

A student magazine for artsy readers

THE CLM TRIBUNE

only destined to chill out

A WORD FROM THE EDITOR

MR WILFRED CHENG

pros and cons of being smart: confessions of a 12th grader

Yoga: A new way to survive the English tests?

YOU'RE INVITED TO AN

Healthy food

SEPTEMBER 9, 2013 12:00 PM - 1:00 PM

by Chungues Sharon 1ESa & Tcha Coline 1Sa

Gastronomy

by Pauline Bolloré 1ESa

THE HORROR GENRE
BY HEREITI PERON-HAUMANI AND AVATTI IL

Little red riding hood
Modern version

by Toareia and ines 1L

Egypt in Paris

by Romane Sauget 1Sa

Malaysia

by Kimberley Chung Pao

Japanese Animation or Anime

by Anthony Tang 1SA

EXCLUSIVE INTERVIEW

School Crush

by Bourgade Kokkei & Laughlin Moheana 1Sa & 1ESa

EXCLUSIVE:

The Top 3 Places where students are sure to NEVER meet any teacher by Melissa Luine 1Sa

How to survive with 1000Fcp

By Feticia Mancotel 1Sa

Letter from the editor

Hi students

First of all Happy New Year, it's been more than a month already, but we're entering the year of the dog for the Chinese New Year. I wish you all the best and especially to succeed in your exams. I'm super excited to create this new magazine. The success of it will only depend on your collaboration, talent and dedication. I've had this idea for quite a moment and I'm REALLY exhilarated to see that this is happening. Several questions may jumble into your head; therefore I'll try to answer a few of them. This could be a long and boring explanation, let's figure out a way to make it funnier. Imagine there are two characters in me WILL and FRED chitchatting:

WILL: - What's the purpose of this magazine?

FRED: - To give the students an opportunity to express themselves on any subjects whatsoever...

- You mean they aren't allowed to do so in regular time?

- Well, they have a busy day, follow a perfect timing at school, this magazine is a getaway that will allow them to release pressure and be who they are.

- O-kay, now, I would like to report on something very tricky and dirty, would I be censored?

- Of course there are certain lines not to cross. I'll supervise their work.

- Aha, you contradict yourself.

- Not at all, ALL the subjects can be treated, they can just be presented from different angles, see? The language will have to be of course appropriate and witty. As adults we tend to be sometimes prejudiced against them... But what if we listen to them for once, I believe they have another way of communicating that is beyond us.

- What is the tone of this magazine?

- Quirky, unique not formatted.

- How do you find time to meet your goals?

- It takes a lot of time, I agree, but my purpose is to let them in a near future be at the helm of THEIR magazine, I mean by this, they'll have to organize the lay out, find the subjects, include their work, establish contacts to boost up the mag to make it more appealing, in a word everything a newspaper has to go through to make it work. They'll be rewarded with bonuses in their marks of course.

- Who can participate?

- Anybody, pupils from 5th to 12th form, teachers. A 13 year-old kid may come and tell me: "I wrote an interesting poem, or I composed a song, can I publish it?" We'll check them, make necessary corrections and there they are, they'll be published. Or a teacher may write a column, a pupil a short story; possibilities are endless.

- Do they have to be written in English?

- Yes, that's the indispensable condition; this mag is about promoting the English language from multiple perspectives.

- Thanks.

- You're welcome.

Wilfred Cheng



*Can Yoga
help students
fight against stress
during English tests?
by Wilfred Cheng*

*Inhale
exhale, breathe
Tisha, a yogi master
has been hammering her
18 year old kid these words
like mantras since he entered
La Mennais high school, a highly
competitive and much sought after
institution. "He's been given a chance once,
if he wants to succeed, he's got to deal with
stress". Since then he ranks among the top notch
students. Of course hard work is paramount, but most
important "he sleeps well and feels more relaxed" claims
Mahatma, his father. "As Indians, we're lucky to share our
culture to the Polynesians, we have common points, we daydream
a lot". Why not. Wait and see.*



Pros and cons of being smart: Is it tough to be a nerd?

