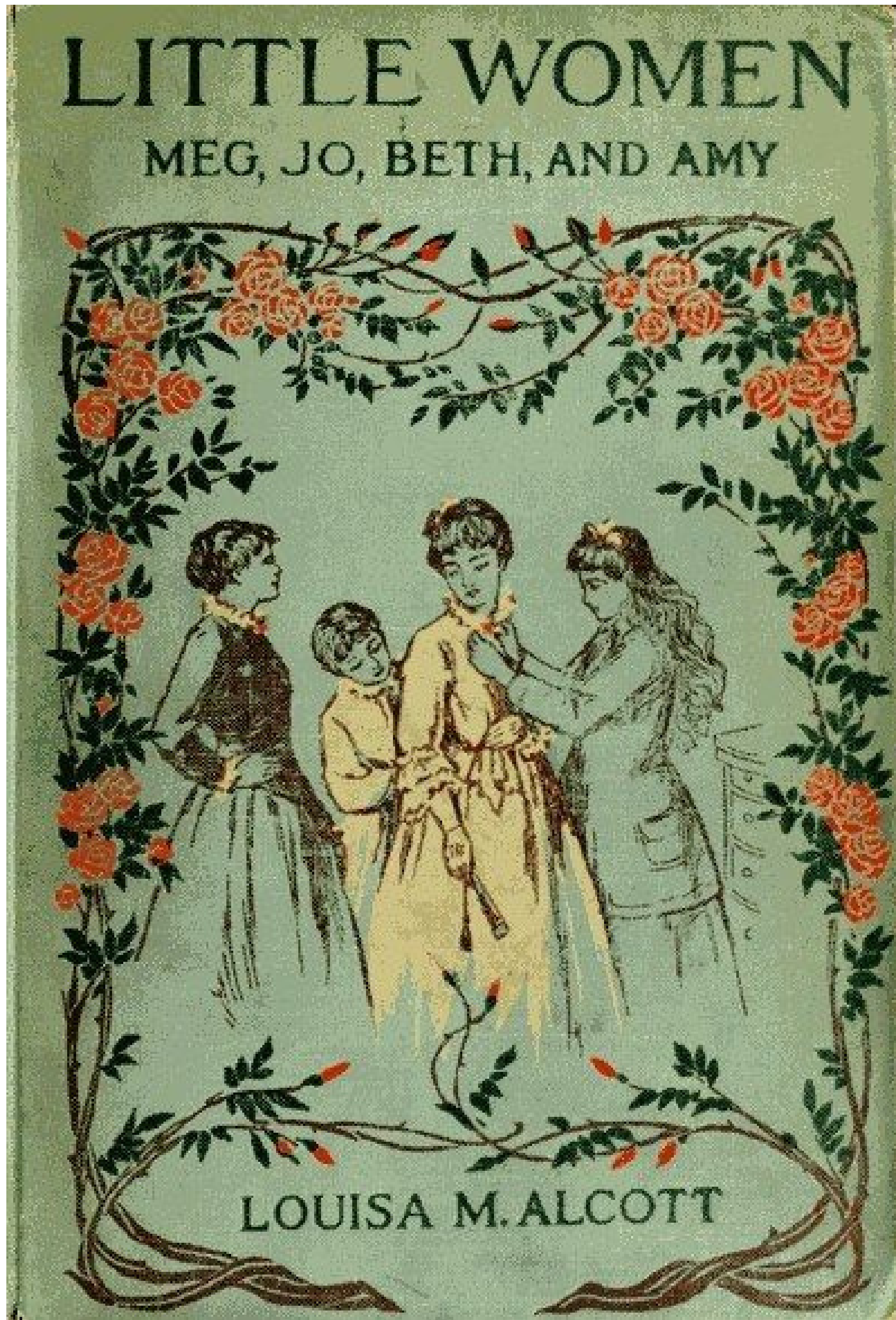


Book of the Month  
Yearbook  
Pet of the Month  
Easter

Thinking about AP?  
St Patrick's Day  
Special Feature: Student Voice  
Special Feature: CSSI at NTHS

Ramadan  
Eid Al Fitr  
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Support Staff Interview

Teacher Interview  
Mayor Visit to NTHS  
Trails from the Trail  
Sikh Heritage Month



## Book of the Month

Written By Widda Nasiry, Edited by Elisa Hsieh

The book selected to represent the month of March is the touching coming-of-age novel 'Little Women' written by American novelist Louisa May Alcott. The story follows the lives of the four March sisters, Meg, Jo, Beth, and Amy, who are traversing through their own inevitable struggles and challenges of womanhood while each of them finds their own journey towards personal growth with the strong bond of family and sisterhood. With Meg being the oldest, Jo and Beth being second and third, and Amy being the youngest, we are told the individual problems each sister is experiencing within each period of their lives. The main message of little women is expressed through the relationship of the sisters and how support is often needed when going through these milestones of life. No matter the problems the March sister's face, whether it be dealing with the hardships of love or a fight to success towards a career, it will always conclude with the one important thing needed in life, which is family.

## Pet of the Month

Written by Elisa Hsieh

Latte is renowned for being a playful pup! Consistently, Latte enjoys going on walks and playing with her toys. Her favourite toy is her eggplant squishmallow! Additionally, at only a year and eight months old, Latte's interest is not just the outdoors but chewing on shoelaces....



## Purchase a Yearbook

From the Yearbook Committee

Purchase a piece of North Trail History with our very first yearbook! Our Yearbook Club has been working hard all year to capture and document the many amazing firsts of North Trail. Yearbooks are \$40 and can be purchased directly through the Lifetouch website. Distribution of 2023-2024 Yearbooks will take place in Fall 2024.

Follow the link provided or use the QR code for next steps:



## Easter - The History Behind Its Celebration

Written by Irelan McFarlane, Edited by Gabriel Obiora

Easter is a Christian festival celebrating the Resurrection of Jesus Christ on the third day after his Crucifixion by the Romans, dying around A.D.30. The first observation of Easter comes from the 2nd century, although probably occurred earlier. The holiday begins with a Lent, which is 40 days of prayer, fasting and sacrifice. Then ending with Holy Week, including the celebration of Jesus' last dinner with his 12 Apostles (Maundy Thursday), The observation of Jesus Crucifixion(Good Friday), and Easter Sunday. In 2024 Easter occurs on March 31, although each year it is on a different date. Normally on the first Sunday after the first full moon following on or after the spring equinox. Orthodox Easter falls between April 4th and May 8th each year.

St. Bede the Venerable, the 6th-century author, preserves that the English word "Easter" comes from Eostre, or Eostrae, the Anglo-Saxon goddess of spring and fertility. Despite its importance to the Christian Holy Day, many of the traditions and symbols that are part of Easter actually have roots in pagan celebrations. The resurrection of Jesus is seen as the foundation of the Christian religion, hence why Easter is so important to the religion. Easter is also associated with the Jewish holiday of Passover.

Eggs represented fertility and birth in certain pagan traditions that pre-date Christianity meaning the egg decorating tradition in Easter may have been a nod towards Christianity. Most children also participate in "egg hunts" which is when the easter bunny comes and hides eggs and then they have to go and find them. The Easter Bunny tradition's origin is unknown, although it is believed to have arrived in America with German immigrants in the 1700s. With this, it is also acknowledged at Easter that the arrival of baby bunnies in springtime has become associated with birth and renewal.



