

YEARBOOK 2023

DATE

Dec 28, 2023

SUBJECT

Employee Opinion Survey

Another year and we are still here! Second edition. Checking in, following up, and circling back. How are we feeling? Let's write about it. I love you, I miss you, and I'm so grateful to know you.





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Top Artists

- 1 **Phoebe Bridgers**
- 2 **Taylor Swift**
- 3 **boygenius**
- 4 **Emile Mosseri**
- 5 **Lana Del Rey**

Minutes Listened

155,390

Top Songs

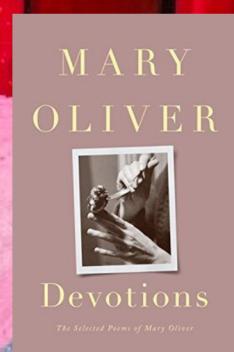
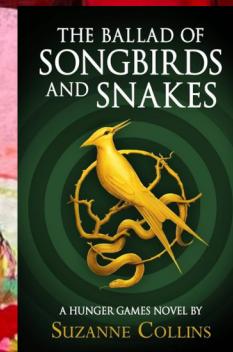
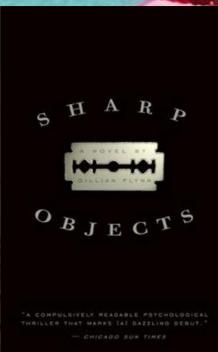
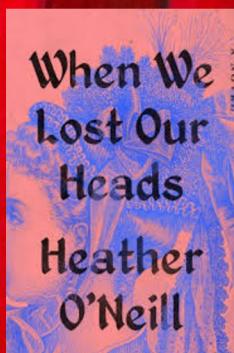
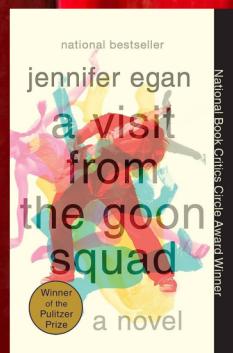
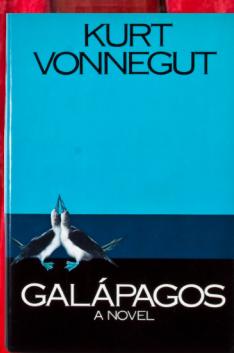
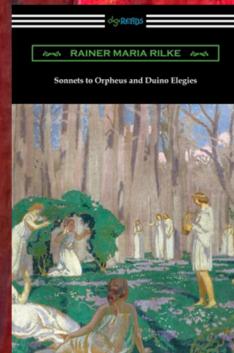
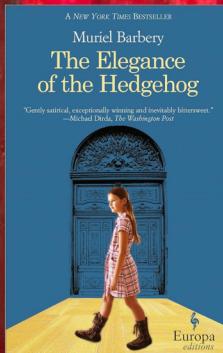
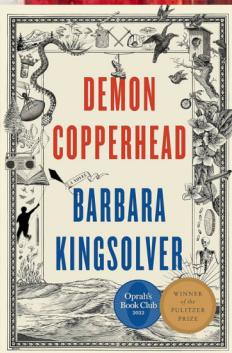
- 1 **The Gold - Phoebe Bridgers**
- 2 **Bug Like an An... - boygenius**
- 3 **Not Strong Enough - Taylor Swift**
- 4 **Space Song - Emile Mosseri**
- 5 **Dawn - From "... in the Dark" - Lana Del Rey**

Top Genre

Indie Pop

My favourite books 2023

(In no particular order)





Jess Granofsky

RHTY

What energized you this year?

Spending time with pals, solo traveling for the first time, my children (Grey and Stormy <3)

What drained you this year?

The state of the world & social media!!

What was something new you learned this year?

That I actually enjoy cooking, I just hate cleaning. Also learned how to set better boundaries :)

Something you thought was overrated this year?

Rachel Sennott I'm sorry I just don't get it

Favourite thing you made this year?

Countless perfectly over-medium eggs!! And my flower bowl that I painted at pottery with my grandma.

