



THE EXCHANGE

December 2022

STUDENT NEWSPAPER

Issue 3

CULTURE AMPLIFIER DAY

Twitter:
@ACS_Justice



THE RETURN OF MARKET PLACE

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@assumptionlion



180 TEAM AT SAINT VINCENT DE PAUL

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WE SCARE HUNGER '22

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AN EDITORIAL LETTER FROM THE EDITOR-IN-CHIEF

Blossom Dhillon (she/her)

Whoever said, "smooth seas do not make a good sailor" is right. As the school year progresses, we near exam season and the end of semester one. These December blues may have some feeling down and discouraged, however, this is not the time to falter – this is the time for inspiration to be peaking. Inspiration is the core of all things, everything we do, every action we take, and every step forward is fueled by inspiration. So, do not let small setbacks contain that inspiration. Just because the journey is tough does not mean it is not worth it – the lessons learnt along the way are invaluable. The journey is what makes you who you are, not the destination.

Lucius Seneca once said, "Difficulties strengthen the mind, as labour does the body." These tough times will pass and create a new you. So, to all those stressing over exams and final projects, just know that you will see the other side as a more knowledgeable person than you started. These hard times are not here to suffocate you, but to challenge you to be the best you. We hope to have inspired you for the better, Lions! As a parting gift to all those reading, keep in mind what Maya Angelou (famous civil rights activist) said about defeat, "you may encounter many defeats, but you must not be defeated." This issue of The Exchange explores the theme of inspiration in our everyday life and here, within our community at Assumption College School.

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IMPORTANT DATES

December 23 - Spirit of Christmas
January 9 - Back to School
January 17 - Dress Down Day
January 25 - Period 1 Exams
January 26 - Period 2 Exams
January 27 - Period 3 Exams
January 30 - Period 4 Exams
February 3 - Semester 2 Begins
February 13-17 - Spirit Week



Twitter: @assumptionion

Gr. 11 Drama Class - Murder Mystery

INSPIRATION - ALIVE IN US ALL

Jyothi Kakani (she/her)

December is a funnily dichotomous month. With its charming holiday lights and its dark seasonal depression, looking to dig its dark roots in all of us. So how and why do we get up, every single day? What drives us? Ambition is driven by passion, which is why it is strongly advised that students try new things, challenge themselves and most importantly, try and find small moments of happiness in the bromidic passing of time. School can be dreary and tiring, especially at times when academic burnout and the winter blues are at their worst. It is times like these when we depend heavily on our environment to cheer us up and give us hope to pursue and admire all around us.

Inspiration, many a time, comes from where one least expects it. It could be a ray of sunshine flittering through the window, making a hazy rainbow on your screen. It could be a powerful story or movie that moves you enough to think, even for a second, beyond yourself. Or it could be a person who loves you and cherishes you for all your shortcomings and strengths.

However, when you've finally found a muse or inspiration, use it to drive your thoughts and actions to something that is meaningful and gives you joy. This year has been chaotic, to say the least, a hard settlement after almost four years of social isolation and static creativity. Although difficult, the plateau that change holds, often more herculean than the change itself, will herald itself out of its hard shell like that of a butterfly's wing out of metamorphosis. This month is one for reminiscence and for vision. This is for the caterpillars entering the halls of this school hoping to find their place in the world, and for the butterflies leaving their cocoons, ready for adventure. Here's to finding our muses this holiday season and finding enough magic to wish upon a shooting star.

YOU CAN
DO IT!

Photo Credit: canva.com

STUDENT COUNCIL. . . THE LONG-AWAITED RETURN OF SCHOOL EVENTS

Blossom Dhillon(she/her)

With the recent (but well-awaited) lift of COVID precautions, school events have been in full-season! Student council is responsible for many of the major school events that happen throughout the school year. As half the year has passed, we have seen the return of events such as Gr. 9 Colour Night, Hoco, Coffee House, and Semi-Formal! We are excited to see what else student council has in store for us with the remaining school year - but rest assured you will be able to read all about it in The Exchange!



Photo Credit: Nathanael Szubert



Photo Credit: Nathanael Szubert



Photo Credit: Nathanael Szubert

GR. 9 COLOUR NIGHT - A NIGHT TO REMEMBER

Tylah Rattie (she/her)

The very first event of the 2022-2023 school year was Grade Nine Colour Night! It was an event for all grade nine students, with the primary purpose of helping them make new friends and meet new people! During the event, there were a ton of different games, such as tug-of-war (the general favourite), dodgeball, trivia, guess-that-song, huckle buckle and an outdoor obstacle course. After each colour group got to play each game and the night ended with a dance!

Everyone I talked to really enjoyed the event, and said they had a lot of fun! A lot of people, myself included, said that the beginning was a tad awkward, as you are trying to find people to talk to in your colour group, or getting used to being around so many new people. As the night went on, people got more comfortable and ended up having a really good time, especially at the dance portion of the night. As I mentioned, I also went to the event and had a pretty good time, however my one complaint would be why make navy a colour option? It is one of the limited days we get to wear something other than our uniforms and I got stuck in a colour I am already wearing every day.