## St Patrick's Day - The History Behind Its Celebration

Written by Irelan McFarlane, Edited by Gabriel Obiora

Every March 17 for over 1,000 years, the Irish have all come together and celebrated the patron saint of Ireland, Saint Patrick. He was originally born in Roman Britain during the fifth century, later then being kidnapped and taken to Ireland. He then escapes but decides to come back. Saint Patrick was also said to have brought Christianity over to the Irish Republic. Centuries after his death, the mythology around his life became deeply rooted in the country's culture. The most known legend of St. Patrick is how he taught the holy trinity by using the three leaves of a shamrock.

In Ireland on St. Patrick's Day families will traditionally go to church in the morning and then party in the afternoon. They would dance, drink, and eat the Irish traditional meal of bacon and cabbage. The celebration is seen as such a spiritual and religious occasion in Ireland that there was a law that all the pubs must be closed on March 17th up until the 1970s.

The first Saint Patrick parade did not actually start in Ireland but in America, taking place in St

Augustine, Florida on March 17, 1601. Later in 1772 Irish soldiers serving in the English military would march in New York's St. Patrick's Day parade. Over the next few decades, Irish immigrants living in America would create their own Irish Aid societies. When the great Potato Famine hit Ireland in 1845 many catholic Irish families migrated to America. Each of these groups would hold annual parades. In 1848, different Irish Aid groups came together, combining their parades. This parade is now the world's oldest and the largest in America, with over 150,000 members. During this time, the Irish immigrants would be heavily discriminated against by Americans for being "drunk, violent monkeys." However, with the growing number of Irish immigrants in America, they started gaining more power. So much so that on March 17, 1948, President Harry. S Truman attended New York City's St. Patrick's Day parade. Other cities developed their own traditions, like when in Chicago 1962 they started dyeing the Chicago river green.

## Thinking About AP?

Interviewed/transcribed By Mehraal Raza. Written By Mavie MacIntyre

**We interviewed Mrs. Fehres, the AP coordinator at North Trail, about some commonly asked questions about AP. Here is what she had to say for them:**

**What Advanced Placement courses are available at North Trail?**

At North Trail, we offer many AP courses such as Biology, Physics, Chemistry, Art, Computer Science, French, ELA, and Social Studies with a focus on history, and Math, which is a calculus you would do with Math 3I.

**How can AP courses help your education?**

When you take an AP class you're with a bunch of other students who think that that subject area is either interesting or that it will further their studies for universities. So they are interested in the content just for themselves or for their future. Being in a class with keen students will enrich the conversations that take place and the activities that happen, and you're able to do a university-level course with the help of high school teachers in a smaller setting. First-year university courses are often in the hundreds in terms of students that take them, so doing that content, learning how to use a university-level textbook and doing the course with much better support is helpful for when you do go to university.

**What three traits should a person have if they want to do AP?**

Be interested in that topic, AP has the advantage that you can take just one AP class or two or three but you can emphasize what you really want to know about. So be keen on that topic. Be willing to put in some extra time, and be willing to pay the AP exam fee of roughly \$160.

**Is the AP Exam mandatory with the AP course?**

If you just took the course without the exam, it wouldn't show up as an AP course on your transcript and if you are trying to get university credits for that course then yes you do need to do the course and the exam.

**How would you describe AP in one word?**

Exciting!

**AP seems to scare many people, what would you say to the people who are interested in AP but are fearful of the pacing or workload?**

The workload is a little bit more than in a regular course but don't be scared of it, just dive right into it. It's really fun to explore some of those topics in greater depth. I used to be an AP biology teacher and it was really interesting to do some of the labs and figure out things you typically wouldn't do in a regular course. So I would say just have fun with it.

**What should be your average in a course before you consider applying for AP?**

We do recommend that your average in the prerequisite course is 80% or higher

**What is your advice to the people going into an AP course?**

I think having fun with it is the most important thing, dive right into it and enjoy everything that you're learning. Be open to all the other inputs not only from your teachers but from your classmates as well.

We hope this answered all of your AP questions!

## STUDENT VOICE

Compiled and introduced by: Wilson Wang

What is your experience as, or perception of, first-generation immigrant students and their place in our school community?

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My parents immigrated from Pakistan due to the devastating persecution of Ahmadi Muslims in their home country. Both my parents grew up in Rabwah, a small town which is considered to be a safe haven for Ahmadis. Unlike most students at North Trail, I grew up on an acreage in rural Alberta. I went to school in a small town five hours away from Calgary. This town was named Kitscoty. With a tiny population of just 700 people, my family consisted of the only Pakistanis and Muslims in the town.

There have been many moments in my life where I have felt like I don't belong. However, a series of these incidents have stuck to me. On a sunny spring day, my older sister and I sat on our school bus as usual to head home. The school bus would drop off each kid individually to their house rather than stopping at a bus stop. As the yellow school bus drove into the lush green abyss of trees my sister and I called home, the entire bus noticed something strange.

Our acreage had stables to the right where we kept our horse and sheep. A few meters outside the stables are my fathers semi-trucks. Along with that, a few meters away from the semi-trucks, there was a small one-door garage. The children on the bus murmured in shock as they locked their eyes on the front of the small garage. The words "go back!" had been spray painted in dark black for the world to see. My sister and I rushed off the bus in shock and despair.

The following few days led to a series of acts of violence. One of which I remember particularly well. It was a chilly April night when my parents woke up to the sound of banging against our door. It was then when the fire chief had told them that my fathers semi-trucks had been set on fire. Another act of violence had been committed against my family.

I remember sitting in the back of my car watching my parents' hard work disappear before my eyes. As the trucks were engulfed in bright orange flames, I couldn't help but notice how crushed my parents were. They had escaped one devastating situation just so they could fall victim to another. I learned that this is the true reality of being an immigrant.

I thought to myself. If I'm being told to go back, where would I even go? What does it even mean to be a Canadian if I don't fit the criteria? From a young age, I had to face my reality as an Ahmadi-Muslim and Pakistani girl living in Canada.

As I grew up, I recognized the struggles and trials that come with proudly representing my identity. I acknowledge how my experiences have changed me for the better. I am proud of my identity and faith as the daughter of an immigrant. That is what being Canadian means to me, and that is what we should be embracing in our society.

## The Struggles of a Child of an Immigrant – A Personal Anecdote

By: Sanaa Mian

As students at North Trail, we should embrace our differences and acknowledge the struggles of newcomers and refugees in Canada. Please contact a trusted adult or friend if you are struggling with adjusting to a new school community.