By Wilfred Cheng

Confessions of X an anti social nerd

X is a super gorgeous girl far away from the cardboard character of a nerd depicted in the TV series with ponytail, thick glasses and braces. She is extrovert, a little bit too much for her peers who try to channel her audacity... But in fact, she's shy and it costs her a lot to behave that way

Me:-Why do you have to play that character? Wouldn't it be easier if you were yourself?

X:-You don't understand the world of the students. It's tough, we undergo a lot of pressure. If we don't act the way the group wants, you can be easily set apart.

Me:- Do you like your character?

X:- I hate it. It tears me to pieces to play a role that is beyond me. Unfortunately, people evaluate your smartness with your style and look, They don't dig deeper.You need to find a good combination of a desirable personality.

Me:- Could you define a desirable personality?

X:-You've got to look smart, not naive, not too smart too, then you become hard to reach, a pinch of generosity, but not meek, not resigned, You've got to be bitchy sometimes oops, sorry...And you've got to work on your look, an ordinary look with that touch of eccentricity that makes you unique.

Me:- what would you rather do?

X:- Hanging out in slippers and being scruffy with loose garments.

(Laughs)



PLACES WHERE **STUDENTS** ARE

NEVER GOING TO MEET ANY **TEACHER**

written by Melissa Luine

1. Never-Never Land

No, you did not misread it: Never Land, Peter Pan's island itself. Indeed, how would you find a teacher there? Only children and mystical creatures can access this place. The only thing is that no one knows where the island is located. Some people even say it does not exist, but who knows...?

2. Wonderland

Feeling adventurous today? Then this is the perfect occasion to discover new horizons. Race after a rabbit, enjoy teatime with the Mad Hatter or play a game of croquet with live flamingoes, it is your choice! And I guarantee there is no teacher there! But DO NOT upset the Red Hearted Queen if you want to keep your head on your shoulders. No wonder Alice was at the same time so puzzled and so amazed in this crazy world!

3. The Kingdom of Atlantica

Do you like the ocean? If so, this place is for you! It is nothing less than the Little Mermaid's kingdom. Located deep under the Atlantic Ocean, the kingdom is only populated by mermaids and tritons. Beware of the sharks and the mischievous eels and everything should be alright. Also, do not forget to learn to breathe underwater before you go! Do not worry; this could be the last time you would have to learn something!

Now the rest is in your hands. Which place will you choose to escape to? However, be careful, because there may be no return...

by Melissa Luine 1Sa

-THE CLM TRIBUNE-

Of course, all these are imaginary world. What? Did you seriously expect to find a place where there would be no teacher? Obviously, there is no such place in this world. After all, are we not ALL teachers in some ways? You may not realize it, but every day, you are teaching tiny things to people, and sometimes they do not even notice it themselves. For instance, by being friend with that shy girl, you are teaching her little by little to open up; by offering help to someone, you are showing him that they are still caring and trustworthy people in this world; by comforting your broken hearted friend, you are proving him that today is just a bad day, and that tomorrow is another day, a brighter day; by forgiving instead of retaliating, your are demonstrating maturity. But do not take me wrong, you are teaching and learning in the same time even when you make mistakes: when you lie, you teach the other to see through it; when you hurt someone, you make that person stronger; when you fall down on the promises you made, you instruct wariness.

So no matter what you do, you ARE a TEACHER.

Unlike what most students think, a teacher is not only a boring adult showing of useless skills. Teachers are US. Teachers are YOU.

One final point, if you are still thinking about how to escape teachers, school or just life, let me just tell you that suicide is not an option. Why? Because you personal hell could be worse than the things you are trying to escape. And just in case no one has told you today:

**YOU ARE BEAUTIFUL, YOU ARE IMPORTANT, YOU
ARE WORTH IT AND DO NOT FORGET TO EAT
BECAUSE FOOD IS LIFE!!!**

Healthy food



CHUNGUES Sharon 1°ESa
TCHA Coline 1°Sa

Today, people are starting to change their habits and to eat healthier. For many countries, this trend is already a long way ahead. We can particularly mention the United States or even Europe and Canada for example. At the local level, people are recently also getting more concerned about their Health and well-Being

→ What does healthy mean?

