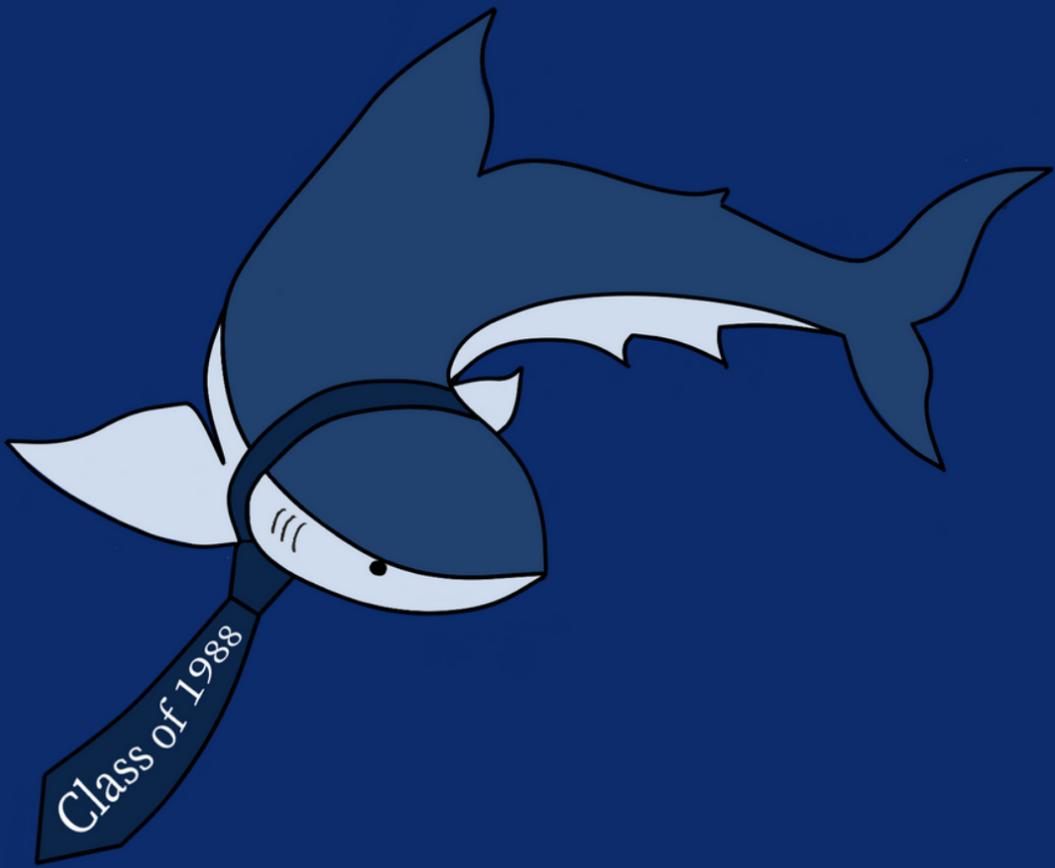




Sterling Ties

Connecting Alumni

2022



THE STERLING HALL SCHOOL



THE STERLING HALL SCHOOL
Where boys belong.



Contributors

- Jake Parsons
- Jonathan Van Loan
- David Robinson
- Jacob Rosenberg



Jake Parsons, Class of 2015



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Summer 2022

Hello, Sterling Hall Alumni,

We hope you're doing well, and we eagerly present to you the 2022 edition of Sterling Ties, Sterling Hall's publication by alumni, for alumni. While everyone has had a tumultuous year as some aspects of life return to normal, it's been great to reconnect and talk with alumni and teachers to see how they've adjusted and what they're up to. There's also no shortage of alumni events just over the horizon, for the first time in over two years!

For us, coming back and putting this together for you all has meant a lot. We hope we can pass that feeling along to you.

Sincerely,

Your 2022 Summer Alumni Relations Assistants

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Congrats to the Class of 2022!

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2022-2023 Alumni Event Calendar

CELEBRATING

35 years

From the first students in 1987 to our newest Grads of 2022, we welcome everyone to celebrate Sterling Hall's 35th Birthday with this year's events. Finally back to a full slate of alumni events for the first time since the beginning of the pandemic, we can't wait to see you at our gatherings, all culminating in a celebration of 35 years in May 2023! Remember to save the dates below, and coordinate with some alumni friends to attend a few!

Game Day at the Hall



Wednesday, August 31
6-8
99 Cartwright Avenue

Our kick-off alumni event of the year and the beginning of our 35th anniversary! If the plethora of sports doesn't appeal to you, the BBQ and chance to catch up with teachers might!

Founder's Day Terry Fox Run



Friday, October 7 at 9am
99 Cartwright Avenue

Alumni are welcome to come back and run for Terry! Join us as we celebrate our 35th Anniversary and remember every lap earns those House points!

SHS on the Road
Queen's University
Dinner, drinks and friendships



November 1st
6pm at the **Grizzly Grill**,
395 Princess Street, Kingston

To all our Queen's SHS Alumni family, don't worry about missing events while you're in Kingston -- we're coming to you!

Principals in the Pub



Wednesday, December 21st
6pm at **The Duke of York**
39 Prince Arthur Avenue, Toronto

Join principals, former teachers and past and present friends for a night of reconnecting, food, and drinks!

Next Steps - Start Planning Your Future



May 10, 2023
6:30 pm at Sterling Hall

Network and learn about life after high school from fellow alumni in a small and familiar setting! Open to Sterling grad years 2019, 2020 and 2021.

Alumni Pick-up Basketball 2022-2023

Alumni Pick-up Basketball is back! Due to restrictions with COVID-19, this popular alumni event has been put on hold for the past two years. Every other Tuesday from December 20 (launch party) to June, SHS Alumni will get together to participate in pick-up basketball. Alumni Pick-up Basketball has been a staple in the SHS alumni community for a few years, and it allows us to stay connected with SHS while getting in a fun and competitive game. To stay updated with the SHS alumni community, **follow @sterlinghallalumni on Instagram and Facebook**. You can also reach out to Elizabeth Gray at egray@sterlinghall.com or Andrew Kilmer at akilmer@sterlinghall.com, if you have any questions regarding this or any other alumni events.