My colour grudge aside, it was an amazing event, and I would like to thank all student council members, the grade 12 volunteers who ran the games, and the staff who overlooked the event!

Overall, this is a great event for helping the grade nines get accustomed to their new environment! We hope to see the same success next year.



Photo Credit: Nathanael Szubert

HOCO - A FAN FAVOURITE

Aleah Beck (she/her)

In October of this school year, over 500 Assumption College School students brought their school spirit and gathered for the first time since 2019 for the Homecoming dance.

This year's Homecoming dance will never be forgotten as students danced the night away. The night was filled with dance circles, conga lines, and singing, as most students would all agree, it was worth the lost voice the next day. With overwhelming positive feedback from the event, it is no doubt that the night was a success and for many of Assumption's grade 9 students, was an opportunity to make friends and learn what Assumption is all about.

After interviewing many students who attended the event, it was clear that everyone's favourite part was the dancing and the appearance of the Assumption mascot, the Lion, in a dance circle. Student Diana Thai said, "It was fun to attend after not having any special events at our school for so long. It's the most fun I've ever had at school!"

This dance would not have been possible without our student council who work long and hard to ensure everything ran smoothly even while adapting to the unprecedented number of students who attended. Brianna Maldonado, Holly Metcalf, and Lainie Spencer lead the event with the help of the student council members and staff and are to thank for the amazing time had.

We can be hopeful that next year's homecoming will be just as fun as the last and look forward to all the dances that are to come this year, so keep polishing and practicing those dance moves, there's still so much more enjoyment to be had this year.



Photo Credit: Nathanael Szubert

FALL COFFEE HOUSE

Blossom Dhillon (she/her)

Fall Coffee House is one of those events we can count on for good vibes and a chill night – and a chill night it was. Student council really pulled off an amazing night of snacks and music.

We saw many talented acts, including a beautiful performance from a Ukrainian ACS student and the band, "August." Although we saw many of our regular performers graduate last year, this is the perfect opportunity for students to step out and showcase their musical talents. A fan favourite of Coffee House is always the tablecloth. Tables were lined with paper and crayons were left out for guests to enjoy the creative night while drawing and colouring.

Overall, this was a successful night with a sweet atmosphere. We would like to thank the leads, student council, and any staff involved for hosting such a fun night! Do you play an instrument or sing? Keep an eye out for Spring Coffee House auditions later in the year!



Photo Credit: Blossom Dhillon

SEMI-FORMAL - THE FIRST IN THREE YEARS!

Blossom Dhillon (she/her)

For the first time in 3 years, the ACS Student Council has been able to host our annual Semi-Formal Dance! Semi took place on Friday, December 2nd from 7-10 pm. Although in past years the dance has been split into "junior" and "senior" dances – this year was a fresh start.

The theme of Semi 2022 was "Winter in NYC." Students were able to vote for whichever theme they wanted to see and that's what the students chose. We saw a beautiful custom-made backdrop created by two of our very own grade twelve ACS students, Jessa Marr and Julia Kapusin. The backdrop set the scene of Central Park, NYC.

Overall, we saw tremendous success throughout the night! Music was flowing, the mood was set, it was truly a night to remember.

We would like to extend a special thank you to our leads, student council, and all the staff that helped chaperone! All your hard work has paid off, we hope to see the same amount of success next year!



Photo Credit: Nathanael Szubert

STEM - ACS STUDENTS EXPLORE MCMASTER

Emma Storjohann (she/her)

On October 14th, forty-nine STEM students had the amazing opportunity to receive a tour of McMaster University. This involved seeing the LIVE (Large Interactive Virtual Environment) Lab, the Greenhouse, the Nuclear Reactor, and the Planetarium.

Upon arrival, the tour began in the LIVELab- a106 seat research-based performance theatre and testing centre. It is used for the scientific study of music, sound, and movement and their importance in human health and development. Three main components of the room are its use of motion capture. With the twenty-six cameras and two volunteers, we got to experience how motion capture worked and see how accurate the recordings were. Additionally, on stage, there is a piano. However, this is not just any piano... this is a self-playing piano. With the help of another volunteer, the students got to see the piano playback EXACTLY how the student volunteer played his piece (keys being pushed down and pedals being used as well as the same dynamics). Lastly, the final demonstration of the room was the capability to do acoustic manipulations. Students (sitting in the audience chairs) listened to a helicopter fly around their heads that was not there using the 76 speakers available (talk about surround sound). One final volunteer sang and got to experience the difference between singing in a "dry" room versus a room with lots of reverberation (all being manipulated by the McMaster staff/students).

After the very impressive LIVELab, the students took a tour of the greenhouse. This impressive facility houses a very diverse collection of over 217 plant species.

The students had the opportunity to touch soft, fluffy plants with strong odours and were able to observe the very harmful, dangerous ones. We also walked through the greenhouse to see the collection that McMaster houses. One very impressive plant being held together with string was practically bursting through the ceiling glass.

