

PRO TEM



le journal bilingue de Glendon | Glendon's bilingual newspaper

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Photo by Mac Dunn



Building a Meaningful University Experience

David Ip Yam on behalf of
the Office of Student Affairs
Contributor

Félicitations et bienvenue à Glendon! Vous commencez une nouvelle étape dans votre vie qui sera marquée par de nombreux changements tant personnels et sociaux qu'intellectuels. Le bureau des Affaires étudiantes, faisant partie des Services aux étudiants, travaille avec les autres bureaux afin de vous offrir des programmes et des services qui faciliteront votre succès à l'université.

Our office is made up of "student development specialists". Educators, if you will. We are passionate about learning all the ways in which Glendon students can be successful in a holistic sense: personally, intellectually, socially, spiritually, physically, occupationally, and emotionally. Then, we design learning opportunities on cam-

pus and in residence to complement your academic experience. To us, success is not defined by grades alone, but by shaping a personally fulfilling university experience as a whole. It's an ambitious vision, and we can't do it without our partners such as students, faculty, and other stuff.

Avec mon équipe dynamique, composée d'étudiants mentors exceptionnels au Salon cœur de Lion et au bureau, d'une assistante chaleureuse, d'une Coordinatrice de la vie étudiante enthousiaste, et d'une Coordinatrice de la vie en résidence fantastique, nous offrons des programmes et des services parascolaires et pédagogiques dans les domaines suivants:

Orientation and transition: JumpStart, Discover Glendon, Mature Student Reception, LGBTQ* and Ally reception, Aboriginal Student Reception, International and Exchange Student Orientation, Parent Orientation, Lion's Den Peer Mentors.

Campus life: Lion's Den events, activities and workshops, leadership workshops, student leadership conferences, student events and activities, peer health educators, and student clubs and organizations.

Residence life: Don team, night porter team, residence life events and activities, peer review board, and residence council.

Services: International student services, health and dental plan information, student conflict resolution, locker rentals, volunteer opportunities, and the Lion's Den kiosk.

Whether you work 16+ hours a week, commute 2+ hours a day to get to campus and back, or have partners, dependents and/or debt, you can still have a meaningful student experience as a Glendonite. De plus, si vous ...
(Continued on page 2...)

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Pro Tem 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.

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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.

Salut Frosh! Bienvenue à Glendon. You are now, officially, a "Glendonite". Nous avons hâte de vous rencontrer! In the pages of this paper, you will learn about the multitude of student groups on campus that welcome you into our fold. Glendon est une petite communauté chaleureuse; il est donc facile de s'intégrer ici. J'espère que vous profiterez de toutes les activités, sessions d'orientation, et "tips" ou conseils que Glendon vous offre pendant les deux premières semaines de septembre.

The simplest way to learn about what is happening in Glendon's community is to read this paper. Club updates, upcoming pub nights, and other awesome events will be advertised in Pro Tem. News relevant to Glendonites will be published. But Pro Tem is not simply a paper you should read - it's also a paper you should write... what do I mean by that? It is easy to get involved in the making of Pro Tem. We are always looking for new writers, photographers, and artists to contribute their works to the paper. Have an opinion and want it published? Send us an email to find out how! Like to draw, illustrate, or create - submit to our "expressions" section. Love reviewing movies, t.v. shows, or even restaurants? Send us a line! Meet us in person at any of our meetings. Meeting dates will be posted in this paper, around campus and online. Find our page on Facebook by typing "Pro Tem" into the search box.

Pro Tem est le journal bilingue de Glendon. As a bilingual newspaper, we wish to offer French language learners the opportunity to read French in a context outside of the classroom that is current and relevant to you. Par exemple, quand j'étais en première année, je ne pouvais pas construire une seule phrase en français. Cependant, chaque mois, j'ai essayé de lire un article français dans Pro Tem. Maintenant, je peux écrire un mot ou deux en français comme dans cette lettre - et mieux: je peux lire le français plus facilement! Si vous voulez pratiquer votre français comme moi, essayez de lire les articles en français dans Pro Tem. En outre, nous voulons publier plus de contenu en français. Nous encourageons les personnes qui

From Cover Page...

choisissez d'étudier à Glendon, vous vous devez à vous-mêmes de trouver et de créer des moyens de rendre le séjour en classe ou à l'extérieur plus enrichissant. Comment?