99 Cartwright Ave

December 20
through
June, **every
other
Tuesday**



**Alumni Pick-up
Basketball**

"Basketball and other sports at SHS are what created so many of our friendships. It's great to be able to get out with old friends in the gym we grew up in. Even though everyone's schedules are different, alumni basketball allows us to stay connected and get in a great workout."

Michael Diplock, Class of 2006

"Since graduating from SHS back in 2012, it's always a pleasure reuniting with alumni in the Hall and sharing memories of our time together. Although many of us haven't been able to all be together since we each went in our respective directions after graduating, being back in the place where a lot of our friendships formed brings a sense of nostalgia where it feels like we've never left."

Max Prenick, Class of 2012

"I think alumni basketball is a great way to stay in touch with your classmates. I think most of the times when I've left alumni basketball, I've ended up making plans with someone to grab lunch or gotten a new person's phone number that I enjoyed talking to."

Jack Beqaj, Class of 2011

"The alumni pick-up games are always superb. Everyone appreciates quality basketball, and catching up with other alumni is equally essential. Obviously, those who enjoy basketball will like it for that reason, but it's also an opportunity for Mrs. Gray and Mr. Kilmer to further other alumni initiatives throughout the year, given the direct contact with alumni that it facilitates."

Matthew Farb, Class of 2016



10-Year Reunions/Celebrations!

On May 30, 2023, be sure join us at The Pour House at 182 Dupont Street for a combined 10-year celebration for the Classes of 2013, 2012, 2011, and 2010!

10-Year Alumni Reunions/Celebrations

The Pour House
182 Dupont St. Toronto
Wednesday, May 30, 2023
Celebrate the Classes of 2013, 2012, 2011 and 2010!

FOLLOW OUR SOCIALS!

Instagram:

@sterlinghallalumni

Facebook:

@sterlinghallalumni

LinkedIn:

Sterling Hall Alumni

For information about alumni events and other
chances to reconnect with SHS!

New identity: Old Boy To Alumnus

Hello, Alumni!

This year, The Alumni Association Navigation Leadership Team decided to retire a term Sterling Hall has been using since the very start: Old Boy. As the conversation surrounding gender and gender expression has grown and fits in the world today, the team believes that it is best to switch to the terms that are more gender neutral such as alumni/alumnus. We believe that every student, current or former, should be supported equally. We want to make sure all of our SHS Alumni feel welcome at every single event regardless of their gender identity. It is forward-looking to see an open and inclusive future.

The Alumni Association Navigation Leadership Team:

Matthew Chong (2003), Michael Diplock (2006), Michael Gray (2006), Alex Marks (2006), Noah Sliwin (2006), Brando Usher (2006), Saunder Waterman (2009), Sam Mandlsohn (2010), Lucas Verde (2011), David Niddam-Dent (2014), Adam Rothman (2014), Andrew Kilmer and Elizabeth Gray

High School Ambassador Program

The Sterling Hall High School Ambassadors Program is a way for the school and its students to maintain an easy channel of communication with alumni. The idea is that one Sterling alumnus is given the honour to mentor SHS graduates transitioning into their new high schools. Ambassadors will give the most recent Sterling Hall grads advice and pointers about the high school, and meet with them regularly to help make the process of moving from Sterling Hall to high school more successful!

Gracious thanks to our graduating Ambassadors



Andrew Faralla, Class of 2018
The York School



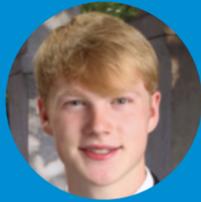
Russell Reback, Class of 2018
Tanenbaum CHAT



Zac Bates, Class of 2018
St. Michael's College School



Michael Vaughan, Class of 2018
St. Michael's College School



Adam Fraser, Class of 2018
Trinity College School

Current Ambassadors



Elliott Ingram, Class of 2019
Upper Canada College



Charlie King, Class of 2019
Crescent School



Russell Litwin, Class of 2019
Greenwood College School



Gabe Steers, Class of 2019
Toronto Prep



Adam Papoushek, Class of 2019
Royal St. George's College



Sydney Wambua, Class of 2019
St. Andrew's College

New Ambassadors



Jack Hepfer, Class of 2020
St. Michael's College School



Charlie Hepfer, Class of 2020
St. Michael's College School



Alex Faralla, class of 2020
The York School



Ozzy Kumer, class of 2021
Tanenbaum CHAT



Jimi Tolushe, Class of 2021
Trinity College School

Introducing The Grade Rep Program!

For seven years, the Sterling Hall High School Ambassador Program (as seen on the page above) has succeeded at connecting recent SHS grads with upper year SHS Alumni at their shared high schools. In the hope of building the SHS community at other high schools, this newest Grade Rep pilot project is testing out how a chosen Grade Rep can work with the Director of Alumni Relations (Elizabeth Gray) to help to get messages to your graduating class. This will provide an additional way to promote upcoming events and give a medium for a representative each grade to communicate with Sterling Hall.

Welcome to our first year of the
Grade Rep Program!