On one of the more eager destinations of the trip, the students saw and toured the Nuclear Reactor. The McMaster Reactor is multi-purpose and provides neutrons for research and medical isotope production. Students had to go through an airlock which was built many years ago to access the facility containing the reactor. Students had the chance to see into the reactor and look directly at its uranium core submerged in light water. During their time in the facility, they had the lucky chance to see workers at the reactor facility operate the omnidirectional overhead crane lift (which had full access to every part of the room) as they were doing maintenance on a component of the reactor. On their way out, each student had to be screened multiple times to detect if they had accumulated too much radiation to safely leave the facility, this was luckily just a formality as each student was exposed to minuscule amounts.

The final two destinations of the trip were the planetarium and a biology lab. Students relaxed in a darkened room and with a tour of the night sky and its very vast expanse. For the biology lab, students did an experiment on flatulence. Although some students may have dozed off, it certainly was an interesting experience.

In the future, there will be many more trips. All students with even a slight interest in STEM, are encouraged to join to become more involved and learn amazing new things.



Photo Credit: Mr. Page

We would like to extend a special thank you to Mr. Page and all the staff that assist with STEM. They work incredibly hard to give us opportunities and we would like to recognize their commitment! Additionally we would like to thank ACS students for being good representatives of our school. This allow us to go on more trips such as this one!

STEM - QUANTUM COMPUTING WORKSHOP

Jyothi Kakani (she/her)

Going into a room that shares ideas and concepts that even Ph.D. students and field experts struggle to understand fully may seem extremely daunting to your average high school student, but I can personally attest to the fact that the select STEM students who dared enter were part of a situational irony that was unexpected by all. Not only did we gain a new perspective on the gigantic world of tiny things, but we also engaged and applied concepts learnt into various experiments relating back to concepts from the vividly entertaining seminar by the talented speaker, John, ranging from encryption technology based in the roots of the Caesar cipher to frozen magnets hovering on surfaces.

After an informative seminar and familiarizing ourselves with the concept of the quantum world,

it was time for the most awaited part of the evening- the hands-on workshops! The first one was conducted by the presenter and his team to demonstrate the principle of polarization and encryption when quantum computers encrypt data, showing how the true randomness of quantum computers can be replicated to show how our data is protected from information "eavesdroppers."

When displaying the properties of superconduction, a magnet at critical temperature was placed above a superconductor, the result was the magnet turning into a hoverboard, mesmerizing every student eagerly awaiting the results!

The day ended with a group photo and goodies for everyone from the University of Waterloo, who showed us why the littlest things in the world are also the most important.

CULTURE AMPLIFIER DAY

Afia Zaman (she/her)

November 16th was a date students marked on their calendars, piecing together their cultural outfits as the day neared. Like last year's cultural day, the event also fell on a casual dress day, but jeans and t-shirts aren't the only things you would see when walking through the

halls of ACS. Traditional garments, including the kimono, salwar kameez and baro't saya were shown off by proud students embracing their heritage. Assumption has a reputation for being one of the most diverse high schools in all of Brantford but seeing first hand the different backgrounds of our school community truly brings it into perspective.

The brightest highlight of the day, however, was during fourth period. Students patiently sat in their classrooms, waiting for the announcement to call them downstairs. The cafeteria had been transformed into a centre of cultural education. Tables were spread out in a circle with displays of artifacts, posters, souvenirs, flags, and my personal favourite, food.

In case you missed it, some of the countries represented in this event were... India:

Although the country of 1.4 billion has several different religions and cultures, the main focus of this display was Punjab in North India. The posters contained photos of Indian celebrities and popular foods, including pakora, roti and bhatura. At the table, samosas, a fried pastry stuffed with savoury potatoes were being served to a long line. On the second poster were pictures of celebrations and festivals including Lohri, Diwali and Holi. Canada:

Indigenous students set up a table showcasing cultural artifacts such as a turtle rattle and a wompon belt. On the poster were pictures of the nine clans, three water (turtle, beaver and eel), three air (hawk, snipe and heron), and three land (wolf, deer and bear).

Scones, a bread-like dessert made by Native Americans were being served as well.

With weeks of preparation beforehand, the staff and students running the amplify your culture event worked tirelessly to showcase the diversity and school spirit. Educating new generations on the different identities and lifestyles scattered across our globe is a crucial step towards breaking through barriers of miscommunications and discrimination. So, on behalf of the student body, thank you to all those who helped organize this event. It certainly did not disappoint!



Twitter: @ACS_Justice (Ms. Torto)

LEAP HAMLET TRIP - AN AFTERNOON OF DARK DELIGHT

Jyothi Kakani (she/her)

To be or not to be?
That is the question.
There is rarely anyone in the world who, if even vaguely aware of Elizabethan literature, is not familiar with this line. The students at Assumption College School, moreover, had the pleasure of feasting their eyes on the Stratford Film Festivals' portrayal of this timeless classic, while dressed in their best theatre garb.

