm Jr. Girls Basketball @ Resurrection CSS  
3:30pm Jr. Boys Volleyball vs Resurrection CSS  
3:30pm Sr. Boys Volleyball vs Resurrection CSS  
5:00pm Sr. Girls Basketball @ Resurrection CSS

**Tuesday, October 8**  
8:20am Software: Animation Training  
8:30am College visit: Conestoga College  
11:00am Games Club  
11:00am Programmers' Club  
11:00am Self Def & Conditioning Club  
11:00am Weight room open  
11:00am Relay for Life planning meeting

**Wednesday, October 9**  
8:20am Software: Programming Visual Effects Training  
11:00am Lost Club  
11:00am Puzzles Club  
11:00am Weight room open  
11:00am Accepting Differences Club  
12:00pm Univ. visit: Windsor University  
1:15pm Univ. visit: Guelph University  
2:35pm Anime Club  
2:45pm Hip Hop Dance Crew  
3:30pm Sr. Girls Basketball vs Woodland Christian HS  
3:30pm Field Hockey @ Monsignor Doyle CSS  
3:30pm Jr. Boys Soccer @ Resurrection CSS  
4:30pm Sr. Boys Football @ Eastwood  
Spirit Day

**Monday, October 14**  
Thanksgiving Day

**Tuesday, October 15**  
8:20am Progress Reports Distributed  
9:45am College visit: Fanshawe College  
11:00am Games Club  
11:00am Programmers' Club  
11:00am Self Def & Conditioning Club  
11:00am Weight room open  
SHSM Deadline to sign up

**Wednesday, October 16**  
8:30am Univ. visit: University of Waterloo & St. Jerome's  
11:00am Lost Club  
11:00am Puzzles Club  
11:00am Weight room open  
11:00am Accepting Differences Club  
2:35pm Anime Club  
2:45pm Hip Hop Dance Crew  
3:00pm Sr. Boys Football @ Cameron Heights  
3:30pm Jr. Boys Soccer vs St. David CSS  
Spirit Day  
BENN Newsletter release

Check the calendar on the school website for more information. New information is always being added, and more detailed information about upcoming events can be found there. To see the full calendar, go to **Benny's News**  
► **Calendar of Events.**

## Miscellaneous

### We want to know...

Thank you to those who have taken time to provide us with feedback. Your opinions are important to us! Please [email us](#) with your comments and suggestions. If you like our newsletter, tell others; if you don't like it, tell us!

Check out our school website at <http://stbenedict.wcdsb.ca> for news and information updates.

