

SPECTRUM

APRIL, 2026



SHARRO

LIVE AT THE PEAS
PALACE

**IN THIS
ISSUE**

SPORTS

*The
Ultimate
Comeback*

RECENTLY

*Spectrum
In Japan*

FASHION

*Spring Has
Sprung: But What
To Wear?*

AND MORE!

STAFF



Neka Riecken
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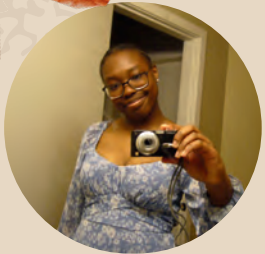
Samara McDowell
How To



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Sarah Téne



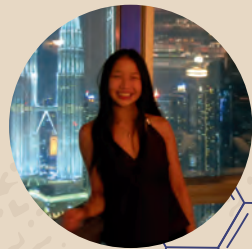
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April's events

EVENTS
April is Sikh Heritage Month
as well as Genocide
Remembrance, Condemnation
and Prevention Month

4 Cats Workshops

4Cats at Uptown, Esquimalt, Cook Street Village, and Oak Bay feature many workshops and clay nights, visit 4cats.com to find the perfect class for you!

April 8 - 12 - Strawberry Week

Workshops this week feature all kinds of cute berry-themed projects, including mugs, paint nights, clay colanders, and more!

April 13 - 19 - Bee Week

Little bee hives, vases, little bee guys and paintings are all things you can make at the studio during bee week! Bzz bzz- April showers bring.. Bees...

April 10 - The Teddy Bears' Picnic
Enjoy an evening of musical entertainment brought to you by Meteor in the Metro, Two Man Bear Trap, and Pidgin. Visit Gigpit.com for more information.

Friday, April 10

7:30pm

\$15.00

Paul Phillips Hall

April 11-12 - Silver Swans Spring Craft Fair

This weekend event at the Swan Lake Nature House features a variety of sewn crafts made by the Silver Swans.

The Silver Swans are a group of quilters, crafters, and artists who design and make tea cozies, quilts, felted birds, and more.

April 11 - 12

12pm - 4pm

Swan Lake Nature House

Thursdays - Esquimalt Farmers Market

Visit Esquimalt's Memorial Park on Thursday evenings to enjoy hot food and live music. Find here your new favorite soaps, jewelry pieces, clothes, and more with the market's wide selection of vendors.

Thursdays from April 2 - September 24

4:30pm - 7:30pm

Memorial Park

Cherry Blossom Season!

Cherry Blossoms are really blooming this April, so here's a list of where some popular spots to admire them are. Maybe you can feel like you are in Japan, like Alanna, page 13.

Beacon Hill Park - James Bay - Irving Park - Belleville Street - Blanshard Street -
Menziess Street - Moss Street - The Butchart Gardens

Don't Buy it, Make it.

By Samara McDowell

Gift giving is a meaningful experience that can be enjoyed all throughout the year. However, when it comes to buying gifts, money can often be an obstacle. It can cause you to either refrain from buying it, or overspending on a single item. Gifts given from the heart tend to have the greatest impact. While some friends or family members may have expensive tastes, a handmade gift can show how much you care, because it reflects the time and effort put into creating something special just for them.

DIY Bouquet:

A homemade bouquet is another beautiful way to show appreciation for someone. Not only does it give them something decorative to enjoy, but it also demonstrates the effort and intentionality that was put into creating something unique.

DIY bouquets can be made from all sorts of different materials such as book pages (my personal favourite), candy, guitar picks or pipe cleaners. There are endless possibilities for making a bouquet customized to the recipient's personality and interests. This makes the gift feel even more personal and meaningful.

Upcycled Photograph Frames:

Photographs hold powerful memories and can make incredibly thoughtful gifts. One of my favorite ways of presenting photos is by upcycling everyday objects and transforming them into unique frames. Items such as decorative plates, tins, wooden mirrors, items of importance or even finds from a thrift store can be turned into beautiful frames.

To create one, simply print a photo of choice (preferably on lightweight paper), and attach the item to the object using Mod Podge or decoupage. This creates something that is eccentric yet personal, and can be great for a friend or family member who enjoys meaningful decor.

