

# pro tem

NOTRE VOIX → ← NOTRE HISTOIRE

le journal bilingue de Glendon | Glendon's bilingual newspaper

Issue One - Volume 54 - October 14, 2015

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**Issues and Ideas:** opinions on voting and reading the news, and musings on cell phones

**Health and Wellness:** Zumba at the GAC, and how to deal with invisible illness

**Expressions:** a blog post in HTML-format and plenty of poems!

**Pro Tem's next deadline:**  
October 30<sup>th</sup>



NOTRE VOIX  
NOTRE HISTOIRE



Madeline Della Mora

## Aramark: A Love Story

### Reflections on Glendon's Food Services

Matt Turner  
Contributor

If you were to ask any Glendon student to name one thing they don't like about Glendon, Aramark would probably be near the top of their list. Why do students hate Aramark so much, you ask? Many students would agree that it is a combination of the lack of healthy, affordable options that meet various dietary needs. It would probably any of those reasons but also the fact that students don't feel heard.

Who knew that students simply not feeling heard would carry so much weight in their overall opinion of food on campus? Being heard both as a person and as a customer are two things that almost everyone values. As someone who has spent the better part of this year dealing with Aramark, I've often walked away from meetings feeling as though my thoughts and opinions didn't really matter. Aramark often says they want to hear from students, which to be fair they do, but utilizing those suggestions

often never happens. Last year, students came forward to offer suggestions to improve services but those collaborative ideas were never transformed into something real.

While there were issues last year, this year the service can best be described as a clusterfuck. To summarize, there have been staff quitting and therefore the turnover has been high. Basic standards of service have all but been ignored. Furthermore to cap it off, on September 29 the cafeteria received a conditional pass from Toronto Public Health because a fair deal of sanitary standards weren't met. In regards to the conditional pass, what that means is public health inspected and found at least 1 significant health code violation. On this inspection there were 7 infractions and one of those was a minor infraction. The infractions to take note of is are infractions for hand washing and failure to ensure food safety. The latter one is important and concerning because it means that Aramark managers aren't overseeing how front line staff handle food and ensure that food isn't served or prepared in a way that could

cause illness. Another one to note is the lack of thermometers. Students often complain of over or undercooked food; this is due to the fact that the staff have to guess if the food is cooked thoroughly. Speaking to what public health found, concerns have been brought to Aramark in the past but Aramark has failed to remedy them.

It's honestly disappointing that students are expected to eat there because York forces students to buy into meal plans and provides little to no oversight of the contractors that are supposed to be providing food for students. As well, when York becomes aware of these issues they tend to brush aside student concerns.

The reason why many students including myself are sore about this is because we HAVE to eat there. I am limited both in size of dorm room and by the restrictions York places on me as to what kind of fridge I am allowed to have in my room. This prevents me from avoiding eating in the cafeteria. Yes, I have seen that Aramark can provide some decent meals on a few occasions... (Continued on page 13)



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Salut Glendon!

Welcome back to another year. First, I would like to introduce myself. My name is Tori Ramsay and I am this year's Editor in Chief of Pro Tem. I am a linguistics major, a coffee connoisseur and a passionate Dallas Cowboys fan. I am probably new to a lot of you but this surely isn't my first year as a part of Pro Tem; we go way back.

You might be wondering, 'Does Pro Tem even exist anymore?' The answer is an enthusiastic YES. Here at Pro Tem we have recently undergone a season of change and revitalization. We have taken the past few months to spend some quality time giving Pro Tem an overhaul. This was an endeavor that was well overdue and also a goal of mine built on vision and a foundation of love for the written word and the Glendon Community. This was combined with our astoundingly talented team and our graphic designer who spent hours seeing this project through from a tiny speck of inspiration into the tangible version of our vision that you are now holding in your hands. It is made up of intricate pieces that encompass this major makeover.

The first is a new logo. Pro Tem's logo deserved an update but creating something that incorporates both tradition and innovation was

a delicate process that was not taken lightly. When you are dealing with an entity with such a rich and winding history, you don't want to update it too much and erase all memory of the past. On the other hand, you don't want to resist relevance and fresh vision. Our brand-new logo pairs our past together with a revived identity of Pro Tem overall.

The second piece is a new tagline and mission statement. The entire team created our vision statement in April 2015. We wanted to capture all that Pro Tem is and does, and make a bold statement that speaks to the standards that Pro Tem holds itself to. We also wanted to emphasize the ideas of collaboration with Glendon students and community members as well as always striving to bring content that is relevant and innovative. Our tag line helped us to broaden the identity of Pro Tem from our team to Glendon at large. NOTRE VOIX; NOTRE HISTOIRE encapsulates that this is Glendon's newspaper where creative contributions touching on topics that matter to the community are encouraged and accepted. Pro Tem is a platform that enables us to write our history as a community; through our words we are able to write our collective story in a very physical and long lasting medium.

The final piece of our rebranding pro-

cess is our brand new website. Yes, you heard that right--Pro Tem is now completely online. You are able to read past and current issues of the newspaper, share posts and articles that inspire you, and connect with the team in a brand new way. Go ahead and check it out at [www.protemgl.squarespace.com](http://www.protemgl.squarespace.com).

These three pieces, when put together, are influential in presenting a new identity for Pro Tem as we move forward. We hope that you will join us as we take ownership of this new season of Pro Tem. As a community member we encourage you to connect with us and collaborate with us. This is our voice and our history, and we are so excited to share this milestone with all of you!

Much love,



Tori Ramsay  
Editor in Chief

Vous avez des opinions? Vous aimez écrire? Vous faites de la photographie? Vous adorez dessiner?

Pro Tem vous veut!

Envoyez-nous un courriel à [editor@protemglendon.com](mailto:editor@protemglendon.com) pour apprendre comment vous pouvez s'impliquer!

*protem* est le journal étudiant du collège Glendon. Publié pour la première fois en 1962, c'est la plus ancienne publication de l'Université York. We strive to act as an agent of social change, and will not print copy deemed racist, sexist, homophobic or otherwise oppressive.

Please respond to what you read in the pages of Pro Tem/ n'hésitez pas à réagir à ce que vous avez lu dans Pro Tem.

Contact us/ Contactez-nous:  
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Les lettres adressées au journal peuvent être éditées au niveau de la clarté ou de contenu. All copy appearing in Pro Tem is at the discretion of the editorial team.

Opinions published in Pro Tem are the thoughts of individual writers, and not the publication as a whole.



Kelly Lui



## Lionheart Productions 24-Hour Play Festival is back!

Lionheart Productions

Hey, folks! What can you get done in just 24 hours? A lot more than you think! Lionheart Productions Coeur de Lion is proud to be hosting our third 24 Hour Play Festival. This exciting event will kick off on October 15th at 7pm, culminating in a performance exactly 24 hours later on October 16th at 7pm in Theatre Glendon. On the 15th, students will begin writing, producing and rehearsing original plays with a deadline of only 24 hours. Lionheart is looking for participants to make this exciting challenge happen: writers, directors, actors, and everything in between!

To sign up, send an email to [coeurdelionproductions@gmail.com](mailto:coeurdelionproductions@gmail.com) by October 13th and let us know what interests you! Not interested in the limelight? That's fine because there's still an important piece missing to this puzzle: The audience! For the amazing admission price of Pay What You Can, On October 16th at 7:00 pm the hard work of the past 24 hour will be presented, live and full of mayhem. With only 24 hours to prepare, anything can happen! Are you up for the challenge?

## An Introduction to GRAS (Glendon Roots and Shoots) Glendon Roots and Shoots wants you!

Adeela Malik  
Contributor

Are you looking for an amazing club to join on campus? Check out Glendon Roots and Shoots (commonly known as GRAS). Our club consists of a group of students who dedicate their time, energy, and passion towards advocating for animal rights, human rights, and the environment. Our main focus is to foster respect and compassion for all living things, to promote an understanding of cultures and beliefs and to inspire individuals to take action to make the world a better place. GRAS is under the parent organisation of the Jane Goodall Institute for Wildlife Research, Education, and Conservation. Founded in 1977 in California by Jane Goodall, the Institute now has offices in 23 countries around the world! Glendon Roots and Shoots is a club where hard working students come together to brainstorm and enacting plans to help the world by starting on our own small, beautiful campus in Toronto!

You can be a part of our movement too! One member who joined GRAS last year explains: "It's a club full of really positive and passionate people where we do impactful but fun activities like gardening, hosting galas for charities, watching movies about [the] environment and conservation, and visiting various green spaces for trips!"

Among the various events we host is the campus cleanup. During the cleanup, students get geared up and go across the campus to pick up all the garbage. It's great to see how

Qu'est-ce qu'on peut faire en 24 heures? Beaucoup plus que l'on pense! Productions Coeur de Lion présente fièrement notre troisième Festival de 24 heures. Nous sommes à la recherche d'étudiants qui veulent écrire et mettre en scène une pièce de théâtre en seulement 24 heures! Notre premier événement de l'année commencera le 15 octobre à 19h et se terminera le 16 octobre à 19h avec la présentation des pièces qui ont été créées au cours de ces 24 heures au Théâtre Glendon.

Si vous êtes intéressés, envoyez-nous un courriel à [coeurdelionproductions@gmail.com](mailto:coeurdelionproductions@gmail.com) d'ici le 13 octobre et laissez-nous savoir quel rôle vous voulez jouer pendant ces 24 heures. La scène ne vous intéresse pas? Pas de problème! On a aussi besoin d'un public. Venez voir le grand spectacle le 16 octobre à 19h. Le prix n'est pas fixe; payez ce que vous pouvez. Êtes-vous prêts à relever le défi?

Billets - Payez-ce-que-vous-pouvez  
Réservations - [theatre@glendon.yorku.ca](mailto:theatre@glendon.yorku.ca)

the Glendon community doesn't litter as much as other places in Toronto! Make sure to put recyclables in the assorted bins located in most of the buildings. This includes the plastic bin for cups and the separate paper bins instead of just dumping recyclables into garbage bins. Every small action goes a long way, and helps to keep our beautiful planet a little bit healthier!

Another great annual event includes the Halloween Trick or Eat. Several days before Halloween, GRASies go around the Lawrence and Bayview area to notify locals about our event, where we collect non-perishable food items to donate to food banks. Then on Halloween day, GRAS members, their families, and friends dress up in costumes and go door to door to collect the food items. Just last year we were able to collect over 200 items!

Around fall exam time, everybody gets busy, but not as much as the GRASies! Glendon Roots and Shoots hosts a gala/conference, in which proceeds are donated to charity. We also invite a few guest speakers to discuss the environment and other issues. Despite the university strike last year, the Green Submarine Conference was rescheduled and had a great turnout which included club members and other students! We got a really cool band to play for us (Emma's Bone) and had several guest speakers and vendors. The gala/conference is a celebration of all of GRAS's achievements throughout the year. It was also fun to transform Lunik into a submarine of sorts, thanks to our amazing volunteers and their decorations.

This year, one of our newest projects deals with the new policy of no plastic water bottles allowed at York University in order to reduce the pollution of plastic. In light of this policy and to help accommodate students, GRAS will be selling stainless steel bottles which will include a filter!

Many members shared their thoughts

## A Warm Welcome back from The World University Service of Canada (WUSC)

Sophie Desrouches  
Contributor

Welcome back Glendonites new and old to Glendon! We hope you all have had an amazing, relaxing summer and we're incredibly excited to be meeting all of you in our upcoming events. But first an introduction, we're WUSC Glendon, which stands for World University Service of Canada. We're just one of many chapters located across various Canadian universities, but we all share the same mission: That education changes the world!