The play started out strongly, an eerie silence settling over the hubbub of students, as the first unsettling scene of the treacherous story begins. Hamlet's diametric character, Ophelia's innocence, Gertrude's weaknesses and whimsies and the antagonist, Claudius's monstrous drive by lust and power, punctuated, intriguingly, by very human feelings of guilt and sorrow. This was one of Shakespeare's most renowned plays, in evidence by its reflection of the then-increasing psychological twists on the simple humanism of the renaissance.

In this intricate yet strong hurricane of an emotional story of a distraught royal, Hamlet discusses life and death, the lines of the play are rooted both in humanism and nihilism, like the soliloquy discussed above, and were played to perfection by the modern twist given by the theatre cast.

Amaka Umeh, who plays Hamlet as rivetingly as a personal muse of the bard's

words would make history by being the first person of colour to play the role of Hamlet at Stratford. After witnessing history and having a few laughs and gasps along the way, the 'Leapers' left the theatre, all pulsing with opinions about the play and a new appreciation of the timeless entertainment that is the theatre. Enjoy all things literature? Join LEAP today in room 1008.

BOOK REVIEW: *IF WE WERE VILLAINS*, M.L. RIO

Tylah Rattie (she/her)



Photo Credit: *If We Were Villains*

Did you go on the Hamlet trip? Wishing there were more Shakespeare in your life? Do you hate Shakespeare but want to feel academic? Well, I have the book for you! *If We Were Villains* by M.L. Rio follows seven actors studying Shakespeare at an elite college, but when the actors start playing their roles a little too well someone dies, and 10 years later we are following Oliver Marks, as he gets out of prison and tells his story.

Many parts of this book make it a must-read, but for me, it must be the characters! Although you could argue that all of them are slightly hate-able there is something so humane about that. All of them feel like they are people you could meet in real life and that is because of the qualities that make them bad people. They are all so complex and have strong reasoning for everything that they do.

The main plot in this book revolves around a mystery. In my opinion, the resolution to this is not that shocking, and if you pay enough attention, you will most likely be able to guess it before it is revealed to you. However, I do not think this is the point of that reveal; it is not supposed to be a shocking answer to all your questions. I think it is intended to have small shocking moments throughout the book, that leaves you with questions at the end. There are motivations for things that the characters do that are never fully explained, and questions that are left unanswered. As I see it, the answer to the murder is not supposed to be what shocks you. How and why the characters do this is what is supposed to leave you wondering what just happened. For instance, what you learn in the last two pages is all built up from what you have learned about the characters so far and this is the truly shocking part of the book. And if you are anything like me, it leaves you crying and questioning the meaning of life for hours on end.

To be honest, I know nothing about Shakespeare. From experience, I do not think you need to enjoy or understand Shakespeare to be able to read the book, parts of it may be a bit confusing, but it is nothing that you will not be able to notice later.

I do think understanding Shakespeare would really enhance your enjoyment of the book (and the ending) because I had to spend at least 2 hours researching the references and what that meant, but at least that gave me time to stop crying. In the end, I think this book knew exactly what it wanted to do and achieved that perfectly. I highly recommend checking it out if any of these things sound interesting to you.

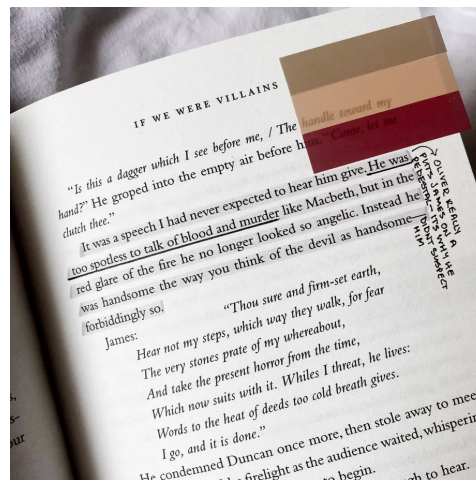


Photo Credit: teatimelit

FRENCH - MULTI LANGUAGE IMPORTANCE

Marcus Storjohann (he/him)

On November 8th, during first period, a presentation was given primarily in French. The presenter, Njacko Backo, is a Nigerian French speaker and musician who travels to schools and educates students on various African French cultures and instruments. He rounds off his presentation with a message regarding the inclusivity which every student strives for and that every student embraces their bilingual country to learn another language.

Njacko Backo started his talk with information regarding French-speaking countries in Africa, and in general, the usefulness and appreciation people should have of being a bilingual country. Ms. Nuhu, a religion teacher who is a French speaker, attended the presentation and attests to the disadvantages that people face without learning a second language. She says, "that most people in the world are not unilingual." Furthermore, because Canada and other anglophone countries do not make it a point that each person learns a second language, she thinks,

"...there is a little bit of a disconnect," regarding the relations between unilingual countries and multilingual countries. To support his message that people need to learn about other cultures, he introduced some instruments from his home country. He chose groups of volunteers to play instruments, dance and for the rest of the crowd to sing in French. After his musical demonstration ended, he introduced the reason for the demonstration as an effective way of uniting people and supporting each other. Njacko Backo's main goal was to send every student away with the goal of being a better person to someone else, making their school, and the world, a better place.