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## My Story As A First Generation Immigrant Student

By: Mehraal Raza

I am a first generation immigrant student in Canada, I first came here when I was just four. I remember going to my first day of kindergarten not knowing how to speak to anyone there, I remember getting on the bus and sitting by myself. I've grown since then and thankfully learned to speak English fluently and make friends. I think about the challenges I face everyday, how I'm expected to be a faulty English speaker but a math prodigy because I come from South Asia. I think about how people react when I say I'm excellent at math and science, how they scoff and say "well duh" or "ofcourse you are". It wasn't just the education factor that made me feel out of place, it was the lack of community. I lived in a small town for most of my life and I never saw any representation or anyone who looked like me. I never attended cultural events or dressed up in my traditional clothes outside of my house. It wasn't until I came to Calgary that I finally found people like me, not just South Asians but other immigrants with similar stories. I realized how important representation was and how much community mattered. I felt happy attending public cultural events or when someone recognized and appreciated my traditions. I like to think I had it lucky, that I was able to adapt from such a young age to this atmosphere, which isn't the case for many immigrants. Although I face many challenges in my daily life and education, I am grateful that I can say I am a first generation immigrant because that's not an easy thing to be.

Eni Alagbe, edited by Mavie MacIntyre

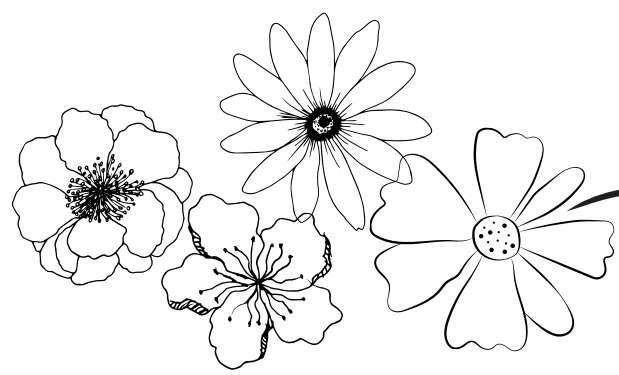
I'm a Canadian immigrant and have lived in Calgary for almost half my life. In terms of mores, norms, and cultural presentation, Canada is the third unique society I've lived in. Some parts of my life will never fit into the 'classic suburban Canadian life:' I haven't stayed in the same house on the same block since I was born; I didn't grow up with weekly playdates, sleepovers, and impromptu trips to local attractions; I'm not family friends with any of my teachers. (This is pretty common, I've found.) The cool thing about this country, though, is that none of that is what makes you a Canadian. There is undoubtedly a difference between those who have these things and people like me who don't, but that's the difference of having a tangible generational history at your fingertips. We all have one - mine is in a city across the ocean, within the borders of a growing country. There is a bigger picture, and I can't see all of it, but from my perspective of the world, being an immigrant hasn't made a huge difference in my life. Like everyone, I have history, too.

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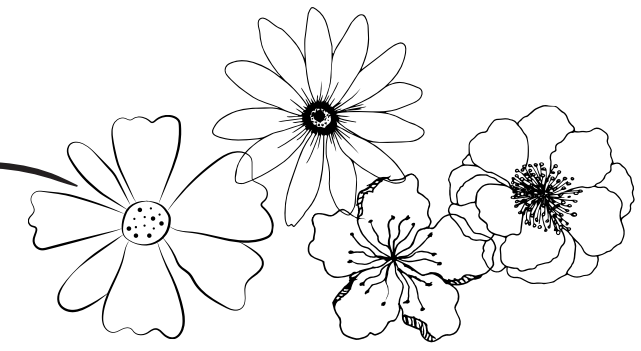
# CSSI AT NORTH TRAIL

Written and Interviewed by: Ayesha, Sanaa and Mavie. Edited: Elisa

IN THIS MONTH'S SPECIAL FEATURE, THE TRAIL TRIBUNE IS THRILLED TO PRESENT A GLIMPSE INTO THE DAILY LIVES OF NORTH TRAIL HIGH SCHOOL'S CSSI MEMBERS AND ITS PROGRAM. THANK YOU MS. SMITH FOR TAKING THE TIME TO CHAT WITH US!



What does CSSI stand for?  
"It stands for communication, sensory, and social intergeneration."

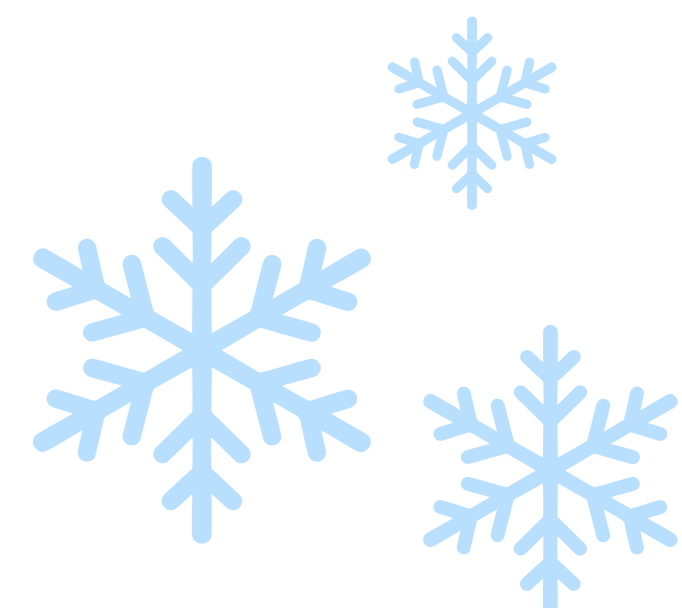


## Why is this program important to our community?

"It's important because I think a lot of students and even adults in the building don't have a lot of time that they get to spend with or interact with students with such high needs. So I think it's really important that everybody gets to experience time with all sorts of people. In the same way that diversity is really important, and experiencing people of different cultures, I think experiencing people of different abilities too is really important, and it just lets everybody have a greater sense of how we're all so different and how much need there is, but also all of the benefits that we can get from every different culture, every different ability, and every different level and type of learning that the school has to offer."

## On a cold day do you just walk around the school?

"Yes. They really need movement, and because we're in our room all day, it's important to get them out. We, the adults, go a little crazy there, and they find it kind of boring, so you'll see us walking in the halls a lot. We go for walks, and even when it's not cold out, we go for walks a lot of the time. We try to do different activities in the school when we can, so sometimes we have a couple students that will deliver papers to the printers, just to get them moving around. They like to do tasks like that too. So we try to be creative on the cold days because it's hard to."



## Is there a particular curriculum that you follow?

"Each of our students is on IPP's, so that means that they have their own individual outcomes and their own individual curriculum. When we do report cards, we look at different key categories, so there's not necessarily a curriculum attached because each one of our students is so different. But we look at how they're doing with their communication, with their emotional regulation, and with their daily living skills. There are different daily things they can do around the house or in their days that are going to help them transition. We look at transitioning and what they are doing afterwards. So they have their own set of criteria, but we don't have specific outcomes like our typical students would, just because they're all individualized for each one of our students."

