



THE *Colegio Internacional de Caracas* CHRONICLE

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CIC TEACHER HAS A DINING ROOM NAMED AFTER HER

by Alimie Torres



Our Physical Education teacher, Maria Elena Giusti, is a famous Venezuelan athlete who came to prominence in the late 80's and early 90's by way of success in international synchronized swimming.

Maria Elena's synchronized swimming career reflects her passion for this sport. She participated in many world class events including three Central American Games where she was a two-time champion ('90 and '93); three Pan-American Games where she was the silver medalist in 1991 and the bronze medalist in 1995; three World Championships where in Rome, 1994, she garnered her best ranking ever (5th); and the Olympic Games in Seoul, 1988 and in Barcelona, 1992.

Maria Elena formally retired in 1995 but stayed involved as a coach for thirteen years after her retirement for regional and national teams in Venezuela. For the 2000 Olympic Games, she was the coach of the first Venezuelan Olympic duet.

Her international swimming success has resulted in her induction into the Ohio State University Hall of Fame. At Ohio State she was a member of the OSU Synchronized Swimming Team and was the National Collegiate champion for the solo, duet, trio, and team events. During her time at Ohio State, she obtained a Bachelor's Degree

in Physical Education and a Master's Degree in Sports Management and Marketing. Furthermore, Maria Elena has been inducted into the Venezuelan Hall of Fame, and recently she has had the dining room at the new Sports Villa of Zulia named after her. Such an honor is a well-deserved recognition of her outstanding talent, discipline, and dedication to her sport.

We caught up with Maria Elena at school one day and asked her some questions about her life. [Read the interview with this great Venezuelan athlete and learn a little about Maria Elena Giusti on page 2.](#)

CIC HOSTS NATIONAL FIELD HOCKEY TOURNAMENT: "Band Sets Tone in Opening Ceremony"

by Carmen Sweeting



The Venezuelan Field Hockey Association held its national tournament on the field of CIC in early December. In attendance at the inauguration of the event were dignitaries from the Ministry of Sport and the Ministry of the Interior. We are proud to say that aside from providing the field, CIC took part in the opening ceremonies in the form of providing the music. Mr. Glenn Tomassi and the CIC band set the tone for the competition with their musical expertise. The tournament included seven female teams and twelve male teams from all corners of the country.



CIC Band Plays at Opening Ceremony



ADMIN CORNER by Carmen Sweating



Carmen Sweating



Chris Walker



Mariana Gonzalez

Dear CIC families, Season's Greetings!

As 2011 draws to an end, we take this opportunity to thank all the parents, the PSTA, those parents who work with our Homeroom program in elementary school, and members of the Board for all their help and support throughout the year.

To those families leaving us, we wish you all the best in your new endeavors, and we would appreciate it if you could send us a note telling us about how your son or daughter's is adjusting to the new school. Best of luck!

To all of you, our CIC family, have a safe and restful holiday season, and may 2012 bring all of you health and happiness! See you January 9th!

Interview with Maria Elena Giusti by Alimie Torres

How do you feel to have represented your country at such a high level of competition?

I am very proud of having had the opportunity to improve in my sport, so I could represent my country with dignity.

You carried the Venezuelan Flag in the 1992 Olympic Games in Barcelona. How was that experience?

The experience of being the flag bearer for Venezuela in Barcelona was one of the highlights of my synchronized swimming career. Having the eyes of the world on me at that moment made me feel humble and very proud and honored.

What has been your major achievement as a Venezuelan athlete in synchronized swimming?

All my achievements were very important. They were the reward for my hard work, dedication, and discipline.

However, my major achievement as an athlete was to have been ranked fifth in the world in 1994 at the Swimming World Championships in Rome.

What led you to practice this sport?

At the time I saw synchronized swimming the first time, I was attending ballet classes. Synchro seemed very similar to ballet to me, so I became interested in it. I found it to be very beautiful and feminine. I was thirteen.

What did your physical preparation consist of?

