

Camden Hills Regional High School  
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# Windjammer News

## December 2019

### **EMPTY BOWL SUPPER AND AUCTION**

The Camden Hills Regional High School Empty Bowl Club will be hosting their annual Empty Bowl Supper and Silent Auction, Monday, December 16th from 5-7 p.m. in the Wave Cafe at the High School. (SNOW DATE: Wednesday, December 18)

Pottery/Clay students from the Empty Bowl Club work to create ceramic bowls. The community is invited to a simple, but "Gourmet" meal of soup (not to mention chowdahs, stews, and chilis) excellent bread and water. In exchange for a donation, guests are asked to keep a bowl as a reminder of all the empty bowls and hunger in the world. The money raised is donated to local food pantries. The dinner and auction will benefit local food pantries in the mid-coast area. \$9 for individuals and \$30 for a family of 4 (with 2 small children.)

After the dinner there will be a free winter choral and band concert (a donation of a can of food is requested) in the Strom Auditorium starting at 7:00...

Come and enjoy the evening! - Mr. Kahn, CHRHS, Fine Arts Teacher

### ***Toys For Tots***

A Toys For Tots box for donations is located in the main office of CHRHS. We will be accepting donations of new unopened toys until December 9<sup>th</sup>. Please stop by and drop off a toy for a child in need.

### **Snow Days /Remote Snow Days/Delays**

**Television and Radio Stations that announce CHRHS cancellations are listed below. Automated calls from the school will also occur. Please keep a copy handy, winter weather is almost upon us...**

WCSH (channel 6)  
WLBZ (channel 2)  
WPXT (fox 51)  
WABI (channel 5)  
WGME (channel 13) (channel 7)  
WERU (channel 89.9)  
WB 51 & UPN 35  
WMTW (News 8, ABC)  
WMTW, WTHH ( 107.5 FM)

KISS (96.9 & 99.9 FM)  
WGAN (560 AM), WMGX (93.1 FM)  
WPOR (101.9 FM), WYNZ (100.9 FM)  
The Peak (102.5 FM), The Bay (105.5 FM)  
WKIT (100.3 FM), WZON (620 AM)  
WDME (103.1 FM), WQCB (106.5 FM)  
WBZN (Z-107), WEZQ (92.9 FM)  
WWMJ (Magic 95.7), Kiss (94.5 FM)  
[www.villageSoup.com](http://www.villageSoup.com)

## Printmaking Class Relief Prints

Inspired by contemporary artists and historic techniques, students in Ms. Brown's Printmaking class created original prints with a block print method. They had the choice of working in a single color, or a more complex reduction print process. With a single color, important design elements are shape, value and texture, and awareness of positive and negative shapes.

With reduction printing, the element of color is added, and careful planning is crucial. To create multiple colors, the artist uses one plate or block and prints colors in succession. Additional carving is done to preserve the most recent color printed, usually going from light to dark ink. This process takes patience, but the results are worth it!

Elsie Hildreth



Noelle Delano



Will Smith



## Climate Stories, Climate Solutions

Everyone enjoys a well-told story, be it factual or fictional, and the most compelling ones often spark action. In an effort to empower students to initiate meaningful conversations and tell persuasive stories about climate change, teachers Jamie Gillette (English) and Margo Murphy (Science) are piloting interdisciplinary units within honors English 9 and Global Science with a focus on how writers and speakers use persuasive tools to work toward addressing climate change. Students who do not share both teachers will be provided tools to assist in accessing skills or principles taught in the other class.

Global Science students are learning about earth systems and phenomena and how climate data tells stories about recent changes. This learning serves as a foundation for their reading of short stories and novels within the new literature genre 'cli-fi' ('climate-fiction') in English. After analyzing how authors use literary techniques to inform and persuade readers even within entertaining storylines, students will put their observations about style into practice with writing cli-fi stories of their own while building upon further investigation in science.

Later units will ask students to research possible policies designed to reduce carbon emissions, and debate classmates about which policy would be the most important one to pursue. Students will consider pathways for communicating their perspective about climate change and influencing their peers, families, school, and communities to work actively toward climate solutions. If any reader is interested in having a part in these conversations, please contact Jamie Gillette at

[jamie.gillette@fivetowns.net](mailto:jamie.gillette@fivetowns.net).