Initially, it meant people that are Vegetarian or vegan and it was spread all over the world by social media with influencers or models. But, now it is more than a lifestyle, it's a state of mind where you are in harmony with yourself by eating more natural And practicing more sports.



→ Did you know?

French Polynesia has a major issue which is obesity. A Survey made in 2010 shows that 70% of inhabitants from Polynesia are over-weighted and 40% have achieved the stage of obesity. But now, we can slowly see that Polynesian people are getting involved in the business of this healthy way of eating by making money out of it .

→ The rise of companies

Nowadays, we can notice several popular Polynesian business where you have the ability to choose what you want to put in these bowls according to the products that they already have.



→ what is an "acai bowl" ?

This is basically a really thick smoothie that's been topped with oatmeal, fruits or peanut butter that you wolf it down with a spoon, for breakfast.

→ what is a "poké bowl"?

This is a bowl made of chunks of raw, marinated fish which is then tossed over rice and topped with vegetables, then you can add some Umami-packed sauces.



→ However can we talk about the prices?

In Fact, it's really upsetting to say that the prices are way too high and not everyone can afford it.

→ Is Healthy really expensive?

If you are talking about buying vegetables or fruits the answer is undeniably no but if it is about these "healthy" meals that such companies offer then it's yes. And if you take a second to think about it, it's so ridiculous to say that fast food is less expensive than healthy food.

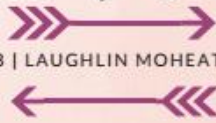
→ Is this why people prefer junk food over healthy?



The answer could be yes. If you go to a fast food in Tahiti like Mc Donald's for example you can get a complete meal with burger fries for half of the price unlike these fancy companies where all you get is basically a meal in a bowl with no drinks.

School Crush

SEPTEMBER 12, 2018 | LAUGHLIN MOHEATEA | BOURGADE KOKKEI



Since we are back to school, everybody talks about the "School Crush". Well just for you there is an exclusive interview with "School Crush". First of all, what is "School Crush" ? "School Crush is an instagram page where everybody can write a message, a poem or anything else for their crush (their secret love). Now let's begin this exclusive interview with "School Crush"(SC)!



US: -How did you get the idea of creating this profile on instagram ?

SC: -I must admit that I've created this profile based on the similar "Crush LSR"(another Highschool). As soon as I saw their account I fell in love with this idea. Therefore I got the idea to create mine. Indeed, I wasn't expecting so many positive replies from students

US: -We know that each Highschool has a Crush account. Is there a link between all of you ?

SC: -NO, there is no link between us and I don't know the identity of the other webmasters.

US: -What kind of benefits this adventure brings you?

SC: -Honestly, it's an amazing adventure and unforgettable experience. I Don't do that in order to learn more about gossip and secret; I do that only to allow anyone to express themselves freely and anonymously. The best part is that instagram page enable. Admirers to meet their crushes and for the other to realize that they fans or followers

US: -Do you have a crush ? have you already use your account to declare your love?

SC: -No, I Don't. but if I have one I would do so.

US: -Did you permit some romances?

SC: -I'm not sure of the romances but I know that my page enhances some people to meet eachother. I never ask people who confess me their secret if they are in couple. I respect their privacy.

US: -Did your followers thank you for the message they can post in your page?

SC: -Yes, I have some loyal followers who thank me everytime for my post or for the name of their crush. But finally I am grateful for their confidence and their confession about their crush.

US: -Do you have a message for our readers?

SC: -Yes, "School Crush" has been created to give the opportunity to the CLM's students to express themselves, not to share gossip. I want to send message of love and show that internet can be positive not just derogatory.

US: -Please, give us some clue about your Identity?

SC: -What I can tell you is that I'm a CLM's student.

Thank you so much for reading our paper and we hope you enjoy it, thanks to him or her for answer us.



by Pauline Bolloré 1
ESa

5 LEADER WOMEN (GASTRONOMY)REWARDED BY THE MICHELIN GUIDE



The Michelin-guide is the most popular gastronomic guide of the world. Each year, his reward, then « Michelin star » which reward the best establishment.

