

# CRUSADER CHAPLAIN CHATTER

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WEEK OF MAY 13 - 17, 2024

WE PAUSE TO HONOUR THE LAND  
ON WHICH WE LIVE, WORK AND LEARN.  
THIS LAND IS SACRED:  
IT IS THE LAND OF MANY FIRST NATIONS  
AND THE METIS;  
FROM THE LANDS OF THE ANISHINABE  
TO THE ATTAWANDARON,  
THE HAUDENOSAUNEE AND THE METIS,  
WHO LIVED, WORKED AND LEARNED  
ON THIS LAND  
AND KEPT A PEACEFUL BALANCE  
WITH THE LAND  
AND ITS CREATURES AND INHABITANTS  
AND CONTINUE TO DO SO.

AS WE BEGIN OUR WEEK,  
LET US HONOUR THIS LAND, ITS RICH HISTORY,  
THE MANY FIRST NATIONS AND THE METIS  
AND COMMIT TO CONTINUE LEARNING  
HOW TO KEEP A PEACEFUL BALANCE  
WITH THIS LAND AND WITH ALL THOSE  
WHO CALL THIS LAND HOME.

WE ARE ONLY AS HEALTHY  
AS THIS LAND IS HEALTHY.



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## IMPORTANT DATES

MAY = ARMENIAN HERITAGE MONTH  
MAY = ASIAN HERITAGE MONTH  
MAY = DUTCH HERITAGE MONTH  
MAY = JEWISH HERITAGE MONTH  
MAY = POLISH HERITAGE MONTH  
MAY = SOUTH ASIAN HERITAGE MONTH  
MAY 6-10: CATHOLIC EDUCATION WEEK  
MAY 6-17: AP EXAMS  
MAY 12-18: TAMIL GENOCIDE EDUCATION WEEK  
MAY 17: INT'L DAY AGAINST HOMOPHOBIA, TRANSPHOBIA, & BIPHOBIA  
MAY 20: VICTORIA DAY HOLIDAY  
MAY 21: ONTARIO FLAG DAY  
MAY 22: ARTS NIGHT  
MAY 23: RELAY 4 LIFE  
MAY 29: RED SHIRT DAY  
MAY 29: BATTLE OF THE BANDS  
MAY 30: GRADE 8 BBQ  
MAY 31: GRAD DINNER/DANCE  
JUNE 5: CLOSING MASSES  
JUNE 6: LIFE SKILLS TRACK MEET  
JUNE 6: ATHELETIC BANQUET  
JUNE 7: CARNIVAL DAY ON LUNCHES  
JUNE 17-20: GRADE 12 EXAMS  
JUNE 20-26: REGULAR EXAM TIME

UPCOMING  
EVENTS

## DAD JOKE OF THE WEEK

My daughter was upset she didn't know the opposite of Armageddon.

I said, don't worry, it's not the end of the world.



## Quote for the week

**"GROWTH MEANS CHOOSING HAPPINESS OVER HISTORY, AND NEVER LOOKING BACK."**

**-@JAYSHETTY**

For More  
Information

@assumptioncrusader  
gobluego.ca



# A Wild Orangutan Was Spotted Using A Medicinal Plant To Treat A Wound

Today's good news story comes from South Aceh, Indonesia.

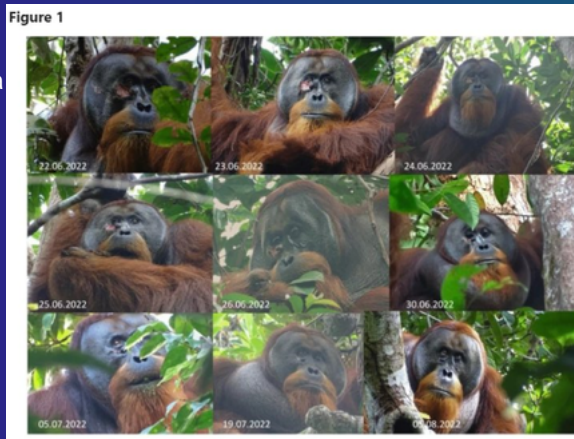
A groundbreaking study published in Scientific Reports has revealed a remarkable case of self-medication in a male Sumatran orangutan. Researchers documented the orangutan, named Rakus, exhibiting a novel behavior in response to a facial wound sustained during a possible altercation with other orangutans.