And how do we stand by that? By offering a unique educational program called the Student Refugee Program or SRP for short. What the SRP does is offer a student in various refugee camps around the world, a chance to come and study at a Canadian university and live a life that many of us take for granted. WUSC provides social, moral and financial support for the SRP student here at Glendon.

If you want to be a help, join the

WUSC Glendon local committee or participate at the many events we will be hosting throughout the year for SRP as well as the other campaigns run by WUSC! You can find more information about WUSC and what we do online, or find us on Facebook, Twitter and Instagram at WUSC Glendon!

Le comité de l'EUMC à Glendon est composé de jeunes étudiants qui cherchent à améliorer l'accès à l'éducation pour tous les jeunes. Nous souhaitons fournir aux étudiants réfugiés un environnement sécuritaire qui est favorable à leur apprentissage et qui leur permet d'être impliqué dans le développement de leur pays.

Au cours de l'année scolaire, nous allons organiser des levées de fonds pour plusieurs causes dont le Programme d'étudiants réfugiés qui donne la chance à un jeune qui vit dans un camp de réfugiés de venir étudier à Glendon, ainsi qu'à d'autres institutions au Canada.

Joignez vous à l'équipe de l'EUMC pour faire partie de ce changement global! Vous pouvez nous trouver sur Facebook, Twitter et Instagram à WUSC Glendon!



Kelly Lui

on GRAS; how it helped them meet new people and at the same time, impact our environment in a positive way and make a difference in our local communities. "It's a really intimate, friendly group. Even though I've only started my 2<sup>nd</sup> year, I feel at home with the team. We are welcome to all people, no matter the level of interest in environmental issues, and joining is certainly a way of slowly learning more and giving back to our small community here at Glendon. We advocate for environmental issues, such as natural conservation and water cleanliness through our small acts of fundraising, awareness spreading and efforts in our own backyard. For example,

cleaning up the campus and garden at [the] manor." - Gulsvert, new exec of GRAS.

Je vous encourage à faire partie de notre club afin de contribuer à la protection et à l'embellissement de notre propre beau campus! Nous sommes un groupe amical qui cible les problèmes environnementaux dont la conservation de l'eau, la pollution, et la protection des animaux. Ensemble, nous pouvons créer un changement.



**McEulogy:**  
It's not just about Big Macs and McNuggets



Christian Lopez  
Communications Officer

Unbenounced to the community at large, we have suffered a tragic loss in our community. Glendon will never be the same without this legendary part of our university experience. Yes, it is indeed true, we have suddenly and unexpectedly lost our local McDonald's.

In my first year I remember taking countless cab rides to and from the McDonalds at Bayview and Eglinton and laughing with my friends about how stupid and brilliant we were. In second year I remember going to Original's, a bar also located in the Bayview area, and stumbling back towards Eglinton when the thought struck me, 'Wouldn't a 10 piece chick-

en nugget meal really hit the spot right now?' I walked there with friends, we stood in line and together contemplated why the heck we were there at 3 am. Then on one particular night, the unthinkable happened. We heard a mixture of gasps and laughter ring out as we witnessed one of the most influential incidents during my entire university career. I looked at the menu and then it caught my eye; there was a Glendonite leaning over the counter and making out with the cashier without any inhibition. We never got the facts as to why said Glendonite was kissing the cashier. Some say they wanted an extra McDouble and others say they just really loves McDicks. But that is now history, merely a fond memory of the Bay and Eg McDonalds.

This late night stop to indulge in some fast food actually showed me what university was really about, letting go your inhibitions on Thursday nights and remembering why this is all worth it. This instance was just one of many that made that watering hole, our watering hole. From 4 am twerk sessions, to frosh cheers



Christian Lopez

when it was no longer timely or appropriate. So thanks chez McDo for the priceless moments we shared with friends, the memories we made along the way and growth that we've had together as a community. McDonald's might be gone for a while, maybe forever but one thing is for sure, we will survive this loss as a commu-

nity. We will find a new place to make out with cashiers, laugh about who we danced with that night, and get our late night munchies. The biggest question now is how do we move on from this tradgedy? Who will fill that void after each pub night? You are gone but never forgotten. RIP Bayview and Eglinton McDonalds.

**The Doctor Who Club Glendon (DWGL) Welcomes you!**

Haley Stenzel  
Contributor

Si vous ne savez pas, this beautiful, small campus of Glendon has a club devoted to a show across the pond – Doctor Who! Now, je sais que vous pensez – "What do you guys do, and more importantly, what is Doctor Who?" My mission is to inform you on both. Doctor Who is possibly the most confusing as well as the most interesting overall best show you will ever watch. It's all about a guy (who has been played by 13 people thus far) who travels all around space and time in a blue telephone box. Now if you're still confused, come out to our meetings where we watch Doctor Who episodes on a regular basis.

But I already watch and love Doctor Who! What have you got to offer a devoted fan like me? Well, let me tell you, not only will you get the opportunity to re-watch some of your favourite episodes of all time, but we also have hold craft days as well. Some crafts include: sonic screwdrivers, TARDIS notebooks, WHOflakes, decorative mugs and t-shirts and much more! Not to mention devoted fans will

adore the trivia competition that is held annually where whoever plays has a chance to win a Doctor Who themed prize. Last year, the winner received a TARDIS mug! Think you can win this year? Look out and study up for the next competition coming in the winter term.

Well that's all great, but what about the really into the scary stories of Doctor Who? No need to fret. Not only do we choose some of the scarier episodes to play at showings, but this year we are having a Halloween screening in Richard's Room on October 28. And if these episodes aren't enough to keep you huddled behind the couch, then I don't know what will!

Donc, après tout, The Doctor Who Club Glendon welcomes all fans, even those that are only hoping to become fans. We hope to see you at some of our meetings that are held in Richard's room. We hope to see you soon and remember to keep an eye out for posters around campus. We hope to see you soon. Allons-y!

Some upcoming meetings include:  
le 7 octobre, 15h à 16h  
le 13 octobre, 15h à 16h  
le 21 octobre, 15h à 17h  
le 28 octobre, 17h à 19h (Halloween, scariest episodes marathon)

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Do you have opinions?  
Do you love writing?  
Do you love photography?  
Do you love illustration?

Pro Tem wants you!

Email us at  
[editor@protemglendon.com](mailto:editor@protemglendon.com)  
to find out how you can  
get involved!



**"IF YOU CAN DODGE A WRENCH, YOU CAN DODGE A BALL!"**

The GCSU is holding an overnight dodgeball tournament!

On Friday, October 16<sup>th</sup>, the GAC will be working with the Vice-President Athletics of the Glendon College Student Union to host the first ever GLD Tournament! The tournament will begin at 9:30 pm on the 16<sup>th</sup> and run until approximately 6 am on the 17<sup>th</sup>. Please remember to bring your reusable water bottles and teams are encouraged to wear uniforms/team swag as a spot is reserved in the semi-finals for the team with the best team spirit! This is an event you will not want to miss!

**Glendon Linguistics Club**

Someone making weird noises in the library? They're probably a LIN major.

The Glendon Linguistics Club is an open community for all students to network with peers and professors. If you've ever taken a linguistics class, you'll know the benefits of connecting with those around you. Whether it's through tutoring, info sessions, or social events, there's something for everyone! What better way to start off the year than to attend our first evening event at Lunik where we'll be indulging in good food and even better company. The date will be posted soon on our social media outlets! Email us at [glendonlinguisticsclub@gmail.com](mailto:glendonlinguisticsclub@gmail.com) to join our mailing list, and join us on Facebook (Glendon Linguistics Club) and Twitter @glendonLIN.



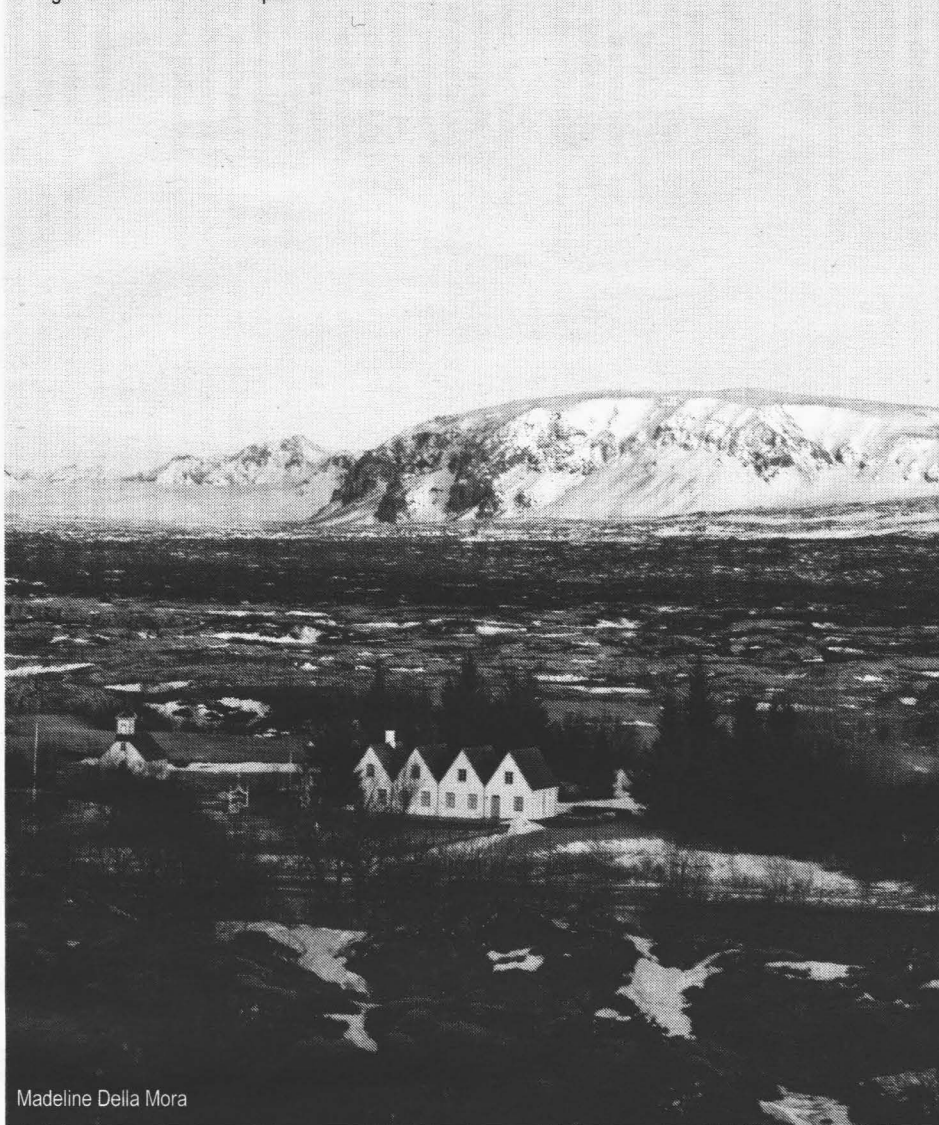
## Glendon's Student Annual International Studies Symposium: Iceland 2016

Glendon's Student Annual International Studies Symposium is a project organized and managed entirely by undergraduate students. It was established during the 1995-96 academic year by a group of students eager to expand their knowledge and experience of foreign countries. Glendon's 21<sup>st</sup> Annual Symposium team will focus on Iceland as the subject of their international colloquium.