Each Grade Rep will meet with Elizabeth Gray a few times a year to get out some short blurbs to each class, and discuss any questions that might have been brought to the Rep by their peers. We hope this will help to enhance communications between each class's Alumni. At the moment, this project is starting with the last five graduating classes, but **if you have interest in becoming a Grade Rep for your year, please email egray@sterlinghall.com.**

The Jump to High School: Before and During COVID-19

While it's definitely premature to say the COVID-19 pandemic is completely behind us, it's fair to say many facets of life are starting to look like they did before. The best example of this is how Sterling Hall, at the time of writing, just had its first in-person Assembly in over two years! Classes are in person now as well (although the number one uniforms have been temporarily retired, which returning alumni, like us interns, are still adjusting to), and high school and university alumni are likely going through similar changes. After two years, we've experienced the pandemic in three phases: the initial adjustment, the "new normal", and now we are beginning to return to the old normal. Being able to look at many of these changes in hindsight, we wanted to compare how these social climates affected Sterling Hall students in an already changing time in their school lives: the transition to high school. To do this, we talked to SHS graduates from the Classes of 2019 and 2020. Here are their answers:

Charlie King, Class of 2019 (graduated from Sterling Hall before COVID-19)

Q: What was the transition from Sterling Hall to high school like for you?

A: I remember my transition to Crescent being a little bit concerning because I knew all of the teachers at Sterling, but only knew very few at Crescent. Similarly, I knew everyone in my grade at Sterling by name but hardly knew anyone's name at Crescent. I felt prepared, however, by my experiences at Sterling Hall and took this new challenge head on... it has worked out perfectly!

Q: Do you feel like you got lucky considering when the pandemic hit? What do you think when you look at younger grades that made the transition online?

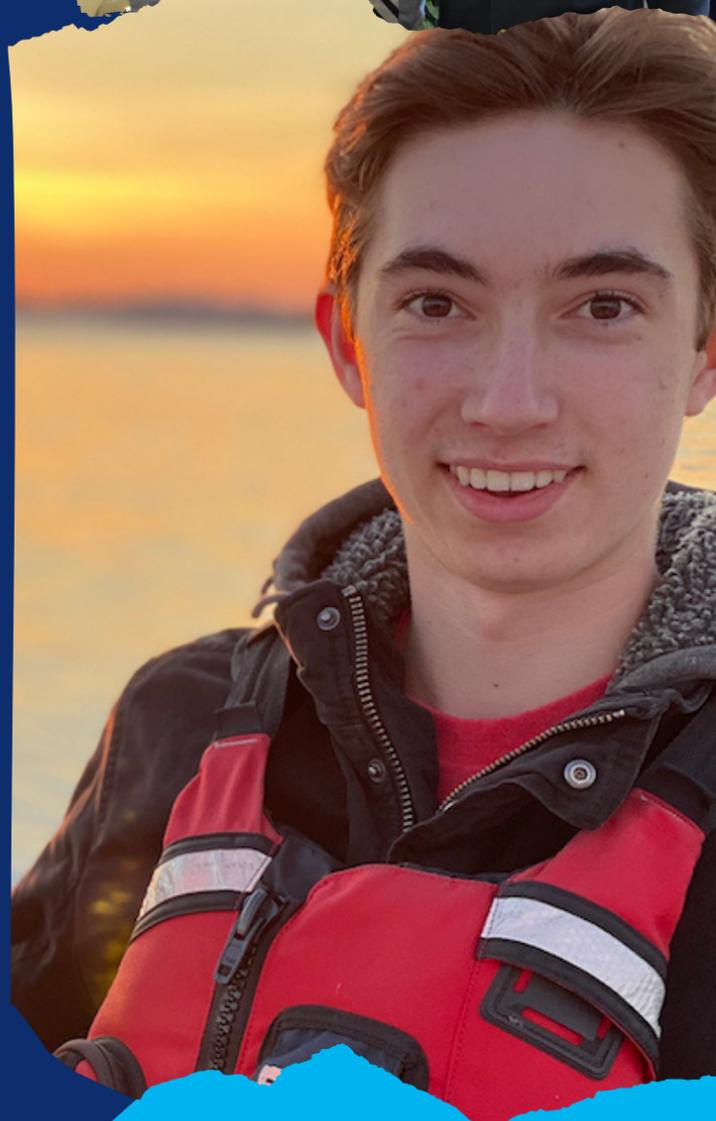
A: I feel like I have been a little lucky because I got to complete my final year at Sterling and the application process to other schools without being affected by the pandemic. I also got to experience almost a full year of school life at Crescent before everything got shut down, which let me get involved with extracurricular activities and the new community. It's a relief that my first year in university should also be relatively unaffected by COVID, and should be lots of fun.

Q: How has the pandemic affected you in high school? How did things change for you, and is it starting to feel like it did before?

A: High school has a near complete back to normal feeling now amongst the student body, which is great. We're able to spend time at school with our friends and be together more outside of school. It has been a little bit odd though, because I haven't gotten to experience a full year at Crescent unaffected by the pandemic or without doing online school. I've also missed out in that I've not gotten to take part in some school-wide traditions, like attending a graduation ceremony at Crescent in person.

Q: Is there anything that you think won't change, or that you'd like to see stay from remote learning/school during the pandemic?

A: Only a few things haven't gone back to normal such as assemblies and full school gatherings. That's the only real difference now, and I'm hoping they come back in the next school year.



Tomi Johnson, Class of 2015 (In University During COVID)

First of all, how are you doing? What is it that you're studying in school?

I am doing well at the moment! Summer is nearing its end so I am trying to enjoy the mini break I have until I'm back into my full time schedule in September. I am currently in the Rotman Commerce School of Commerce Specializing in Management with a Focus in Data Science for Business and Innovation & Strategy with a Minor in Economics.

We hear you're playing basketball for the UofT Men's team, congratulations on that! How has COVID changed the life of a collegiate athlete these past years?

Thank you! The pandemic was a big roadblock for all collegiate athletes, especially the ones in Canada who went through a series of lockdowns with no clear view and when we would be able to return to training and playing games. It was especially tough for me due to a series of injuries and transferring from McMaster to UofT during the pandemic. For a while, we were playing without fans which was very new. But ultimately, I think I speak for a lot of athletes when I say that it made us appreciate the opportunity we have to play sports at an elite level.

How has your University experience at large changed through the last two years? Is there a sense that normalcy is returning?