Three days after the injury, Rakus was observed engaging in a series of deliberate actions to treat his wound. He selectively tore leaves from a liana known as *Fibraurea tinctoria*, commonly referred to as Akar Kuning, and chewed them, releasing the plant's juice. He then applied this juice directly onto the wound, repeating the process several times. As a final step, Rakus covered the wound entirely with the chewed leaves.

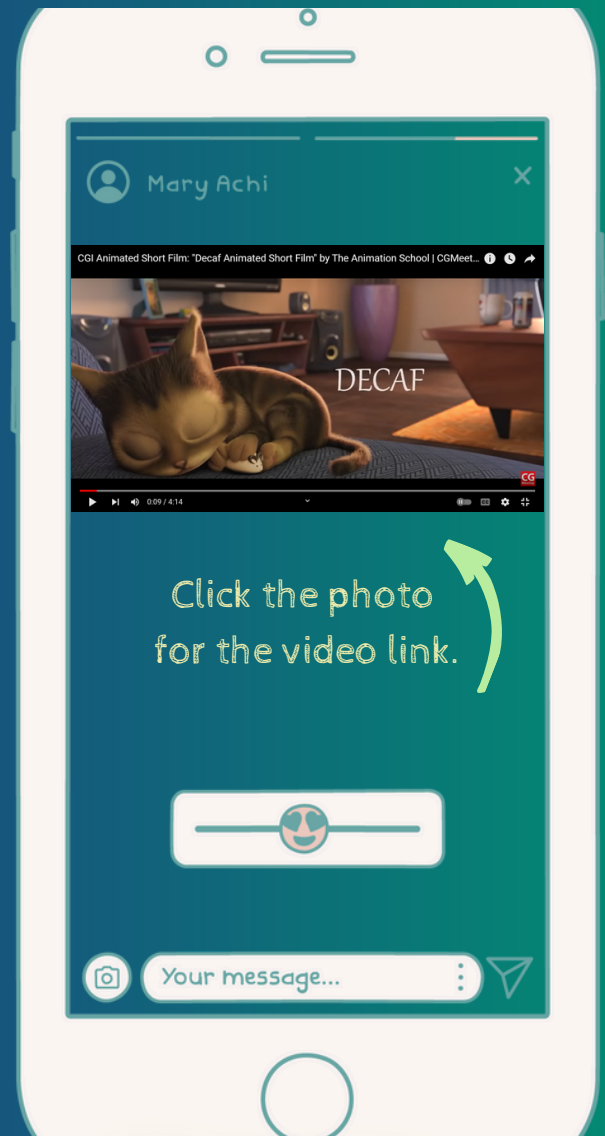
The behavior displayed by Rakus is particularly noteworthy because *Fibraurea tinctoria* and related liana species are known for their medicinal properties, including analgesic and anti-inflammatory effects. Chemical analyses have identified compounds in these plants with antibacterial, anti-inflammatory, and antioxidant properties, which are relevant to wound healing.

Observations over subsequent days showed no signs of infection, and by June 30, the wound had already closed, leaving only a faint scar. Additionally, Rakus exhibited increased resting behavior after sustaining the wound, which may have contributed positively to the healing process.

This study marks the first systematic documentation of active wound treatment with a biologically active plant substance in great apes and other non-human species. The findings shed new light on the capacity of animals, particularly primates, to engage in self-medication and provide insights into the origins of human wound care practices.



Read the full scientific study on [Nature.com](https://www.nature.com)



## PRAYER



*Loving God,  
You are patient with us,  
and love us in all our moments,  
good and bad. Help us be patient  
and kind with each other.  
It is difficult sometimes to get along  
with our classmates or teachers, or friends,  
our brothers and sisters at home,  
and our parents. Help us not to react  
in anger or let out our frustrations with them.  
Help each of us be kind and loving  
in our actions and words. Let us be  
those kind of people who make a compassionate  
difference wherever we are.*

*Our Lady of the Assumption,  
pray for us!*



*If you need support, please remember  
we are here for you:*

- Mr. McDougall (Principal)*
- Ms. Davison (VP)*
- Mr. Laurin (VP)*
- Ms. Rerecich (Chaplain)*
- Devin Misener (CYC)*
- Bailey Jones (SW)*
- Guidance Counselors*
- and your teachers*

# CRUSADER CHAPLAIN CHATTER

WEEK OF MAY 13 - 17, 2024

To truly live with joy in this world, we need the theological virtue of hope. Hope is rooted deeply in our faith as it is a relationship of trust in God. As we begin a new week, let us reflect on how our actions and words reflect who we are as people of hope.