There are few women leaders who have one or many stars in the Guide Michelin, they are 16 (in 2017)and I'd like you to meet 5 of them.this 5 women are single, gifted and respect

These women are exceptional because the gastronomy is a butch world and do her places ,for a women, is so hard !

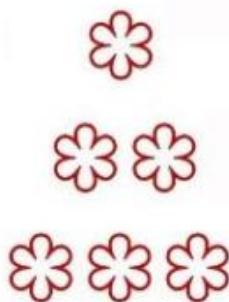


DOMINIQUE CRENN:

- THE FIRST GASTRONOMIC LEADER (WOMAN) IS DOMINIQUE CRENN. SHE HAS A GASTRONOMIC RESTAURANT IN SAN FRANCISCO AND IN 2009 HER RESTAURANT « ATELIER CRENN » HAS RECEIVED HER SECOND MICHELIN STAR! DOMINIQUE CRENN COME FROM THE BRETAGNE , SHE LIVES IN SAN FRANCISCO SINCE 1998 .HER ORIGINS HAVE A MOST IMPORTANT PLACES IN HER COOKING !! IN 2016 SHE WAS ELECTED BETTER WOMAN LEADERHEAD TO THE WORLD ATTRIBUTED BY THEM OF WORLD 50 BEST AWARD.



"The cooking is the base of the true hapiness"



JULIA SEDEFJIAN :

JULIA IS THE YOUNGEST LEADER WOMAN DISTINGUISHED OF A MICHELIN STAR ! SHE FOUND OUT KEEP THE MACARON OF THE RESTAURANT « FABLES DE LA FONTAINE » AFTER THE DEPARTURE OF HER LEADER ! HER COOKING IS VERY INSPIRED BY HER ORIGINS OF THE SOUTH OF FRANCE. JULIA HAD THE GOLDEN METAL OF THE BEST APPRENTICES REGIONAL



HELENE DAROZE

.She has 2 restaurants, one in London and another in Paris. In 2003 she picks it up 2 Michelin stars for her cooking in Paris, but in 2010 she it loses one. In 2009 she received one for her restaurant in London and in 2011 she awarded another. She has been working with the greatest leader of the French gastronomic like Alain Ducasse. Helene was issued by a hotelkeepers' family restaurant owners of the Basque country (France), her cooking is inspired by that



Andrée Rosier

Andrée Rosier become in 2008 the first women to be the BETTER WORKER OF France (MOF) , she was 28 years old. Andrée is the origins of the Basque country. She was working in the restaurant LOUIS XV of Alain Ducasse after to Philippe Abbé and to Jean Marie Gautier they are a star leader. This many experiences have her allowed many technical thanks to this she was open her restaurant with her husband and recently they have received her first Michelin star.



Anne Sophie Pic

At last but not least is Anne Sophie Pic. She is the leaderhead of the French gastronomy by excellence. She is an owner of the gourmet restaurant the « MAISON PIC » in Valencia. Only French woman leader to hold three stars in the Guide Michelin from 2007, she, it adds up, for her restaurants, 7 Michelin stars, what makes one of the women labored the most studied in the world!!!! Personally, she is my model.

Rediscovering a famous place

Egypt in Paris, a cultural discovery.

Paris also called "la ville des lumières" in French hides a lot of secrets and lovely locations that you have to see in your life. In fact, behind the prestigious Eiffel Tower or the breathtaking Louvre Museum, there are a lot of pretty things who can take you overseas, precisely in Egypt! Isn't it incredible?

So put your backpack and your walking shoes on and come visit Egyptians street of Paris; as in the second arrondissement where you can easily find the street "Du Caire or "Le Nil". For fans of travel and escape, young and old, these streets offer you a taste of Egypt,



and in addition, a little bit more of general culture. The most wonderful Egyptian place in Paris is, in my opinion, the Fellah fountain, located in "La rue de Sèvres".

The engineer Francois Jean Bralle edified this fountain in 1806 when young artists were searching for new inspirations all around the world.

Outwardly, the Fellah fountain resembles to a small Egyptian temple, lost between two shops but you just have to stare at the imposing statue which adorns the fountain and let your thoughts create an Egyptian adventure that will make you travel!