## What does a typical day look like in the CSSI classroom?

"While things can be very different, we follow basically the same schedule every day. Depending on how our students are feeling, it might change, but we try



to keep it as consistent as possible because, for a lot of people with autism, consistency and structure kind of help them feel more comfortable with how the day is going to go. We start out, depending on the day, in the gym. We get to have a little bit of physical activity; we play around; a lot of them like to walk laps; we have accessible bikes that they play on; or just balls, things like that. We have that in the morning, then we have group time where we do calendar. That's where they get to interact a little bit with each other. With our students, it's a little bit tough for them to spend a lot of time interacting with each other because of their autism and also because of their communication needs. A lot of them are non-verbal, so we look at communicating and interacting in ways that don't involve speaking. We have a lot of visuals, and we've had things like that. We look at the weather, the day, the season, and all of that. Then we go on, and we have some different activities that they each do on their own. Just like you have work to do in class, our students do too. For each one, it looks different, so they do their own tasks at their desk, and either myself or Mrs. Armstrong (the other teacher) helps them, or one of our EA's helps them because a lot of them can't do it independently. Then, we usually have another group activity, we have lunch time, and we have some sensory time where they can just calm down. We turn off the lights, we put on some music, we have projectors, and we try and go outside, usually to Nose Creek playground every day, so a walk outside they really love (on the cold days it's a little hard). Then in the afternoon, we have different activities. Monday's art, Tuesdays we play games, Wednesday's science, and Thursday is cooking, and then on Friday we do recycling."

# CSSI AT NORTH TRAIL

Transcribed By Sanaa, Mavie and Ayesha

## What do the students learn about?

So for each one it is a little bit different! We always have some key things [that they learn about]. Because our students are in high school now and once they are eighteen like all of you they are going out of high school and need to transition in a number of ways. Their lives might look really different. We try to focus on daily life and living skills. So we have one student, Ethan and we work a lot with him and money. If he wants something he has to pay for it. We have pretend money so he will kind of look through and pick out what it costs. We look at how to decide what to wear and the different weather and how they can choose how to dress so that they are wearing appropriate clothes for the weather! They also learn how to do their own laundry and just ways that they can help their families with chores.



## How old are the students?

Right now they are about the same age as all of you! One student is in grade twelve but that was kind of the exception that was made. The rest of them are in grade ten and eleven. Then, we have another two students who are exceptions. This is because moving to a new school is really hard for everybody, but it is especially for our students so we have two students that are actually in grade nine, but they are with us so that they can stay with us longer and they don't have to do that [change schools] multiple times.

## What is your favourite thing about teaching CSSI?

“ The students definitely. They are so sweet and they have so much to offer and it's really fun! I have taught a lot of different things. I have been a classroom teacher, I taught social studies, I taught English, I taught resources and I have worked with lots of different students, and I have to say that I have fun and laugh more in CSSI than in any other group! They are really so sweet and so kind. If you get the opportunity to get to know them it takes a little bit longer but they have so much to offer once you do. Definitely the student!”





## Eid Al Fitr

Written By Mehraal R., Edited By Sanaa Mian

### What is Eid Al Fitr?

Eid is a Islamic holiday that celebrates the end of Ramadan. This day is celebrated to give thanks for the blessings of Ramadan. Muslims attend the congregational Eid prayer service that is held in the morning at the mosque. They wear fancy cultural clothing, cook delicious food and invite friends and family to celebrate this joyous occasion. Fasting during Ramadan inspires sympathy for the needy, and encourages Muslims to donate generously to the less fortunate. Specifically it celebrates the complete delivery of the Holy Qur'an to prophet Muhammad PBUH.

### What do Muslims do on Eid?

Eid is a joyous celebration for Muslims. It is prohibited to fast on this day because it is a day to celebrate the completion of the month of Ramadan. Muslims around the world wear their best cultural clothing, and they spend their time giving alms to the poor. They visit the mosque early in the morning to pray congregational Eid prayers. The rest of the day is spent relaxing with friends and family.

### Why are there 2 Eids?

There are two Eid celebrations in the Islamic year, Eid Al Adha and Eid Al Fitr. Eid Al Fitr is the Eid celebrated at the end of Ramadan. Eid Al Adha is celebrated as a "Festival of Sacrifice" for Muslims around the world. It comes approximately ten weeks after Eid Al Fitr.

## Ramadan

Written By Sanaa Mian

### What is Ramadan?

Every year, as the blessed month of Ramadan draws near, Muslims around the world await in joyous anticipation for the opportunity to observe fasting—the fourth of five foundational pillars of the Islamic faith. Muslims fast from sunrise until sunset, and spend their time strengthening their faith. This month is known to be a spiritual revival for Muslims around the world, as it is the month in which the Holy Quran was revealed.

### Who can fast and who cannot?

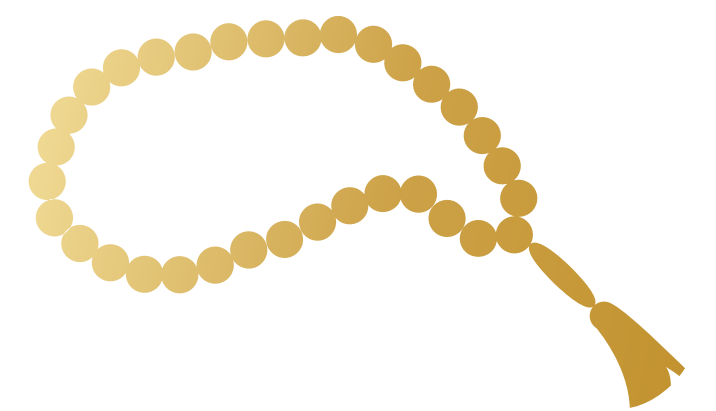
Not all Muslims are allowed to fast. They following is a list of Muslims who cannot fast:

- Children
- The Elderly
- Pregnant Women/Nursing Women
- Travelers
- Women on their menstruation cycle
- People with health issues
- People on medication

For these people, fasting can become very difficult because of their circumstances. Therefore, it is prohibited to fast if it can cause direct harm to a person's health.

### Why do Muslims fast?

In Islam the practice of fasting is not only a physical exercise but a spiritual one; the aim of which is the attainment of God's pleasure. If a Muslim merely observes the outward requirements of the fast, they will simply succeed in making themselves hungry and thirsty and nothing more. It teaches us to be grateful for what we have, and to give more towards charity.



International Women's Day, celebrated on March 8th, stands as a tribute to the journey of women throughout history, marked by resilience, progress, and unity. It's a day where we pause to recognize the significant contributions of women who have left an indelible mark on our lives. In conversations around school, many mentioned their mothers, whose boundless love, protection, and patience have been crucial in shaping us into the individuals we are today. Among the inspiring figures highlighted was Amanda Gorman, whose poetry at President Biden's inauguration continues to amplify voices on racial justice and equality. While we commemorate this day globally, it's crucial to acknowledge that many women still face barriers to

## INTERNATIONAL Women's DAY

Written Nia John

basic human rights. This day also serves as a reminder of the ongoing struggle for gender equality and the need to address issues such as discrimination, violence, and inequality that many women face worldwide. Yet, we've made strides as a society, from the hard-fought battles for suffrage to women leading transnational corporations. As a woman writing this, I can't help but feel an immense sense of pride in our collective achievements. Regardless of the skeptics, whether they be men or other fellow women, we stand deserving of every opportunity and success that comes our way. Together, we're molding a path towards a world free of bias, stereotypes, and discrimination; a world where men and women are equal.

# THE TRAIL TRIBUNE

## TALES FROM THE TRAIL

THIS MONTH, WE INTERVIEWED STUDENTS AND ASKED THEM WHERE THEY SAW THEMSELVES IN 5 YEARS. THE ANSWERS HAD A LARGE RANGE AND SHOWED HOW UNIQUE AND DIFFERENT EVERYONE IS AND HOW STUDENTS AT NORTH TRAIL HAVE A LARGE VARIETY OF ASPIRATIONS. IT IS SO EYE-OPENING AND IMPRESSIVE HOW DIVERSE OUR COMMUNITY IS, AND HOW OUR SCHOOL FOSTERS THESE UNIQUE GOALS!