To make the most of your degree, commit to being engaged in one or many aspects of university life. Choosing to actively engage with a particular course, professor, staff member, student group, cause, activity, on-campus work opportunity, academic opportunity, or student life opportunity can make the difference between spending a number of years to obtain a piece of paper and perhaps a job, and creating a personal transformation and a more fulfilling life and career. Forge a path that meets your individual needs.

Dans la mesure où vous le pouvez, cherchez quelque chose qui vous rattache à la communauté étudiante... quelque chose qui attise votre intérêt et qui soit lié à vos buts. Lire ce numéro de Pro Tem est un bon début. Les étudiants qui sont engagés dans au moins un aspect de la vie universitaire tendent à obtenir de meilleurs résultats à tous les niveaux, à l'université et dans la vie après l'université.

veulent améliorer leur français à essayer d'écrire des articles en français pour Pro Tem. Ne vous inquiétez pas si vous n'êtes pas à l'aise avec votre niveau de français: nous avons des francophones dans notre équipe éditoriale qui sont capables de vous aider avec votre écriture.

Bien sûr, si vous êtes francophones ou francophiles, écrivez pour nous, s'il vous plaît! Nous avons besoin de votre aide pour créer une atmosphère plus « bilingue » à Glendon. Si vous voulez plus de contenu en français dans votre journal étudiant, aidez-nous en écrivant pour Pro Tem.

Before I leave you to explore the rest of the paper - let me tell you about two little known facts about Pro Tem. 1) Pro Tem was actually York University's first student newspaper, as Glendon was YorkU's original campus. Furthermore, Pro Tem was the first bilingual journal to be published in Ontario. 2) The first editorial team at Pro Tem simply couldn't think up of a name appropriate for such an awesome newspaper. So they decided to call it Pro Tem until they decided upon a name. In Latin "pro" means "for" and it's possible that "tem" was the team's abbreviation for "temporary". The team never agreed upon a name and none of the future editorial teams picked a new name for the paper. "Pro Tem" stuck! It's now been publishing on the same name for over 50 years! Now you know. ;)

Looking forward to hearing from you. See you at Orientation!

Always,

Natasha Farough
Editor in Chief
editor@protemglendon.com

Success is a process that is not linear - there will be ups and downs that will ultimately serve you and/or others. However, success can be accelerated by seizing opportunities, having self-awareness, being resourceful and getting help when needed. Connect with our office in the C-wing to get started. We'll gladly support you directly, or we'll find the people who can help you.

Le Salon cœur de Lion (étudiants affiliés au Bureau des Affaires Étudiantes et au Bureau des Services aux Étudiants) est un groupe de mentors de paires. Des étudiants au cycle supérieur vous aideront à créer une expérience universitaire qui vous convient. Que vous soyez nouveau à l'université ou de retour pour vos études, je vous souhaite une expérience enrichissante.

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FROSH WEEK INFORMATION

Events Calendar, Welcome to Frosh and Cheers
on pages 8-9

Letter from the GCSU President

Dear First Years,

Welcome to the Glendon College Student Union, also known as the GCSU. What is the GCSU, you might ask? Simply put - it's you! Each student of Glendon College is a member of our union, and our union acts as our voice within Glendon and in the wider York University community. Dans notre association, il y a un conseil qui travaille pour améliorer l'expérience scolaire et unir les voix de nos étudiant(e)s. The council consists of one president, eight executive members, ten councillors, two senators, two first year representatives, and one representative of the York Federation of students.

Our union has two election periods during the year. The first is at the beginning of the fall semester, during which we elect four councillors and our new first year representatives. The second élection takes place at the end of the spring semester, and students vote for a new president, as well as executive members and the six remaining councillors... Nous encourageons tous ceux qui s'y intéressent de prendre part à ce grand effort.

The purpose of our council is to positively impact the students of Glendon. We do this through running campaigns, organizing new initiatives such as improving student spaces, hosting social events, and providing services such as the use of the printing station in our office. Some of our social events include Frosh Week, Boat Cruise, Se-

maine GL, Formal, and Frost Week. Our senators Ana and Juan work to advocate academically for our students, and we also manage all of the clubs on campus along with Student Affairs.