Home-Made Lip Balm:

Making lip balm from scratch is incredibly simple, and is a fun, creative gift idea. Common ingredients in home made lip balm are coconut oil, beeswax, and shea butter. These ingredients help moisturize and protect the lips. If you want to personalize your lip balm, you can easily customize it by adding scented extracts, essential oils, or even a small amount of lip gloss for colour.

Mixtape:

Music plays a huge role in this generation's daily life, with many people spending an average of over four hours a day listening to music. This level of engagement with music is unlike any generation before it, and it's easy to see why. Music can bring people together, express individuality, help with focus, promote relaxation, and boost confidence.

One creative way to turn music into a gift is by making a CD mixtape. A mixtape is a personalized collection of songs chosen specifically for someone. In many ways, it's similar to creating a playlist on your phone, but the physical format adds meaning to the gift.

This gift can be especially useful for people who still have cars with CD players. They can simply insert the CD and enjoy a collection of their favorite songs all in one place. To create a mixtape, you will need a CD-R (an empty CD), which can be purchased in London Drugs or Best Buy, and a CD burner, which can be found in stores such as Staples or Walmart. Once you have these materials, compile a list of songs you want to include (a single CD can hold up to 99 tracks) and burn them onto the disc. If you're unfamiliar with the process, there are many step-by-step tutorials available on YouTube.

THE FLIGHT AROUND THE

Moon



Finally after 50 years, humans are returning to the Moon. The Artemis II mission, planned to launch on April 1st, will bring a crew of four astronauts to experience a loop around the Moon.

The Artemis II spacecraft is a planned lunar mission led by NASA, built upon the uncrewed spacecraft called Artemis I. Artemis II will test a crewed flight inside the Orion spacecraft. The mission is planned to last ten days, with the journey to the moon taking about three days. Astronauts will also spend one day observing the far side of the Moon, allowing humans to see parts of it up close again after more than fifty years.

The priorities of this mission include the crew, data, systems, and emergency operations. The Artemis II flight will test the systems necessary to support future astronauts on space missions. As for current major mission milestones, the plan for the launch and splashdown have been meticulously thought through. NASA has designed the SLS (Space Launch System) to lift the spacecraft away from Earth using 8.8 million pounds of thrust and to deploy 116 foot wide parachutes to slow Orion from 130 mph to 17 mph for splashdown in the Pacific Ocean.

The four astronauts: Reid Wiseman, Victor Glover, Christina Koch, and Canadian astronaut Jeremy Hansen, will fly inside the Orion space capsule.