Best movie you saw this year?

This is impossible to answer...but I'll do a top THREE. Past Lives, North of Normal, and Seagrass. And Poor Things and Saltburn. Ok I'm done.

Best thing you read this year?

Demon Copperhead - thank you JANET for the rec <3 and A Little Life with tore my heart into tiny little pieces. Also, ACOTAR. Sorry not sorry!

Soundtrack for your year

This question is stressing me out but I'm gonna say You're Gonna Go Far by Noah Kahan.

What advice would you give to yourself this time last year?

It's ok if your progress looks different from what's expected of you xoxo

What should we all do more of next year?

Treat ourselves with kindness!! And tell our friends how much we love them more often.

Give your 2023 a title: Doing My Best 🤗





What energized you this year?

Anger and sadness

What drained you this year?

Not prioritizing myself / my needs

What was something new you learned this year?

Always trust your gut

Something you thought was overrated this year?

Taylor Swift

Favourite thing you made this year?

New friendships

Best movie you saw this year?

I Just Love Little Women

Best thing you read this year?

Don't even think I finished a book

Soundtrack for your year

"Icing on the Cake" by Grace Ives

What advice would you give to yourself this time last year?

Leave now, don't wait

What should we all do more of next year?

Getting to know ourselves

Give your 2023 a title

Time to grow up



Nuran



What energized you this year?

My people! Seeing them, celebrating with them, growing with them.

What drained you this year?

The constant reminder that my parents are human, and just like everybody else their time is limited and they're allowed to make choices that may disappoint me

What was something new you learned this year?

French - and still learning! Hopefully conversationally fluent this time next year.

Something you thought was overrated this year?

Beyoncé and Taylor Swift. No such thing as an ethical billionaire.

Favourite thing you made this year?

Memories. Promised myself I had to say yes every time somebody asked me to do something, and made many memories I wouldn't have made if I hadn't said yes.

Best movie you saw this year?

Every single netflix rom com with horrible acting. Love 'em

Best thing you read this year?

"On Palestine" by Ilan Pape and Noam Chomsky

Soundtrack for your year

"Ana Dammi Falasteeni" on repeat

What advice would you give to yourself this time last year?

Prioritize yourself. Put yourself first, and everything else will fall in place.

What should we all do more of next year?

Say yes to everything and anything!

Give your 2023 a title:

You do you, passionately



Em McP

What energized you this year?

Gratitude and perspective!

What drained you this year?

Pregnancy

Something you thought was overrated this year?

Tidiness

Favourite thing you made this year?

Wes Wes

Best movie you saw this year?

Barbie

Best thing you read this year?

The Paris Apartment

Soundtrack for your year

I'm still Standing

What advice would you give to yourself this time last year?

To write more down

What should we all do more of next year?

Taking things at face value

Give your 2023 a title:

Identity crisis averted



Fiona-Jean //

What energized you this year?

The people around me

What drained you this year?

The routine of a 9-5

What was something new you learned this year?

I'm capable of going outside my comfort zone

Something you thought was overrated this year?

Dating apps

Favourite thing you made this year?

Lemon pepper shrimp orzo

Best movie you saw this year?

Poor Things

Best thing you read this year?

Almond by Sohn Won-Pyung

Soundtrack for your year

the record

What advice would you give to yourself this time last year?

If you can find joy in the small things you'll never be without it

What should we all do more of next year?

Trying to learn when to push ourselves and when we need to take a break

Give your 2023 a title:

The Middle

Never get tired of hanging out
cause I only ever feel more alive!

WES WES

What energized you this year?

Being born

What drained you this year?

Being born

What was something new you learned this year?

I don't like Social gatherings

Something you thought was overrated this year?

Social gatherings

Favourite thing you made this year?

Every poop I make

Best movie you saw this year?

Polar express

Best thing you read this year?

