



## MDAA Fall / Winter Newsletter 2021 - 2022

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Our MDAA VISION: \* Engaged with alumni, students & staff showing pride & spirit in our school. \*

### President's Message



Happy New Year, Mount Doug Alumni! Despite moving into another COVID year, we do wish you all a safe and healthy 2022 and cheers to making a healthier planet for all beings and species living on it.

Your MDAA board has been meeting on Zoom almost monthly to attend to some projects that we can tackle despite these challenging times.

We are pleased to announce that our MDAA website will be receiving a face lift soon. A huge thanks goes to Ron Crocker of Crocker Web Design for creating our site 12 years ago. He has been maintaining it so we can be online and in touch with you all. Stay tuned for the changes that will take some time. Any thoughts you may have about this project, do let me know. [wgedney@telus.net](mailto:wgedney@telus.net) .

Now for some news from our alma mater which is carefully and successfully moving forward to give the students the best experience and opportunities they can at Mount Doug. Donna and her 2 vice principals have a great summary below of what's been happening there. Enjoy our newsletter. We always enjoy hearing from you. Hope you will continue to stay in touch.

Wendy Gedney  
MDAA President

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### Principal's Message

The 2021-2022 school year is nearing the end of semester 1 and have had a wonderful start to the school year. With health and safety protocols in place we



have returned to a semester system making the school year as near to normal as possible during the continuation of the global pandemic. We were also able to welcome back our international students, all 204 of them! Staff and students have welcomed the year with positivity and commitment to make it a great year. The Mount Doug Music Program was thankful to be able to return to in person performances and have shared some excellent performances from the Grade 9 and 10 Concert Bands, Grade 9 – 12 Jazz Bands, the Strings Program, and the Concert Choir during their Fall Concert, the Fall Jazz Night at the Dave Dunnet Theatre at Oak Bay Secondary and at the Winter Band Concert here. We have some truly talented musicians. The Grade 9 Concert Band class was also able to spend a night at Camp Pringle where they had a guest conductor complete a music clinic during the fun two-day event.

Mount Doug's Leadership classes have also been busy this year creating safe ways to build school spirit and community. A re-opening of Rambucks Canteen has happened and the Environmental Leadership students were able to sell the produce from the school garden there as well as simple lunch and snack items. Spirit Days and our Winter Breakfast have been enjoyed by staff and students and online art and baking competitions have happened over the winter break. We are looking forward to our future Battle of the Bands Event.

School Clubs have also been able to start again with safety plans in place. Chess Club, GSI, Fashion Club, Math Challengers, Uno Club, Debate Club, and Model UN are all meeting throughout the week as well as online clubs started last year have been continuing such as the virtual video game competitions.

Mount Doug Athletics recently finished up our fall sports season. With hundreds of student-athletes participating in football, volleyball, soccer, field hockey, swimming, rowing, and cross-country, the opening four months of the high school sports season were an extremely busy and exciting time for school athletics.

We had a number of very exciting individual and team accomplishments during the fall season. Heidi Henry captured bronze in the Sr. Girls Island Cross-country meet, Bill Dongfeng took home 2 silver medals and Mello Di won a bronze at the B.C. swimming championships, and our Sr. Girls Field Hockey team won the city AA title.

Our fall season was culminated with an amazing accomplishment by our Sr. Girls Volleyball team. Coming off numerous tournament titles, including the all-tier city and Island AAA championship, our girls went in highly ranked to the AAA Provincial Championship December 10th through 12th. The team did not disappoint, going undefeated and taking down Vernon Secondary in a dramatic 5 set match in the tournament final to bring home the banner. Congratulations to co-coaches Jim Smyth and Derek Horton, assistant coach Sam Owen, and an amazing group of student-athletes on this tremendous accomplishment.

Our FreshCoast Ram of the Month program also began this fall. Kindly sponsored by FreshCoast Health Food Bar Shelbourne Plaza, this program recognizes deserving student athletes who distinguish themselves not only in athletic competition but also in team leadership and through success in the classroom. Congratulations to those who have taken home the honour so far this school year.

The winter sports season is currently up and running with 4 basketball teams as well as the 2 curling teams in action. Best of luck to the teams and athletes in the coming months. Go Rams!

Grads have been able to enjoy some Grad Activities this year including: Monthly Jersey Days, Spirit Week, and our Winter Formal. With changes to the Public Health Orders in November we were able to host a full grad class Winter Formal at The Inn at Laurel Point on December 9th. We held a formal dinner and due to “no dancing” restrictions, the Grad Class was entertained by Jason Verners – Magician. Dinner and a show was the perfect way to bring the 2022 Grad Class together to celebrate. With the new Omicron variant it is unsure of what the spring holds in the way of Public Health Orders but we are hopeful to return to UVic for our Grad Recognition Ceremony on May 26th as well as host a Grad Lock In and Grad Formal.