My University experience over the past two years was filled with a lot of uncertainty. Transferring to UofT during the pandemic was very challenging as, apart from the couple of months we were able to train, my whole first year there was virtual. It was challenging at first, but I quickly warmed up to the virtual experience. Returning to mostly in-person classes was also difficult, It felt like I was a first year student trying to figure my way around a new university all over again. Although the experience was challenging, it helped me discover a lot about myself and it also taught me to cope with change and push through adversity. I think it is evident that we are returning to a state of 'normalcy'. But I think the pandemic pushed us to a new norm.

What would be your advice to Sterling Hall Alumni who are nearing university after a high school experience complicated by the pandemic?

My best advice to you would be to never be scared to admit that you need help. I know it feels good at times to figure things out on your own but it is okay to not be able to do something on your own. The best thing you can do for yourself is to be proactive and seek help and advice before a problem arises rather than scrambling for help once you are already blindsided by an issue. It will save you a lot of time and will ease a lot of the pressure you already have to deal with as a student.



Alex Faralla, Class of 2020 (graduated from Sterling Hall during COVID-19)

Q: What was the transition to high school like?

A: The transition wasn't too challenging, even though I didn't know a lot of people going to The York School. Meeting people was difficult with online classes and cohorting, but even so it was still totally possible to get to know people and make new friends. Academically speaking, it wasn't too big a step, and I got pretty accustomed fairly early on. We still had some in-person opportunities, just with smaller class numbers, so I would say everyone made the best of it.

Q: What were you expecting it to be like? Did you even have any expectations after that first summer?

A: I was definitely worried about how it was going to affect school, seeing as how the end of Grade Eight at Sterling was online. There probably wasn't going to be as much time to hang out, not as many opportunities to see people. The in-person opportunities at the beginning of the year helped with that, but in the end I think I adjusted to it pretty well.

Q: Do you feel like you missed out? Was it frustrating? Were there any redeeming qualities?

A: I think I certainly missed out on some things; yet, in the end, there weren't that many experiences lost. I may have missed a few camping trips and didn't meet people as fast, but I still got to meet the same people even if at a slower pace, and for things like missed trips, they've started doing make-ups [retroactively], so the end experience will be as similar as possible. It's really not too much of a bother, at least to me.

Q: What would you say to yourself at the end of Grade 8 at Sterling? What would you say to someone starting high school now?

A: Oof, that's a good one. Don't be too nervous, everyone's going through it with you, and the best way to make new friends and get back to normal is to just be yourself. I think a lot of people accidentally put extra pressure on themselves to see everything as new and daunting, but you just need to remember to be open to making new friends and getting new experiences. Do that and you'll have a good time!



Closing thoughts

With any luck, we'll soon be able to ask Alumni what it was like starting high school the year COVID-19 ended; maybe that will be this September. Maybe not. Even so, it was great to check in with other Alumni and hear they still had a positive experience overall.

Alumnus to Teacher: Matt Burns, class of 2000



While the effects of online school are often talked about in regard to students, obviously, the teachers on the other side of the screen are facing the challenges of remote learning themselves. But as classes return to normal and everyone starts to breathe a sigh of relief, you have to wonder what it's like for the teachers who have only taught online up to this point. How is it adjusting to in-person classes when one's only experience (at a school) is through remote teaching? To delve deeper into this question, we interviewed Matt Burns, also an SHS Alumnus who graduated in 2000, who started teaching in the 2020-2021 school year.

What were you expecting, starting during the first COVID-year, and what were your expectations for this year?

I think the biggest difference between last year and this year is that last year I was cohorted with a specific grade, Grade 6s.

Expected and unexpected challenge?

A challenge that I expected to encounter was how to engage with the boys when so much of our contact with the community was through devices and screens. Even though it was a challenge, I feel like we definitely succeeded in creating that sense of community.

In terms of unexpected challenges, I had to make time for my own wellbeing and mental health while remote. Everyone was so into the lessons and the curriculum that, after a few weeks, I realized I needed to get outside just to get my head above water. I needed to start taking care of myself, too; otherwise, every day just started to blend together.

Was there anything surprisingly fun about teaching online?

I enjoyed the ability to get to know the students personally; we were meeting in one-on-one through Zoom, and so, by the time classes did end up going back to in-person, since I was with one grade the whole year, I felt like I knew the students a lot better [than I otherwise would have] and vice versa.

How have your students been about going back to in-person, especially when they've missed out on so much time to grow and mature socially?

I think everyone has just been extremely excited to connect again and have restrictions loosened on what we can do. The students are happy to be able to see their friends again and to have clubs and teams. I think everyone is definitely a lot closer and more supportive of each other now. The shared experience has sort of brought everyone together, and that's definitely a noticeable change.

Do you think having your first real teaching experience be online affected the way you're going to approach/look at the job going forward?

What's unique about my situation is that, since I was a student before, I already had an impression of what Sterling Hall looks like when it's up and running. That helped me get through the last two years. Knowing the grass was greener on the other side and there was a light at the end of the tunnel. Now the school is more involved in our lives and we are more involved in the school's life, that's awesome.



Staff Spotlight: Laura Medcalf



Teachers come from many walks of life, and some start their careers later than others. "It is never too late to change paths in one's life." Ms. Medcalf started a career on a path very different from where she is now, formerly working as a business journalist. I asked her how she came to find herself teaching, to which she responded, "I've always found teaching quite fascinating because you can never get it right." She continued, "No matter how 'perfect' you think your lesson is, there is always a way to generate even more engagement, and the challenge of trying to get every boy involved is a great motivator."

Motivational, inspirational, and inclusive is exactly how Ms. Medcalf's classroom can be described, as Ms. Medcalf contextualizes all of her lessons with real life applications. In doing so, she instills critical thinking in all of her students. She does all of this in a manner that is incredibly encouraging, with patience and grace.