**By Romane
SAUGET 1Sa**



by Hereiti PERON-HAUMANI and Ava'iti
1L

THE HORROR GENRE

MORE THAN 300 MOVIES ARE CONSIDERED AS HORROR MOVIES. HAVE YOU EVER SEEN HORROR MOVIES? MOVIES WHICH CREATE IN YOU A SENSE OF FEAR, OF TERROR, EVEN ANGUISH AND THRILLING CHILL! MOVIES WITH TERRIFYING CREATURES, SPIRITS AND PARANORMAL ACTIVITIES. HAVE YOU EVER SEEN THIS GENRE? DO YOU KNOW WHERE IT COMES FROM? IF YOU WANT TO TAKE YOU INTO THE HORROR WORLD...

DO
IF YOU WANT
TO TAKE YOU
INTO THE
HORROR
WORLD...

THE ORIGINS OF THE HORROR GENRE

The horror genre is one of the most popular genre. It came from the gothic novel in the 18th century with Haunted castle as The Castle of Otranto by Horace Walpole and little by little the genre evolved according to the era. In the 20th century, the first horror movies give place to scray creatures, psychopats, supernatural events you in the spooky world of Dracula, Frankeinstein, Shining, Aliens...



WHAT DEFINES THE HORROR GENRE NOWADAYS?

In the 21st century our vision about horror gets more and more violent and darker. Special effects, realistic make-up and costumes are fixtures in new horror movies and represent the inspiration to horror enthusiasts for their halloween parties. As you can see it had evolved a lot since the 18th century and still does... To be continue !



HALLOWEEN



SOME HORROR MOVIES ARE BASED ON TRUE STORIES. PERHAPS ONE DAY YOUR LIFE MIGHT TURN INTO A NIGHTMARE AND BE A NEW HORROR BLOCKBUSTER MOVIE, WHO KNOWS ?...

How to survive with

1000FCP

In Your Pocket During A School Week

By Fetia MAUCOTEL 1Sa

When I look over the problems of students there is school, homework...and **MONEY**. Money is one of the biggest problem that a student can face during a school week but especially on **Friday**. This is curse day for student. It is the day when you realize that you have nothing left in your pocket. And you know it is bad when you start opening back and forth your wallet thinking that money will miraculously appear. I am just kidding of course there are bigger problems. But this one can remain easily. Money is one of the most important things nowadays. But what is money? Money is a way of exchange, which possesses value. It can bring you so much advantages and at the same time so much disadvantages. In this society money is vital, we need money to survive. The actual world is so expensive. So what would you do if you had only **1000Fcp** for a school week (this is **200Fcp/day**)? With that amount of money for an entire week, you would obviously have to make choices. You would have to establish a list and to separate the things from what you need and want (it is called a **Budget**). And You will realize that what you want is not always a necessity. We all need leisure that money can afford. But there is other way, more free to have fun. Because every francs are important now that your budget has been reduced.

HOW TO SAVE MONEY

Use a Gourd

Instead of water bottles. First, it's super expensive on a weekly view (considering that you need 1.5 L/day it's around 1500F/week). Then it's more environmentally friendly.

Lunch Box

Bring your own, Not everyday and do not make fancy plate which would cost you more. But just to bring the leftover feed of last night once a week

Everything counts

We have the bad habits of hiding the silver money deep down our pocket. But they have values. Even the ones on the street. And as mom always says « It is the beginning of fortune. »

To Put It In A Nutshell

You should live this experience, I know it sounds hard and stressful.

But if you manage to do it, it can be very rewarding. Money is a precious thing to which we tempt to forget the value. All the money we have, for most of us comes from our dear parents. Making a budget to handle our money and to compel yourself to make choices teaches you a lot. After that you will understand the values of things and you will gain maturity and recognition for what you have.

Malaysia : my dream destination

Malaysia is the perfect holiday destination for its authenticity and its different activities

Malaysia is a fascinating country, a paradise for vacation however it is often overshadowed by its more popular Southeast Asia neighbors such as Thailand and Singapore. Imagine a country with multi-racial, multi-cultural, multi-lingual and multi-ethnic staying together in harmony and peace.