At the beginning, I did synchro just for fun, maybe two or three times per week. Once it became serious, I worked out five or six hours a day. My training consisted of cardio workouts such as jogging or biking, weight training, yoga, swimming workouts, dance lessons; all of this in addition to the specific training of synchronized swimming skills, techniques, and choreography. Throughout all my years of training, I was also a full time student, both in high school and then in the university.

Which is your most important medal?

I won many medals, and all of them are important to me. However, my most important medal was the bronze medal I won at the 1995 Pan American Games in Mar del Plata, Argentina, because it marked the end of my synchronized swimming career. It was very emotional. I felt happy and sad at the same time. It was the end of my life as I knew it and the beginning of something new. It represented a big change in my life.

Do you feel like a mermaid when you are under water?

I feel in my medium. I feel at home.

A sport facility dining room was named after you.

What does it feel to be a sport heroine?

I don't see myself as a sport heroine. Many women have done similar things and more, but it is a satisfaction to be recognized for all the hard work and sacrifices made.

Therefore, I feel very honored and happy to have received this recognition.

What has sport left in your life?

It shaped me into the person I am today. I live my life feeling that everything is possible with hard work and dedication, that there are no limits. It helped me be disciplined and motivated. I can't imagine my life without it.





CIC TEACHER AWARDED SCHOLARSHIP TO DO ART IN NEW YORK CITY by Alimie Torres

Tendai Wilkinson, our visual arts teacher here at CIC, has been awarded the Ruth Kuzman Scholarship to attend an art program in New York City in the Summer of 2012.

We caught up with Tendai at school one day and asked her some questions about this amazing opportunity.

What kind of art do you do ?

I am mixed media artist and ceramicist

Where do you come from ?

My home country is in Zimbabwe in southern Africa.

What do you like to do in your spare time?

My favorite pastimes are listening to music, making art, cooking, going to art exhibitions, and enjoying nature.

How do you feel about this scholarship to the Arts Students league of New York?

I feel very honored and lucky to have been awarded a scholarship to attend the Arts Students League of New York.

What will you do there ?

This experience will give me the opportunity to attend

workshops in printmaking, sculpture, painting, and ceramics. I also hope to attend some photography workshops. I will also have a private studio where I can work during the day and any time during the evening for one month.

Will you work with other artists?

I will be working with other artists and sharing experiences. I hope to experiment with ceramics as this my favorite media.

How will you share your heritage?

I will be representing my home country of Zimbabwe. I will be able to expose other artists to my African roots such as the traditional methods used in Africa for firing ceramics. I will be able to share such traditional techniques and learn new ones from other visiting artists.

What will happen at the end of the program?

At the end of the program I will have an exhibition at the center where other artists and the public are invited.

Are you excited ?

Yes, this is a very exciting opportunity, for me the city of New York is an artistic paradise, a place where the arts live, breathe, and come alive.

Log on to this site <http://www.theartstudentsleague.org/> to have a look at the center. Applications are also open to young students in the arts.

AyA VISITS RINCON SAN EDMUNDO by Susan Kim

AyA (Ayuda y Amistad) held its first field trip on Saturday, December 3. Despite the rainy weather, a number of students came to help paint and beautify the facilities of the Rincon San Edmundo orphanage in Las Minas. Proudly representing the students of CIC were Daniel Cova and Nicole Casteneda (Grade 6) and Agatha Hidalgo, Maria Aparicio, and Jhomny Yang (Grade 11). They were accompanied by our hard-working teachers: Ms. Ligia, Ms. Rosanna, Mr. Carlos, Ms. Irma, and Ms. Kim. Special thanks need to go to Senor Ramon Vera (who oversaw the painting) and Senor Blanco (who drove us to San Edmundo in the pouring rain). Students and teachers helped to transform the San Edmundo playroom into a cheerful place with light blue walls. When the paint dries, we will return to apply decorative decals to the walls of the playroom. Thank you to our supportive students and teachers for keeping the spirit of community service alive at CIC!