## Jewelry Studio Class

Students in Ms. Brown's Jewelry Studio class learned fundamentals of metalworking during Quarter 1. The first project included learning techniques to texture copper and brass and forming processes to create a piece of jewelry with the textured metal. Working with wire forming techniques, and designing with wire as a linear element, students designed and made decorative wire pins. Soldering techniques were used for the pin projects and ring fabrication, and independent projects. Finally, students learned about "cold connections"- making rivets, jump rings, tab and slot connections and more- to design and construct a piece of jewelry or small sculpture without using solder.

**Lexi Heidorn**



**Gabe Ruesswick**



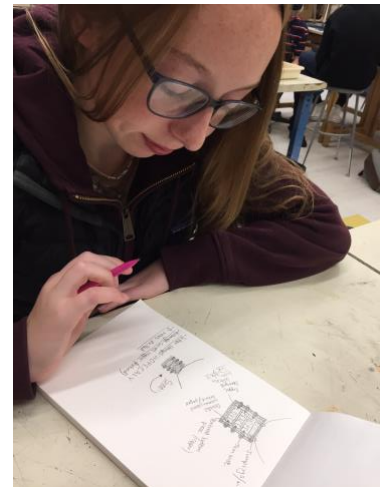
**Lydia Thompson**



**Copper Jewelry**



**Addie McPhail**



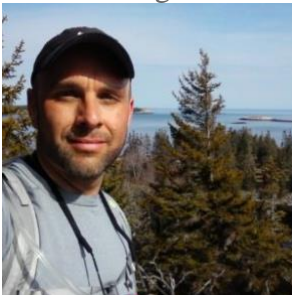


Program In The Spotlight

## Outdoor Leadership



A program that prepares individuals to work as an educator, instructor or facilitator in parks, recreational facilities, camps and other outdoor settings. Includes instruction in leadership skills, wilderness survival skills, first aid, group processes, counseling techniques, environmental studies and instruction in recreational activities such as rock climbing, ropes courses, backpacking, kayaking and canoeing.



Seth Walton is thrilled to have the opportunity to serve as the instructor for MCST's new Outdoor Leadership Program. Through his life and work experiences, Seth has focused on public service and is a strong advocate of providing opportunities for students to develop leadership through service. He looks forward to partnering with schools and community organizations in our district to provide these opportunities for students. He is also inspired to be able to share his passion for the natural world and outdoor recreation. Seth came to MCST in the fall of 2015 from a very diverse background. His work experiences and credentials include: Registered Maine Guide, sailor, PADI Divemaster, SOLO Wilderness Medicine Instructor, Leave No Trace Master Educator, American Canoe Association Paddlesports Instructor, shipwright, chef, yoga instructor, entomological field survey technician, management consultant for the federal government, and AmeriCorps VISTA. Seth holds an Associate of Arts from Colorado Mountain College; an Honors Bachelor of Arts in Global Political Economy from the University of Colorado at Denver; and a Master of Public Administration from the University of Colorado, Denver. Originally from Colorado, via a long stopover in Virginia, Seth has found his home in Maine. When not at school, he is likely outside learning something new.



## Students learning how to make spoons at Langlais Preserve in Cushing



Pictured from l to r: Top row: Caden Sawyer, Josh Saucier, Noah Quesnel, Bottom row: Braden Moulton, Devin Hutcheson, Lunch Break: Braden, Josh and Sam Moody. Additionally (not pictured) Ethan Burgess, Hayden Christie, Landen Donato-Stearns and Jessica Webber attend.  
If you would like more information about this or any of the other programs offered at Mid-Coast School of Technology see Ms. Pelletier in rm 351 or contact her: [carol.pelletier@fivetowns.net](mailto:carol.pelletier@fivetowns.net).

**Camden Hills Music Department**  
**Features**  
**Holiday Concert**

On Monday, December 16, the CHRHS Bands & Choirs will be performing in their annual Holiday Concert. The concert will be held at 7:00 p.m. in the Strom Auditorium. Groups to be featured include the Concert Band, Jazz Band, Chorale, Women's Choir and Chamber Singers.