He further explained his message via the telling of a story which he was told by his mother when he was little. The story is about a zebra and a lion, their unlikely friendship and an even more unlikely child which was called a "zebralion". Students were laughing and were ecstatic with the ending of the story.

The main message of this presentation is that every student in the school should try to make the lives of others better, which will incite unity.

He encouraged every person to research and know the origins of the second language of Canada and to learn to speak it. However, if French is not something for you, then learning any second language will allow you to have access to many new opportunities in the modern world.



Photo Credit: Marcus Storjohann

CHESS CHAMPIONS IN TORONTO

Arham Hasan (he/him)

I announced back in April this year, the \$1,000,000 Chess.com world championship has come to an exciting conclusion. On November 4th, the final Round of Eight had begun, with the first-ever CGC in history taking place in none other than our provincial capital, Toronto.

Some very big names made it to the end, with certain favourites including chess streamer Hikaru Nakamura, twitter-social Anish Giri, and rising star Nihal Sarin. In the end, the quiet and sneaky Grandmaster Wesley So came out to defeat the rest, winning a total of \$200,000 and lifelong bragging rights.

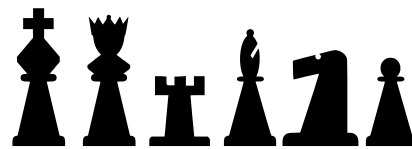


Photo Credit: canva.com

SPORTS SECTION

Prabhroop Kaur (she/her)

The end of the first semester is quickly approaching with numerous sports coming to an end while new sports are beginning without any restrictions! Football season has ended for both juniors and seniors where both level teams played to the best of their abilities. Cross country came to an end alongside senior and junior girls' basketball and boys' volleyball. Recently began is the opposite, senior and junior for both boys' basketball and girls' volleyball. Girls and boys' hockey has also started as a varsity sport. Varsity illustrates there is one team for the boys and one for the girls despite the grade.

New sports will not be starting until second semester when spring sports make a comeback. Be sure to lookout for try outs around March if spring curriculums including rugby, track, and soccer interest you. All Assumption sports are finally back, wishing the best of luck to all teams playing at this time of year. There are many opportunities to watch games, if interested, students are allowed to watch and cheer our teams on. Athletic performances have been fascinating to see this semester, many more are to come. Make sure to not miss out on any opportunities to join any upcoming sports!



Photo Credit: canva.com

THANK-A-VET SPEECH COMPETITION

*David Gustof
Jasmeen Sidhu
Julia Wegrzyn*

The annual "Thank-A-Vet" is run by the Canadian and World Affairs Youth Council (CWAYC). The target of this competition is to honour the contributions of minorities to the Canadian Armed Forces.

The speech was to be approximately 300 words of what you would say to help honour a Canadian Veteran (specifically a minority).

Prizes were awarded to the first, second, and third place winners. Additionally, students were encouraged to submit their entries to board competition!

Keep an eye out for this competition next year!

1st Place Winner

"Nothing, but a Flower" By David Gustof

Hello and thank you to all who gather here today, in remembrance of the veterans, minorities, and homebodies who not only served with honour, dignity, and patriotism, but created a more independent, well-known, and progressive Canada. My name is David Gustof, I am in grade ten at Assumption College High School, and I am honoured, thrilled, but most of all, thankful to be standing here today and delivering a message of gratitude to all who were affected by the Great Wars that once shook our nation.

The poppy. A four-petalled, black, and red, faux flower, that serves as a universal symbol of remembrance and thankfulness to the commendable, earth-rattling, and monumental sacrifices, efforts, and journeys to peace, veterans ventured through, during the world's dullest and most dismal act: war.

This vibrant, scarlet flower woven through the stitching of your clothing, each November 11th, is more than just its delicate and radiating exterior. It is a film that entrances you into the treacherous and harsh conditions of the First World War, where battle was not only awoken within critter-infested, knee-deep muddy trenches on the forefronts of the Ypres Salient, but within a country once infected with inequality and discrimination, where a battle for justice on Canadian grounds was once born.

With this flower, Canadians can bring light to the gallant and influential sacrifices, minority groups faced that are, at times, over-looked and under-appreciated. We can celebrate the lionhearted reign of fire established across North America to obtain fundamental working, political, and social rights for women. We can honour those who worked around the clock, with passion and desire, in industrial factories, regardless of their gender, race, or nationality. We can learn that a roadblock in our journey to success, is only another battle to fight, with weapons of truth, perseverance, and reconciliation.

The poppy commemorates those who lost their lives and would never meet eyes with their families again, or with their wincing puppy, who continued waiting patiently for their return, even after the war. The poppy encourages the forever-war of equality, while pushing and educating future generations to never skip a stone into a river, and have it come back. The poppy remembers the flatlines of those who gave us rich cultural diversity, Canadian land was once deprived and assimilated of. The poppy remembers all the wilted flowers that lay in Flanders Fields. The poppy grows, so Canada can grow with it.