Written and Interviewed by Ayesha  
Edited by Wilson

"IN UNIVERSITY."

"Having an okay life."

"PROBABLY UNIVERSITY."

"A rich guy."

"Living back in Turkey."

"17th Street."

"In university and working in my own company."

"As a businesswoman."

"University of Waterloo."

"I would love to be acting or writing plays."

"Getting my PhD in Nuclear Engineering"

"Becoming a podiatrist (a person who treats the feet and their alignments)."

"Find my love. I build a family. You know I have some kids."

"Hopefully in university, with maybe a family."

"Full time playing volleyball."

"In Japan."

"Helping Palestine."

"I'm gonna be a really good man, I'm gonna own a private company, I'm gonna help people, try to make them better, try to build my family, and find my love, and all that stuff."

"MRS. GARDEN HERE. I SEE MYSELF HERE AT NORTH TRAIL."

"My friend's truck, I'm the friend, right? My truck on GT road."

"On GT Road (a main road in Pakistan), while I drive my friend's truck."

"Working for a really big financial firm as a consultant or something."

"IN SCHOOL STILL."

"In five years? A truck driver, or construction worker."

"University, I'm pretty sure."

"College probably."

"Venturing further into my interests."

"I see myself in university, trying to find a guy to marry to. Building my career and reaching out for my dreams and my goals."

"HAVING A CAREER."

"In five years I see myself in Oxford University studying for my English literature degree."

"SIX FIGURES IN DEBT, STUDYING SOMEWHERE, WITH A USELESS DEGREE. (AYESHA)"

"Sleeping."

"In Canada working some part time jobs."

"Hopefully graduated, and in university."

"Happy and in a nursing or health science program, registering for med school"

"AN ANESTHESIOLOGIST."

"RICH AND FAMOUS."

"HAVING FUN."

"Graduating and working as an engineer. Hopefully married."

"Have a business worth billions."

"College, sure."

"Probably still in school."

"In Uni studying for my law degree."

"I don't know. I honestly don't know. Maybe university?"



## SUPPORT STAFF INTERVIEW *MRS. BHAMJEE*

At North Trail High School, our support staff is crucial to all students and workers who are a part of NTHS. This month, we were fortunate to have Mrs. Bhamjee as our Support Staff of the Month, and we would like to thank her for all the support she has provided for us students at North Trail High School. Throughout her interview, Mrs. Bhamjee had great enthusiasm to share her tales with the NightHawks!

Born and raised in East Grinstead, West Sussex, UK, Mrs. Bhamjee resided for most of her adolescent years in the United Kingdom. Reflecting her youthful teen era, she shares how different it was when she was a high school student when compared to the school system here in Alberta. She described how the education system worked in the UK by sharing, “When you were sixteen years old, you took O Levels, Ordinary Levels exams, and it wasn't like you could gather credits as you went. You had to complete your courses, and then you took the exam that was worth 100% of your grade.” Reflecting on the past, she shares that there was definitely pressure and anxiety coming from school. However, looking forward, Mrs. Bhamjee confidently illustrates how it

is the journey of life and that it is not the end of the world to have one test dictate an individual's future. Along with the advice Mrs. Bhamjee would like to express to the Nighthawks, “enjoy high school; it's not always easy. Enjoy the experience, and listen to the teachers around you. But above all, do the best you can and ultimately strive for something—a job that you enjoy!” Recognizing that life is not linear and can inevitably change. Therefore, it is important to find a job that you are passionate about.

Moreover, Mrs. Bhamjee recalls her journey when she first moved to North America. At twenty years old, she decided to immigrate to Canada in 1988, because she had family living in Toronto. Happily affirming, “I was young and I wanted to experience and live in another country, and that's exactly what I did!” Eventually meeting her husband in Toronto, they later moved to Calgary in 1996, because of the line of work her husband undertook. Additionally, Mrs. Bhamjee expressed her love for the city of Toronto, saying how delightful it was when she was single, but she loves raising her family in Calgary. Mentioning members of her family, she discusses her daughter, who is currently travelling around Asia; another daughter is a nurse at Foothills Hospital; and her youngest is in the twelfth grade at Bowness high school. Likewise, another reason Mrs. Bhamjee shares her love of the city is because of the geographical location of the city of Calgary. Commenting, “I couldn't live without the Rocky Mountains!”

Speaking about her travels, Mrs. Bhamjee mentioned that she had travelled to several of the major holiday destinations, including France, Italy, the United States, and so much more! She inspires her children and students at NTHS to see the world and to travel as much as they can, so that they can create priceless memories. She also had a strong enthusiasm for telling the story of her daughter's travel adventures around Asia. In addition, Mrs. Bhamjee was delighted to share that she will be visiting Morocco, Portugal, and England this coming summer.



Written by Elisa Hsieh, Edited by Avani  
Deshpande, Photos by Vala Metelski

## TEACHER INTERVIEW MR. RUDOLF



Written by Elisa Hsieh, Edited by Widda Nasiry

Born in Calgary, Alberta, Mr. Rudolf spent most of his childhood growing up in the community of Sandstone. As a student, he attended John G. Diefenbaker High School and graduated in 2008. Throughout the interview, Mr. Rudolf expressed his enthusiasm for when he was a student at Diefenbaker, and shared his perspective on how both North Trail and Diefenbaker amplify a similar atmosphere. Mr. Rudolf highlighted how caring and awesome his teachers were to him. Moreover, Mr. Rudolf shared that he was a part of Diefenbaker's band and choir program. He specifically noted playing the clarinet, but admitted he was not the best at it. Stating, "In fact, in grade eleven, I dropped out of the band because I couldn't read music well," Ironically, even though his designated high school was to go to Queens, he chose to go to Diefenbaker because of the band program. However, Mr. Rudolf was pleased to share that he loved playing rugby and that his favorite subject in school was science. Most notably, chemistry and biology! Commenting, "I really enjoyed labs and doing cool hands-on stuff,"

Understandably, high school can be filled with numerous challenges and can be stressful for some students; even Mr. Rudolf admits having a tough time at school. He confessed being quite anxious as a child, and a piece of advice he would like to share with the Nighthawks was, "Trust yourself, so often as we humans can get into our own heads and can doubt ourselves. And we can doubt whether or not we are worthy, capable, skilled, or know what we are doing, but when we just trust ourselves, we've been training for this. Whether this is an actual rugby game, a soccer game, or a math test, you've been training and training. So when it's game day, trust yourself." Additionally, another piece of advice that Mr. Rudolf further emphasizes is the importance of having the mindset of doing the best you can while getting work done and not leaving it half done. For instance, he jokingly says to his students, "If you are a car mechanic, don't half fix my car, and if you are my barber, don't half cut my haircut." These words spoken by Mr. Rudolf hope that his words can make a long-lasting difference to the students at North Trail High School.

