

# Branching Out



## Crestwood Preparatory College Alumni Newsletter

### Welcome to our first edition!



Crestwood Preparatory College will be entering its fifteenth year in September. So far, we have graduated over seven hundred young men and women who are at this very minute, I'm sure, contributing in very positive ways to the people and situations around them. Standards and impressions that are established in high school, and not all of them academic, seem to stay with people for their entire lives, all the more reason for teachers and administrators to have a full sense of their responsibility for nurturing the diligence, compassion and communication that will only add to a world in much need of all three.

We have many alumni who visit, or re-visit. Sometimes the conversations I have indicate that individual progress, in the variety of ways it can be defined, does not always proceed in a straight line heading north east, and so some change of plans regarding university and/or professional programs have been in order. Many others have been more fortunate, and have found their professional and personal niche through a passion and skill long held. In all of this, I have always seen and heard the sounds of optimism and determination that make me proud of all of you. Many now have graduated from university programs and are daily contributing to the well being and success of their chosen enterprise. Congratulations, and keep up the great work. For those who are still on their way, work hard and know that your time will come. The school and its staff will continue to support you any way they can.

"Alumni" has a special meaning in virtually all high schools, and we are no different. In the past few years Ms. Newton and the Alumni Committee have organized alumni events that have grown in participation and stature from year to year. They provide opportunities for our young adults to re-connect with people that have been instrumental in their lives, as well as relive a time in which things were a little more personable, if not endearing. I have supported all these alumni projects because I know how important these are to the overall development of community at CPC. I strongly urge you to engage and enjoy the opportunities that will be made available to you. This alumni newsletter represents a big step in ensuring that events are communicated to as wide an alumni audience as possible. We hope to expand it in many respects, especially in profiling the lives and noble ambitions of alumnus. I'm sure Ms Newton would agree that the sooner alumni contribute their own articles to the newsletter, the better. I look forward to re-connecting with you. Whether you have the opportunity or the willingness to return to CPC, know that we are proud of all of you.

Hope all is well and that it will continue so. Take care of yourselves, continue to make the world better around you, and see you soon.

Best Wishes,

Vince Pagano

## Alumni Updates

### AARON BALINSKY '06

It is hard to believe it has been almost 9 years since I last took a class at Crestwood. After graduating high school I attended Queen's University in Kingston, Ontario, where I was able to meet some lifelong friends and continue playing a sport that I loved, rugby. This was a sport I was introduced to by Ms. Newton while at Crestwood. Following some of the most memorable years of my life I graduated from Queen's in 2010 with a Bachelor of Commerce (Honours) degree. Once I moved back to Toronto I received a job offer from IBM in a software sales position, where I worked for three and a half years. My love of travel has brought me all over the world, including Australia, Iceland, Greece, Italy, Spain, Portugal, just to name a few. It was this passion that brought me to my current position as a Manager of Business Development at Air Canada, where I have been for just over a year. I currently spend the majority of my time downtown Toronto, where I live and work, but I am thankful for the fact that I am able to escape a little easier now that I work for an airline. My next big trip is going to be to South America where I am hoping to get to Brazil and Peru.



### JON SIMPSON '07



I graduated from Crestwood in 2007. While at Crestwood, I played on the rugby, volleyball and basketball teams. Athletics were a huge part of my high school career.

After graduating from Crestwood I went on to obtain a Bachelor of Commerce degree from

the University of Ontario Institute of Technology (UOIT). I now works at Sigma Business Solutions as a Manager of Business Development. In this role, I am responsible for developing and maintaining business and client relationships. In addition, I am tasked with ensuring that Sigma's business activities comply with its long term strategy.

I currently live in downtown Toronto with my fiancée Emily. Emily is currently an articling student at a corporate law firm in Toronto and will soon be a lawyer. In our free time we enjoy traveling together and spending time with friends and family. We are very excited to announce that we will be getting married in August 2016 in Toronto.