The aim of the 2016 Iceland Symposium is to stimulate academic and cultural knowledge of this particular country. Further, it allows students to explore the relationship between Iceland and Canada, as well as to foster intellectual dialogue among students, academic scholars, government officials, non-governmental organizations, members of the Icelandic-Canadian community and members of the business community.

The final result of this extensive project is displayed through an impressive all-day conference. The symposium will feature various panels that will address a wide array of topics – usually on matters dealing with security, trade, history, and the environment – presented by a range of distinguished speakers and guests from all over. In previous years, foreign diplomats as well as Canadian federal ministers and renowned Canadian and international academics have participated in the symposium.

Thingvellir - the first Icelandic parliament



Madeline Della Mora

While many, inside and outside the university, make significant contributions to this annual event, a key to the project's success is the participation of the student body. For this reason, we are planning many exciting events throughout the academic year to bring the Glendon community together and to raise money for the symposium. Please join us as we learn more about the beauty of Iceland in our upcoming event:

### Movie Night:

The Secret Life of Walter Mitty

Date: 10/14/15

Time: 6:30pm door open, 7pm movie starts in YH A100

If you're interested in learning more about the land of ice and fire, explore Iceland with the 2016 Symposium team by connecting with us on social media:

Facebook Page: Iceland Symposium 2016

Instagram: @ISSI2016

Twitter: @ISSI2016

If you're interested in volunteering in this year-round project, email us at [glendon@icelandssymposium2016.com](mailto:glendon@icelandssymposium2016.com) for more information.

## Welcome to The Glendon Women and Trans Centre: Bienvenue au Centre des Femme et des Trans de Glendon

Glendon's Women and Trans Center (GWTC), located in Hilliard Residence Room D124, is a safe space and resource center for all Glendon students and alumni. Located in the D wing of the Hilliard Residence, the GWTC offers students a comfortable and accommodating environment large enough to host social gatherings such as study groups or meetings. Equipped with free WiFi, a kitchenette and comfortable seating, the center also provides important student resources, such as, access to contraception, sexual health information packages and sanitary napkins. Our Food Bank is stocked with non-perishable food items year round, free for all students regardless of income. We also provide an emergency shelter for students which can offer assistance on a short term basis. We are happy to allow students a night's stay in our cozy bedroom if they are unable to go home for whatever reason. Our staff is both knowledgeable and friendly and is willing to assist students in any situation.

It is our aim to provide guidance and security for all Glendon students as they pursue their education. We are also a supportive and compassionate space for anyone on campus dealing with potentially dangerous personal situations. Drop by anytime, our doors are open from 9:00am – 6:00pm Monday to Friday from

September to April.

Volunteer with our Centre! We are always looking for friendly, caring students to volunteer within the center during the regular school season. Our volunteer shifts are short, minimum of 3 hours per week, and volunteers receive the added bonus of recorded volunteer hours on York's YUconnect, where an official transcript of volunteer hours and experience is granted to students at the end of their degree. Impress future employers with the skills and knowledge you will gain from the rewarding experience of volunteering for the GWTC.

For more information on volunteering or our centre and the fun filled events we host year round please email us at [glendonwtc@gmail.com](mailto:glendonwtc@gmail.com). Add us on Facebook at Le Centre des femmes et des Trans de Glendon or follow us on Twitter at @GlendonWTC.

Feel free to contact our coordinators at any time for information and support.

Le Centre des Femmes et des Trans de Glendon (CFTG) est un endroit sécurisant et sécuritaire auquel tous les étudiants et alumni de Glendon ont accès. Situé dans l'aile D de la résidence Hilliard, le CFTG offre aux étudiants un environnement confortable qui est assez grand pour tenir des réunions ou des séances d'étude. Le centre a Internet, une cuisinette et des divans confortables, mais il offre aussi des renseignements sur des sujets divers, dont les moyens contraceptifs, la santé sexuelle et l'hygiène personnelle.

Nous avons aussi une banque alimentaire remplie de nourriture non périssable

gratuite tout au long de l'année. En plus de cela, le centre est un abri d'urgence pour les étudiants qui en ont besoins. Nous sommes heureux de pouvoir fournir un endroit où les étudiants peuvent passer la nuit en confort et en sécurité s'ils ne peuvent pas rentrer chez eux pour quelque raison. Face à une situation menaçante, il peut être difficile de choisir la meilleure façon de procéder. Si vous ne savez pas comment vous-y prendre, notre personnel est prêt à vous assister. Notre but est de vous offrir le soutien nécessaire pour que vous soyez en sécurité, et en bonne santé physique et émotionnelle lorsque vous complétez vos études. Venez nous voir quand vous le voulez; nos portes sont ouvertes de 9h à 18h, du lundi au vendredi tout au long de l'année scolaire.

Vous pouvez aussi faire du bénévolat avec le Centre! Nous sommes toujours à la recherche d'étudiants chaleureux qui veulent aider les autres. Pour plus d'information au sujet des postes de bénévolat disponibles et des différents événements que nous tiendrons au cours de l'année, envoyez-nous un courriel à [glendonwtc@gmail.com](mailto:glendonwtc@gmail.com). Vous pouvez aussi nous suivre sur Facebook sous le nom Glendon Women and Trans Centre/Centre des Femmes et des Trans de Glendon, ou sur Twitter à @GlendonWTC.

Nos coordonateurs sont là pour répondre à toutes vos questions!



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## Milk and Honey: Nourishment For The Soul A Book Review



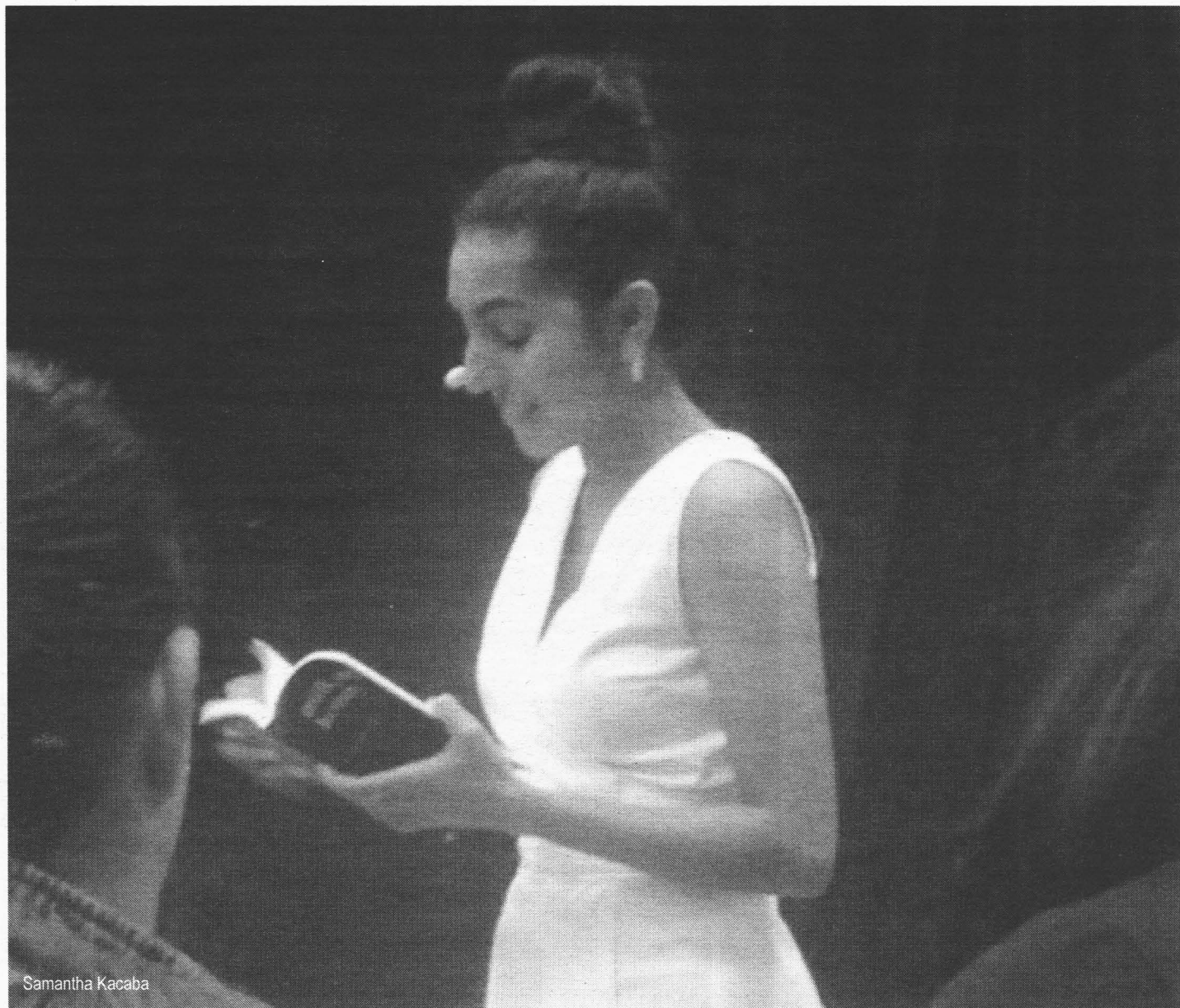
Samantha Kacaba  
Metropolis Editor

The GTA has no shortage of talent when it comes to the written word. I had the chance to witness a huge milestone for one said talent in particular; Brampton poet Rupi Kaur at the launch of the second edition of her book *Milk and Honey* this past week at the Manulife Center. This event also marked the one year anniversary of the completion of her book. On October 2<sup>nd</sup> of 2014 Ms. Kaur found herself with a manuscript and a mission; one year later, after signing with Andrew McMeel Publishing, she is now a published author with books available in all major and specialty bookstores in the GTA. Rupi has long referred to *Milk and Honey* as her baby, making this event a most joyous first birthday.

The path that lead Rupi to being published could be considered unconventional, but it is nothing if not a testament to her resilience. She often describes *Milk and Honey* as a side effect to her own healing. After compiling a collection of prose and poetry, Rupi had a book but no publishing contract. Despite that, she was not deterred. In a literary landscape with no place for her, she carved out her own. In this space, she could tell her stories of trauma and healing without watering herself down. She writes from her heart, exploring her multifaceted identity: a Punjabi-Sikh woman, a survivor of abuse and sexual violence, a daughter, a sister, a lover, an immigrant, and a poet. She brings you into a world that is truly her own, and shares with you both her deepest pains and greatest triumphs. After self-publishing in early 2015, Rupi sold 15,000 copies of *Milk and Honey*, and published a Spanish edition, *Leche y Miel*; translated by Leticia de la Paz. All this was born of a woman with a laptop and a story to tell.

When I arrived at the launch held in Chapters Indigo, every square inch of the building was filled. There were employees ushering people off the stairs and into organized areas to manage the eager crowd. I managed to sneak through the crowd and find a spot with a decent view; though all of my pictures from the event feature the same gentleman with a man-bun in the bottom left corner. But if that was to be my only grievance of the night, then so be it. To start things off Rupi performed a poem not included in the book: an ode to her mother, who sat watching in the audience. She then jumped straight into *Milk and Honey*, performing poems featured in the first edition. The new pieces, she said were to be a surprise for the attendees; a pleasant lightness amongst the weighted topics already included in the original.