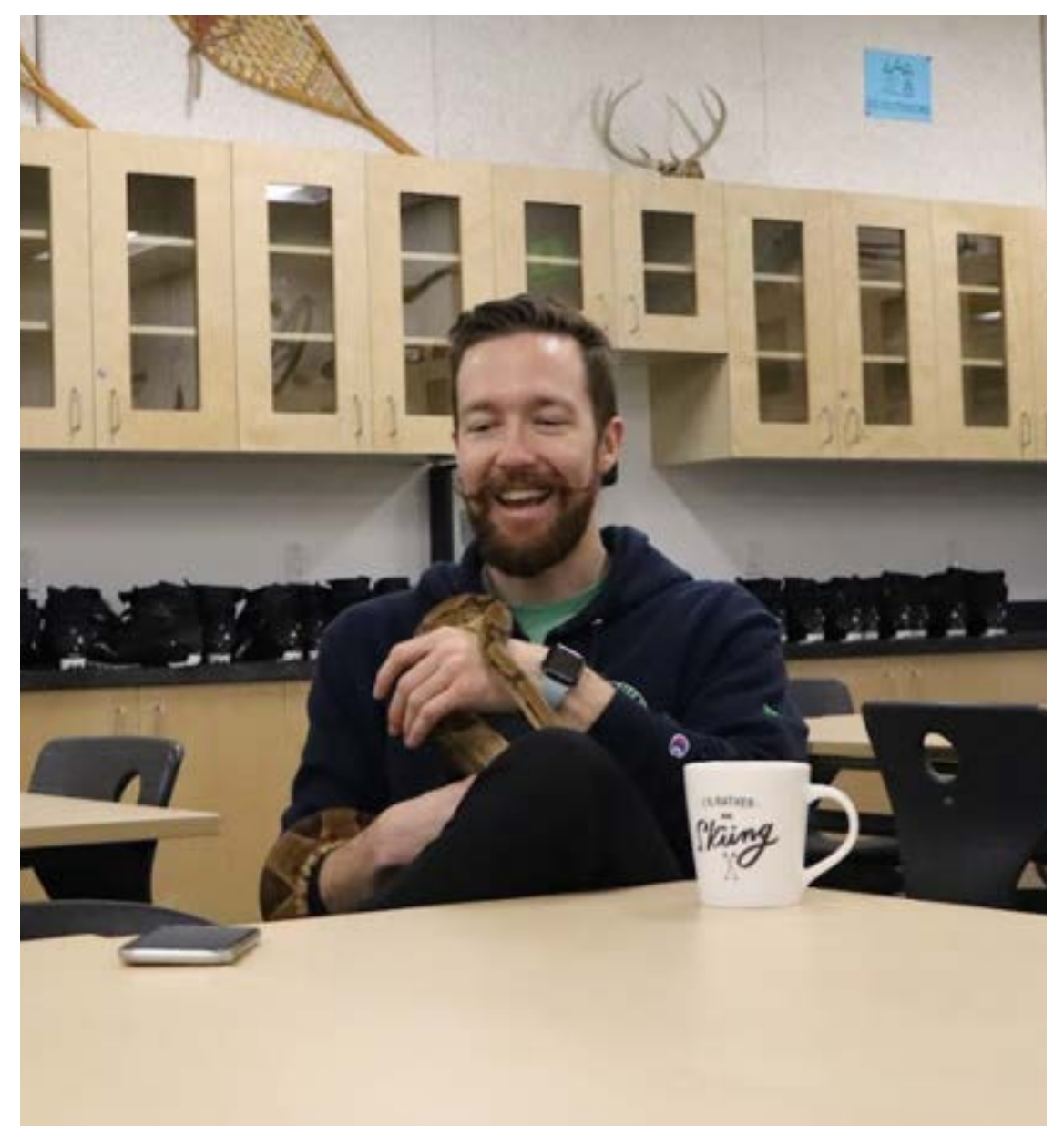
Furthermore, when discussing why he decided to become a teacher, he reflected on how much he loved the science courses at school. Originally, he thought he could become a nurse. Following a similar career path as his mother and brother, who worked in operating rooms. However, he wasn't sure if he was suited to become a nurse due to his fear of needles. Eventually he reflected back to the time when he was a high school student and recalled the wonderful, compassionate



teachers that had positively impacted his life. This further influenced Mr. Rudolf to do the same for his future students. Affirming "what an honor it would be to be able to be part of students' lives as they grow and figure out who they are and who they want to become, and become a supporter for them."

Nonetheless, he became a science and outdoor pursuits teacher at North Trail High School. Likewise, Mr. Rudolf excitedly shares his passion for traveling and the outdoors. He has been to over twenty countries, and a favorite location that he has traveled to is Iceland. Mentioning that there are volcanoes and glaciers that cover all of the land. Moreover, he highly encourages students after graduation to go and see the world, experience a new life journey, and create long-lasting memories.

Lastly, when asking Mr. Rudolf the question, "What would you implement towards the school in terms of clubs or the school community?" Mr. Rudolf passionately shares how he would like to promote outdoor pursuit programs to more individuals around North Trail High School. Exclaiming how the great outdoors is meant for everyone, and is aspiring to share his passion with those who may not see themselves as outdoor enthusiasts.



# THE TRAIL TRIBUNE

Written by Ayesha and Wilson. Edited by Elisa

At North Trail High School, we were very fortunate to have Mayor Jyoti Gondek visit our school this month. There were many aspiring questions being asked by our student body, and we would like to showcase some of the questions noted to our city mayor.

*What do you like most about our school?*

I'm just glad that it exists. I'll tell you that. This was not going to be a thing for a very long time, so the thing that I love about your school is that it finally happened and I haven't had a tour yet, so once I figure that out, I'll let you know."

*We are currently building a community here at North Trail, can you offer us some advice on how we can do this?*

"I think that the fact that you're engaged enough to invite me out to a town hall is pretty amazing. I really have to thank Youth Central, the Mayor's Youth Council, and all of your school administration team for making this possible. I think the fact that you're having this conversation with me and that you're interested in what municipal politicians do is a perfect first step. And I think the sense of community that you build in your school is going to reflect what we should be doing as a broader society. So in the same way that we talk about being welcoming, inclusive, and embracing diversity, I think that's something that your school will need to do as well, and I have a feeling you're probably already working on those things from a lot of the questions that I've heard here today."



## Mayor Gondek visits North Trail

A graphic featuring a black microphone icon pointing downwards and two overlapping speech bubbles, one orange and one yellow, to the left of the main title.

*Are you going to bring back plastic straws?*

"I'm glad you asked that question. I didn't ban plastic straws, and the city council didn't ban plastic bags; that was federal. The federal government was the one that was banning plastic, and the city did what we did, and I'll tell you why: we put in a bylaw to limit the amount of waste that was going out of places. I'll tell you why. Let's pretend you're going to McDonald's, and you get a drink cup, and it's got a paper straw, and you've got a burger, and it's inside a cardboard case, and you've got your bag. Most people stick everything in the bag and toss it in the trash. What was happening was that we were seeing millions of pounds of waste go into landfills on a regular basis. If our landfill is overflowing, we have to find land for another one, and a landfill is not as effective as composting and recycling. So what we were trying to do was make sure that there was less waste. The only thing we were trying to limit was bag usage so all those things wouldn't end up in the garbage. And that bag was 15 cents. When you compare it to Europe, where it's a dollar or several dollars, we felt that that was a reasonable compromise. However, I will say this: I don't think we communicated that to Calgarians very well, and so I think people were very surprised that they were going to have to pay for a bag when they were getting their takeout. I think everyone's used to taking their reusable bags to the grocery store, but we didn't do a very good job at messaging what was happening in that case. I hope that helps explain."