## Alumni Updates

### NICOLE INWENTASH '06

I graduated from Crestwood in 2006. I was always very interested in health and nutrition, not only because I was on many sports teams, but my favourite class was grade 12 Exercise Science with Mr. Santomero. I loved learning how the body worked, and how certain foods can affect the way you look and feel. However, I didn't love all the science courses (especially Chemistry). After high school, I decided to do a general arts degree (B.A.) to try and figure out which path I should go on because I was turned off by some of the science classes. After I finished my undergrad at Western University, I thought it would be helpful to have some business background because I didn't take any business classes in undergrad. I then went on to complete a post grad in Marketing at Humber College. I enjoyed it and decided to work in Public Relations and Entertainment because I thought it was a fun industry to work in. At the end of the day I didn't love what I was doing, and I really wanted to help people. I went back to where my passion was and that was nutrition and health. A friend of mine told me about this holistic nutrition program at a school called the Institute of Holistic Nutrition. She had the best experience and told me to apply as it was right up my alley. I decided to have an interview there to determine if it was the right fit for me because I was a bit worried about some of the chemistry courses. The director of the school told me that some people who apply for this program don't have a science background and I would be totally fine. I enrolled in the program and absolutely LOVED it. It was the best decision I've ever made career wise. I finished school in July 2014 and had my graduation in October 2014 where I was honoured to be selected as the Valedictorian of my class. After IHN, I worked for a private nutritionist for 6 months and then I recently got a new job as a Registered Nutritionist at Shulman Weight Loss Clinic and I'm absolutely loving it :)



### Crestwood Alumni Committee

*We are looking for Crestwood graduates to be a part of our Alumni Committee. You would be a part of planning alumni events and reaching out to graduates from your graduating year. This would be a great way to keep the Crestwood family together into the future. If you are interested please contact us at [cpc.alumni@crestwood.on.ca](mailto:cpc.alumni@crestwood.on.ca)*

## Alumni Updates

### DANIELLE DASILVA '04

My name is Danielle Da Silva and I graduated from Crestwood in 2004. I've done a lot of different things since then--I've done honours degrees in biology, psychology and global studies at the University of Western Ontario, and have travelled the world at every opportunity I get. I've done work for a myriad of global NGOs and international organizations. I went on to do my Master of Science at the London School of Economics in Sustainable Development. A few years ago I became a photographer and started documenting my travels and the work I was doing. Not long after that decided to start an organization called Photographers Without Borders (PWB), which is my pride and joy. PWB documents the work of grassroots organizations worldwide that are pursuing sustainable development goals and are in need of high end photography and/or video to help achieve their goals. We donate the images and video we take to these organizations and use our own globally-recognized platform to raise awareness about these organizations. We encompass organizations that deal with everything from animal trafficking to healthcare to education and human rights. Right now I am the Executive Director of PWB and an active commercial photographer and director.



## Alumni Updates

### KIM PACHT '06

My name is Kimberly Pacht and I graduated from Crestwood Preparatory College in 2006. Ever since I took the high school course, Exercise Science with Mr. Santomero, I realized that I had a passion for anatomy and physiology. I then went to York



University and received my Bachelor of Arts, with an Honours specialization in Kinesiology. I combined my willingness to learn and drive for knowledge with my desire to help others. In achieving this, I went to the University of Toronto and completed my Masters of Science in Occupational Therapy. I am now a certified and regulated Occupational Therapist, where I can enable others to pursue their desired occupations, gain independence, and live full and meaningful lives.

After graduating from Crestwood Preparatory College, I met my boyfriend, David Merkur and we have been dating ever since (hopefully soon-to-be engaged!) We live in a house in Downtown Toronto with our two dogs, Sophie and Hudson. I love to walk my dogs, cook, exercise, draw, and love to hang out with my friends and family. I am looking forward to starting my career as an Occupational Therapist so that I can help others find meaning and happiness in their lives. Thank you to Crestwood Preparatory College for helping me achieve my academic goals and supporting me through this process!