When she was done her readings, attendees were invited for a book signing. The process definitely took a while, given how many were in attendance, but I was more than willing to wait my turn. I then took this time that to reflect on Rupi's words, as did the others who were waiting in the wings. As I wandered the store I watched employees frantically call other Indigo branches to



Samantha Kacaba

see if they had copies of *Milk and Honey* left in stock. I overheard one employee telling an enquiring customer that they had sold out of the 200 copies they had stocked in anticipation for the event! Giving more perspective to just how many people were at this event.

After about an hour of waiting, it was finally my turn to meet Rupi. I think everyone has had this moment at least once in their lives; where you are about to meet someone who has been a huge inspiration to you and you spend all of this time thinking about what you're going to say and then when you finally meet them-your mind goes blank and you're found tongue-tied. That's definitely what happened in my case. All the things I so desperately wanted to express to her were gone, replaced with flustered rambling. She on the other hand was absolutely wonderful, gracious, humble and authentic. In the mere seconds I had to chat with her I let her know how much her work has resonated with me, especially concerning her writings about her father. She gave me a hug, told me to stay strong, and then we took a photo together. When I looked back into the photos on my phone afterwards, I wasn't surprised by what I found. Rupi was glowing, naturally, and I was all red and puffy and teary-eyed (a good look, I assure you).

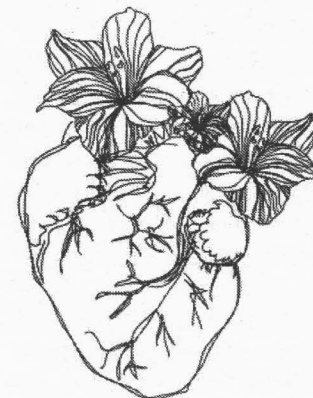
That being said, the more I look back at it, the more my uncomposed photo seems suitable. A non-puffy and conventionally attractive version of myself wouldn't do justice to the way Rupi's work makes me feel. She writes with such grace about pain that I'm still trying to get

over in my own life. Her words make you feel safe to hurt openly and to know vulnerability. They are as sweet and soothing as her book's namesake. For anyone who is in need of a little kindness, I would recommend *Milk and Honey*.

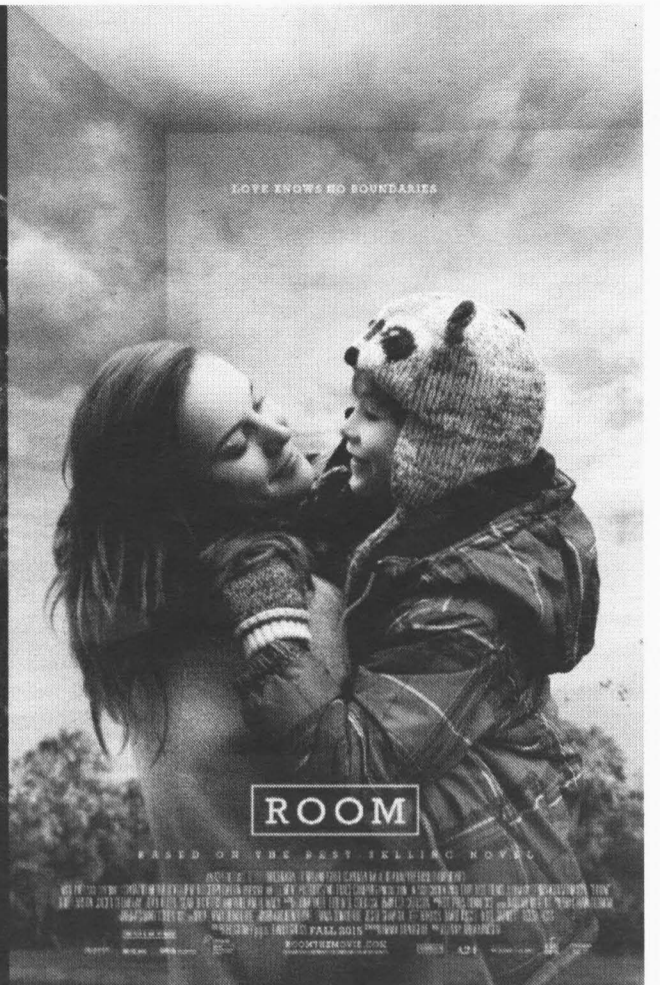
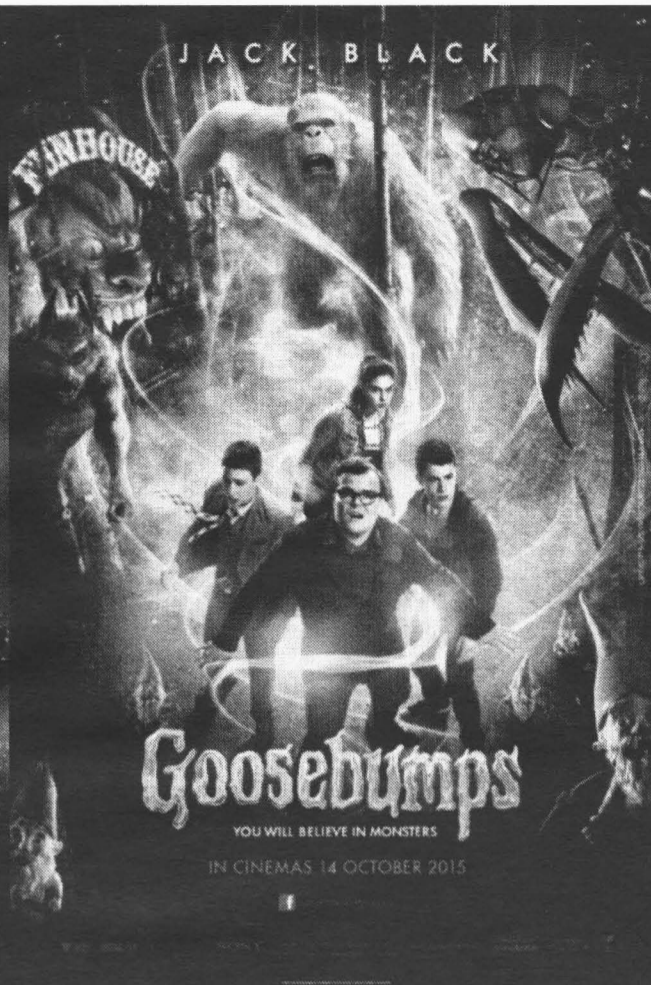
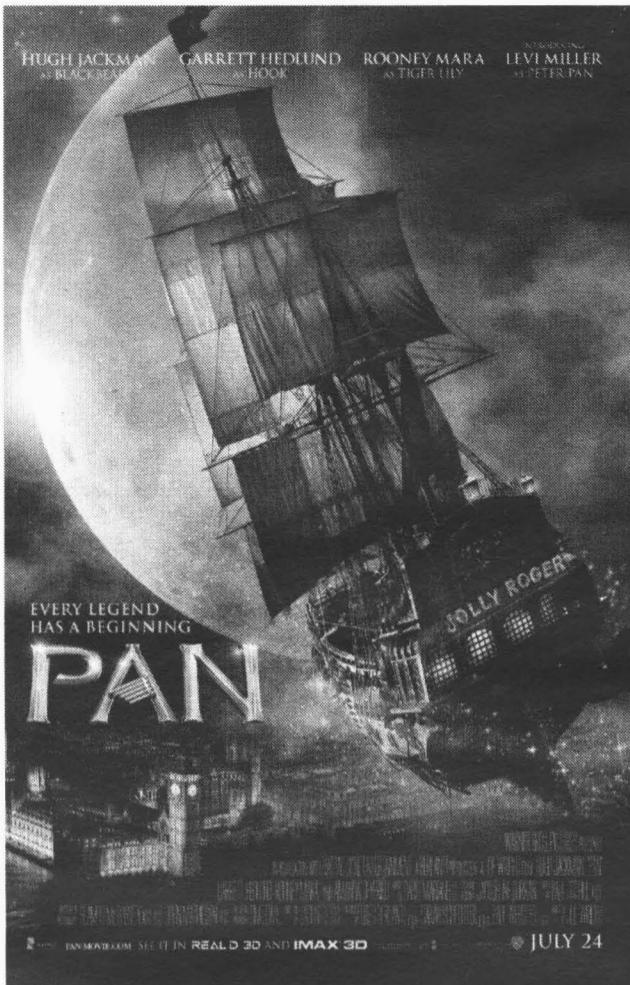
*Milk and Honey* can be found in retailers across the GTA, and you can find more of Rupi's work at <http://www.rupikaur.com/>.

what is stronger  
than the human heart  
which shatters over and over  
and still lives

- rupi kaur







## The Stunning Lack of Originality in the Modern Cinema



Ashley Moniz  
Arts & Entertainment Editor

Last weekend was the highly anticipated release of the Peter Pan remake *Pan*. This coming weekend another film adaptation of the *Goosebumps* series as well as Emma Donoghue's *Room* are set to be released. While the success of remakes and adaptations of novels is in no way a modern phenomenon, it seems that audiences tend to be overjoyed watching characters and stories they already know and love as opposed to new plots. Sure, reinterpretations of classic stories have been present throughout history. These reinterpretations have been created by Ancient Greek playwrights reinterpreting the tales of Agamemnon at huge city festivals and Beaumarchais reprising the beloved characters from *The Barber of Seville* when writing *The Marriage of Figaro*. In an age where professionals are employed to write and direct stories, far more money is spent on consuming art, and more art can be produced annually than ever before, so why is it that the same storylines gain the most attention?

Last year, only five of the thirty highest grossing films in the worldwide box office were original films, which is defined as not being based on pre-existing media (with the exception of biographies and alleged "rip-offs"). Of those, the film *Interstellar* was the only one to have made the top ten. Comparatively, twenty years prior, six of the ten highest grossing films of the year were original films, four of which in the top five. This trend shows that over

the past twenty years it has become progressively more difficult for original films to succeed in the worldwide box office.

While it is often debated as to who is really in control, the film industry and the viewing public have an interdependent relationship: the studios produce films that they believe the public wants to see and the public is subject to the selection given to them by the studios. It is easy for a studio to see that a certain film has a popular appeal and decide that instead of funding a team to come up with a brand new idea with interesting characters for audiences to connect with, it would be much easier to take the same world created in a previous film and

build a relatively new story with it. And because audiences have already seen and connected with the original characters, they will feel compelled to watch the sequels, even if they don't look very entertaining.

Take the *Transformers* and *Pirates of the Caribbean* franchises for example. Despite the fourth installment of each receiving lacklustre reception from critics and general audiences alike, both films grossed over \$1 billion dollars worldwide and will be succeeded by more films in each franchise. Why? Because the studios of these major franchises will make money regardless of how poorly the films are actually received, and as the age old saying goes, 'bad publicity is better than no publicity'.

This trend also explains why when award season comes around no one even seems to have heard of the nominated works. This is because from both a subjective and artistic perspective, the best films produced today aren't the high budget, well-performing sequels that seem to perform well in the box offices. These lesser known film festival entries actu-

ally require good reception just to balance their budgets.

With studios like Marvel announcing sequels into the next half decade, it is highly unlikely that the trend towards prequels, sequels, remakes and adaptations will die out anytime soon. It will slowly become more difficult to find the quality and uniqueness that once would have been necessary to stand out as the industry's successes become slowly more homogenous. But is this necessarily a negative trend? Studios are paying hard-working artists to rehash tired ideas and it brings in even more money from willingly paying viewers. Sure this is concerning from a purely artistic perspective, but from a business one, the system is actually quite efficient. Those looking for something new can still fairly easily find it, while those interested in familiar faces can enjoy that too. If everyone is happy, then surely there is no need to worry about the future of the film industry... right?