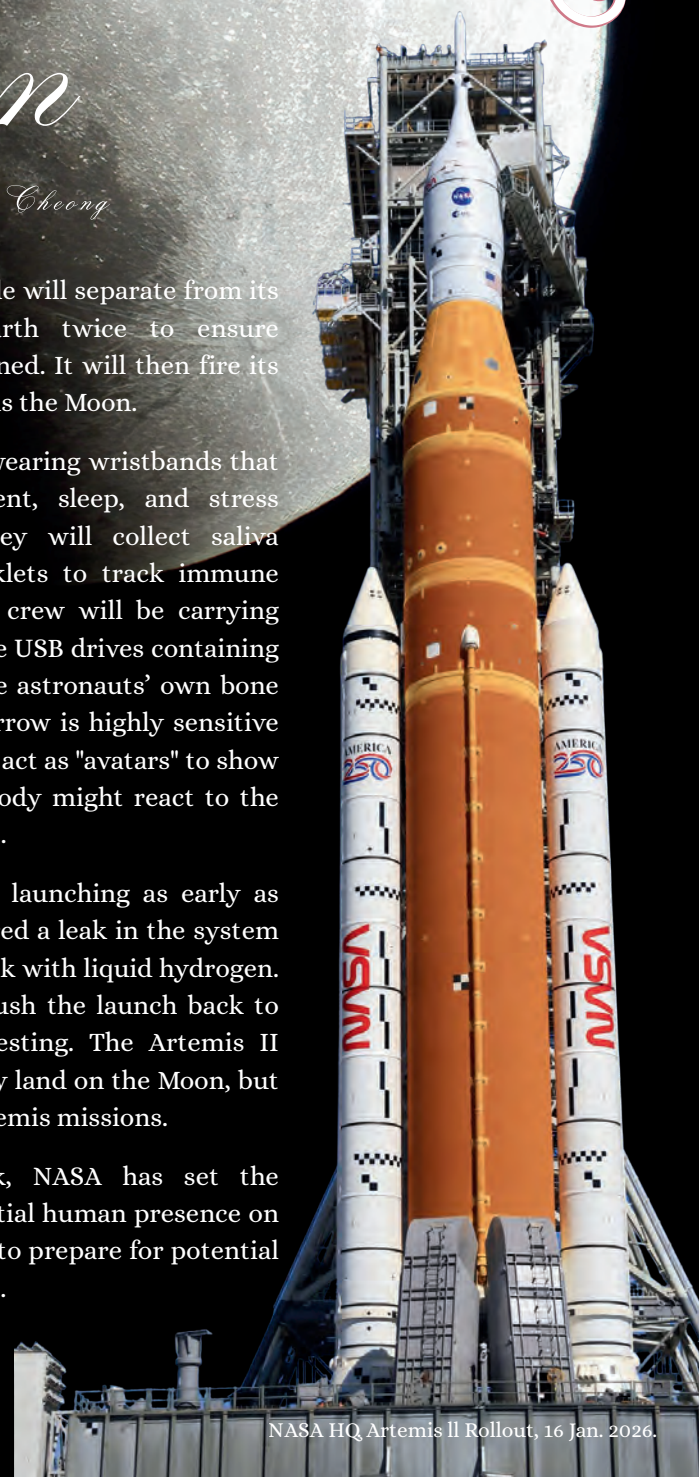
by: Ellie Cheong

Once in orbit, the capsule will separate from its engines, orbit the Earth twice to ensure everything goes as planned. It will then fire its rockets and blast towards the Moon.

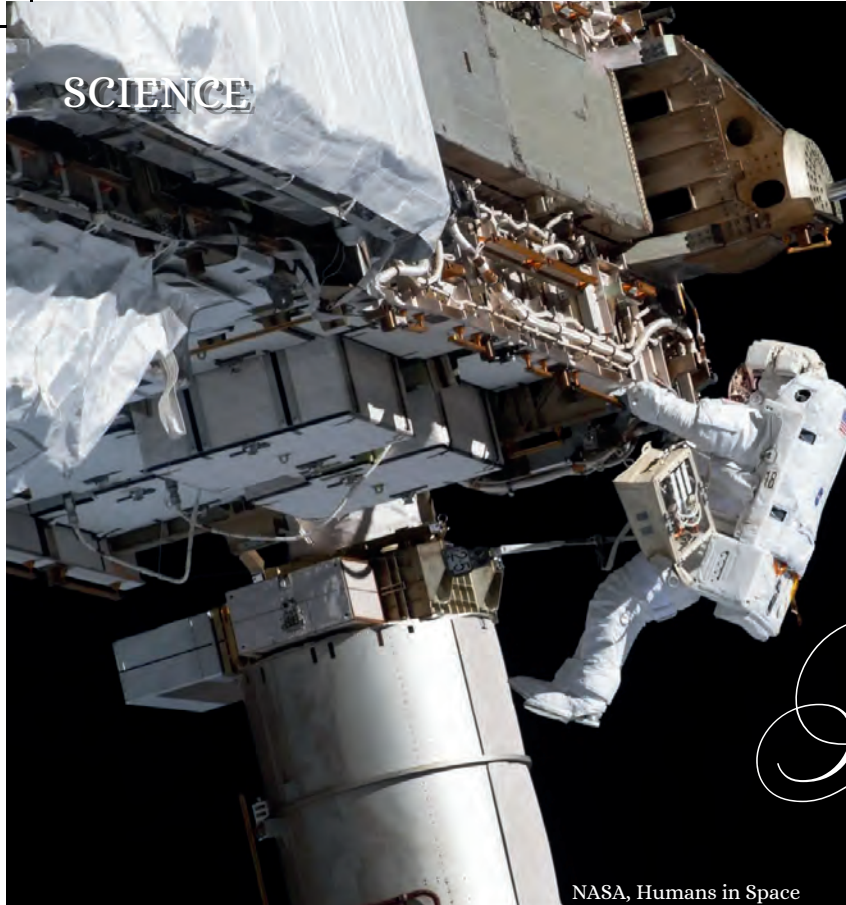
The astronauts will be wearing wristbands that monitor their movement, sleep, and stress levels. In addition, they will collect saliva samples in stamp booklets to track immune biomarkers. Lastly, the crew will be carrying small chips that look like USB drives containing cells developed from the astronauts' own bone marrow. Since bone marrow is highly sensitive to radiation, these chips act as "avatars" to show how each individual's body might react to the deep space environment.