By remembering and understanding the past of Canada, Canadians are able to build a more inclusive and thoughtful country, that each day of every year, should unconditionally honour, respect, and express gratitude to those who worked together to craft this once unforeseen diverse reality for Canada. Thankfulness on Remembrance Day is not a simple thank you, merci, gracias, dziękuję, or grazie, but rather, a moment of symphony to pin a small poppy onto your winter jackets and be immersed into an experience so much more than just a flower. Bask in the glory, peace, and diversity on Canadian soil, we so many times take for granted, this remembrance day. Lest we forget the beauty and story of a seemingly simple flower, as it is the least, we can do to thank our veterans and diverse minorities for the unity they not only brought and influenced in Canada, but throughout the millions of poppy gardens around the world.

2nd Place Winner **"We Volunteer" By Jasmeen Sidhu**

Discriminated against their identity
They weren't accepted at all
Still, they fought to fight for us
Putting between themselves and their emotions a wall

Being called weak, unworthy, and odd
They doubted themselves while looking into mirrors
Yet they still fought for equality
Letting everyone know that "we volunteer"

Formed by the African Canadians
Was the No.2 Battalion
That broke through racial barriers
They deserve much more than medallions

Wanting to enlist for combat duty
Many instead put into labor battalions
They only ever showed loyalty and patriotism

All would have made great companions

Aboriginal, African, Asian, and Italian
Jewish, Chinese, Japanese, and French
Canadians
All deserve a sincere apology from us
For making them all feel like aliens

At the end of the day
Some lived, while others died
They are the pride of this nation
And I ask, are you at ease inside?

Through all these sufferings
They continued to fly with their wings
Making today's generations free like birds
All because of them making equal rights a thing

Thank you for your service
Thank you for no fear
Thank you for changing the wrong
Thank you for saying, "we volunteer"

3rd Place Winner **"Honouring Minorities" by Julia Wegrzyn**

Honourable veterans, local dignitaries, friends, family, and our fellow Brant-Haldimand-Norfolk community – It is an honour to welcome you today as we pay tribute to the veterans who represent and honour our country through their service.

My name is Julia Wegrzyn, and I am profoundly grateful to be here today with this opportunity to honour our veterans who fought as minorities within our Canadian Forces.

Over time, our Canadian Armed Forces have truly adapted and grown. Yet visible minorities whose contributions have shaped Canada, are still present, and should be commemorated in ways still not attained.

All throughout history, immigrants, indigenous, and less recognized nor represented Canadians took their part in the Canadian Armed Forces – voluntarily or through conscription. They stood alongside Canada’s citizens throughout their duties, despite the lack of equality in rank between them.

All our veterans, particularly those of minority groups set a foundation that has built up the Canadian Armed Forces which we know today. Our veteran women, indigenous peoples and the population of African American and Asian soldiers have clearly been a minority within Canada’s military. In the past they have been considered of lower value. Weaker. Unworthy. Experiencing trauma, discrimination, and lack of representation: all so they could fight for the peace, strength and national identity that has created Canada.

These soldiers gave up their time, service, hard work, and sometimes even their lives in service for their country – OUR country,

despite the twisted views of society where minorities were not even deemed as equals.

Yet their successes and perseverance on and off the battlefield - despite the unequal perception, proves this could not be further from the truth.

Our women on the frontlines, our Bluebirds, members of the Construction No.2 Battalion, and countless other minority groups’ contributions – both documented and not, impacted Canadians in ways unmeasurable. Their perseverance, dedication and patriotism led to the growth of our nation, and is an example for thousands, and millions of Canadians to follow.

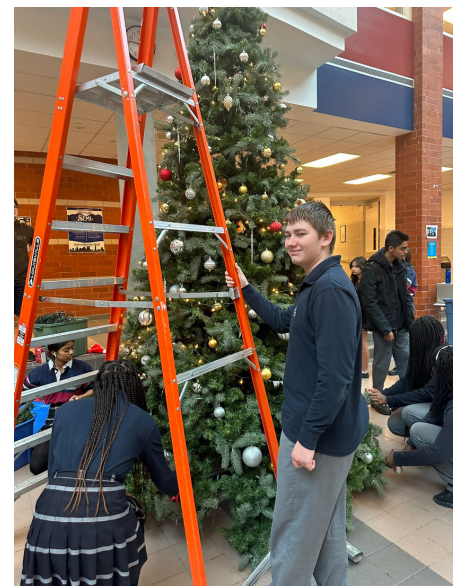
These veterans, alongside the rest of our Canadian veterans, should be proudly commemorated, and honoured from the depths of our hearts, because the role they played for Canada, has truly become a steppingstone for not only equality and respect, but in the development of a strong, and brighter future for Canada.