Hospital discharge papers

Soundtrack for your year

Boy- lee Brice

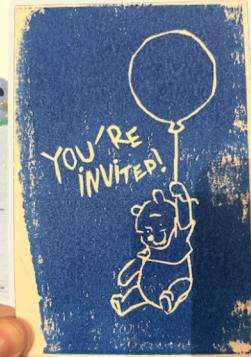
What advice would you give to yourself this time last year?

enjoy the peace and quiet of the womb while you can

What should we all do more of next year?

Holding me

Give your 2023 a title: Grand Entrance





Katia

What energized you this year?

Decorating my apartment & crafting with friends

What drained you this year?

My thesis

What was something new you learned this year?

To knit with attached needles

Something you thought was overrated this year?

Shaving both legs - why do both when you could do one? Or none? Signed, someone who has varying leg hair lengths

Favourite thing you made this year?

Sofia & Kirk's wedding cake (strawberry lemon goodness)

Best movie you saw this year?

I can't think of any, but Succession for tv

Best thing you read this year?

Probably some shitty romance or fan fiction ;)

Soundtrack for your year

Hozier's entire discography on shuffle

What advice would you give to yourself this time year?

Stay present, journal more

What should we all do more of next year?

Laugh

Give your 2023 a title:

Live, laugh, thesis struggles



EnSpe

What energized you this year?

Waking up after a minimum of 8 hours of sleep thanks to my Casper pillow.

What drained you this year?

Networking. My social battery is too small for this.

What was something new you learned this year?

That my daily screen time is none of my business.

Something you thought was overrated this year?

Sweet breakfast recipes. If it's not savoury, grow up.

avourite thing you made this year?

A throw pillow!

Best movie you saw this year?

Honestly? The Barbie movie.

Best thing you read this year?

TIME Magazine's 2023 Person of the Year issue

Soundtrack for your year

Stick Season - Noah Kahan

What advice would you give to yourself this time last year?

Work smarter, not harder!

What should we all do more of next year?

Use ChatGPT to navigate life.

Give your 2023 a title:

Living, Loving, Laughing (Emily's Version)



GRACE

What energized you this year?

All of my friends and doing things on my own

What drained you this year?

My brother

What was something new you learned this year?

Counting to five in Mandarin, how to spell "Santa"

Something you thought was overrated this year?

Minimalism

Favourite thing you made this year?

Cookies for Santa

Best movie you saw this year?

Home Alone

Best thing you read this year?

We're Different We're the Same

Soundtrack for your year

My Way- Frank Sinatra

What advice would you give to yourself this time last year?

Ask more questions!

What should we all do more of next year?

Wearing whatever we want

Give your 2023 a title: What? Why?



Justin McCarthy

What energized you this year?

Running, training for races, obsessing over shoes, toronto's running community. Turning 30. Seeing new monstera leafs.

What drained you this year?

Trying to eat right. Cooking meals, proper grocery shopping. Was not having it.

What was something new you learned this year?

Woodworking. Latte Art.

Something you thought was overrated this year?

Taking ubers! You are not hitting traffic, you are traffic.

Favourite thing you made this year?

A small plywood shelf that perfectly fits my table lamp and planter.

Best movie you saw this year?

Barbenheimer

Best thing you read this year?

Upgrade Soul

Soundtrack for your year

Vulfpeck Schwitz

Make Me Believe In You - Patti Jo

What advice would you give to yourself this time last year?

Stop swimming against the current. Stop trying every hobby. Stop watching news after work and play games instead.

What should we all do more of next year?

Sell stuff on fb marketplace.

Give your 2023 a title:

Thirty flirty and thriving



Sarah Knill

What energized you this year?

Discovering the strength of women and the empowerment we possess

What drained you this year?

The aftermath of the pandemic

What was something new you learned this year?

I learned that my feelings are my own and are nonnegotiable and not up for debate

Something you thought was overrated this year?

Prince Harry and Meghan Markle news

Favourite thing you made this year?

I tried my hand at painting and was pleasantly surprised at how well it turned out and how much I enjoyed the experience

Best movie you saw this year?

NYAD

Best thing you read this year?