Despite the ever-changing expectations in response to the COVID 19 Pandemic, Mount Doug’s Staff and Students have remained fluid and flexible to meet the challenges before us and the resiliency of all is commendable as is the commitment to provide excellent learning opportunities from the staff.

MDAA Administration Team:  
Donna Thompson, principal  
& Nancy Archer and Phil Pitre, vice-principals

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### **Our Two MDAA Bursary recipients**



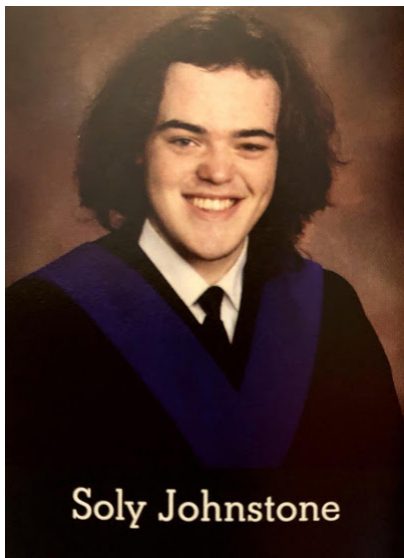
Our Len Michaux Fine Arts Memorial Bursary recipient is Sophia Vasko. After Sophia graduated from Mount Doug last June, she enrolled into Ontario College of Art & Design University for a 4 year graphic design program. She is doing her coursework online currently and when she has completed her 4 years, the future of UX (user experience) and UI (user interface) design are the most interesting fields of work that she would like to pursue.

When she was at MDSS, courses she liked were Business 10, Media Design, Art and, Design & Innovation and the teachers who taught those subjects, Mr. Lee, Ms. McKeen, Mr. McLaren, Mr. Horton and Ms. Stangowitz - all great educators,

Sophie maintains.

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The recipient of our Academic Bursary is Solomon (Soly) Johnstone. Soly is moving on to the University of Victoria where he will be studying civil engineering. His goal is to ultimately achieve a Masters of Architecture so he can pursue a career in that field. The Mount Doug Alumni Association is proud to offer Soly this bursary as he transitions to UVic and we have no doubt that he will continue to achieve academic excellence at university.



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### Mount Doug Authors' Corner - do tell us who you are!



We are asking if you have written & published 1 or more books, please let us know. We will create a MD Authors' Corner in our next newsletter or possibly a separate edition dedicated solely to it, depending on your response. Tell us: (email address) your name 2. grad year 3. latest book title 4. 2-3 sentence summary of it 5. # of other books you have written & had published 6. where we can go to find out more about them and purchasing them if for sale (ie. a website, store or email address).

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### Gone But Not Forgotten - (since Spring '21 newsletter)

Samantha Bowker '98 & teacher '07-21 - d.  
June '21  
Cindy Westaway Myers '77 - d. June '21  
Lynne Collett '80 - d. July '21  
Valerie Barnes Egan - tchr & VP '91-'96 - d.  
July '21  
Ted Hobbs '48 & teacher '61-'68 - d. July '21  
Kim Diana Zado '77 - d. July '21  
Michael Miller '61 - d. July '21



Margaret Wightman Siemens '69 - d. July '21  
George Pinnington - '63 - d. September '21  
Bob Hannay - tchr 1973-01 - d. October '20  
Erin Watling '06 - d. February '21  
Dana Frazer '85 - d. October '21  
Helen (Maxwell) Seminiuk - tchr '1980-88 d. November '21  
David Titterton '58 - d. November '21  
Susan Spacey '85 - d. November '21

### **A Social Media Survey - please tell us...**

1. Are you on any form of social media yourself? Yes\_\_ No\_\_
2. If yes, what is your favourite one you use the most? \_\_\_\_\_ (&/or which ones are you on?)
3. Do you follow MDAA on social media? Yes \_\_No \_\_
4. The MDA are on Facebook, Instagram and Twitter. If yes to #3, which one(s) have you checked out &/or follow? \_\_\_\_\_
5. What would you like to see more of on our Social Media sites/accounts/platforms/page? \_\_\_\_\_
6. Any further comments or questions you have for us?

Please send your replies to: [newsletter@mountdoug alumni.com](mailto:newsletter@mountdoug alumni.com)

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**Our FEATURE ARTICLE** - *Do you know what Disc Golf is? Did you know our school is creating a plan for the school, alumni and community for this activity? Read on to learn more from Shameem Ebrahim and this MD staff planning group.*

### **The Benefits of Disc Golf**

Disc golf is a sport that is rapidly growing in popularity. It has really taken off during COVID as it is outdoors and very easy to maintain social distance. There are courses all over the world and we have 112 courses in Canada, 36 of which are in BC. Disc golf is an amazing sport that can be played by anyone making it very inclusive and it is easy to learn.