PENNIES FROM HEAVEN



Twitter: @assumptionlion

ANNUAL CHRISTMAS TREE SET-UP



QUANTUM: POP-UP EXHIBITION

Just for Fun

SUDOKU

6		3			7	5		
4	7			5		3		
8			6	3	2	4	7	
9						6	4	
3	6			2	4		9	
5			3	9	6		1	2
7					9	2		
		9	5		8			
		4			3			7



THEMED WORD SEARCH

K X A L R E O T E R R Y F O X
 L P K N B B U P E D A N O Z I
 H H E F N D W H I H X E X Z N
 X W O S B A Q M N B N W V U S
 L I O N S L M N S C L T U R P
 C G B M H P Z A T B A O A F I
 O A D E L A I D E H U N T E R
 U T S L V L U G I A G W L Q A
 R C T C T U M T N X Q N B G T
 A M C D S I U Z R N H U R D I
 G K W C W X I P R G X W A L O
 E H Y O U S A F Z A I C V S N
 A S S U M P T I O N K F E J H
 A M A N D A G O R M A N R G W
 D A V I D S U Z U K I U Y B D

RIDDLES

- 1) WHAT HAS A NECK BUT NO HEAD?
- 2) HOW DO YOU SPELL COW IN THIRTEEN LETTERS?
- 3) WHAT CAN YOU HOLD IN YOUR RIGHT HAND, BUT NEVER IN YOUR LEFT HAND?

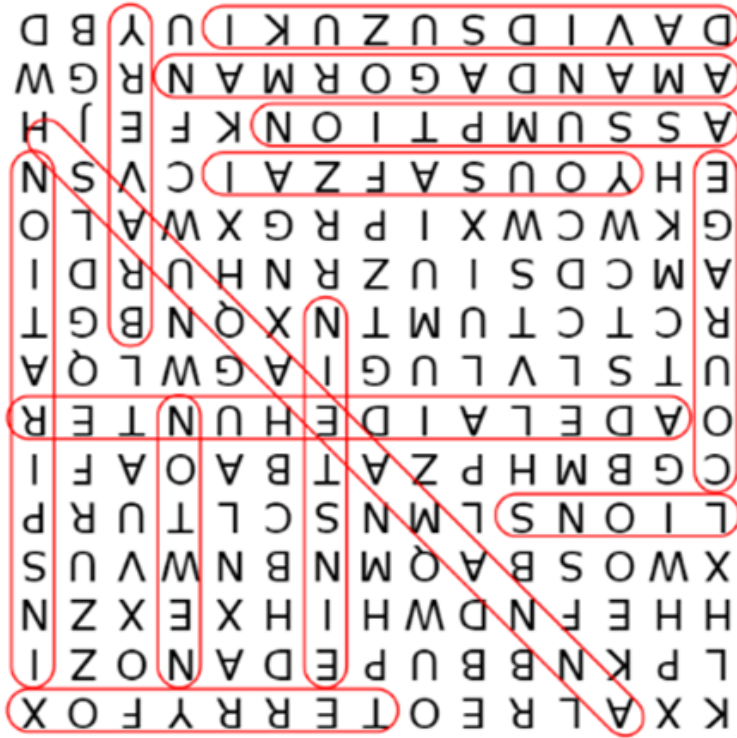
adelaidehunter
 dauidsuzuki
 courage
 terryfox