Changing My Mind by Margaret Trudeau

Soundtrack for your year

"Feeling Good" by Nina Simone

What advice would you give to yourself this time last year?

Don't sweat the small stuff

What should we all do more of next year?

Show kindness

Give your 2023 a title

Nothing Lost and So Much Gained



Alli

What energized you this year?

School

What drained you this year?

That I have the ability to be a leader when required

What was something new you learned this year?

Booktok

Favourite thing you made this year?

Double chocolate crinkle cookies

Best movie you saw this year?

The Eras Tour

Best thing you read this year?

Men Who Hate Women by Laura Bates

Soundtrack for your year

The Record by boygenius

What advice would you give to yourself this time

last year?

Do your freaking readings

What should we all do more of next year?

Go for walks and listen to podcasts

Give your 2023 a title

The year I finished my undergrad!!



Sof

What energized you this year?

Getting into grad school and getting married

What drained you this year?

Being away from Ottawa friends :(

What was something new you learned this year?

How much I love Cheesecake Factory

Something you thought was overrated this year?

Having a job

Favourite thing you made this year?

TBS's FAQs page

Best movie you saw this year?

Humanist Vampire

Best thing you read this year?

Slaughterhouse-Five

Soundtrack for your year

Awaken, My Love! by Childish Gambino

What advice would you give to yourself this time last year?

Don't worry—you'll get in!!

What should we all do more of next year?

Playing dress-up with friends

Give your 2023 a title

Sof in the City

Katie

What energized you this year?

Quitting a bad job

What drained you this year?

Being a child of divorce

What was something new you learned this year?

Felting, and I love it

Something you thought was overrated this year?

Other people's opinions

Favourite thing you made this year?

New friends

Best movie you saw this year?

Barbie

Best thing you read this year?

My UberEats wrapped

Soundtrack for your year

"The Spins"

What advice would you give to yourself this time last year?

Just go for it

What should we all do more of next year?

Visit Janet in Ottawa

Give your 2023 a title

Chaos Chronicles Volume XXVII



Lukas

What energized you this year?

Good phone calls with family and friends, and watching loved ones succeed

What drained you this year?

Navigating complicated social dynamics in Pakistan

What was something new you learned this year?

Beginner Urdu!

Something you thought was overrated this year?

The diplomat life - it's great short term, but not forever

Favourite thing you made this year?

Poke bowl

Best movie you saw this year?

Barbenheimer

Best thing you read this year?

Directorate S: The CIA and America's Secret Wars in Afghanistan and Pakistan

Soundtrack for your year

"We Are the People" by Empire of the Sun

What advice would you give to yourself this time last year?

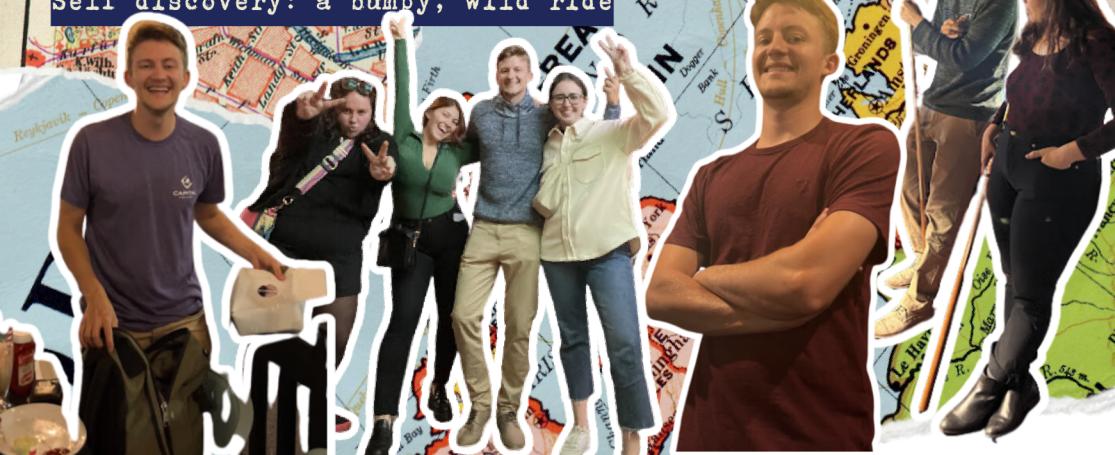
Buckle up for some new emotions!