NASA was planning on launching as early as February 6, but discovered a leak in the system that fills the rocket's tank with liquid hydrogen. This caused NASA to push the launch back to allow more time for testing. The Artemis II spacecraft won't actually land on the Moon, but it is a goal for future Artemis missions.

Through diligent work, NASA has set the groundwork for a potential human presence on the Moon again, hoping to prepare for potential human missions to Mars.



NASA HQ Artemis II Rollout, 16 Jan. 2026.



NASA, Humans in Space

INTERVIEW WITH

Mrs Dyck

By Giselle Moldovanos

Q1:

Do you think the Artemis II mission will benefit humans and space exploration?

A1:

“In many ways, I believe it will. Artemis II will be the first crewed spacecraft to travel to lunar orbit since the Apollo program which ended in 1972. The mission will use advanced technologies to improve our understanding of space exploration on humans, which will also contribute to a deeper understanding of human health concerns on earth.

Artemis II will be testing the Space Launch System (SLS) and the Orion spacecraft, which will support future lunar landings and eventual missions to Mars, thus improving our understanding of the universe.

Finally, the mission may pave the way to being able to establish a long-term human presence on the moon. These are exciting advancements to consider in the short term, however, I have reservations about how much it will benefit humans in the long term.

Artemis II has a strong focus on exploring the future of mining lunar resources. Knowing that resource extraction is a major contributor to climate change, I am not convinced that mining resources on the moon will solve more problems than it creates.”

Q2:

Do you think this mission will help scientists prepare for future missions to places like Mars?

A2:

“Yes. First, the Artemis II mission will be testing new technologies that will allow for deep-space exploration. Second, the likely next step after Artemis II will be another lunar landing, which will help humans better understand some of the challenges of existing in such a different environment. And third, establishing ourselves on the moon may enable astronomers to use the moon as a base-camp for further space exploration which will allow astronomers to avoid the costly task of repeatedly exiting the earth’s atmosphere.”

Q3:

Why do you think it is important for humans to return to the Moon after so many years?

A3:

“Significant technological advancements since 1972 will allow us to learn so much more in this new era of space exploration. Inhabiting Mars was not a focus with earlier lunar explorations, so this brings a new focus for this mission.”

Spring has sprung: but what to wear?



"Libby and Maeve - Polka Dot Cuteness to the Max!" by Kevin Dooley

We are fast approaching warmer weather! There is always talk of the transition from summer to fall, but I find winter to spring far more interesting in terms of dressing for the weather. What with the layering and fresh colour palettes, or even just pieces you've been saving to wear in the sun, it is a fun time to experiment.



Dries Van Noten



JB Villareal / Shoot Digital



baby doll dresses



BunnyHutVintage

Try some fun new things!



It is still cold



"Ston Lookin'ed Fashion Runway 2011" by henryjose

1972 Quelle 23 Damenmode



"Mary Jane Rainboots" by lovememphis



gstatic



"Vintage Danspun sweater circa '70s or '60s" by limegreen367



"Susan at the Beauty Parlour in Curlers" by drewleavy



vogue - Backgrid

Conventional Spring = very chic



"vogue anna suit blouse 2850" by carbonated



THE ULTIMATE COMEBACK

By Liz Allan



The ultimate team has made a shocking comeback this season. After 2 previous years of little to no success, it is very exciting to see the team excel. The team took to the field to play 4 opposing school teams at the first tournament of the season, Ram Bowl. Hosted at the Uvic campus by Mount Douglas, this is the first year spectrum has been able to attend and the results were shocking.



Game #1-

The first game, played against Mount Douglas B, was just one of many victories at the tournament. Spectrum won 5-4 with MVPs of the game being Agustin and Liz.

Game #2-

Another victory but this time against EMCS with yet another close win. The final score was 4-3 and the MVPs were Abbot and Elise.