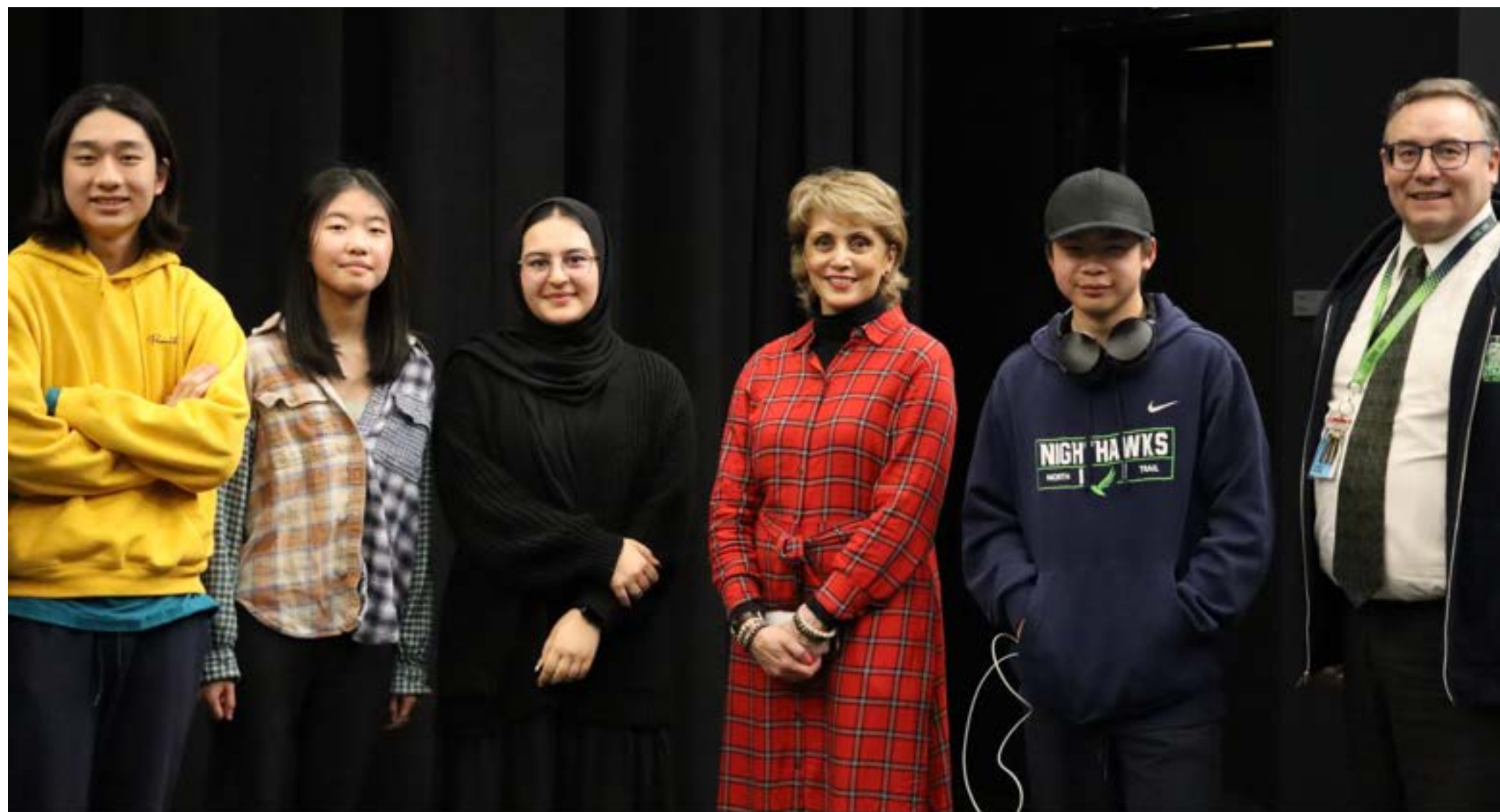


*What is the city doing on the issue of safety on transit?*

"I'll give you an example of something we tried 8 or 9 months ago. So we had Calgary police service officers as well as bylaw officers, transit peace officers, and security guards, and all of them were working together. What they started to do was notice what the patterns were. Where were things getting out of hand, where were things okay, and where was intervention needed by an outreach team? So if someone's in a crisis, who do we send out? And as a result of them working together, anywhere there was heightened criminal activity, the police would go. Anywhere where there was just a little bit of disruption, peace officers would go. Anytime there was someone really suffering through something, an outreach team would go. And now they all work well with each other. So that was probably the best thing we could've done, and we did invest some money in last year's budget to make sure we could keep doing that. We realized that public safety isn't just about arresting people; it's also about creating a safe environment for the people who are using transit."

# THE TRAIL TRIBUNE

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**“the thing  
that I love  
about your  
school is  
that it *finally*  
happened”**

*Do you feel that the current high school curriculum prepares students for postsecondary education?*

“In many ways yes, and in many ways no, and it’s not the fault of the curriculum. Sometimes, just being away from the environment that you’re very used to and going to post-secondary can become very overwhelming. Suddenly, no one’s telling you you have to have your homework in. You either get it in or you fail. And you take on more accountability and responsibility once you’re in post-secondary. There’s not a lot of people chasing you down for things, and there’s not a lot of leeway for getting things handed in, and I think that’s a big wake-up call for students going from high school to postsecondary. I do believe the curriculum right now has a lot of good components that are getting you ready for postsecondary. We didn’t have financial lessons when I was in high school. But that was a very long time ago. I graduated in 1987, and not once did anyone ever talk to us about how to manage your money, let alone how to be ready for post-secondary, so I think the world has progressed quite a bit. I think you’re in pretty good shape, and I would say early and often, as you’re in high school, get to know about the independence you’re going to have to exercise in post-secondary.”

*What is being done to support individuals - specifically youth - suffering from mental health struggles and more affordable mental health care?*

“I would say a couple of things - I think more employers need to invest better in wellness programs for their staff so that parents can be in a program where their kids can access the services they need, I think that’s one of the most important things we can do. And I don’t think most of our employee assistance programs are strong enough when it comes to mental health. One of the other things I have seen just recently on the news is making sure that counselors are well-accredited and that there is some governance over who is able to be a counselor. I also think that we need more mental health beds in the province; there’s not a lot, so when kids are in crisis a lot of time they are going into adult facilities, once you’re sixteen or seventeen. And that’s not the ideal place to be. So I think we need to take mental health very seriously. We have needed to do that for the last twenty years. I just don’t know why people aren’t investing in it when it comes to our ministers, when it comes to our provincial government, and frankly our federal government as well. And I know it sounds like I’m blaming everybody else for our problems, but I find it very difficult to understand why the city, where we have zero control over this, has invested about thirty million dollars into mental health. I would sure love it if they would keep up pace, and make those investments that your income taxes are paying.”