### JESSICA SERMER '11

I graduated from Crestwood almost four years ago and I can't believe that I will be graduating again this coming June from Queen's University. I am in the Commerce program and have specialized in accounting for the past two years.

Last summer I completed an internship at Ernst & Young (EY) in the financial services sector of the audit practice. I had a great time meeting a lot of people and was able to end the summer in Disney for the international intern conference! I will be joining the company full time after graduation and will be on track to obtaining my CPA designation.

Last year I participated in an exchange program through Queen's where I was able to spend 5 months in Madrid, Spain. I picked up a lot of Spanish and had an amazing time enjoying the city and culture. Travel was a huge part of my experience; I visited over 15 different cities! A few highlights were spending St. Patty's Day in Dublin and meeting up with a bunch of friends in Prague.

I have had a great time throughout my undergraduate studies, and I look forward to what is in store for me next!



**JAKE ROTHMAN '10**

So much has changed since I have left Crestwood. Most of the changes were not what I had planned when I showed up to Queen's University. An aspiration for a transfer into the Commerce program was quickly blindsided by a good dose of reality. It did not matter as my Major in Sociology and Minor in Economics has opened up more doors in something I know I want to do.



The first door was getting involved with a grassroots sports based program, RISE:Athlete, where I was able to work with amateur, high performance and professional athletes working on a monthly themed blog for athletes and students at all levels. Essentially I was able to bridge the gap for aspiring individuals and athletes at the top. I was also able to help place student athletes into leadership positions within their circles. From this experience I received a few interviews with sports organizations and I ended up working for sports media start up called SPORT195. I was able to learn how sports and business work in New York, right next to the Chrysler tower.

It all seems so crazy but after whirlwind of finishing up my Degree at Queen's and working a summer in New York and being a part of some amazing interviews with incredible teams and organizations I have decided to take a risk and I find myself working for another Sports start-up in Tel Aviv called 365Scores.

Thanks to the staff at Crestwood who actually taught me the skills I needed to get through University and to have pushed to help me realize how much we all can achieve if we surround ourselves with the right supporting cast.

**Hilary Casey, Financial Advisor**

Personal Insurance Programs · Retirement Planning Debt-  
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*Free consultation for all Crestwood Lion Alum!*

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## Alumni Events

### ***Take Me Out To The Ball Game Crestwood Alumni Blue Jays Game***



This year for our Crestwood Alumni event we would like to get everyone together to go to a Blue Jays game. It would be great to see everyone out there catching up, watching some ball and having some fun. We will be reserving a bunch of seats in the 200 section but will need confirmation and payment at least 1 month before the game (April 23/2015). It would be really great to see everyone!!! The plan for after the game is to have each year select a pub of your choice and head there together to continue with the festivities.

Date: Saturday May 23rd

Time: 1:00pm

Cost: \$40.00/ticket

(\$10 from each ticket sold will go toward the Crestwood Scholarship Foundation)

For tickets please email [cpc.alumni@crestwood.on.ca](mailto:cpc.alumni@crestwood.on.ca)

**Crestwood Golf Gala**

Please join us for the Crestwood Golf Gala. Gather a few friends and come out for a great day of golf! The fee for alumni is \$200.00 per golfer, which includes golf, dinner and access to the country club.



**OPTIONS TO PARTICIPATE**

**OPTION 1**  
 18 Holes of Golf  
 Prime Rib Dinner and Auction  
 Day pass to Country Club  
 \$225/Golfer or \$850/Foursome

**OPTION 2**  
 Prime Rib Dinner and Auction  
 \$60 / Person



**WHEN:** Wednesday, June 10, 2015  
**WHERE:** Richmond Hill Golf Course

For registration and sponsorship opportunities, please contact [golf@crestwood.on.ca](mailto:golf@crestwood.on.ca)



**SPONSORSHIP OPPORTUNITIES**

**HOLE Sponsorship – \$500.00**  
 Recognition on hole signage

**BRONZE Sponsorship – \$1000.00**  
 Recognition in publications  
 Name on the Crestwood Giving Tree

**SILVER Sponsorship – \$2500.00**  
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 Recognition in publications  
 Name on the Crestwood Giving Tree