Game #3-

After a bye, Spectrum got right back to it, securing their third win of the day against Vic High. The score was 5-2 and MVPs were Lucas and Liz.

Game #4-

The final game of the day was the biggest success of them all, with a 7-2 win against Dover Bay JV. The MVPs were the two team captains, Jack and Liz.



All in all, Spectrum Thunder won 4 of 4 games at Ram Bowl. I am looking forward to seeing them continue this momentum into the league season in the coming weeks. If the team keeps it up, I expect a shot at going to Islands and, hopefully, Provincials. Good luck Spectrum Thunder and keep your eyes on the skies!



Puck-er Up for Playoffs

Magazine feature article by Badel Abdi



After Team Canada's disappointing loss to the United States in ice hockey at the 2026 Milano Cortina winter Olympics, Canadians all across the country want to watch more competitive hockey. As the NHL season comes to a close, and the playoff race starts to heat up, I wanted

to ask students at spectrum what NHL teams/players do they cheer for, and what team should Spectrum students cheer for these Stanley Cup playoffs. Obviously, most people are Vancouver Canucks fans because that's the local team, so I went out to find fans of different teams. "I was born and raised in the 6" says resident Toronto sports fan Fionn

Doust. "I care about the Blue Jays more because baseball is my favorite sport, but the Leafs will always hold a special place in my heart, even if they are hot garbage" However, not everyone at Spectrum is a fan of a

Canadian team. "I'm a big Red Wings fan," says Ben Wilson. "I think Students at Spec should cheer for the Oilers, being that they are close to here and Canadian. Also because Connor

McDavid is the goat." Being a fan of an American hockey team myself, (The Boston Bruins) I understand why Ben wouldn't say students at spectrum should cheer for his own favourite team.

However, after watching one of the most entertaining NHL games ever: a divisional clash involving the Buffalo Sabres defeating the Tampa Bay Lightning 8-7 in an absolute gongshow during the weekend, I think Spec students should cheer for Buffalo in these upcoming Stanley cup playoffs. The Sabres have not been to the playoffs since the 2010-2011 season. That is 15 years of zero hockey post April. They have been a fun, young team (average age of 26) that is finally putting the pieces of the puzzle together. Notable players on buffalo include Captain Rasmus Dahlin, USA Olympics gold medalist Tage Thompson (if that's a reason not to cheer for the Sabres, I understand), youngsters like Jack Quinn, Josh Doan, Owen Power, and others I didn't mention. As a long time hockey fan, it's nice to see Buffalo back in the win column (and as the writing of this, leading their division). In all honesty, as a Bruins fan, I will be cheering for the B's first, for the rest of the season and ,hopefully, playoffs . However, don't be surprised if you see me rocking a Sabres hat from time to time. They deserve the support. All and all, hockey is an amazing sport, and I'd love to see more people get interested in it and become fans.



YAM AND PEPITA QUESADILLAS

Introduction

Looking for a simple lunch that can easily be made in large batches? If that's the case, then this recipe might be the one for you! These yam and pepita quesadillas are inspired by the ones previously served at the all vegan restaurant, Rubar. This dish takes only twenty minutes to make eight servings, making it great to share with others or easy to meal prep for the week. These quesadillas taste just as delicious cold as they do heated up meaning they are suitable to take to school or work without having to bother with microwaving them. This meal

Ingredients (Makes 8 Servings)

- 1 package of large tortillas
- Cheddar cheese grated (amount is personal preference)
- 1 bunch of green onions (chopped)
- 1 cup of pepitas (pumpkin seeds)
- 3 large yams
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp garlic powder
- A jar of salsa

Steps

1. Pre-heat oven to 375F. Peel and chop yams into small cubes. Toss yams into olive oil, salt, and garlic powder. Roast for 20 minutes (or until brown). When done, remove from the oven.
2. Mash roasted yams into half of a tortilla. Spread salsa on top of yams. Sprinkle it with cheese, green onions, and pepitas. Fold tortilla closed.
3. Cook in a frying pan on medium heat until the cheese melts. Flip quesadilla half way through.

Cost

Tortillas - \$4.00
Cheddar cheese - \$4.50
Green onions - \$2.00
Pepitas (pumpkin seeds) - \$0.50
Yams - \$3.00
Olive oil - \$0.50
A jar of salsa - \$4.00

TOTAL - \$18.50
That's only \$2.30 per serving!