Ms. Medcalf is an educator whose impact extends far beyond her classroom. Curriculum aside, Ms. Medcalf has instilled a lifelong enthusiasm for learning, which the Alumni will continue to carry with them for life. Ms. Medcalf is an incredibly beloved teacher, coach and mentor whose impact knows no bounds.

“Ms. Medcalf has helped my personal development tremendously. When she was my homeroom teacher in Grade 6, I was just at the start of my most transformative years. This would've made life very stressful, but Ms. Medcalf's calm and supportive demeanour helped me work through those aspects of life. Without her I wouldn't be the confident and composed individual I am today.”

-Robbie Gerofsky
Class of 2016



After 20 amazing years at Sterling Hall, we are sad to announce that Suzanne Lagacey is moving to Ottawa. We wish her all the best with her future and we are sure she will succeed wherever she may go. We look forward to when we will see her again. Farewell and thank you so much, Suzanne!

Staff Spotlight: Suzanne Lagacey



Visual arts classes can change the way one looks at art and at the world at large. In fact, it can even change lives completely. "I'll never forget the time that Mr. Frost, my high school art teacher, turned off the lights when teaching us art history, projecting Vincent van Gogh's Starry Night painting. He did not say a word but played the song "Vincent" by Don McLean. It moved me to tears." In that moment, Ms. Suzanne Lagacey knew that she wanted to study art. Lagacey now inspires her own students to take the lessons they learn in art class and apply them in all parts of their lives; some take these skills into a career in art, while others take with them the persistence, creativity and collaboration Suzanne teaches them to value so much.

Ms. Lagacey is an incredible artist and an empathetic teacher who gives great consideration to everyone around her. She emphasised her reasons for this when she observed that "the classroom is like a mini ecosystem. We all come from different lives and experiences: students, teachers, administration, parents. The school is an environment into which we all bring our stories to the classroom, and into the halls. Those experiences inform our behaviours, both as adults and as students."

Ms. Lagacey deserves to be celebrated not only for her art, but also for her encouraging, kind and patient teaching style. She is an inspiration in terms of both character and creativity to students, staff, and alumni. Her talent as a teacher leaves students with a richer understanding of art and the knowledge that they can create something truly special when they apply themselves.

“

Ms. Lagacey was one of my biggest highlights during my five years at SHS. She was an incredible teacher, who guided me to being my most successful self in the art room and beyond. I was very lucky to be on her arts team, and I know my fellow members and I loved every moment of it. She always encouraged us to be creative, while ensuring we were heard and valued. Ms. Lagacey, I am honored to have known you as a mentor and friend. The SHS community will not be the same without you! Thank you for your twenty years of service.

”

-Tyler Usher-Jones
Class of 2016

We sat down with several alumni over the summer to ask them about where they are, what they're doing, how they think Sterling Hall affected that path, and what advice they want to give to other alumni.

Alumni Interviews: Eric McKinnon, Class of 2002

Q: Could you describe what you do?

A: So I'm the founder and director of a gallery and event space based in downtown Toronto. It's called Broken Cage Gallery and pretty much our mission is to bridge the gap and make art and expression more accessible and welcoming for a younger demographic who might think that galleries are intimidating. We're trying to promote, invest in, and appreciate good quality art that's going to either hold its value or mean something. And live events, we do live music, we do movie nights, we do comedy shows because those are all different forms of art and I'm a big fan of each different discipline of those and just want to keep promoting them, showing them, and making sure we're kind of creating an artistic space where everybody feels welcome.



Q: So thinking back, where did this kind of interest in art start?

A: It definitely started early on in school for me. I was actually an Art Prefect here at Sterling Hall and worked closely with Tamara Doleman, my art teacher, in that position. But even my dad was invested in the art program at SHS. He helped create the Visiting Artists Program where he would find artists to do art workshops with different grades and they would exhibit and showcase their work, and help teach a class about their styles. But I was also very involved in music too. Tony Vieira came in to fill in for a music teacher who went on leave, and he put me and my, still to this day, best friends together in a band. So I was kind of torn between visual art as well as music. It always seemed like you had to choose one throughout school, like it was either go the visual arts route or go the music route. You didn't really have the choice to do both. I enjoyed doing both here with the band, and also Tamara - sorry, Mrs. Doleman, it's weird saying the names even 20 years later. First starting both those passions here, I took them into high school, university, and the early stages of my career.



Q: So in those early stages, how did you break through and find your niche?

A: A family member told me about an internship in Italy at the Peggy Guggenheim Museum, and that was my start working at galleries. Before that, I went to university for art history and fine art at UBC and later at Emily Carr School of Art and Design where I specialised in curation. After I wrapped up school, a family member told me about an internship opportunity in Italy. It was all super last minute, but I applied and got it just before the deadline, which is how I ended up working in Venice. And it was great. I loved it. It was a lot of fun. It was like a whole group of 25 interns that ran the museum. There was a permanent gallery staff that were veterans, but the interns, we opened the museum, sold tickets, gave tours and lectures. We would promote, put on, and help with really big, influential exhibitions. We had to put on a Jackson Pollock exhibition my first week, so right off the bat I thought to myself, "okay, it's sink or swim". I loved it. It was supposed to be three months, and then they hired me on for three more, and then they gave me a full time position for a little over a year. And then I applied, and they transferred me to New York, and I worked at the Solomon Guggenheim Museum for about a year, which is an amazing experience to do as well, working at a bigger museum. I got to meet people in the fields I grew up interested in.

Working in special events was my favourite. When the Picasso exhibition was in New York, there was this huge dinner event with the Picasso family and I think the mayor of New York was there, as well. It turned out some people didn't show up and they needed to fill all the seats, since it looks bad if some are left empty. So we're serving cocktails and we're about to clock out when our boss just rushes over and tells us, "Take off your nametags and sit down." So we sat down and had this amazing meal and heard these amazing speeches and it was just an incredible experience.