The CHRHS Choruses, under the direction of Kimberly Murphy and accompanied by Matt Mainster, will present a variety of musical selections. Chorale will perform the Nigerian carol "Betelehemu", the Hebrew love song: "Erev Shel Shoshanim" and additional winter-themed pieces. Chamber Singers will present a variety of carols, including the German "Still, Still, Still" and the Italian carol "Dormi, Dormi." The Treble Choir selections will include the 16th century English "Coventry Carol" and traditional Portuguese folk song "Olaré." The ensembles will combine with members of the CHRHS jazz band to perform an arrangement of Leroy Anderson's "Sleigh Ride."

During Intermission audience members will have a chance to hear the student-led ensembles: Fortissima and Off Beats.

The instrumental portion of the concert will be directed by Nancy Rowe. The CHRHS Jazz Band will be performing a jazz version of 'Tis the Season" and "Santa Baby" featuring senior vocalist Annabel Parker. The ensemble will also be performing in a swing tune entitled "Kick It" by Doug Beach.

The CHRHS Concert Band will be performing a rendition of *Lo, How a Rose e'er Blooming* combined with *Joy of Man's Desiring* entitled "The Joyful Rose of Winter". The ensemble will also be performing Fantasy on Deck the Hall as well as "Groove Music", featuring the percussion section. The band will conclude with "When St. Nick Comes Marching In", a New Orleans holiday celebration featuring a Dixieland quintet. Student soloists in the quintet are Katherine O'Brien (trumpet), Jay Hokkanen (trombone), Grace Iltis (clarinet), Caleb Wight (tuba) and Ruben Feldman on drums.

The concert will culminate with an audience "Sing-A-Long" of popular holiday carols.

The concert will be preceded by the Empty Bowl dinner in the Wave Café from 5:00 to 7:00 p.m. The snow date for both events is Wednesday, December 18. Admission to the concert is a suggested donation of non-perishable food items for the local food pantry.



Photo by Marti Stone Photography

# **Camden Hills Students provide music for the Community**

December is a month that is filled with music - not only in the Strom concert hall for the annual winter concert- but around the community all month long. Here are just a few of the venues where CHRHS students can be heard singing and playing.

Dec. 5 - CHRHS Chamber Singers/Treble Choir perform for the Camden Senior Citizens, Rockport Masonic Hall

Dec. 6 - Christmas by the Sea!

4:30 - 6PM, Holiday music at the library featuring the CHRHS Brass Ensemble, Chamber Singers, Treble Choir, Off Beats, Fortissima

6:15 - 6:45 PM - Join the CHRHS Chorale as they carol around the tree on the hill outside of the Camden Public Library

6:45 - 7:30 PM - Off Beats and Fortissima perform at the Camden Public Library

Dec. 7 - Christmas by the Sea!

11:00 AM - Join Kim Murphy and the MCC Singers for caroling on the Village Green

4:00 PM - CHRHS Chamber Singers will join in with area Bell Ringers in a special concert to Ring in the Season! Congregational Church, Camden

Dec. 12 - CHRHS Chamber Singers/Treble Choir perform for the Rockport Garden Club at the Rockport Opera House

Dec. 16 - Annual Winter Concert featuring CHRHS Bands & Choruses, Strom Auditorium, 7:00 PM

Dec. 17 - CHRHS Jazz Band performs for Camden Area Rotary Club, Congregational Church

Dec. 20 - CHRHS Off Beats and Fortissima perform for residents at Windward Gardens, Camden

Also - student groups are available for hire for your holiday party!

Contact:

Myles Kelley - Extension Chords (jazz trio)

Lincoln Pierce - Brass Ensemble

Brad Watts - Off Beats (a cappella male ensemble)

Elaine Landry - Fortissima (a cappella female ensemble)



The CHRHS Visual and Performing Arts Department is happy to recognize

## Kate Kemper

### As the student of the month for December

Kate is an artist and an activist, she has been involved in a multitude of the arts, visual, performing, and written word during her years at Camden Hills Regional High School.

As a senior, Kate has taken her passion for art and illustration, fueled by her previous years of Waldorf education, to challenge herself in Advanced Art Portfolio. Currently Kate is continuing to develop her visual arts voice and creating a powerful, contemporary art portfolio as which to support her secondary education pursuits. This year, working independently in her studio, Kate has been further developing her creative voice with a development of self-portraits, paintings and drawings. Kate has risen to the top of the class with an eager enthusiasm and honest dedication to her creative discovery.