*This is a rough estimate. These numbers are based off of the amount of the ingredient required, not by initial cost of ingredient. Prices may vary depending on brand and amount.



LIVE AT THE PEASE PALACE BY SHARON

by Kaiya Nagel

MUSIC

If you were to tell me there's nothing to do in Victoria, I would kindly ask you to go out and give your local music scene a chance. Walk down any road... who knows what you might find... When I stroll down the cold, twilight streets, I hear with my little ear... the sound of absurdist rock band SHARON! The musical trio consists of Marlowe (drums), Leo (bass), and Shane (guitar, lead vocals). I first heard the beat-savvy group live at Little Fernwood in June, 2023. Around a month after that show, SHARON released *Live at the Pease Palace*, which I listened to on repeat and had since forgotten about. After recently witnessing yet another absolutely smashing SHARON show, I knew I had to revisit their obscenely fantastical debut.

Live at the Pease Palace is an album that swings you around like a carnival ride. The jazz-infused melodies switch from slow and comforting to angry and abrasive in an instant. However, there is a constant undercurrent of connection that binds the debut together. The fifth track, "What Are You Gonna Do?" exudes a permanently youthful air. The guitar seems to bounce upon a trampoline of nostalgia and fear. This wonderful tune about coming of age perfectly melds unease and joy. SHARON accomplishes this fusion in many of their songs, making their listening experience all the more engaging. The turbulent instrumentation is made even more unique by Shane's vocal style. His voice is deceptively detached and distant, but he continually conveys genuine emotion through his singing. This harmony between rocking instruments and mournful chanting is particularly evident on "Your Dreams Mean Nothing." The track contains haunting, angry vocals and expressive guitar. This song, along with many others, is insistently catchy. SHARON's music is ripping not only for the danceability of their melodies, but also for the quality of their lyricism.



The lyrics of *Live at the Pease Palace* are often cryptic and scattered. In "Magic Brick," the vocalist sings the line "Fountain of youth / Bottomless source of happiness / Just a never ending picture blue... Bending pinky fingers / Becoming a part of you." This song is about the advancement of technology and the dangers of becoming dependent on it. The mysterious lyrics further the track's mystical, supernatural energy. SHARON excels at creating interesting characters and storylines in *Live at the Pease Palace*. "Godstanley" speaks of a tired man whose "fingers graze the floor." Shane sings of the individual's daily routine- having a cup of coffee... waiting for the elevator door. At the beginning of the song, we can easily put ourselves into the shoes of this character. However, the protagonist quickly becomes a transcendent creature who has many occult qualities, such as walking "through us like smoke" and "smelling like glass." By the end of the song, we have accepted him as a deity who can make no mistakes.

SHARON has continued to develop their musical style since the release of *Live at the Pease Palace*. Their latest album, *I Hear With My Little Ear*, dives even deeper into the realms of storytelling and internal representations. The recording is slightly comical, with the members of the band sometimes beginning to scat instead of playing their instruments. Their shows have become looser and even more fun. They often do silly tricks on the audience, such as playing the same part of a song multiple times before continuing. The album is great, but SHARON's zany live performance is what really seals the deal for me. If you ever get the chance to see them, I strongly suggest you take it.



Backstage at the Musical



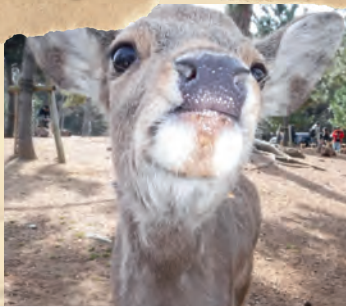
SPECTRUM IN JAPAN!

Alanna Felt

Spectrum and Esquimalt went on a school trip to JAPAN for spring break! Over 10 days they visited shrines, temples, saw the cherry blossoms, and tried traditional Japanese cuisine.

NARA DEER PARK

Home to over 1300 sacred deer



YES – There are actually vending machines everywhere in Japan!



ASUKASA KANNON TEMPLE

Tokyo's oldest temple



DID YOU KNOW?

Cherry Blossoms only bloom in full effect for 10-14 days

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