Green Team Initiatives: Recycling Program at CIC by Ana Teriffe

Recycling has established itself as an important aspect of the school's activities: indeed, it is now a part of the school's culture. In the beginning, the recycling program at CIC was very basic.

Middle school students collected paper from the secondary school classrooms and took it to the paper recycling bin. After a while, all the school's classrooms and offices were included, and all the middle school students were in charge of collecting the paper. Once the container was full, the people who come collect the paper were contacted; they took the paper away; a month later we got paid; the money collected by end of the year was donated to Fundación del Niño con Cáncer.



After doing some research we found out that not all paper are the same. Different types of paper undergo different processes and are sold at different prices. Furthermore, we discovered that paper to be used for recycling and to be processed cannot have any kind of plastic covering and cannot have metal, such as staples or paper clips, on it. This new information meant that the recycling program needed to be restructured and improved.

Starting this school year, CIC has an environmental club called the Green Team, and one of the jobs this team has undertaken is the reorganization of the recycling program to make it more efficient. Administration provided us with a room that is now known as the Recycling Room, and in it we have all the paper that we collect every Tuesday. This paper is sorted and classified into different groups, and each category serves a specific purpose. For example, one-sided paper is distributed to teachers to use for notes, exercises, etc. This one-sided paper will also be turned into tablets and donated to AYA and then be taken to orphanages to be reused. Color paper and magazines are taken to the art rooms where it can be used in the student projects. Crumpled paper is put in the recycling bin.

Now we face the challenge of creating awareness in the community. The Green Team needs to educate people in the community on how to recycle and break old habits. We are ready to take up the challenge and make CIC a greener school. Follow the Green Team's progress on this matter and many more. **Be part of the solution and help!**

Green Team Attends Inaugural GIN Conference in Lima, Peru

by Christopher Wilkinson



So often, one can feel so overwhelmed and alone in trying to come up with solutions for some of the major global issues that face us. Global Issues Networks (GIN) have been around for several years now, giving people a platform to discuss and tackle some of these issues that face the world, but the GIN Conference in Lima, Peru was the first of its kind in South America.

The conference was an opportunity to get together and share some of our solutions in the context of Latin America. It was exciting to be around so many students, teachers and adults looking to make the world a better place and coming up with real solutions.

Many international schools shared their success with banning plastic at their schools. A few schools shared their incredible school gardens and water filtration systems. Other schools showed how they are combating illiteracy and fighting for social justice. The CIC Green Team presented their "Steps of Becoming a Green School," in which they shared its experiences at CIC since its creation. The environmental activity they did in their presentation ended up being the closing activity for the entire conference and left us all with thoughts of how we can carry the load when we returned home.

We were all moved by the keynote speeches from adults who have dedicated their lives towards working to make the world a bit better for all. At the end of the conference, we did not feel so alone anymore. **We know that together we can change the world!**



THE POINT AND THE LINE: Basic Elements of Art by Elena Gill



During this first term students worked with two of the basic elements of art: the point and the line. The point is a small mark made on a surface, and, although you need several points to make a design, the point is a basic element for producing images. You can make designs by arranging points in different ways and you can make those designs richer by combining several sizes of the points. At the same time, the point is considered to be the origin of the line; you move a point over a surface and you obtain a line. The expressive properties of the line are enormous: there are different types of lines, and they can be used as elements of design. Lines can be used to make shapes and all kind of drawings and contour lines. They can be made to represent two and three dimensions, to represent values and patterns, to represent expressions and movement. In order to produce images, we need the line.

After discussing the concepts of point, line, and symmetry, Grade Three students did an excellent job applying those topics. First, they were required to draw a symmetric butterfly and decorate it using points and then to draw a non-symmetrical butterfly and decorate it using lines. The interpretation by the students of the requirements revealed that the concepts presented in art class was well understood.