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## Stromae Visits Toronto



Madeline Della Mora  
Photography Editor

*A concert on a beach, under the moon, with a beautiful fall breeze brushing through the crowd. Foooooormidable.*

At the end of September, Toronto's waterfront was graced by the presence of a legendary Belgian artist whom we all know and love. Singer, songwriter, and composer Paul van Haver, better known by his stage name Stromae, visited Toronto on his 2015 North American tour. The show was hosted at TD Echo Beach, which is a general admission venue beside the Molson Amphitheatre. I had the pleasure of attending his show for a second time after seeing it first in September of 2014. Let me tell you, it just keeps getting better.

Stromae has an incredible command of the French language, especially when it comes to inserting plays on words into his lyrics. Even the name "Stromae" comes from the word *maestro*, as the two syllables are inverted by way of French's *verlan* slang. The all-French songs on Stromae's popular album *Racine Carrée* are modern and motivating with an addictive, feel-good beat. Not to mention his extraordinary dance moves and charming per-

sonality, Stromae is a thoughtful musician and puts a lot of effort into creating each song. His album is infused with a *mélange* of emotions, which will surely resonate as we understand the language.

The most unique quality of Stromae's music is the attention to pressing issues that are addressed in the complex French lyrics. We are reminded of alienation via social media in "Carmen", the danger of STIs in "Moules-Frites", the importance of a father in "Papaoutai", and the tragic reality of loved ones battling cancer, in "Quand C'est" (can-cer, [kã sɛ]).

The concert was enhanced with striking visual effects, which almost created a storyline for the entire performance. One of my favourite backdrop videos came along with the song "Quand C'est". The animation for this particular track featured a spider-like monster following the artist as he moved across the stage. At the end, Stromae and his band members were huddled in the corner of the stage as the spider has taken over the entire screen. Amidst the jokes, dancing and (well-acted) drunken ramblings, the sincerity that came along with the idea of "cancer, when is it coming?" was grounding, and somber.

Whether it's about racism, relationship issues, or the daily challenges of life, Stromae ensures that we're always "paying attention" to these important lessons as we dance and sing to his engaging tunes.



Madeline Della Mora

## Josh Groban at the Sony Centre for the Performing Arts



Ashley Moniz  
Arts & Entertainment Editor

On September 21<sup>st</sup> and 22<sup>nd</sup>, platinum selling artist Josh Groban took to the Sony Centre for the Performing Arts on his tour promoting his latest album "Stages". Groban has been to To-

ronto many times before, but for a number of reasons this show was very different. His powerful vocals and orchestral backing were the same, as well as his signature awkward and goofy humour and impressions, but his set list departed from his usual blend of classical and pop songs in favour of some of his favourite musical theatre numbers. For this reason, the Sony Centre was a welcome departure from his usual venue of choice, the Air Canada Centre, as the perfect acoustics and smaller theatre

provided a more intimate and personal settings to showcase the songs that he loved and cherished growing up.

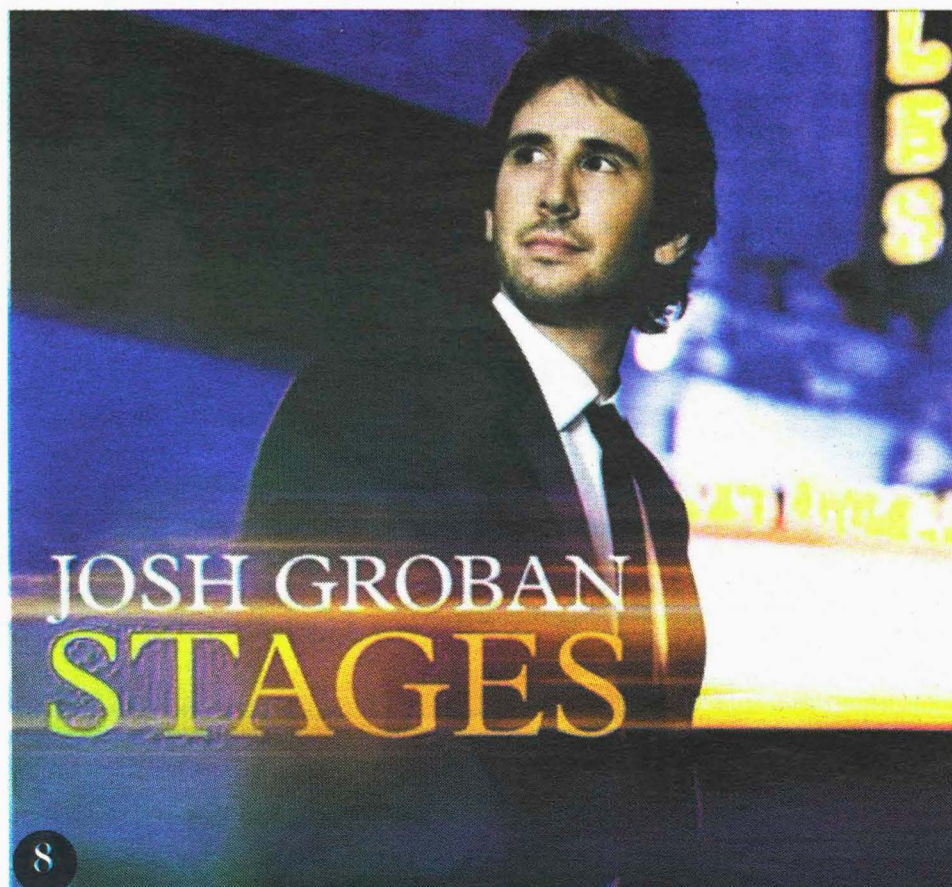
On past tours, Groban invited lesser known, but talented artists to open his concerts, such as Angélique Kidjo, Eric "ELEW" Lewis and Judith Hill. On this tour there was no opening act. Going with the theme of musical theatre, he instead performed his set list as a two act show. As the lights went down at the start a sole pianist sat on stage in front of a bright red curtain and beneath a row of chandeliers hanging from the ceiling. Groban entered to a thundering applause as his pianist played the opening notes of "Pure Imagination" from Willy Wonka and the Chocolate Factory and before long, the curtain rose to show his full string section and band filling in the rest of the arrangement. In typical Josh Groban style, he followed his opening number with a joke about how venues are always changing names and that he fears he will one day return to a theatre to find that it is now called the "Viagra Centre for the Performing Arts", where he will be asked to perform "You Raise Me Up". The night went on in much the same fashion, with Groban juxtaposing his classically based performances with simple and sometimes crude humour.

As the show went on Groban performed multiple known musical theatre hits, including "What I Did for Love", "Anthem" and "Bring Him Home". Many of his songs were less mainstream numbers from shows like Notre-Dame de Paris, Finian's Rainbow and Sunday in the Park with George, which Groban cited as the first musical that he ever watched. The audience was treated to a special appearance from Tony Award winner Lena Hall, who joined Groban on stage to perform All I Ask of You from The Phantom of the Opera and If I

Loved You from Carousel. She also performed her own covers of Queen's "Save Me" and Lonestar's "Maybe I'm Amazed" from her recently released live album, which added a colourful rock edge to an otherwise classical show. Groban closed with "You'll Never Walk Alone", also from Carousel, but then returned for a predictable encore of "Over the Rainbow".

To critique Groban's vocals is an utter waste of time and space: his natural talent and strong training have rendered him nearly flawless. The major downfall of this particular show was rooted in structure. The first act featured more musical variety and powerful arrangements, leaving the second act dry in comparison. He also performed most of the better known numbers in the first act. In grouping the lesser known numbers together at the end of the show, he risked failing in his goal of introducing them to a new audience. Including some of the more upbeat songs in the second act may have kept the strong energy of the first act going right through to the finale.

While the show lacked Groban's usual spontaneity, surprises and energy, it was by no means a disappointing show. Groban took to The Stages Tour for fans of both him and Broadway alike and the content of this show could have been enjoyed by anyone. There were audience members of all ages there to enjoy Groban's musical stylings and signature humour. He has been to Toronto many times before and never fails to mention how much he enjoys coming back. With past tactics like performing Kanye West's tweets, pausing the show for marriage proposals and guest stars like Lena Hall, who knows what will be in store in the future.





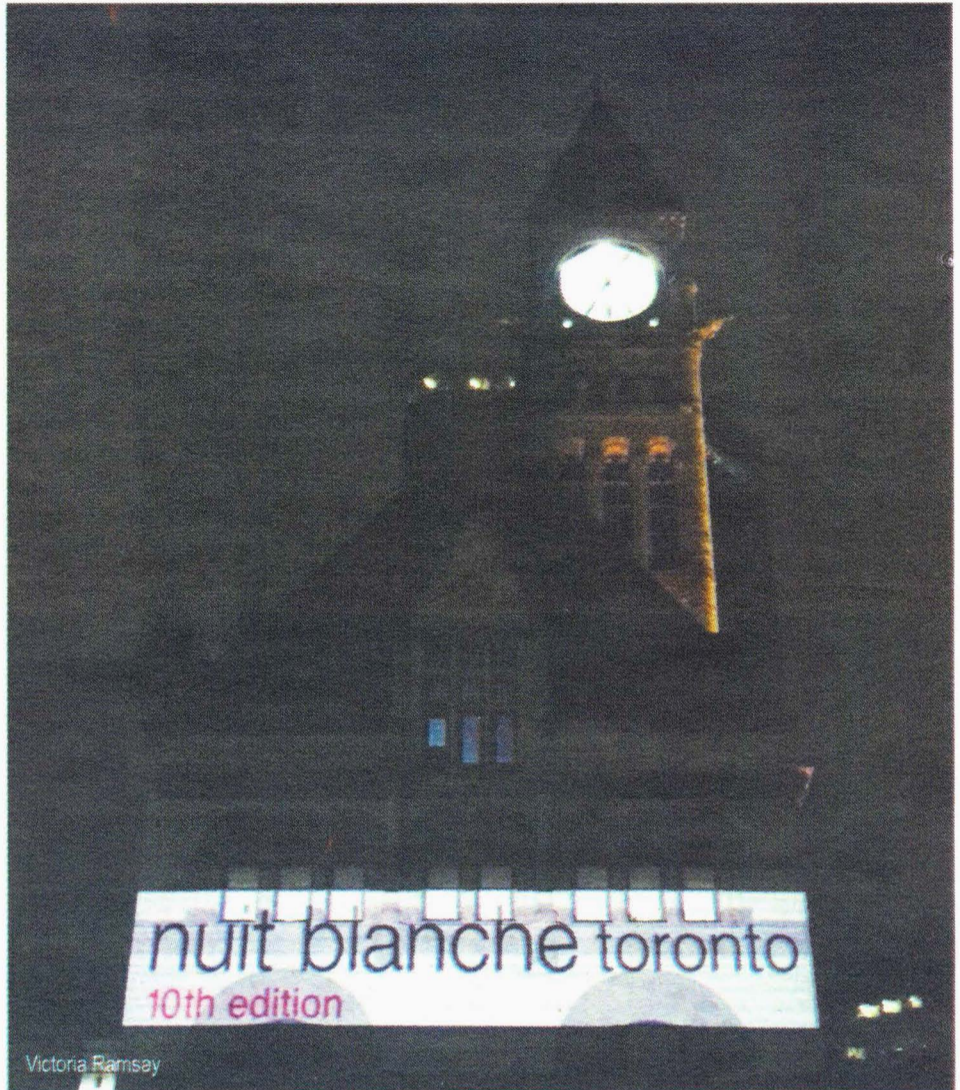
**Nuit Blanche:**  
Celebrating 10 Years of Art in TO