Over the course of her high school career, Kate has stretched herself over many areas of interest and areas for growth. This year, and in years past, Kate has been accepted into the MMEA District III honors choir, is a member of the Fortissima (a student-led acapella ensemble) and has been an integral member of both the CHRHS Chorale and Women's Choir. Kate has also performed in many of the theatrical performances at Camden Hills, including every fall musical. This Fall, Kate played the dynamic role of Mrs. Correy in *Mary Poppins*. Kate has taken many art classes, for example, in clay 1 & 2, Kate excelled on the potters wheel and employed her imagination in her hand build sculptures; including a shell teapot, architectural rendering of a fictional city scene and a bust of a controversial political figure.

On top of all of that, Kate is a poet, and has participated in Poetry Out Loud for many years. Poetry Out Loud is a nation-wide poetry competition for high school students. In the spring of 2018 Kate made it all the way to states!

Growing up in a home where service is an action, not only a word or idea, Kate has participated in multiple service trips. In January of 2017, as a part of a group, Kate and her father traveled to Guatemala where they worked in a community to help build latrines with local masons. In April of 2019, Kate and her father travelled to Nepal on a service trip. Prior to the trip, Kate raised over \$1000 to help aid High Elevation Lives Project. H.E.L.P)

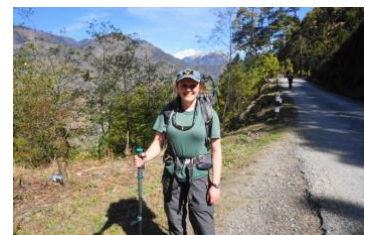
It has been such a personal pleasure to work with Kate over the start of this, 2019 school year in advanced art portfolio. Kate has joyful integrity, a diverse sense of self and self-discovery and an honest desire to learn and grow within multiple facets of her world; all the while maintaining a strong sense of self and sense of humor.

It is with complete concession within the Visual and Performing Arts Department that Kate is an outstanding student and an outstanding person.

“I am absolutely ecstatic to be given this honor! I honestly don’t feel like a worthy candidate next to the other astoundingly hard-working and talented individuals that are my peers. My picture on this wall is a (somewhat unexpected) testament to how you can achieve things by simply doing what you like to do. Be it in the arts, math, history, baking, football, film, anything! Find something you actually like to do, and do not let anyone at all (teachers, parents, friends, anyone) tell you what you can or can’t make your art about. The only prerequisite to art of any kind is that you want to make it.

When uninspired by the beautiful, use fuel from the ugly and dissatisfying, then draw or write or paint or chop your way through the issue. I have tried to do as much as I can to express myself and my life’s struggles through creation. It’s not only my therapy, but sometimes my only true voice.

Thank you, Mrs. Murphy, Mr. Kahn, Mrs. Southworth, Gretchen, and Ms. Campbell for these years of endless inspiration support! Much love!!” KAMK





## **NOTES FROM THE SCHOOL NURSE**

Janis Hogan RN, Nationally Certified School Nurse

### **Health Insurance Resources**

**Maine Health has launched a Patient Assistance Line** to help connect patients with community resources such as MaineCare and Free Care applications, free or low-cost medications, housing and transportation resources, and more. Call 1-833-MHHELP1 (1-833-644-3571)

**Consumers for Affordable Health Care** is another resource to assist families in finding healthcare. Call 1-800-956-7476



### **Meatless Mondays**

Meatless Monday is a global movement with a simple message: one day a week, cut the meat. Launched in 2003, Meatless Monday is a non-profit initiative of **The Monday Campaigns**, working in collaboration with the Center for a Livable Future (CLF) at the Johns Hopkins Bloomberg School of Public Health. Their goal is to reduce meat consumption by 15% for personal health and the health of the planet. Great meatless recipes! Check them out at <https://www.meatlessmonday.com/>

### **Vaccine Update**

**All students in grades 9-11** are required to have one Tdap (tetanus, diphtheria & pertussis) and one meningococcal vaccines.

**Students entering grade 12** are required by the state of Maine to have documentation of Meningococcal vaccine submitted to the school at the start of the school year.

If you have not yet submitted this documentation, please contact your child's health care provider to see if they require the meningococcal vaccine. You may fax their completed record to 236-7813 or drop off at the Main Office.