It is also a low-cost activity as the discs are relatively inexpensive and there are many courses all over the island that are free to play. The maintenance of the disc golf course is minimal which makes it a recreational activity with a high benefit to cost ratio.

This sport can be played all year round and has a minimal impact on the environment. Some schools are now putting in smaller courses that can be enjoyed by the staff, students, and the wider community after school and weekends. A disc golf course can be used in physical education, physics, and ecology classes.

We would like to build a 9-hole disc golf course on the Mount Douglas fields; we are asking for funds to cover the cost of the baskets plus installation and discs required for this venture. It is an investment that will generate great returns for the school and the community.

Shameem Ebrahim  
Inclusion Support Teacher, Mt. Douglas Secondary  
and the MD staff Disc Golf collaborative working committee

What are your thoughts, Alumni? Let us know. Your MDAA board likes the idea.  
Email us at: [newsletter@mounddougalumni.com](mailto:newsletter@mounddougalumni.com)

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**DID YOU KNOW?** ... that this is our 20th edition of our MDAA Newsletters? Ron Crocker, '78 class & our webmaster, created our website in 2008?. Our first newsletter was sent out by Len Michaux (1st MDAA president) and some dedicated alumni and MD administrative staff on March 2009. See all our past newsletters that are archived on our website: [mounddougalumni.com](http://mounddougalumni.com) Enjoy the read and see our progress as an association on your behalf.

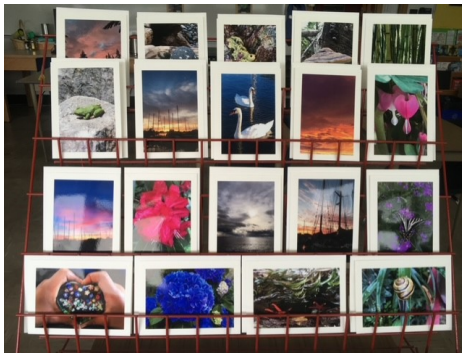
While the anniversary of our 20th edition is to be celebrated, the challenges of the pandemic and our small board are making it more difficult for us to commit to a semi-annual publication. If you want to volunteer your time to help us write an article or if you want to nominate any alumni members that deserve a feature article, please reach out. We receive many positive responses to our newsletter and it is an important communication tool for all of our alumni to stay connected. In future, we may reduce the frequency of this newsletter to annually, unless we can find a couple more volunteers to help move it along.

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### **Light Shine Cards Project - have you heard about this one?**

Light Shine Cards started as a school project that was designed to teach Mt. Douglas High School students with developmental disabilities entrepreneurial skills. Students and their teacher visited local sights, took photos, and then made cards using the photographs. This project has grown into a micro business with the hope that those students who have graduated and are finding it difficult during COVID, to access employment and work experience opportunities, have this initiative to support them.

We hope our cards bring a little light into people's lives. The cards can be purchased at Township Coffee Company San Juan & Tyndall Ave and Moka House in Caddy Bay. Our selection of cards are priced reasonably at 1 card for \$5.00 or 5 cards for \$20.00 (cash only please). We invite you to come check out our cards for any special occasion; especially Valentines, coming up in February! Thank you for supporting our students at your alma mater in this way.



Shameen Ebrahim  
MD Inclusion Teacher

*This is not a Mount Doug Alumni Association charity project but we are happy to promote this on behalf of Mount Doug, its faculty and students.*

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### **Celebrating our 90th year as a school.**

As many of you know, MDHS doors opened in September 1931 on Cedar Hill Road. It moved to its present campus September 1970 as the school and the area grew in numbers. See the photo of both schools on our website home page. We would like to have some safe way of acknowledging this 90th birthday of our school. We will work with the school and let you know what that will look like.

Let us know if you have some ideas and if you'd like to help with this.

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**Business listings** - check out this section on our website & "Support your MD alum & their businesses".

### **Reunions News -**

\* MD '70 class hopes to gather this June 25th. For more info, check our website under Reunions or contact Cathy at: [cathywaet@outlook.com](mailto:cathywaet@outlook.com) or call 778-679-7053

\* MD '62 class are all organized to reunite this year, hopefully over a 2 day period in September.

\* MD '81 class is meeting this July 9th. Check our website under Reunion, or email Karen Hanley Alberts for details at: [karen\\_t@telus.net](mailto:karen_t@telus.net)

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Newsletter Committee - Wendy Gedney '67 & Rod Lindquist '02, guest contributor, MDSS teacher Shameem Ebrahim

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