Samantha Kacaba  
Metropolis Editor



Victoria Ramsay



Victoria Ramsay

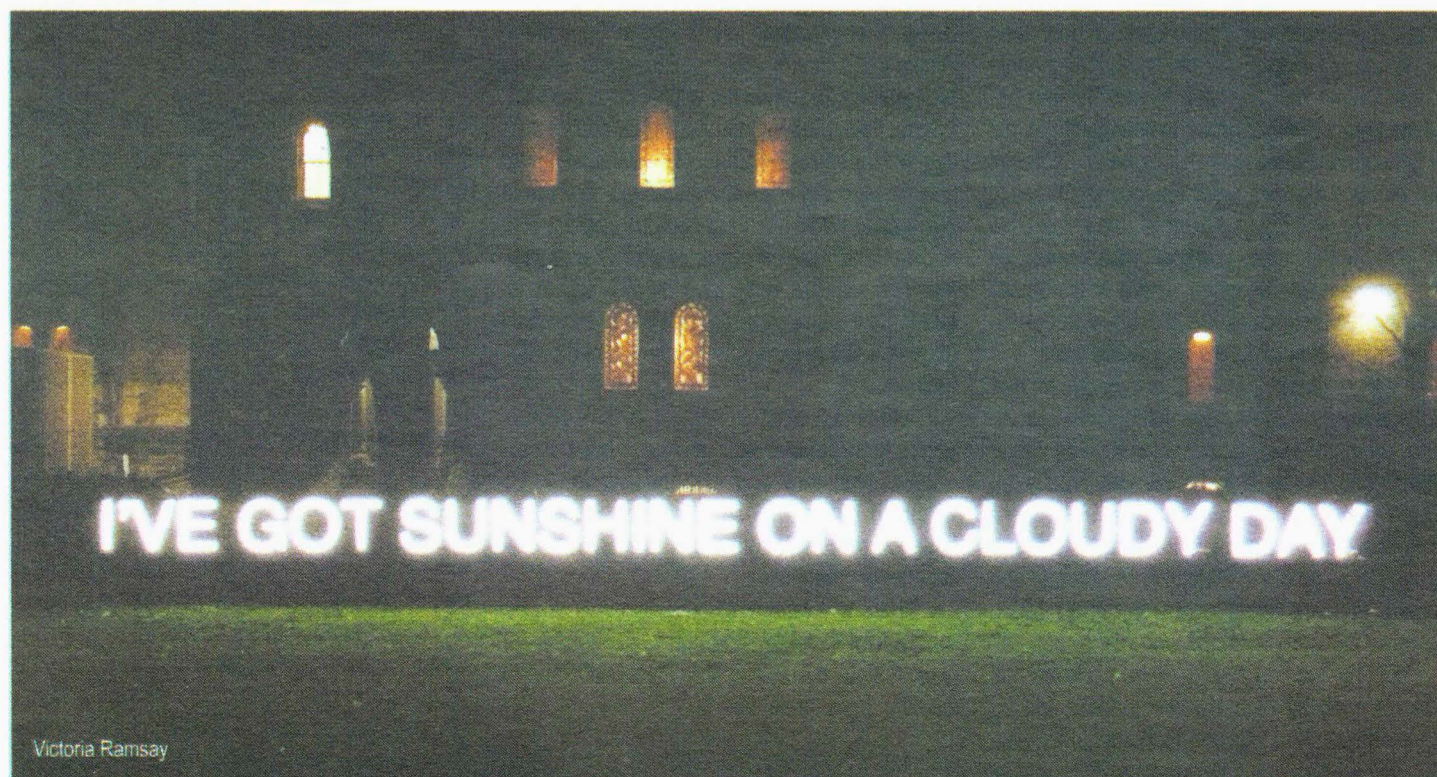
As we finally settle into the cool winds of October, the nightlife in Toronto seems to wane, as if everyone is going into hibernation. But there is one event that manages to pull out crowds despite the cold. Yes, I am of course talking about Scotiabank's Nuit Blanche. The annual event, now in its 10<sup>th</sup> year, was held the night of October 3<sup>rd</sup>, carrying through to the morning of the 4<sup>th</sup>. Though the weather was a bit disappointing, people still bundled up and braved the cold and

rain in the name of contemporary art.

This year there were four specially curated exhibitions, stretching from City Hall, to the Harbourfront Centre to the University of Toronto. Said exhibitions featured works from Toronto-based artists such as Francisco-Fernando Granados, Ekow Nimako and Cyril Williams. This year, for the first time, Nuit Blanche had an Independent Projects Program, which allowed for both major institutions and individual artists to present projects curated under a specific theme. Presenters included Lindsay Bess, OCAD University, Rakhi Mutta and Nayani Thiagarajah.

A favourite project of mine is Les Rues des Refusés. Founded by visual artist Stephanie Avery in 2008, it is meant to be a space for artists that, for one reason or another, have not made it onto the official Nuit Blanche program. This year it featured a variety of art installations, as well as night markets and interactive events.

As always, Nuit Blanche seemed to be well received amongst Torontonians this year. Even for those who typically do not frequent contemporary art circles, Nuit Blanche serves as an amazing opportunity to take in the city. I saw some complaints online, one man claiming that he was "not very good at becoming part of the milling, stunned crowd moving from one self funded carnival showcase to the next between paid and commissioned acts of the imitation three ring circus". But hey, you can't please everyone I guess.



Victoria Ramsay



## Being a Conservative is Hard; Being a Young Conservative is Even Harder

Daniele Tabachnik  
Contributor

Let's be honest: many people don't like conservatives. That's not surprising. We're kind of hard to like. Traditionally, the Conservative Party tends to believe that good government doesn't come from abstract ideals, but rather from concrete solutions. This means that not only can we not resort to whimsical rhetoric (which sounds nice, and heartfelt, and just), but it also makes us sound dry and pessimistic when announcing new legislation – no matter how forward thinking it may be. This really

doesn't help the public perception of the common conservative politician – an old, Caucasian male with closed-minded ideas.

Times are changing, however. More and more I see the party being dominated by younger members, with more liberal leaning social views – and it's really making a difference in changing our image. Nonetheless, many conservative proposals still remain hard to swallow for the general populace.

So it's hard to be a Conservative, but generally speaking, the adult population tends to understand and believe in the kind of government that we do. It's kind of hard not to want lower taxes, have safer streets, and more free trade agreements when you're an adult working hard to feed your family. The realisation that the utopia presented by the more left-leaning parties doesn't work comes around the time when you first realise that money doesn't grow on trees and you need to balance your budget unless you want to live in perpetual debt – or

on the streets.

When you're a young conservative, you get all the stigma that adult conservatives do, plus a whole bunch of hate dumped on you by your classmates and professors. I've spoken to conservative youth from all over Canada and the response is always the same.

"Everyone on campus hates us. It's really hard to recruit members for our clubs." "Yeah, I nearly failed a class once because my professor hated my conservative-leaning paper."

I've experienced these things too. While attempting to recruit members for my campus Conservatives club, I would see many people pass by our table and visibly grimace. Or I would try and strike up a conversation with someone passing by only to be met with laughter. Many times I sit in class, gritting my teeth as my professors talk about how much they hate Stephen Harper and I have to bite my tongue to keep from standing up and telling them that

they're wrong. They can hate the conservatives, but they should at least get their talking points right. But I can't do that because I need to pass, after all.

So yes, being a conservative is hard, but being a young conservative is even harder. The election is only a few days away and it's been a gruelling couple of months but no matter what comes my way, I still continue to believe that Canada will be safe in Stephen Harper's hands. When it comes to the economy, I don't want an environmental minister or a drama teacher to be handling my money. I want the man with actual economic certification. When it comes to foreign policy I want a leader who stands up for our country, not someone who will sit in the background. I'm a conservative because I believe that budgets don't balance themselves. If you want to learn more about us, or if you want to get involved, feel free to engage on our Facebook page: Glendon College Conservatives.

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Conservatives  
Conservateurs

## Vote, Gosh Darn It

Simon Topp  
Contributor

There is a saying that I often hear when someone gets me talking about politics (which is not hard to do). "It's not like my vote matters, so why should I vote?"

That's a sentence that every politician, canvasser, poll analyst, and political science professor has heard at least once. It's tied to the belief that in the sea of people voting, a single vote won't make a difference. One would also tend to notice that the person who expresses such views doesn't give much of a hoot about politics in general. Someone much smarter than me came up with a nice little term for this kind of attitude: Voter Apathy. Voter apathy is pretty darn common these days and here's the thing about voter apathy: it's damaging to our democracy. Everyone needs to vote. Allow me to explain why.

The most important aspect of democracy is the fact that everyone gets a say in government. Voting is the way we get

that say. When you mark that piece of paper, in a small way you are directly affecting who gets to be in power and who gets kicked out. Theoretically, this also means that every group gets represented and their issues will be looked at. When a group of people votes, the people in power will pay attention to their issues because they want that group to vote for them. It's a beautiful system, really. Sure it has its flaws, but that is a discussion for another article.

However, when people don't vote, the system breaks. When you don't vote, your voice in government is silenced. There is a perception that our politics is skewed towards certain classes in our society. It's all "middle class" this and "middle class" that. Well, the reason for that is because the middle class votes. Consistently. Those that generally do not vote, such as young people and less wealthy people, don't really get talked about too much. That's because there is no incentive for politicians to cater to these groups of people. Why waste time, energy, and money to woo people who won't vote? Much better to focus on the ones who will.

Let me tell you a story. Recently there has been a push by First Nations leaders, led by Assembly of First Nations National Chief Per-

ry Bellegarde. Bellegarde made the point that if First Nations people all came out and voted, they could make a difference in 51 ridings. 51 ridings is enough to be the difference between being in government and being in opposition. Within the same month that Bellegarde started his push for First Nations voting, both the NDP Leader Thomas Mulcair and the Liberal Leader Justin Trudeau gave speeches in the AFN National Assembly, visited reservations, and made promises to address First Nations issues. This is proof that when a group of people indicates that they will vote, politicians will look at their issues. So if we want student issues to be looked at, we'll need to make our voices noticed by actually voting.

In the last election, almost 40% of eligible voters did not vote. 40% makes a huge difference in who wins and who loses. I would be willing to bet that those members of the 40% believed that their vote didn't matter. This statistic says otherwise.

There is a federal election this year. It's on the 19th of October. You can easily figure out how to vote by visiting the Elections Canada website. Vote, gosh darn it!

## Ensuring a Better Canada By Voting

Juan Garrido

I'm not the most politically active person. While there are definitely certain political leanings or thoughts that I agree with, I'm not a card-carrying member of any party. I don't involve myself in political debates very often and I'll admit that I don't always understand everything that is being discussed in debates. I had to have a friend break down the pipeline debate for me the other day, just so I could finally understand what people are talking about.

Despite all this, I know that it's important to vote. I know that it's important to vote because issues around transportation, healthcare, housing, and taxes are all topics that either affect me on a daily basis or that I know will be a part of my lived experience in the near future.

I know that it's important to vote, because my parents immigrated to this country 20 years ago to give me and my siblings a better life, and so what political parties want to do with immigration policy matters and can change an



entire person's life.