Last Thursday and Friday Assumptions very own HOSA chapter successfully attended their first Spring Leadership Conference in Toronto. Melody Lu, competing in pharmacy science, as well as Rianna Mastacan and Jannah Emira, competing as Emergency Medical Technicians, made it to the second round on Friday. Not only that, but Rianna and Jannah also made it to the top 10 finalists across Canada! Everyone did an amazing job! We hope to see more students involved next year! Way to go Crewsaders!

Attention all students who are interested in participating in the HCDSB Student Senate for the 2024 - 2025 school year: Student Senators act as an advisory body to the Student Trustees to provide a wider perspective on issues that face students in our Catholic schools and develop and organize initiatives that will illustrate their leadership abilities. If you are interested in this great opportunity, please see Ms. Davison or Ms. Rerecich to get the application link. Applications open today and close on May 24th at 2:30pm.

For any grade 10 or 11 students interested in becoming an Assumption Ambassador for next year (2024-2025), there is a link to apply. See Mrs. Bedford, Mrs. Laferriere or Ms. R. for the link/QR code. All applications are due next Friday, May 17th.

Reminder for Arts Council members: check the bulletin board outside room 104 - there are some things we need to gather for Arts Night.

If you have dried out pens and markers, we recycle them! Drop them off in the blue box outside Ms. R.'s office.

Check the TV outside of Phys. Ed. for all updates and information regarding sports and athletic news!





# CRUSADER CHAPLAIN CHATTER

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## MONDAY

Student Council meets in rm 214

DECA meets in rm 210.

Best Buddies --please check the google classroom!

Chess Club in rm 304

Model UN in rm 306

## TUESDAY

Rosary Group in the Chapel per. 2

Peer Tutoring on lunches

Crochet Club in rm 109 on 3rd lunch

Concert Band in the music room

SR-Reach, rm 224

Latin American Club rm 107

## Wednesday

Wellness Wednesday in the Piazza over lunches

Math Madness: before school (rm 302); after school (rm 304).

Student Athletic Council in rm 118

"Assumption Reads" Book Club, in rm 222 -every other week

Construction Club, rm 106

Debate Club, rm 206

Black Student Association - rm 107

Robotics - rm 223

Intermediate Reach, rm 224

Gardening Club - rm 210

## THURSDAY

Peer Tutoring on lunches

Art Club in rm 108!

Dungeons and Dragons - rm 209B

Assumption & the World, rm 107



## Friday

Rock Band in the music room

Sr-Reach, rm 224

STAY HUMBLE.  
STAY FOCUSED.  
STAY BLESSED.

## NURTURING OUR FAITH

CLICK THE ITEM AND IT WILL TAKE YOU TO THE SITE/ARTICLE.

**bustedhalo**  
#DAILYJOLT  
MAY 13, 2024

Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment.

-- STEPHEN COVEY, AMERICAN EDUCATOR

TODAY'S #MICROCHALLENGE

TODAY, IDENTIFY ONE AREA OF YOUR LIFE IN WHICH YOU COULD OFFER YOURSELF MORE GRACE.

'GOD IS SPEAKING' | Christian short film

Press Esc to exit full screen

God is SPEAKING

# Feast of the Ascension (7th Week of Easter)

By Corey Brost. CSV

"How am I living out the Gospel? What was tough? What was rewarding?"

When I worked in a high school, we used to gather our student retreat leaders for lunch discussions about the ups and downs of living our faith. It wasn't easy for them. That's why they needed to get together. Over lunch, they'd talk and pray, laugh and gripe, listen and think.

The lunches helped them create a world within the world. They created a faith world where they found support for choosing reconciliation over vengeance, service over selfishness, and honesty over deceit. Peer pressure is a tough thing to fight -- for adults and teenagers. Many people abandon living their faith openly or define it as unrealistic because they get so much pressure from friends, family, classmates and coworkers.

There are times in the Gospel where Jesus prays for his followers because he knows how the world will wear them down, even though they've all come to know and love him. Jesus knows that without God working 24-7 to protect them, they'll soon forget all they learned from him.

You can create a "world within the world" by gathering with other Catholics, Christians. Go to a youth group. Start a prayer and discussion meeting with friends and with the Chaplain. Dedicate some time to volunteering at a food bank or an agency that needs volunteers. Or just call another Catholic/Christian for an honest talk about life. Within this Christian world, you will find the strength and protection Jesus asked God to send. You'll find greater strength to stand for Christ in the larger world when the going gets tough.

Take a Stand:

Identify 2-3 strategies you could adopt in your own life for creating a "Christian world" within the larger world.

**Take a Stand:**

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