Cont. Eric McKinnon, Class of 2002

Q: How do you feel Broken Cage is set apart from other small galleries in Toronto?

A: There's definitely a few with similar characteristics and views. The whole point of it is that we're doing a lot of live shows mixing fine art and visuals with performance and music and even film. That's the whole point; we have an art exhibition opening on week one, we have a live music show week two, a classic movie night week three, and then we do a comedy show for the last week of the month. Because even with exhibitions, we'll do one exhibition on the main floor and then the upper level will have the gallery collection, which a lot of galleries do. It kind of gives you more variety and not everyone's going to like the one style or one thing you're doing. So that's why we try to change it up and mix it and get more options for everybody. Broken Cage showcases a lot of local artists.

Q: Was there any one particular experience at Sterling Hall you had that really made you want to break into art professionally?

A: Just kind of like being able to enjoy it. Art was a really great way for me to focus and calm down. I was figuring myself out, and art would make me focus because I was a perfectionist and I wanted it to be perfect. That helped me a lot. Like creating art and being around it and having fun with it. One of the classic ones with Mrs. Doleman was making the hilarious paper mache Vaseline masks and adding horns and fangs and stuff. The classes opened up tons of new doors and changed my perspective; I used to hate photography and then I did a photography class and loved it. I thought digital art was a joke, then I got obsessed with Photoshop. And that's what I loved about art; it kept pushing you and opening up your views about everything. Not just art, but the world.



Q: What about your gallery is important to showcase local artists and Toronto artists and Canadian artists?

A: Canadian art - obviously I want to promote and showcase where I'm from. I'm also an artist, and it's really important to me. One of the things about that was trying to make a space where people like me could have a place to exhibit art. If artists approach us and we agree and have the same views and we appreciate their art and like it, then one of the things we do is we'll have one or two other pieces in our upper gallery collection to kind of showcase it and give it a trial run, as opposed to being like, hey, let's do an exhibition right away. It allows them to get feedback from the public. If it's popular or if it's not engaging people, then they can kind of adjust or swap a piece out or kind of go back to the drawing board.

Q: What would you say to someone who's considering pursuing a career around art?

A: Yeah, absolutely. I'd say go for it. Don't close yourself off to other aspects of it, like I tried to right out of the gate. I thought, "I'm going to be a visual artist and that's it". And then one of my professors in university said, "Hey, look to your left, look to your right. Maybe one of you will be a successful exclusively visual artist." That resonated with me. You can be a painter, engage with the business side of it or be an agent; curation, lighting, frame design, there are just so many facets. If one thing doesn't work out, pivot and just be open to change and roll with it.

If you're interested in Broken Cage, check out their website at brokencagegallery.com or follow their instagram @brokencagegallery.



Alumni Interviews: Fraser Fitzgerald Class of 2004

"It's one of the few things I excel in; culinary school was one of the first places I was showing up early, staying late, and just saying yes to opportunities to get involved. I stuck with it because I was enjoying it."
- On starting his own vegan kitchen

Q: So how did you get into cooking/vegan cooking, and what do you do?

A: I own No Bones Kitchen, we're a vegan plant-based company. I went vegetarian when I was 20 and that sparked my interest in cooking to begin with. Before that I didn't really have any interest in it at all. One summer I got fired from my job where I was working in the sales division of a solar power company. I decided to go back to school, for culinary arts this time, and stayed there for 6 years. I transitioned into a vegan diet, and now everything I do is plant-based. That's what we specialize in, and it's a lot of fun.

Q: When did you realize you wanted to be a professional chef?

A: I guess when I decided to go to culinary school it was because I realized I wanted to do something in the food industry. Once I got into it, there were a lot of doors opening for me; if you have a good attitude and a willingness to learn, you'll find opportunities. I wanted to go into food styling, or product development which I was really into, or teaching. I knew I didn't want to be a line cook at some Michelin star restaurant for 20 years, so as soon as I could do something myself, I tried to do that. I got my experience in restaurants in Toronto and Halifax, then when I came back I was teaching classes and was a private chef for a bit. I started No Bones because I think prepared foods are kind of the way now, and now we've begun to pivot to snack foods and a line of wholesale products and popup shops as well. It definitely wasn't a straight path, and there were a number of times where I wanted to pivot and I still might, but this is where I currently am.

Q: Did anyone try to discourage you along the way?

A: Haha, definitely. The Labour Day before I went to culinary school everyone was telling me not to, that there's no money in food, etc. I don't know, maybe I'm just stubborn, but it feels good to lean into something you're passionate about and good at. It's one of the few things I excel in, culinary school was one of the first places I was showing up early, staying late, and just saying yes to opportunities to get involved. I stuck with it because I was enjoying it. Otherwise, I was worried I'd end up taking some job again that I was really unhappy at, blink and then 30 years go by.

Q: Fondest memory of Sterling Hall?

Ooh yeah, I got really into guitar in grade 7 and I started a band with my two brothers. Sterling had opportunities for my band to play, and when I got to high school we actually started playing at shows downtown and meeting other really cool bands. I don't think I would have found that if I didn't go to Sterling. I loved the trips like dog sledding and Boston, all the out-of-class opportunities. It was really a privilege and I'm glad I made the most of it.

Q: Since you left Sterling, what was a really pivotal or important moment in your life? Not necessarily job related, but something interesting that either you did or that happened to you?

Definitely just sticking with my gut feeling about doing what I loved. Saying yes to these opportunities and trusting myself. If you're making enough to keep the lights on and pay the bills, keep doing what you love and the money will come.

Agreed! Thanks so much for speaking with us, Fraser and glad to hear you followed your passion. All the best!

Alumni can find No Bones Kitchen at noboneskitchen.ca.



Alumni Interviews: Andrew Chettleburgh Class of 2016

So Andrew, for the readers, if you don't mind, what is it exactly that you do?