To contact us, email council@gcsu-aecg.ca or call (416)736-2100 ext.88230. You can also stay updated on what's going on at Glendon on our website, gcsu-aecg.ca; our facebook page; our twitter page @GCSUAECG; and our Instagram page, @GCSU-AECG. Our union office is located in YH B126, near the Breezeway.

And without further ado, meet the rest of our council! Vice President Athletics: Julissa Alvarez. Vice President Bilingual: Mathieu Young. Vice President Campaigns and Advocacy: Anisha Samat. Vice President Clubs: Bryan Hansraj. Vice President Communications: Francette Maquito. Vice President Finance: Myron Khan. Vice President Social: Akilesh Jhummun. Vice President Operations: Parker Mackay. Our 9 councillors are: Abinaya Arungunayanagam, Asha Collins, Anthony Brum, Cris Cardelus, Carolyn White, Fraser Zenwirt, Lydie Matu Kiama, Marc Lee, and Nevena Stankovic. Our Senators are Ana Vianei and Juan Garrido. Our York Federation of Students Representative is Sophie Angoh and our former First Year Representative is Robyn Le Lacheur. Stop by the office to say hello to these wonderful people, and make sure to pick up a free agenda.

Looking forward to meeting you this year!

Inès Van Deuren

GCSU President

Qu'est-ce que le Lion's Den? What is the Salon Coeur de Lion?

Lion's Den Team Leads: Cris Cardeleus, Juan Garrido, Sophie Angoh, and Ana Vianei on behalf of the Lion's Den Contributors

Nervous about walking into Glendon on your first day and not knowing where your classes are? Or where to find Academic Services? Or who to talk to about getting involved? Si vous avez peur, ne vous inquiétez pas: le Salon Coeur de Lion est disponible pour vous aider!

Mais qui sommes-nous ? What is the Lion's Den? We are a service of students helping students be successful in university. Nous offrons du soutien dans quatre domaines de la vie étudiante: le mentorat par les paires, les événements, le développement du leadership, et la formation pour les clubs étudiants.

Peer mentoring and campus resource - Lion's Den Peer Mentors are senior students dedicated to supporting you in university. At Discover Glendon on September 2, you will meet your peer mentor and discuss your plan for the year. Nous sommes des étudiants aussi, donc nous comprenons les défis auxquels vous allez peut-être faire face et nous pouvons vous aider! During the year, you can contact your peer mentor or, you can find other mentors at our charming kiosk in the Centre of Excellence should you have any questions or need some advice. Nous vous contacterons aussi pour vous offrir du soutien durant l'année.

Campus events - We host events on campus and at the kiosk, which focus on themes like: resilience, well-being, and personal as well as professional development. Events to look out for include our annual Mental Health Awareness Day and Student Leadership Conference. Participez à nos événements pour rencontrer de nouveaux amis, apprendre de nouvelles choses et pour vous amuser!

Leadership development - Le Salon Coeur de Lion s'efforce d'offrir aux étudiants les meilleures chances d'acquérir les compétences fondamentales dont vous aurez besoin pour l'avenir. That's why we offer the Glendon Leadership Workshop Series, a string of 5 workshops open to all undergraduate York students. If you'd like to define and refine your personal approach to leadership, make sure you sign up. De plus, vous obtiendriez un certificat de participation.

Club training - En plus de notre série d'ateliers de leadership, nous offrons aussi des formations pour les clubs et pour les organisations étudiantes. So, if you join a club and want to take it to the next level, sign up for our monthly Club Training Workshops! Each session will focus on a particular part of club business while engaging your student group in fun and helpful training and coaching.

Essentially, we are a student resource available to help you achieve personal, professional, and academic success during your transition and adjustment to university. Our kiosk hours are Monday to Friday, 8:30am - 5:00pm. We look forward to creating a wonderful year together!



Like to write?

Get in touch with the Pro Tem Team at editor@protemglendon.com

Campus Life

Lunik Co-op: Social space, café and your new home on campus

Caroline Kamm
Contributor

Some of us start university with a bundle of friends by our side, and others knowing not a soul. Some may stay at home, while others move into residence alongside their peers. But whatever your situation, starting university is your blank slate. And that means it's your opportunity to strive towards being true to yourself and your passions, all the while integrating into a brand new community.