*What strategies do you use to balance the diverse worldviews of Calgarians?*

“The first one is to let people have their say; as soon as you start preventing people from saying what’s on their mind, it starts to create mistrust and it starts to create more of a dynamic that is not gonna be a positive outcome. So I try to listen to people based on what they have to say. Whenever we’re in council making decisions, I make sure that we’re leading with the evidence and not so much the opinion, and so I think letting people have a say is important, and then weighing out the facts, and understanding that sometimes you’re gonna have to make decisions that are not popular, but be prepared to talk about why you made that decision. So I really think dialogue is a really critical thing.”



## **April** is *Sikh Heritage* **Month**

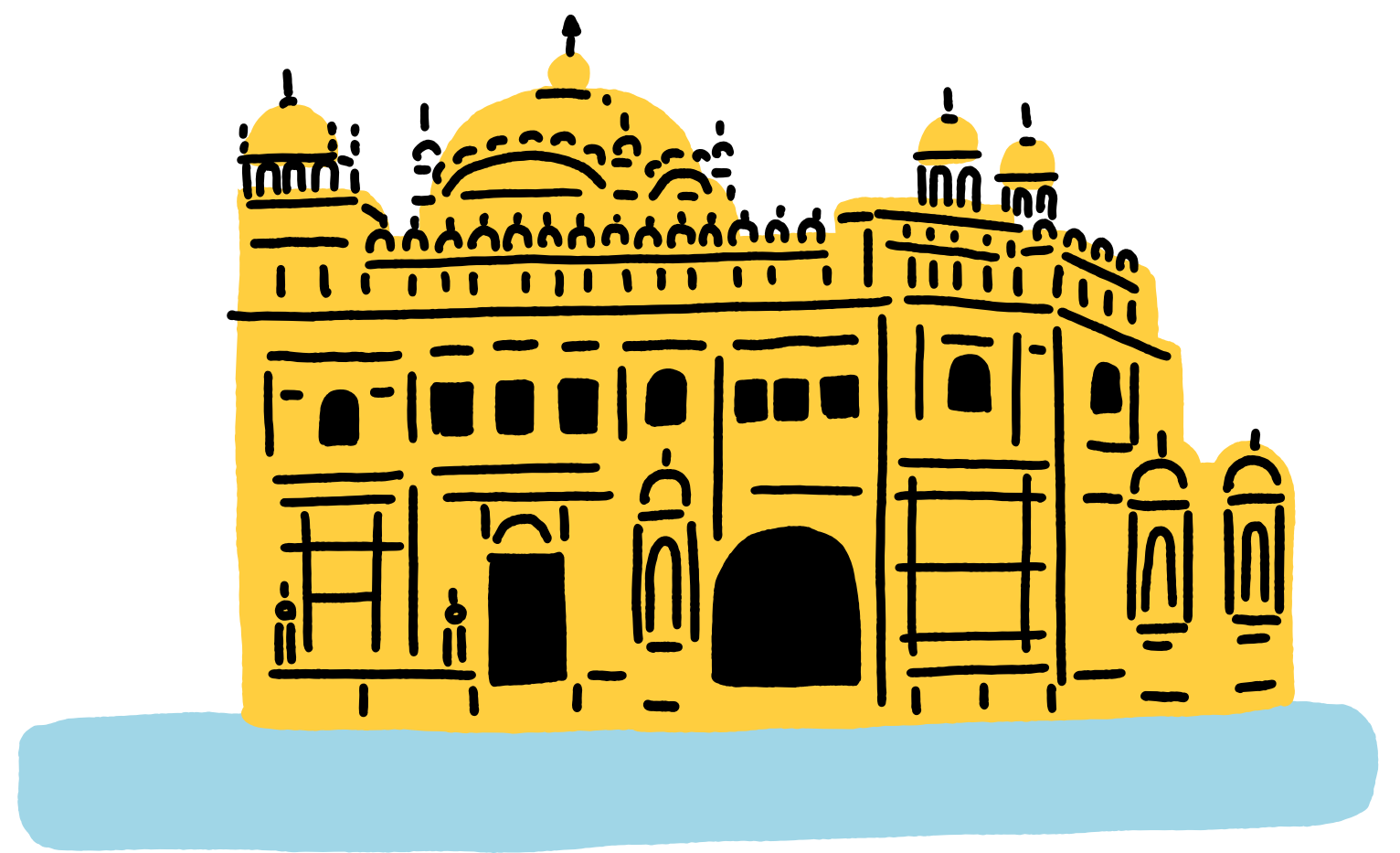
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April is an important month for Sikhs around the world as it marks the 'Birth of the Khalsa' - this is also known as Vaisakhi - the founding day of the Sikh faith. This is why in April, we celebrate Sikh heritage month, which the Sikh Heritage Month Act designates and describes the purpose as being, "an opportunity to reflect on, celebrate and educate future generations about the inspirational role that Sikh Canadians have played and continue to play in communities across the country." This is incredibly important to recognize the role that Sikhs in Canada have contributed to our history, and continue to influence our lives today, which becomes especially apparent when you consider the fact that Canada has the second largest population of Sikhs worldwide. This starts with educating people about Sikhism and the basics of the faith.

Sikhs who are 'baptized' or who have taken 'Amrit' are required to wear five artifacts; Kesh, no haircut; Kanga, a comb in the hair; Kara, a steel bracelet; Kachera, a pair of baggy cotton shorts; and Kirpan, a small dagger/sword. These items also performed functionally as well during a time when the Sikh religion was founded. Some of the basics of Sikhi are: encouraging individuals to engage in Seva (a selfless act, like community service), and to promote equality and the belief in one God. Sikhs are encouraged to advocate for those less fortunate than them and provide support and assistance when they can. If you are ever in need of a meal, Google "Sikh gurdwara" and you will be provided with a meal, free of charge and judgment. There are a few Sikh Gurdwaras in Calgary. There is one in Martindale, one in the South West and also one that is part of the Khalsa school. Another element of the Sikh faith is that most Sikhs will have either Singh or Kaur in their names - they were intended to be used as surnames and to abolish the use of traditional surnames that are deep rooted in classism. This aligns in the belief that **all Sikhs are equal**.



2023 Nagar Kirtan in Calgary  
Photograph from LiveWire Calgary



In Canada, both in the present-day and historically, Sikhs have and continue to play an important role and make up our society. Most likely, you'll recognize Sikh individuals like Youtuber Lily Singh, who was also the first Indian woman to have a late-night talk show. Or, maybe, Jasmeet Raina (AKA JusReign) who is a youtube and the lead and producer of the Crave series, 'Late Bloomer'. In our government as well, Sikh individuals have played and are in very significant roles, like Jagmeet Singh and Manmeet Singh Bhullar, who are respectively the NDP leader and a Calgarian politician. Even historically, Canadian Sikhs have been a part of the Armed Forces.

An important distinction to make, however, is that Sikhs and Punjabis are not the same thing. While it is true most Sikhs originate from India and are Punjabi, this overlap isn't exclusive! Being Punjabi is a culture, whereas being Sikh is following a specific faith. Not all Punjabis are Sikh, and there are also Hindu, Christian, Muslim, and Buddhist Punjabis. So when recognising Sikh heritage, it's important to recognise that we are celebrating specifically the Sikh faith and teachings of the Gurus.