I know that it's important because I want to make sure that Canada is on the right side of history. I want to ensure that this country that has adopted me and that I love so much upholds the values that we stand for.

I know it's important to vote, because millions of non-citizens in this country still deserve to have their voices heard, and by voting I can ensure that Canada is everything they want and need it to be.

I know it's important because there is an abysmal voting rate in this country, especially among university students.

So whether you're voting in an advance poll, you're voting in your home riding, or the one you call home while at Glendon. Whether you're Liberal, Conservative, NDP, Bloq, Libertarian, or apolitical, the issues being debated, the decisions that will be made, and the way that this great nation will be led in the next few years will have an affect on you.

On October 19th, make sure your voice is heard. Maybe your favourite politician won't win, but at least this way you will be able to show that you stand behind your beliefs and that Canada should believe in them. You will show that you care about Canada today, tomorrow, and for generations to come.

## Reflections on a Compact Phone

Karolina Bednarek  
Contributor

I smile because it is absolutely gorgeous outside. I just spent all day with my family, my fridge is stocked with healthy food for the week, and I have couches with my name on them all around the globe. My devoted boyfriend is just a phone call away, I have plenty of social events planned for the week, and I genuinely love what I am studying. I have everything I need to feel eternally grateful, and yet, every time I light up my phone I feel as if I am momentarily drowning in self-pity.

The sunshine disappears and a storm cloud slowly creeps over, completely covering its warm glow. Thanks to unlimited Wi-Fi, my Samsung is frequently connected to various social media outlets. Opening someone's profile on Facebook has become a hypnotic action that relieves my boredom and has shaped itself into a morning ritual. A trance-like state takes over my mind as I become so enthralled by someone else's online persona. I am fully conscious of the fact that this inexplicable curiosity serves no purpose after the first five minutes. That instead it has submerged me in a pool of self-doubt, and as I sink deeper I question every relationship, accomplishment, and decision I've made in the past seven years. My life pales in comparison to these vivid recreations of my friends' adventures. I'm reminded of all the childish teasing I endured years ago, except at 21 I'm the one who's doing the bullying. All before I even get the chance to wipe away my eye crusties.

Unfortunately, social media isn't where this emotional turmoil ends. I've grown so accustomed to checking my phone when I wake up for a good morning message from

my semi-long distance boyfriend that I begin to panic when I don't hear from him. Even when I do receive that crucial text, every word is taken apart by my special microscope, designed in consideration of all my deepest insecurities which scientifically measures just how much he cares about me on any given day. Ridiculous, right? Well that awareness only seems to hit me after an hour of overthinking all the mistakes he's possibly made over the course of our relationship on top of questioning my own sanity and then interrogating him, thereby weakening any of sliver trust left between us.

Maybe it all comes down to a lack of faith. I don't believe in my natural Libra charm anymore because I've been convinced throughout the years that I simply cannot live up to those flashy images I see on my goddamn electronic screen. Anxiety, sleep deprivation, uncertainty, and deception, can be found in a portable screen the size of my palm. It is so concentrated that when I switch it off I can actually feel 10 pounds being lifted, as if I'm free of carrying an uncomfortable shoulder bag full of textbooks.

I'm too wise to think my worries and fears will vanish as soon as I cut all ties with my multi-purpose portable phone. Perhaps the answer lies within the ability to recognize these torments and to trust that I am enough. I have the strength to face every insecurity one by one, but to do so I must spread them out and no longer allow myself to be overwhelmed by the emotional baggage of such a compact phone. I must lean on myself and let my experiences dictate my happiness rather than those of ghosts reformat into vivid images full of empty promises and two dimensional smiles.

So I make myself smile, because it is absolutely gorgeous outside.

## Lire le journal: une rareté chez les jeunes

L'importance de lire les nouvelles d'après une étudiante de Glendon

Gabriella Giordan  
Contributeur

Il est commun que les jeunes soient désintéressés par l'actualité et je l'étais aussi jusqu'à récemment. Avant, l'idée de tenir un journal pour faire plus que regarder les photos de la première page et lire les grands titres me semblait être une besogne que je jugeais inutile. Je n'avais aucun désir de consulter un journal pour plus de 30 secondes par jour. Les géantes feuilles de papier encombrantes et les longs textes ennuyants sur des gens dont j'ignorais l'importance n'avaient pour moi aucun attrait.

Pourtant, depuis que j'étudie à Glendon, où il y a des journaux disponibles gratuitement, je me prend souvent un journal en arrivant ou en quittant l'université. J'ai décidé d'en faire une habitude afin de maintenir un lien avec le reste du monde peut importe si les enjeux discutés dans les journaux me touche directement ou pas.

En peu de temps, j'ai appris tant de choses sur la société, comme les droits et les responsabilités des citoyens canadiens, la

probabilité de changements radicaux en politique et en économie, et la multitude de cultures que renferme le Canada. Je lis parfois des nouvelles troublantes, comme le manque de respect des droits de l'homme dans certaines régions et circonstances, mais je sais qu'il est nécessaire que je comprenne ces enjeux.

Même s'ils sont parfois complexes, je me sens responsable d'être au courant des événements qui bouleversent et transforment sans cesse le monde dans lequel je vis. Il vaut mieux essayer de comprendre que de demeurer dans l'ignorance complète. C'est en lisant les nouvelles de l'actualité qu'il devient possible de développer des opinions sur une multitude de sujets, dont la politique canadienne et les élections fédérales, et la politique internationale et la crise des réfugiés.

Peu importe notre âge, notre niveau d'éducation et nos intérêts, on ne devrait jamais se laisser être trop paresseux pour entreprendre la lecture d'un journal. Il n'est pas possible de tout connaître ni de tout comprendre, mais il faut demeurer curieux et toujours vouloir au moins essayer de comprendre.







Glendon Athletic Club



Glendon Athletic Club



Glendon Athletic Club

## Zumba: Having Fun While You Work Out

Juan Garrido  
Contributor

This past summer, I joined a gym while I lived up in Ottawa and part of my regular exercise routine was going to a Zumba class once a week and I LOVED it. So now that I'm back at Glendon I've decided that I need to stick with my newfound love of the gym and keep going. When I realized that the GAC's Wednesday evening Zumba class fit into my schedule, I knew that I had to start going to it.

My Zumba instructor in Ottawa used a lot of Top 40 songs, which I lived for. Getting my 'Zumba on' to Beyoncé and Jason Derulo was a highlight of my week. However, the Zumba

class at the GAC is a lot more centered on Latin-inspired songs which, being Latino myself, makes me love the class even more, especially when a Ricky Martin song comes on. Ricky is my boy.

A lot of people, like myself pre-Zumba, may be a little hesitant to try a Zumba class. The fear of dancing, the lack of coordination and group exercise classes in general can make people feel self-conscious. But the great thing about Zumba is that the goal isn't to be the best technical dancer, or to be able to memorize choreography quickly...the goal is to have fun!

And it sure is! With the upbeat music, everybody else in the class having fun even when they might miss a step, and having the adrenaline rush through you as you work out, it's hard to not have fun while doing it!

Zumba is a great workout. It gets the heart pumping, you have fun while you're doing it, and if you're like me, you can pretend you're an actual backup dancer in a music video or concert and it's great self-esteem boost. I think everybody should try Zumba at least once, so I hope to see you all there next Wednesday from 6-7pm!



## Aramark: A Love Story (Continued from cover)

This prevents me from avoiding eating in the cafeteria. Yes, I have seen that Aramark can provide some decent meals on a few occasions, but that doesn't really cut it when I am required to eat there and pay an absurd amount daily. A meal on campus or the service that is provided quite frankly wouldn't happen at any respectable food organization in the city, so why do we allow it on our campus?

I often hear and see students complaining about Aramark on social media. They express concerns with the bottom line being they want them out. Let's use this moment as a call to action to better the food services at Glendon. How can you do that in a productive way? Voice your opinions and complaints! Aramark offers a complaint platform called "Your Dining Voice". It's a survey system that sends complaints and compliments directly to Glendon's Aramark manager. Alternatively, if students don't want to complain directly to Aramark, they can send their complaints to York Food Services. Likewise, if students have complaints regarding how their food is prepared and served, especially if it is over or undercooked, they also are able to utilise the Toronto Public Health Dinesafe program. If they search Dinesafe Toronto they can see a list of food establishments in the city which includes Glendon. This is a way to make a complaint directly to public health. As a student body we can unite to improve student life on campus. Your thoughts and opinions matters, let's hear them!



Madeline Della Mora

## Invisible Illness: Everything Is Not Always What It Seems



Kaitlin Fenton  
Expressions Editor

My name is Kaitlin Fenton, and I am one of 13.7% of Canadians that live with a disability. However, my disabilities are a little bit different. There are no official statistics that cover me, as I live with invisible illnesses and disabilities. I have an autoimmune disorder that covers me in large, reddish, and extremely painful lumps. Diagnosed 5 years ago, I've had countless flare-ups with numerous doctors reminding me that there is no cure, only treatment for the flare-ups. However, this illness goes beyond just physical pain. I carefully hide away my body because it is easier than having people stare at me. More recently, I was diagnosed with chronic pain in my left ankle due to a mobility disability. I am lucky in the sense that the cause of my pain isn't a mystery like it is to so many other sufferers, but most days, this incredible fortune is lost on me as I lay awake. Throughout a year of intensive and invasive doctors' tests, physiotherapy, traditional and prescribed medications, and acupuncture, I am able to function relatively normally most days, albeit with several impediments. This pain will continue to plague me. Even though I will be able to manage it more effectively in the future,

it will be something I have to deal with daily. You cannot see my illnesses, disabilities, and pain, but that doesn't mean they don't exist.

Not everyone with an invisible illness is like me. In short, it is a chronic illness that cannot necessarily be seen. This is not to say that these illnesses are literally invisible. Many times, they have symptoms that can be seen or noted. Alternately, an invisible illness is a disability due to a chronic illness. A few examples are mental illness, fibromyalgia, epilepsy, lupus, Crohn's disease, narcolepsy, multiple sclerosis and rheumatoid arthritis. This is just a few examples but the list is quite extensive.

This is typically where authors include statistics about their topic. Unfortunately, there are little to no statistics about invisible illnesses, especially in Canada. Granted, there are a few, scattered around the internet, but it is incredibly challenging to learn more about this unless you know exactly what to search for. In fact, in 2007, Statistics Canada dropped three questions about multiple chemical sensitivity, chronic fatigue syndrome, and fibromyalgia in their health questionnaire. This may not seem like a big deal, but people with invisible illnesses cannot be contained to the same standards as others, including people with visible illnesses or disabilities. We have unique medical needs that require specialized treatment and care. Not only does ignoring our illnesses and disabilities allow for ignorance, it also fosters an incredible amount of negativity and stigma. It is this stigma that makes it challenging for people with invisible illnesses to come forward to their friends,

family, loved ones, and so on, and tell them that they need help. It puts so much pressure on their shoulders to maintain a "normal" atmosphere and forces them to suffer unnecessarily.

What is this stigma? It is the accusations of just "being lazy", and being told to "get over it". It's being yelled at for using a disabled parking spot when you're "clearly not disabled". Or, my personal favourite, is being told that "I look fine, and that I'm clearly faking". People are less compassionate about invisible illness. Maybe it is the fact that it cannot necessarily be measured by x-rays or blood work, or that they simply don't understand due to a lack of education on the subject, but the fact remains that there are horrible stereotypes that surround invisible illness. This mindset creates a hostile environment that hinders discussion stemming from these illnesses. Have you ever heard someone telling a person with depression they should "stop being so sad because their life is fine"? Or maybe "if they just cheer up" or "they're imagining it"? Unfortunately, positive thinking cannot cure us, or our illnesses. They are serious medical illnesses that are just as valid as any other.