Lunik Co-operative is the perfect way for new students to truly become a part of the Glendon community. Lunik is a space, it's a café, but more than that, it is an organization on campus that is completely owned and run by students. As a co-operative, every student owns a small part of the group through their student fees, which means you already have the potential to help make decisions and get involved.

Well what is Lunik exactly? Located in the basement of the Manor, it's a space for students to gather: you can study, meet friends, even host and attend events. The most important thing about Lunik is that this incredible space is yours to do with it as you please. Every year with a new group of students at Glendon, Lunik develops further through fresh input and dedication. It's all up to the type of ownership you take of the space!

In addition to the space itself, Lunik has a cooperatively owned café, where students can volunteer and pick up a bite to eat. We offer coffee and tea on a pay-what-you-can basis, as well as vegan and/or gluten free sweets and full meals, all sold at-cost. It is in Lunik's mandate to provide healthy food options that are economically accessible to the Glendon community, so we do our best to offer the best and most affordable.

One of the best parts of the café is the opportunity for student involvement on campus. The café itself is entirely run by volunteers. Volunteering in the kitchen is one of the easiest ways to get involved, because you create your own schedule, set your hours each week based on your workload, and then you are well-rewarded in tasty treats for your time. More than that, it is an amazing way to meet new people on campus, as interesting folks pass through the café every day!

Having such a great space on campus also provides a great way for clubs and organizations to put on events. We host our own events throughout the year, and other clubs can partner to really enrich life on campus. Be sure to keep your eyes out for what's going on at Lunik. Last year alone we hosted everything from community dinners, to open-mic nights and live musical performances by Toronto musicians. If you have an idea for an event, feel free to reach out!

If you are interested in getting involved with Lunik, we would love to hear from you. Be sure to like us on Facebook, or send us an email at lunik.cooperative@gmail.com. Once the school year starts we'll be starting up volunteer training sessions for the café, and the Facebook page is a good way to keep on top of what's going on.

So, to all you new students, welcome to Glendon College, and we truly hope to see you around Lunik. It's going to be a great year!



Photo Credit to
Lunik Co-op

Pro Tem

Vous aimez écrire?

Vous prenez des photos ou souhaitez pouvoir exprimer votre créativité?

Vous avez une opinion sur?

Ecrivez-nous à editor@protemglendon.com pour plus d'informations.

Cocktail Journalism

Sienna Warecki
Section Editor

Jeudi 27 mars 2014, Pro Tem a organisé avec succès son première évènement annuel, intitulé « Cocktail Journalism : Comment y entrer », qui accueillait divers invités. Pro Tem était le journal d'origine de l'Université York, fondé en 1962. Aujourd'hui, il est devenu le journal bilingue du campus Glendon. « Cocktail Journalism » était un évènement conçu pour permettre la rencontre d'anciens étudiants de Glendon ayant travaillé avec Pro Tem et faisant actuellement partie du monde du journalisme et des médias. Ce sont des journalistes, des rédacteurs, des cinéastes, et plus encore. L'idée à l'origine de « Cocktail Journalism » était d'inviter ces anciens étudiants à Glendon pour parler de leurs expériences à propos du journalisme et des médias, ainsi qu'aussi offrir des conseils aux étudiants d'aujourd'hui.

Six intervenants étaient présents à l'évènement : John Spears, Ed Drass, Larry Krotz, John King, Christopher Hume, et Charles-Antoine Rouyer.

John Spears a parlé en premier. Il a soulevé quelques-uns des thèmes récurrents de la soirée. Le premier était l'idée selon laquelle « le monde du journalisme est en train de seffondrer sous nos pieds » avec le progrès du Web et le fait que les médias sociaux commencent à adopter des caractéristiques qui étaient autrefois l'exclusivité de la télévision, la radio, et les journaux. Le deuxième thème était « le talon d'Achille du journalisme », qui sonne à la fois comme un avertissement et un défi : « on cherche toujours l'histoire que l'on connaît déjà. » Spears a incité les journalistes en herbe à être aventureux, perspicaces et à aller chercher des histoires au-delà de ce qu'ils connaissent déjà.