Essentially, I'm a porter for Lexus On The Park, preparing cars for delivery. When I get in, I look at a booklet and have a list of cars going out with different requirements. Some cars are used, new, some are for showing - which is for a car someone might want to look at or test. The cars stay in a big parking garage if we need to clean them up we bring the cars to the wash bay, then back to the delivery bay. A lot of the job is to make sure everything is spick and span and ready to go for any use.

How did you get into this line of work?

It started in 2017 when my dad showed me a job at RightDrive, a company that imports cars from Japan. I did detailing for a summer, I came back for school, then I graduated and started looking for a job. I went to another detailing shop and got experience with driving and delivering super fancy cars. Eventually, I saw openings at other dealerships, and I went with Lexus.

What did you see yourself doing when you were going to Sterling Hall?

I wasn't 100% sure about where I wanted to end up, but knew with 110% certainty that it was going to do with cars. I have always liked car sales and I've liked communicating and building relationships with people. Obviously, a job where those strengths can be applied would be best. I still want to go to university, but I will most likely go back to the car dealership after that.

What would you say to grade 4/grade 8 Andrew?

I would say to be confident in himself and to value the good people around him, and that he should do what he loves and not worry about what others think. It would be great to know back then that doing what I liked was going to work out, that my passion would go somewhere.

What's next?

University with a four-year degree. Then, after that, I plan to get something in the sales aspect of a car dealership. Right now, I am planning to attend university and study the automotive business.



Rob Stewart (Dec.) Class of 1993

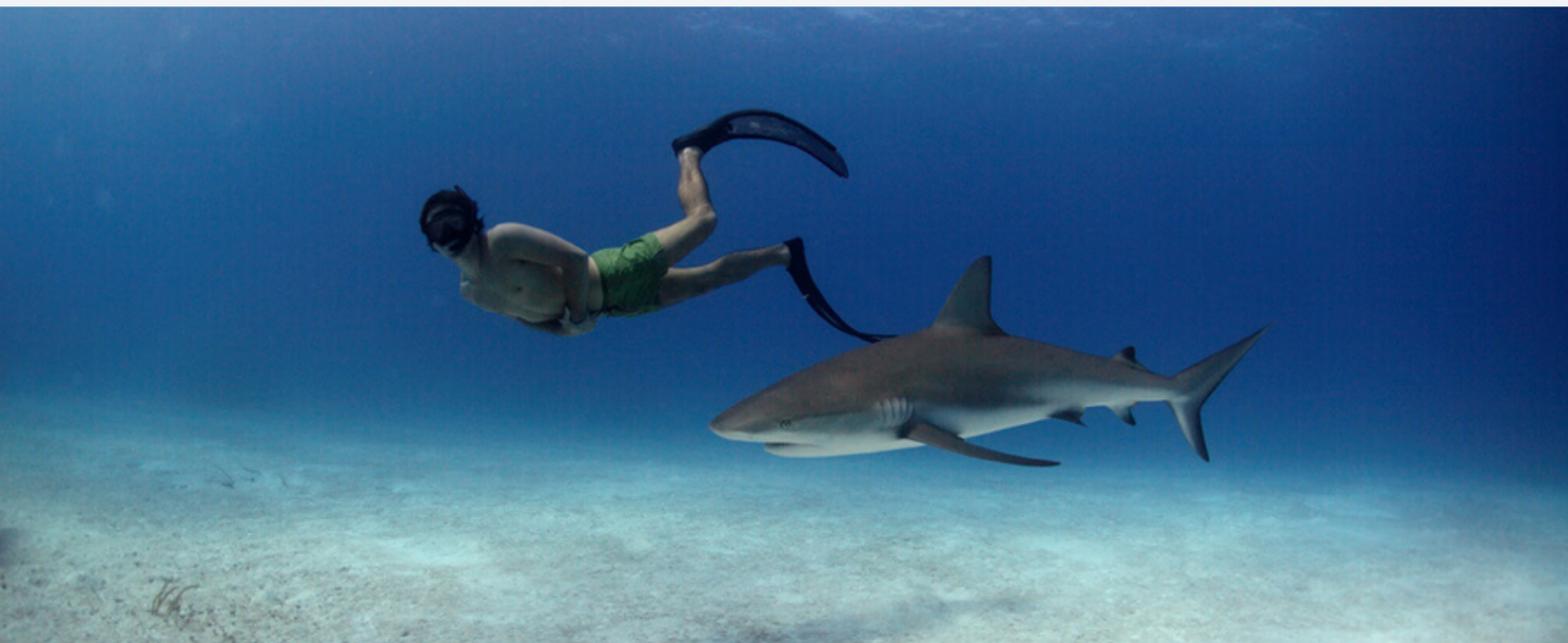
It has been 5 years since the passing of Rob Stewart, a Sterling Hall alumnus from the Class of 1993. He was a notable photographer, filmmaker, and conservationist and was outspoken in the initiative to end shark finning. One of the ways this effort was broadcast was in his first film, the award-winning documentary *Sharkwater*. As many readers are probably aware, Sterling Hall's mascot is a shark, and as such, one of the units in Grade 4 focuses on sharks. As part of this unit, the Grade 4 classes watch *Sharkwater* and write a report on it, learning about Rob Stewart's career and life. Specifically, Rob was an aquatic wildlife photographer which meant frequently getting up close with sharks and various other marine life. It was while he was in the Galapagos Marine Reserve that he witnessed firsthand illegal fishing, sparking his passion for ocean conservation.

For a lot of Alumni, Rob and his work left a profound and lasting impression. His work took him around the world in an effort to take down various shark finning operations, putting himself in no small amount of danger during the process; parts of the documentary showed how Rob and the conservationist efforts he took part in would forcefully board illegal shark hunting vessels. Another section detailed how he and crew members would infiltrate meat processing plants to gather evidence with hidden cameras of illegal shark finning bases. For many of us, it was a level of activism we had never really seen before.