CIC STUDENTS LEARN ABOUT MUSIC OF ANCIENT EGYPT by Glen Tomassi



CIC Students conducted a research on the music of ancient Egypt and then put up a wonderful display of posters with information for our community to enjoy. Mr. Tomassi took advantage of the great exhibit on ancient Egypt presented in Caracas to develop some units on ancient Egyptian music. The exhibit provided the students with insight into what music was like in ancient Egypt: It helped understand who played this music, the purpose of the music, and the affect the music had on Egyptian culture. This viewing of the exhibit provided the students with creative stimulus, and so they lived up to some of the attributes of the IB Learner Profile. As a result of the visit, CIC students had a better understanding of the role music played in the development of this important ancient culture. This activity was connected to both the arts and science because the students were able to reach an understanding of

the role symbols play in art and painting as well as learning about the process involved in mummification.

FAMILY TREE: Pre-Nursery by Lucia Guzman

The Pre-Nursery class worked together for two weeks learning about their families. Since the beginning of the school year, each of us kept a tennis ball can with passport-size pictures of all the members of our families inside. That way our families are always near us, and if we are feeling sad and/or we miss a member of our family we just take our tennis ball can and look at it.

We talked about each member of our family, and our teacher talked to us about our relationship (mom, daddy, sister, brother, son, daughter) and we learned their names. We recycled paper plates, and then using mirrors we tried to represent each member of our families including US!!!! We painted our faces. The teacher cut out the noses, mouths, ears, and necks; we pasted them. When it was time to paste the hair, we chose color and length, but our teacher also cut it, and, with the help of the mirror, we pasted everything.

We love our families and we are sure that our families are very lucky because we are part of our families!



STUDENT WORK SUBMISSIONS

Thanks to Cancer, You're Gone (Wish You Were Here)
by Alejandra Bello (Grade 7)



This is dedicated to my grandma's sister, who died because of breast cancer. October was the Breast Cancer Awareness Month.

I dropped my school bag on the sofa, exhausted after spending one-and-a-half hours preparing my gymnastics team to be ready for the competition this weekend. I rubbed my eyes. God, I was exhausted. I dragged my feet up the stairs, entering my room, and, like any 16-year-old teenage girl, had my bedroom wall decorated in posters and pictures. I took a soothing bubble bath, letting the stress leave me down the drain with water. I changed into an old shirt and pajama pants, closing my eyes, and let sleep overtake me. It wasn't a dreamless sleep. I was at the local park. I saw a young boy of about my age, holding the hand of...me.

No, it wasn't me. This girl may have the same curly dark brown hair and yellowish-green eyes as I do, but it was her tanned skin—*Mom's* skin—that proved that it wasn't me, since I had Dad's caramel skin. Her shirt read "I'M NAMED AFTER QUEEN ELIZABETH II. BE JEALOUS," so I presumed her name was Elizabeth. And then I was in another place. Unlike the park, which was total sunshine and happiness, this place was dark and cold. The sky was gray. I looked around. Gravestones. I was in the graveyard.

There was a group of people near the river, huddled closely. Looking closely, I got the shock of my life. First: my *parents* were there. Dad biting back tears. Mom in Dad's arms, sobbing, her stomach swollen—she was pregnant with me. The boy was there, too. He was sobbing, his eyes bloodshot. Taking shaky breaths, he stepped forward and placed a white rose next to Elizabeth, who looked peaceful, eyes closed, her skin pale, curly hair spread everywhere. Mom stepped forward and placed a red rose next to Sam's white rose. "You changed our lives, Elizabeth. I'm sure you would've loved Katherine and vice versa." Her voice broke, and she put a hand on her swollen stomach, crying. Sam walks up and grabs her arm, gently pulling her back.

Dad stepped forward, placing a white rose on Elizabeth. "We love you," he said simply, and everyone wrapped her in satin, gently sinking her into the river. I woke up in sweat. I glanced at the clock on my beside table. 1 am. I sat up, shivering. Who *is* that Elizabeth girl? She looked like me. And she must've been real, too. Why else would Mom and Dad know her? I mean, sure, it was a dream, but it was all so real.