Ed Drass a ensuite fait sa présentation, et a rappelé à l'audience comment et pourquoi le journalisme reste, au fond, une entreprise humaine. Depuis son premier emploi journalistique au journal Excalibur de l'Université York jusqu'à sa rubrique, « Traffic Guru », sur les problèmes des navetteurs dans le National Post, il a bâti sa carrière en parlant aux gens, en entrant en contact avec eux, et il a conseillé à l'audience de ne perdre pas de vue l'élément humain qui existe dans journalisme et les médias.

Christopher Hume a offert une perspicacité non dépourvue d'humour à propos des réalités du travail de journaliste : « c'est soit le meilleur travail du monde, soit le pire. [...] Si vous ne désirez pas vraiment ce travail, ne le faites pas. » Pour ceux qui ne se lancent pas de tout leur cœur dans le journalisme, l'emploi peut devenir exténuant et destructeur. Mais pour ceux qui sont résolus, c'est vraiment très amusant. « Ce dont tu parles est ce à quoi tu crois », a-t-il dit, en expliquant que c'est ce point essentiel qui fait de l'université une bonne initiation au journalisme : à l'université les étudiants commencent à découvrir les causes qu'ils défendent.

La présentation de Larry Krotz et John King a souligné de quelle manière la technologie moderne sculpte l'avenir de l'industrie journalistique. De nos jours, un journaliste n'écrit pas simplement les nouvelles. Il y a des vidéos à filmer, des pages de Facebook à mettre à jour et des fils Twitter à actualiser heure par heure. King dit ainsi : « Si je commençais maintenant, je serais terrifié. Mais si je commençais maintenant et que j'avais vingt ans, je ne pense pas que j'aurais peur. » Selon Krotz et King, le panorama du journalisme a changé dramatiquement auparavant, « et nous l'avons compris. » Ce panorama changera encore, et de nouveaux journalistes relèveront ce défi.

Enfin, Charles-Antoine Rouyer a donné une présentation focalisée sur la métaphore de l'information comme nourriture, de la « food for thought ». « Nous sommes des cuisiniers », a-t-il dit en parlant des journalistes et des autres acteurs de l'industrie des médias. « C'est ça, le rôle

des médias dans le monde. » Il a déploré le fait que les médias sociaux, qui prennent la place des services d'information, engendrent de plus en plus de « fast-food for thought ». Si une personne reçoit les informations que par son fil Twitter ou sa page Facebook ou Tumblr, elle se fait piéger dans une très petite bulle. « La technologie, c'est pas tout. C'est un moyen, une voiture qu'on peut utiliser pour voyager, pour voir le pays. » Il a mis l'audience en garde contre la capacité d'attention limitée que les gens développent aujourd'hui à cause du raccordement constant à la technologie. « Multitasking? Moi je ne crois pas. [...] Apprenez à vous concentrer. »

Après les présentations, les étudiants ont pu se mêler aux participants qui ont pu discuter leur présentation et leurs expériences dans l'industrie. Ensuite une séance de questions-réponses a eu lieu, durant laquelle le Principal de Glendon lui-même, Kenneth McRoberts, a posé une question intéressante : « où pensez-vous que se trouve l'avenir de la presse imprimée? » La réponse a été presque unanime : l'important n'est pas l'impression du journal sur du papier, solide, matériel, mais le format-même du journal. John King a déclaré que ce qu'une personne achète vraiment lorsqu'elle s'abonne à un journal est le « jugement » de l'équipe éditoriale : avec les centaines de millions d'articles sur le Web à propos de n'importe quel sujet de A à Z, on ne peut pas simplement tout lire. Les journaux nous offrent une sorte de filtre fiable de l'information.