Whereas people living with invisible illnesses are not fragile flowers, it is important to be compassionate, and hopefully even an ally. When dealing with someone with an invisible illness, here are a few tips to show support and create a non-stigmatized environment:

1. Offer your help, but don't be overbearing. Many people living with invisible illnesses maintain their independence to a large degree. Some days we are fine by ourselves, and other days, we really need a helping hand!
2. Educate yourself on the specific illness.
3. Don't push us too hard. Some days are bad days, and we can't do much about them.
4. Understand that whereas we appreciate the article you read suggesting a miracle cure, it can be exhausting and overwhelming and we have doctors!
5. Encourage! Having invisible illnesses can be incredibly frustrating.
6. Just listen and be there.

Life with a disability or a chronic illness can be incredibly challenging, especially when people can't see or understand what exactly is wrong. However, these lives are just as rich, fulfilling, and beautiful as any others, and deserve no less respect. Although our struggles may not always be visible, they still exist within ourselves. There may not be cures for all of us for a very long time, but life can be a little easier with a little compassion and understanding.



## Welcome to my blog!



Kaitlin Fenton  
Expressions Editor

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<body>

<h1> There is no beauty in my duality </h1>

<p> They say the Yin and Yang is the most perfect symbol of humanity. It represents the beautiful harmony of the world: the conflict meets up and settles perfectly. It is the wondrous nature of the shade and the sun, a powerhouse in both metaphor and reality. It shows the beauty of opposing forces. I am an opposing force in myself, but I am not beautiful. </p>



<p> I am a hurricane. I remember tearing myself to shreds because I was so angry. I have piles of unfinished books, poems, and work. I destroy whatever I touch, and leave a trail of chaos wherever I go. Did you know I used to be uniquely called spaz by my peers? Even my friends called me that. </p>

<p> I am the blazing sun. I cultivate and grow, and move like the wind. I can't be tamed. I smile at the sky and conquer. I am a God, and the world is mine. I laugh, and the world laughs with me. Nothing can hold me down, and I am free. </p>

<p> But I have my costs. I am the ocean that follows my hurricanes. I toss and turn and scream, dying for escape and to spill forth. I am the eraser that swallows my words, forcing me to redo it redo it redo it redo it redo it ENOUGH. I am the Siren that pulls at my feet, drowning me in my own chaos. </p>

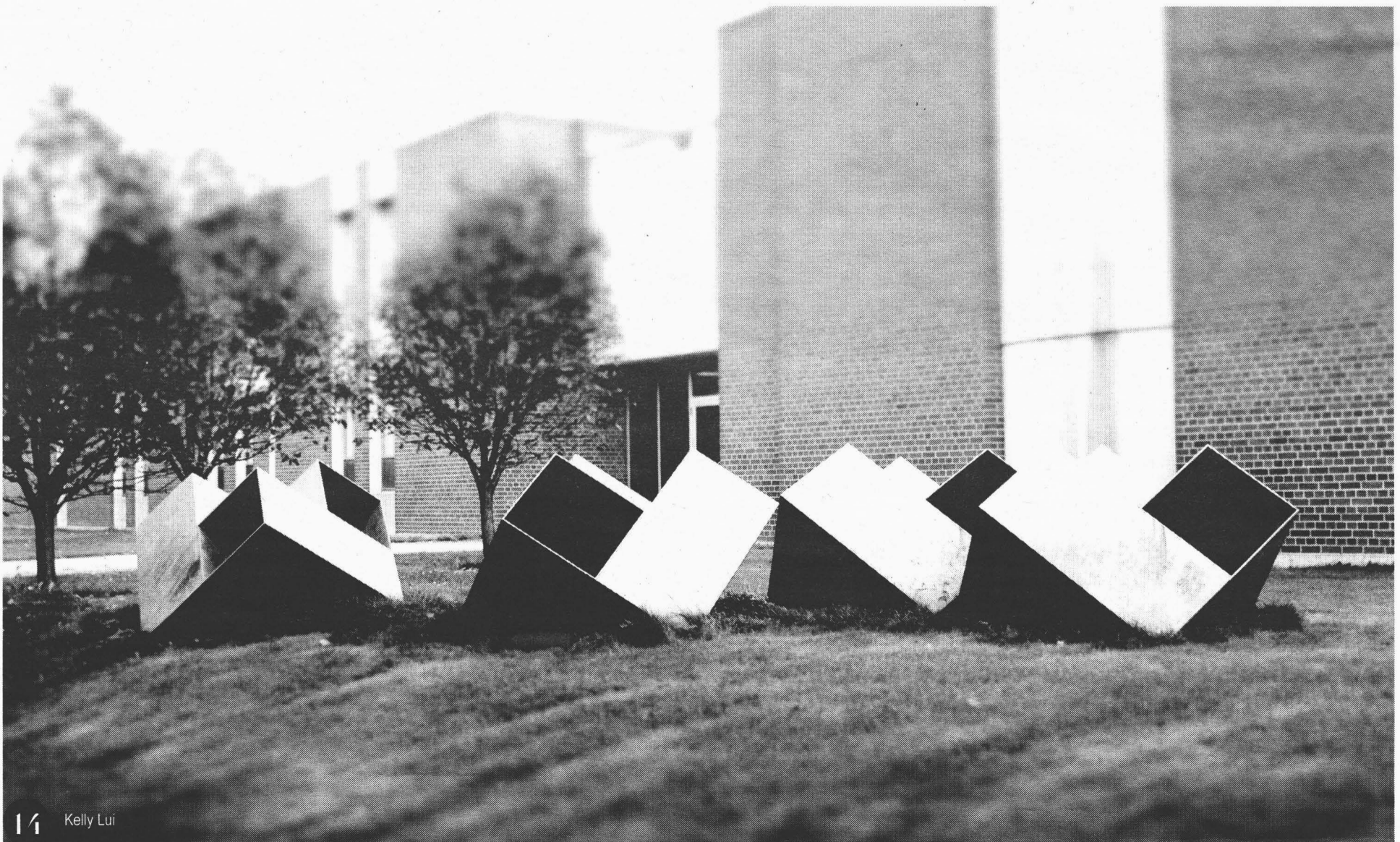
<p> And I am the darkness. When I settle, and my day ends, I caress myself gently before I smother in a black cloak. I am a Destroyer, but not of the World. I will quietly kill off any energy, any passion, just sleep... Lights fade, voices murmur... But there is no one. There is just the Reaper that is myself. </p>

<p> So in short, there is no beauty, no peace, no humanity in my duality. It is broken shards of the deepest Sins, that somehow fit perfectly. I am the deaf Shouts of the day, and the shrieking Silence of the night. But most of all, I am not beautiful. </p>

<p> Lots of love, hope, and peace, </p>

<p> Me. </p>

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**The Sun is Blinding**

Fes Panucci  
Contributor

The Sun is blinding. He speaks too loudly. He bleaches my thoughts. I am numb in the sunlight.

The Sun is gone now. The Moon has risen; her gentle light shimmers through my bedroom window. I wait until the world is sleeping, then the Moon begins to softly sing her song. Tonight it is about you.

The Sun tried to tell me this morning, but I couldn't understand what he said; he spoke too loudly. But the Moon sings so softly, and her message is clear.

I lost you today.

An image played in my mind when the Sun shouted his message this morning, but his light was too harsh, and the image was overexposed. I lost focus.

The moonlight gently presents the image in her song. Its of you and me, standing hand in hand on a dark, rainy night, a forest stretching out before us.

Do you remember?

Holding your hand gave me strength and courage that night. I wasn't afraid of the darkness or the forest, and the rain didn't feel cold when you were by my side. I thought we would stay that way forever, confronting the world hand in hand.

But then things changed. We didn't hold hands anymore. I kept asking myself, why has he changed? Why is he different? Why has he left me?

You didn't change.

I let go of your hand. And then I turned away, and I left you there, alone, on a dark, rainy night, with a forest stretching out before you.

I walked away from the darkness, and I left you behind.

You were smaller than me back then. I should have never let go of your hand, I should have never left you to the darkness. I should have dragged you away with me.

But I didn't. And now you're gone, swept away into the forest by fear and sadness.

I cover my head with the pillow and close my eyes tightly. I pray for the Sun, for loud, bright senselessness, because I can't face the darkness without you.

Until we meet again,

Fes Panucci

**strnger**

Kaitlin Kenny  
Contributor

i hold your eyes,,,,  
you hold my smile,,  
and we are happy  
and eye know joy.

and,,,  
you fade from my  
hEaRt  
and,,,  
you fade from my  
LiFe  
u r strnger

good bye  
goodbye  
good-bye

i part ways  
i leave you behind,  
strnger,  
and a glimpse in a mirror  
reveals  
you are you  
but i'm not me

it is me who is  
strnger

**Warfare**

Ronelle Joseph  
Contributor

As we sit and stare  
The world seems to be filled with hate  
Every morning we awaken to warfare

Citizens lacking clean air  
We cannot control our fleeting fate  
As we sit and stare

Of some issues, the world is unaware  
People sit around and wait  
Every morning we awaken to warfare

Some issues make my nose flare  
Like living in a tyrannical state  
As we sit and stare

People judge us by what we wear  
Something I don't appreciate  
Every morning we awaken to warfare

This better change, I swear  
Before it is too late  
As we sit and stare  
Every morning we awaken to warfare.

**When The Universe Was A Bathtub**



Sienna Warecki  
Layout Designer

In my dream there is a bathtub,  
and God has just come in from a long day of  
love trust compassion love life death afterlife love love love  
and is ready to soak her day away.

She twists the taps and Creation flows into the basin.

Faucets pouring elemental bubble bath--  
creamy helium, pinkfire potassium,

quicksilver swirling heavy in the undertow,  
the periodic table crashing and splashing  
while she folds her fluffy towels by the sink.

One toe, testing nudge into the starfoam  
and God slips naked and lithe into  
the bathtub that is the Universe

picks up a paperback with rippled edges  
and reads.

*(This is us. This is our moment. This is our coming into being. The Milky Way is but an eddy pilled from the languid rolling of her ankle, somewhere in the middle of Chapter Eight.)*

When she is finished, she lifts herself streaming from the water

places her book on the counter,  
wraps herself in a towel the colour of always and  
pulls the plug.

*(That drain is not a black hole--  
that is too dismal a metaphor to make, too cliché.*

Her bath may be tepid with entropy,  
but our Universe is one of many,  
and all plumbing leads back to the sea.)

*protem*

Passionate about a topic discussed in this issue?

Is there another point of view that should be presented?

Tell us what you think in a letter to the editor. We'd love to hear your thoughts!

editor@protemglendon.com



# Have you seen this gorilla . . .



Getting a snack?

Serenading the  
Breezeway?

Paying his OSAP  
fees?

Where else  
have you seen  
him monkeying  
around...?

All photos on this page by Madeline Della Mora



## Pro Tem wants your help in naming the Glendon Gorilla!

Got a great selfie with this loveable monkey? How about a clever caption for one of our photos? Send us your pictures, captions and name submissions to [editor@protemglendon.com](mailto:editor@protemglendon.com) OR via any of our social media outlets. The winning name and caption will be printed in an upcoming issue!

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NOTRE VOIX  
NOTRE HISTOIRE