Many of us never had the opportunity to meet Rob, but he was and continues to be a deeply inspiring figure. Often, people we call role models are willing to gather funds and publicity for a cause they care about, but it is far less common to see someone like Rob who was ready and willing to go out and be the difference himself.

Rob's death came suddenly in 2017, when he passed during a diving incident while the filming of the follow-up documentary *Sharkwater: Extinction*, at the age of 37. Even though his life was short, it goes without saying that he made a huge impact on ocean conservation, leaving behind a powerful legacy. He followed his passion and that is something to be truly celebrated. As time passes, it's important that we remember Rob and his mission, not just because of his time at the school and the nature of his work, but how he exemplified bravery and perseverance, in the face of such a daunting mission. He will always be a reminder to the Sterling community to pursue what you love, and to fight for what you believe in.



Class of 2022

Brody Baruch
Tanenbaum CHAT



Alan Bernamoff
*Claude Watson School for
the Arts*



Sebastian Black
The York School



Joshua Byrd
*St. Michael's College
School*



Theo Cameron
*St. Michael's
College School*



Harley Cohen
*Greenwood College
School*



Ryan Feng
Upper Canada College



Henry Freeman
Royal St. George's College



William Gao
Royal St. George's College



Charles Gelman
Tanenbaum CHAT



Jai Ghai
Hudson College

Ozzie Ginsler
*Greenwood College
School*



Finn Graham
*Kingsway College
School*

Ezekiel Greenwood
The York School



Abraham Isakow
Lawrence Park C. I.

Sam Jones
Upper Canada College



Henry King
Crescent School

Ilios Lagopoulos
Crescent School



Shengzhi Li
*Royal St. George's
College*

Zac Lyons
Tanenbaum CHAT



Daniel Odoemelam
Royal St. George's College

Ben Osten
Tanenbaum CHAT



Joey Passalacqua
Royal St. George's College

Jason Peng
*University of Toronto
Schools*



Ben Schindler
Crescent School

Nathan Veit-Walsh
Upper Canada College



Samuel Veit-Walsh
Upper Canada College

Zac Vinizki
*University of Toronto
Schools*



Jay Wasserman
Tanenbaum CHAT

Ben Waxman
Tanenbaum CHAT



Julian Wei
Brooks Academy
(Massachusetts)

Oliver Weinstein
The York School



Nathaniel Willis
Royal St. George's College

Spencer Wright
Crescent School



Congratulations!

If any of the newest Alumni are attending your school in the fall, make sure to welcome them.

We wish the best to our Alumni moving on to high school.

Below, we congratulate the Class of 2018 as they graduate from high school onto bigger things!

The Next Steps for the SHS Class of 2018

Trinity College
School

Adam Fraser
*Dalhousie University -
Management*



The York
School

Andrew Faralla
*University of Guelph -
Sports Management*



Bayview
Glen

Bora Bener
*Yeditepe Medical School
in Istanbul*



Trinity College
School

Charlie Simmonds
*Dalhousie University -
Commerce/Football*



The York
School

Chase Behar
Berklee College of Music



St. Michael's
College School

Jeremy Stephens
Queen's University - Arts



Tanenbaum
CHAT

Josh Wagman
*Queen's University -
Engineering*



*Columbia Grammar
and Preparatory
School*

Justin Gerstle
*Catawba College - North
Carolina*



*Dorius Academy in
Ogden, Utah*

Liam O'Hea
*Wilfrid Laurier University -
Psychology*



Toronto Prep

Owen Gibney
*Huron at Western
University - BMOS*



*Lawrence Park
Collegiate Institute*

Thomas Dale
*Humber College -
Computer Engineering*



Crescent School

Nathaniel Beutel
*Queen's University -
Economics*



*St. Michael's
College School*

Tarae Groce-Balogun
*University of Toronto -
Health Sciences*



*Upper Canada
College*

Kayvaun Goldberg
*Western University -
BMOS*



TanenbaumCHAT

Russell Reback
*Western University -
Social Sciences/Pre-Ivey*



Tanenbaum CHAT

Adam Satov
*Queen's University -
Arts*



*St. Michael's College
School*

Dylan Rosenzweig
*Wilfrid Laurier U. -
Business*



*Upper Canada
College*

Spencer Adams
McGill University



*Upper Canada
College*

Ben Gerstein
*Queen's University -
Economics*



*The York
School*

Toby Maingot
*Southern Methodist
University in Dallas - Cox
Business School*



*North Toronto
Collegiate Institute*

Adam Jawad
*Wilfrid Laurier U. -
BBA*



Crescent School

Cam Osler
*Dalhousie University -
Engineering*



*Northern Secondary
School*

Declan Prendergast
*Brock University -
Sports Management*



Leaside High School

Derek Poltaranos

Gap Year



St. Michael's College School

Michael Vaughan

*Wilfrid Laurier U.
- BBA*



Crescent School

Max Gangbar

Queen's University



The York School

Ricky Leigh

Undecided



Upper Canada College

Sam Wilder

*Queen's University -
Commerce*



St. Michael's College School

Zac Bates

*Western University -
Engineering*



Crescent School

Dom Loh

*Dalhousie University -
Commerce*



Toronto Prep

Seth Meretksy

*Tulane University In
New Orleans -
Business*



*The York
School*

Luca Machat
*Huron at
Western University*



Tanenbaum CHAT

Cooper Gluskin
*Western University -
Social Sciences*



*Leaside High
School*

Seth Acton
*Nova Southeastern
University - Business
and Innovation*



CONGRATS!

And best wishes to the
Class of 2018!

Coming In May 2023:

The culminating event of our 2022-2023 calendar will be a celebration of 35 years with our entire Sterling Hall community!

CELEBRATING **35** years



Stay tuned for details...

See you soon,
Alumni! First event up:
Game Day at the Hall
on August 31, 2022!