annamaeauash
 einstein
 inspiration
 bravery

amandagorman
 assumption
 yousafzai
 newton

lions

Answers

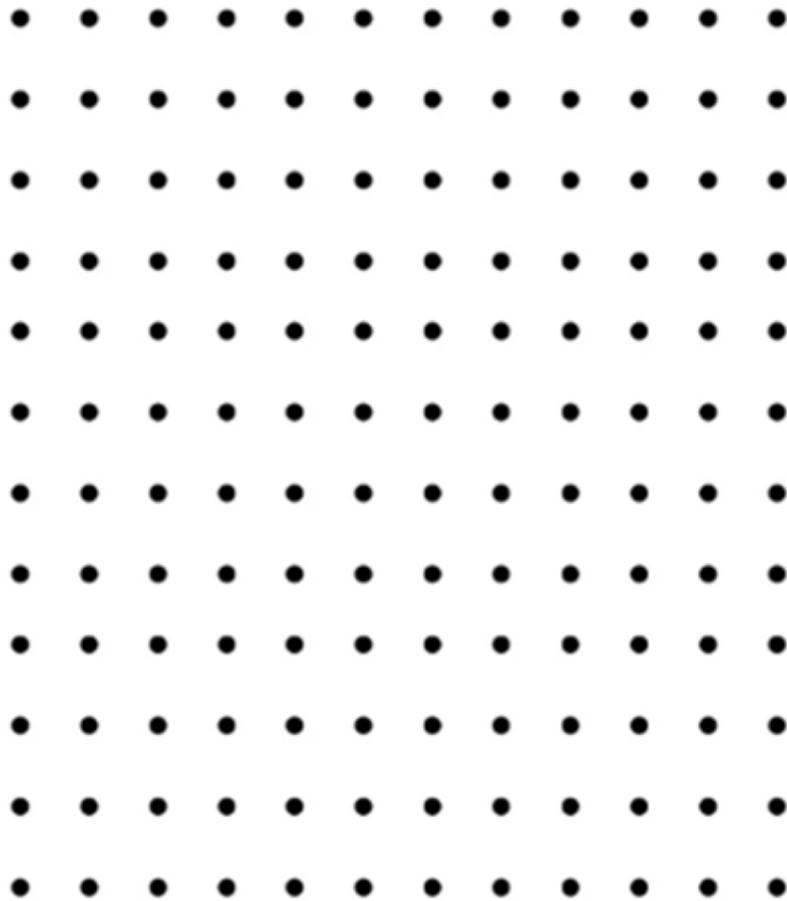


1	8	4	2	6	3	9	5	7
2	3	9	5	7	8	1	6	4
7	5	6	1	4	9	2	3	8
5	4	8	3	9	6	7	1	2
3	6	1	7	2	4	8	9	5
9	2	7	8	1	5	6	4	3
8	1	5	6	3	2	4	7	9
4	7	2	9	5	1	3	8	6
6	9	3	4	8	7	5	2	1

- 1) A bottle
- 2) See o double you
- 3) Your left hand

Just for Fun: With Friends!

DOTS & BOXES



Player 1



Player 2

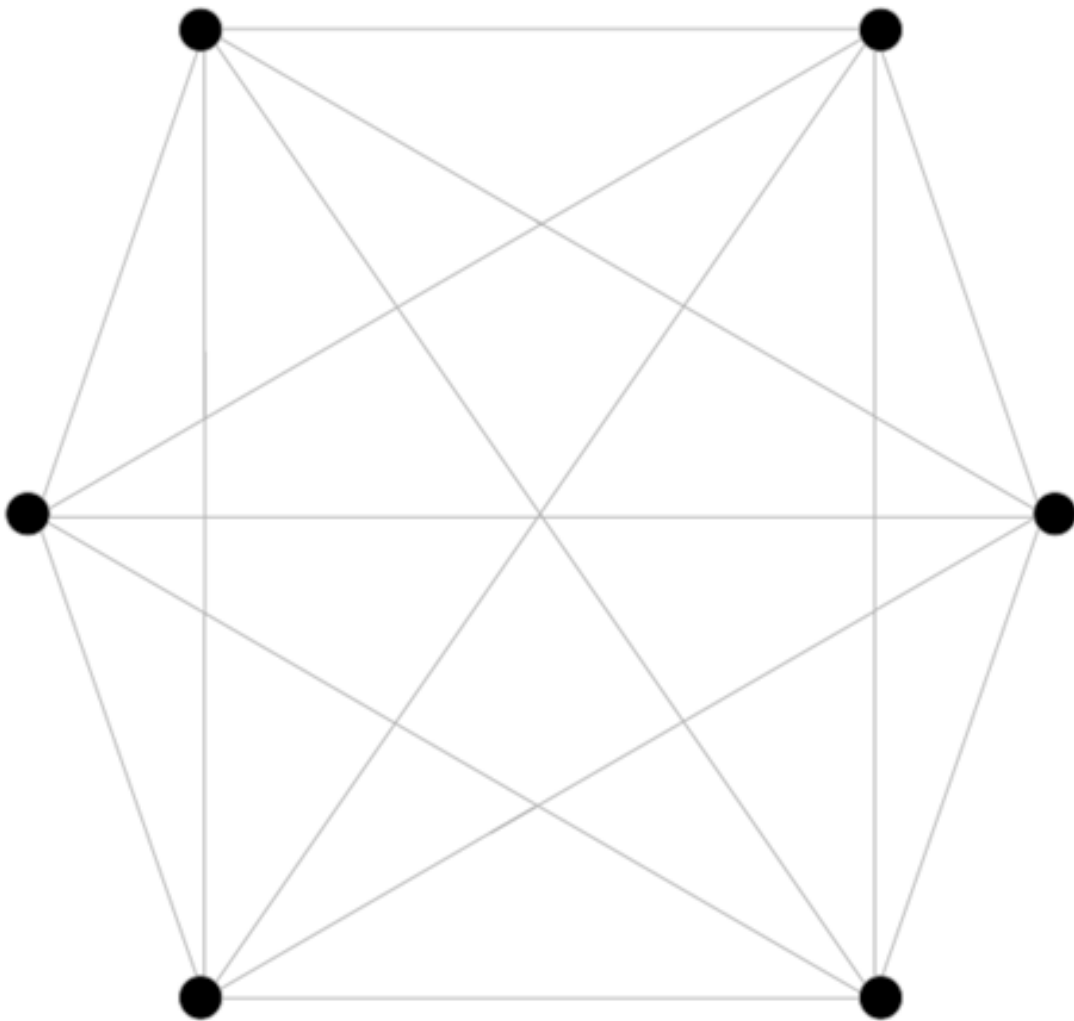


Instructions:

Two players are required for this game
Each person takes turns connecting the dots by drawing a line
If you complete a square, you get one point and get to take
another turn
The goal of the game is to make a square

Just for Fun: With Friends!

SIM



Instructions:

Two players are required for this game
Each person takes turns drawing over a line in a different-coloured pen
The goal of this game is to avoid completing a triangle in your colour

Credits

**EDITOR-IN-CHIEF AND
DIRECTOR OF LAYOUT -**

Blossom Dhillon

CO-EDITOR -

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