What should we all do more of next year?

Staying in touch

Give your 2023 a title

Self discovery: a bumpy, wild ride



Abby

What energized you this year?

Thinking about and planning for the future

What drained you this year?

Reading too many bad books and not stopping because I wanted them to count toward my reading goals

What was something new you learned this year?

I learned how fantasy hockey can actually be kinda fun

Something you thought was overrated this year?

TikTok, Stanley Cups, and going out

Favourite thing you made this year?

Some really excellent memories

Best movie you saw this year?

Triangle of Sadness

Best thing you read this year?

Carrie Soto Is Back by Taylor Jenkins Reid

Soundtrack for your year

Mumford and Sons based on my Spotify Wrapped, but I will say the album 99 Nights by Charlotte Cardin

What advice would you give to yourself this time last year?

Say 'no' more; hang out with people who fill your cup

What should we all do more of next year?

Pick an actor and watch all of their most popular movies

Give your 2023 a title

The Triangle of Happiness



Jan!!!!

What energized you this year?

Art

What drained you this year?

Pretending to care

What was something new you learned this year?

Gatineau

Favourite thing you made this year?

Mary Queen of Scots linocut (before I ruined it), Wessy baby shower invite, boygenius embroidery, collage for collage collective

Best movie you saw this year?

Daisies (1966). Masterpiece!!!

Best thing you read this year?

The Idiot / Either/Or

Soundtrack for your year

"These Days" - Nico

What advice would you give to yourself this time last year?

Shame doesn't accomplish anything. The solution to your problems always lies in creation.

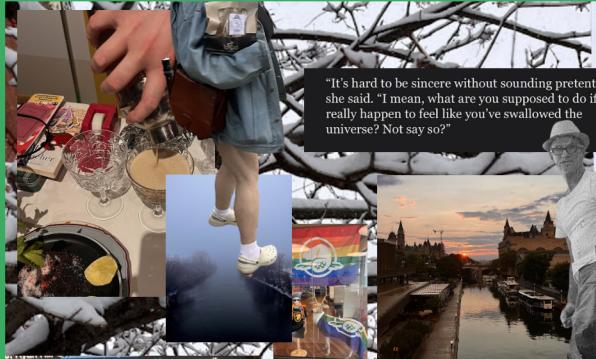
What should we all do more of next year?

Arts and crafts

Give your 2023 a title

Always an angel, never a god

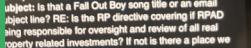




"It's hard to be sincere without sounding pretentious," she said. "I mean, what are you supposed to do if you really happen to feel like you've swallowed the universe? Not say so?"



And if you have been forgotten by the earthly,
Say to the still earth: I am fleet.
Say to the rushing water: I am—still.



It was happening again now: some pieces of some larger story that I could barely make out were flying into new positions, and I was remembering things I had forgotten, and putting them together differently, and all while I was



tempo has something to do with it; I guess being night downtown. All of these things I'll get through o.k. But I do feel strange, never get quite used to being alive. It's weird to find I have survived.



³⁹ The unique and redoubtable Dr. E. Robert Goris of U—Sr. High School's AP Math I and II used to refer to this also as 'private-sector thinking,' meaning actual productive results were expected.



boygenius emotions. There's haphazard dirtbag camaraderie, shared self-destructive tendencies, and heartfelt lines of tribute, and the rest of the



Theory: The dreads and dangers of abstract thinking are big reason why we now all like to stay so busy and bombarded with stimuli all the time. Abstract thinking tends most often to strike during moments of quiet repose. As in for example the early morning, especially if you wake up lightly before your alarm goes off, when it can suddenly and