**GOLD Sponsorship – \$5000.00**  
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 Recognition in publications  
 Name on the Crestwood Giving Tree

**PLATINUM Sponsorship – \$7500.00**  
 Tournament Sponsor  
 Recognition in publications  
 Name on the Crestwood Giving Tree

**Other ways to help:**  
 Donate items to the silent auction  
 Tournament volunteers





## EMMANUEL ZAMBAZIS

Manny attended Crestwood in 2011-2014. He was an excellent student and played Varsity soccer and competed in cross country while attending Crestwood. Manny left prior to his Grade 12 year when presented with the opportunity to play professional soccer. See how Manny is doing now!



I arrived in Thessaloniki, Greece in mid-July (2014) for a try-out with a second division team (Iraklis) of the Greek Football League. Training went well and I was offered a contract to sign with the first team. The summer went by very quickly and there were many decisions that had to be taken just as quick! Soccer was just one aspect of my life in Greece; both of my parents were adamant about continuing with my education and that led us to Pinewood - The American International School of Thessaloniki, which is where I am currently attending and finishing my grade 12 school year. Thessaloniki which is the second largest city of Greece is beautiful and I have enjoyed it so far. The largest adjustment I had to make was being away from home, my family and friends. Living in an apartment, I had to learn very quickly how to do things (get around the city, shopping, food and cooking, laundry) that were taken for granted in the past.

Life has been exciting for me so far and quite demanding. Balancing the daily training sessions with school responsibilities requires time management that I deal with constantly. Thankfully, the staff at my school are very accommodating and similar to the supporting and caring teachers that I was lucky to have at Crestwood. I also have a couple of team personnel who take excellent care of me. Currently, the team is sitting in first place in the league (in our division) and we have just qualified for the semi-finals of the Greek Cup. Our target and my hope is for the team to get promoted to the first division next year. I still plan to continue with my post-secondary education but probably not on a full-time schedule. I am also planning to return to Canada in mid-June for about a month which is the time off we get before the pre-season begins for next year!



**Want to submit an  
alumni update?**  
Email us at  
[cpc.alumni@crestwood.on.ca](mailto:cpc.alumni@crestwood.on.ca)

# The Crestwood Preparatory College Scholarship Foundation

## **What is the Crestwood Scholarship Foundation?**

In 2007 the Crestwood Preparatory College Scholarship Foundation was established to allow students, who otherwise would not have been able to attend, to enjoy the Crestwood experience and the rich variety of opportunities at the school. The Foundation, operated by an independent Board of Directors, provides financial aid to students attending Crestwood Preparatory College. The Foundation is autonomous and independent from Crestwood. It is a registered educational charity and it provides tax receipts for donations.

Each year the Foundation helps assist deserving students who could not otherwise afford to come to Crestwood. The Foundation allows students to enjoy the Crestwood experience and the rich variety of opportunities at the school. At the same time, Crestwood is enriched by the presence of energetic and dynamic students who contribute to the Crestwood community. Since its inception The Foundation has made available over \$375,000 for this purpose.

We hope that as an alumni of Crestwood, you will be willing to help others enjoy the same great experience you did at Crestwood Preparatory College.

## **How to Give:**

1. Go to the Crestwood Upper School webpage at [www.crestwood.on.ca](http://www.crestwood.on.ca) , select Upper School and click on *Foundation*. Choose “*click here*”.
2. Decide whether you want to donate once, or create an annual donation.
3. Enter your donation amount, choose between the Alumni Fund and the General Scholarship Fund, and follow the instructions.

Of course, you can always mail a cheque to help the Crestwood Foundation do its good work.

## **Crestwood Preparatory College Scholarship Foundation**

217 Brookbanks Drive

Toronto, ON M3A 2T7

(Donations will be eligible for a tax receipt.)

BN/Registration Number: 823355219RR0001