There are so many different types of people in Malaysia, so you'll be able to connect with the world around you. If you dream of a change of scenery but you do not have a lot of money to spend on vacation, Malaysia is the best place! It is the ideal country to have fun and travel to the other side of the world at an affordable price

Did i mention the food? Malaysia has one of the best cuisines in the world. Malay cuisine is a mix of Indian, Chinese, Malaysian and Thai cuisine. But be careful it can be very spicy!



Malaysia is also home to some of the most beautiful beaches and resorts in the world. The white sandy beaches of Malaysia attract tourists from all over the world the whole year round. In addition to this postcard beaches, The Malaysian jungle is one of the oldest jungles in the world and covers most of the country. Hundreds of kilometers of hiking trails pass through forests among orangutans, monkeys and tapirs. While the native creatures are slowly on the decline, Malaysia still have some of the world's most surprising and unique flora and fauna. All in all, the country has nearly 30 national parks. The country is also famous for its world tallest twin tower, formula one circuit, diving destinations. There are thousands of amazing things you can find there. For instance, the captivating capital city of Malaysia Kuala Lumpur and its colonial buildings, mosque, temples, churches, sky-scrapers and the well organized gardens, Kuala Lumpur attractions can make anyone awe-struck. So let's plan a trip to Malaysia!



kimberley CHUNG PAO // October 10, 2018

Japanese Animation or Anime

TANG Anthony 1ère Sa



First, an anime is a hand-drawn or computer animation originating from or associated with Japan. Animes are either based on a manga (japanese comic) or a light novel, or may also be an « anime original (story) ». Thus, do not call an anime manga, I beg you, they are not the same thing, because every non-anime fans does this mistake.

When somebody mentions « manga », of course refering to an anime, nearly everyone would think about Naruto or Dragon Ball, which may appear quite childish to them and would only think « anime are for children » from the few scene they may have seen. But there is one exception : Studio Ghibli's movies, because strangely enough, instead of a « manga », it is considered as Japanese animation... The reason behing this is that Hayao Miyazaki, the creator of this studio hates the anime industry and therefore makes his movies as different as possible from common animes.



We can find every genre in anime, from comedy to horror or sci-fi. It is divided into 4 main categories : Kodomo, Shonen, Shojo and Seinen. They are simply named after the viewer's profile, Kodomo stands for child, Shonen for boys, Shojo for girls and Seinen for adult. Naruto and Dragon Ball are from the most popular category : Shonen, more precisely Shonen Nekketsu (sub-category) which feature very common and sometimes cliché themes such as friendship, transcendence or courage.

For a media mainly produced in Japan, there is a great amount and diversity in term of content. 30 to 50 animes are release every seasons : winter, spring, summer and fall. There are 12 to 24 episodes in each season, produced by different small animation studios, in fact, the production value of one episode (24min) correspond to a more or less low production value serie. Concerning the anime movies, their production value is quite substantial around 5.000.000 to 30.000.000\$ (compared to the series), however they fall way behind the popular movies shown in the theatres, for instance disney's at 150.000.000\$.



Here is a list of my personal favorite animes for newcomers :

-Angel beats, a blend of every types of anime, literally. Get ready for an emotinal roller coaster, switching between laughter and tears (while still feeling homogeneous, available on Netflix).

-Death Note, a plot-heavy seinen and one of the best thriller anime. (avalable on Netflix)

-Violet Evergarden, for fan of drama. My god... this anime made me cry like a baby (for the 3 first episodes, the pacing is very slow and this is where a lot of people drop this show, but I tell you, staying worths it.). It is also the most visually outstanding anime serie. (available on Netflix)

-Fate/Stay Night Unlimited Blade Work, a fantasy battle royal shonen in an urban setting. (available on Netflix)

-Fate/Zero, the Seinen version of Stay night (these two anime are from the same franchise but are two standalome anime on the same timeline).

-Boku no Hero Academia, the most recent Shonen Nekketsu, about superheroes.

-One Punch Man, a comic parody of the superheroes genre (not really like Deadpool, available on Netflix)