I rolled out of bed, wide-awake. I tiptoed down the stairs to the living room. Biting my lower lip, I grabbed an old photo album—one that my parents never let me see. I opened it, and was met of the sight of the Elizabeth from my dream, laughing with the boy. I flipped through the pages, mind at work. It was beyond doubt. The truth was right in front of me. Elizabeth was real. And she's my sister.

Mom had come down. She explained the whole thing. About my sister being diagnosed with severe breast cancer and dying weeks later. I make an oath to myself to do everything in my power to find a cure to cancer. Ten years later, I'm a doctor. I am kneeling in front of a familiar gravestone, silent tears running down my face. As I reread Elizabeth's epitaph, I lay a white rose in front of the gravestone and whisper, "Thanks to cancer, you're gone. I wish you were here."

'RANDOM' by Alejandro Mavarez (Grade 7)





LETTERS TO MICKEY MOUSE “A 4th Grade Experience” by Marines Betancourt

Fourth grade main stream students were asked to write on November 18th to celebrate Mickey Mouse’s birthday. Since his creation, Mickey Mouse has become one of the most famous cartoon characters. They were asked to create a friend for Mickey Mouse. What type of character do you think they created? Read one of the stories to find out.

Mickey’s Friend Story by Awrad (Grade 4)

Mickey Mouse is a nice character and sometimes funny; he entertains children and he is fun. I think a new friend of Mickey should be a funny character so Mickey can laugh, because sometimes Mickey is funny too.

Maybe Mickey's friend should be creative so Mickey can have fun and entertain because he entertains a lot of children. Mickey's friend should be kind to help him and take care of him if he is sick because Mickey is kind to his friends. I think Mickey 's friend should be alike so they can have fun and do things together. It is nice when friends are alike.

I think it feels nice to be Mickey's friend. I want the character to be called Miley Mouse. She is a pretty and cute girl . She is thin, nice, and she has long hair. Miley is kind, sweet and fun. She is a really good girl, and she is cute. She is lovely!

Miley does not get along very well with Minnie because she gets jealous of her. Now, Mickey prefers to spend time with Miley. She is funnier and she has beautiful eyes. Now when we get to Disney we will see Mickey and Miley instead of Mickey and Minnie.

THE BIG GREEN BOX by Tendai Wilkinson

This school year has seen an increase in environmental awareness. The Green Team has been involved in many endeavors to promote recycling and address other global issues.

This activity has inspired many, including the Visual Arts Department, to be involved in reusing containers such as boxes, bottles, and an assortment of items that would have otherwise gone to waste.

Through the effort of everyone in the school, especially the middle school and Ms. Tania Alvarez, the Big Green Box outside the SS Art room has reached full capacity. The next step will be to share and learn what we can make and do with all that we have collected. During Art week in April we hope that a group of students from the high school will show everyone how to make cool art using recycled materials.



Lets all make an effort in the new year to think twice about what we throw away. Let's be creative.

Reduce! Reuse! Recycle!

GOING OUT AROUND CARACAS

Caracas is a very dynamic city with numerous cultural activities occurring during each month. On each issue I will post cultural events and activities for us to enjoy and learn from. Mr. Glenn Tomassi

Holiday Concerts

Throughout November/December. The Orquesta Sinfonica de Venezuela, the most significant orchestra in the country. Regular performances throughout the year. Teatro Teresa Carreno, Paseo Los Caobos. For information and tickets, call 0212-578-3589 or 0212-578-0509. <http://www.osv.org.ve>. Continues through late December.

Throughout November/December. The world-class Orquesta Filarmonica Nacional based in Caracas and tours throughout the world. Check with your hotel or travel agent for schedule information. Jose Felix Ribas Room, Theater Teresa Carreno, Paseo Los Caobos. For information, phone 0212-574-9122. <http://www.ofn.gob.ve>. Continues through late December.