Les invités ont convenu que c'est pour cette raison avant toute autre que le journalisme reste important dans le monde d'aujourd'hui, et qu'il est toujours un édifice humain. Le monde est en constante évolution, une évolution de plus en plus rapide, et les journalistes sont chargés de trouver le sens de chaque nouvelle transformation. « Ton article sera dans le journal demain, et le jour suivant, ce sera du 'fishwrap', Christopher Hume a dit, ça veut dire que chaque jour est une nouvelle opportunité d'être brillant, d'être intelligent, de donner du sens et de l'importance à quelque chose qui semble dépourvu de signification. »

ResLife is the Best Life

Kate Fowley - Don in residence
Contributor

I can remember doing my campus tour after accepting my offer from Glendon. Our wonderful student guide listed off what seemed to be a hundred ways to get involved, and become a student leader on campus, to which I recall turning to my mother and telling her "I don't really think getting involved is my thing; I am just going to focus on school". Some people are truly taken by surprise when I tell them that story, and I look back on it and laugh myself, because in reality, becoming an involved student and a student leader is actually what has kept me in school.

Part way through my first year, I realized that I wasn't sure what I wanted to study. Although I loved everyone I had become friends with on campus and in residence, I didn't feel as though that was enough to keep me enrolled as a student here. Then, a friend approached me about applying to be a residence Don—and only after weeks of being bombarded about it did I actually apply. I was accepted as a Don and spent my second year, and every year after that, completely in love with the job. Since becoming a Don, I have felt like I have a purpose on campus, and a reason to stay. I loved all of my residents, every team that I have been a part of, and the countless opportunities to become more involved that have stemmed from becoming a Don. I never would have thought to apply had I not lived in residence my first year, and since then I have lived in residence during summer, fall and winter for four years. Residence has truly become my home, and I owe residence so many of my fondest memories of Glendon, my

best friends, and so many character shaping experiences. I can also thank residence for being the catalyst to me realizing my path upon graduation which is to enter Student Affairs, and quite frankly, being able to graduate after what will be five incredible years at this amazing school.

Adjusting to Res

Sarah Raymond
Contributor

So you've moved into res...

Here are 5 things you need to know

Throughout my two years in residence, I learned a lot of things that would have helped me out had I known them earlier. To give all of you new res-lifers a head start, I've put together a short list of tips and tricks that will help you adapt more smoothly to your new dwellings.

1. Eating Healthy

The cafeteria is lacking in fruit and veggies, and what they do have is generally overpriced. If you're not too keen on spending meal plan money on pricey cafeteria fruit, or if you want more variety than you can get at school, jump on the 124 or walk to Yonge and Lawrence. There's a Metro, a Summer's Best and a Loblaws (in that order) within walking distance of the intersection.

2. Dealing with Noise

Between the surprisingly populous room parties and the late night adventures of the person living beside you, res can get loud. You will need headphones to drown out the noise. Noise-cancelling headphones are even better. Quiet hours are generally enforced, but there are always a few people to whom the rules do not apply. Or so they think. Please don't be one of these people. Respecting your roommates is important.

3. Sharing Bathrooms

Whether you're a girl, a boy, or identify outside the gender binary, you'll be sharing the same bathroom with everyone. Don't worry about having to wait in line to brush your teeth or take a shower – there are never that many people in the bathroom at the same time. If you ever need a little more privacy, you can run over to York Hall. There are rarely any people in those washrooms after the day's classes are over.

4. Making Friends

Do not fear your res-mates. Your don will organize a ton of fun stuff for you and the people living in your house, and I strongly suggest you participate. It's too easy to slip into the habit of hiding away in your room and only emerging for classes and meals. Friends and acquaintances are important, especially around exams when you need a study buddy or a shoulder to cry on about the stress of university life!

5. Keeping Clean

The laundry room is in the basement. Don't be scared. For those of us who have never done our own laundry before, there are very large, very simple instructions to use the machines posted on the wall. There's also a chart describing what all the cryptic symbols on your shirt tag mean. To keep your room smelling as fresh as your clothes, ask your don where the garbage room is. There's one on every floor, so you don't have to take your trash all the way down and out of the building.

Join UNICEF GLENDON

Contributors

Hey Glendonites!

This year UNICEF Glendon has tons of fabulous events planned.

What is UNICEF Glendon?

Our Club is the official representative of UNICEF Canada on campus. Our mission is to raise awareness about human rights in general, particularly, children's rights. We help vulnerable communities by raising money for them through educating, advocating, and fundraising for UNICEF Canada.

UNICEF is the world's leading child-focused humanitarian and development agency. Through innovative programs and advocacy work, we save children's lives and secure their rights in virtually every country. Our global reach, unparalleled influence on policymakers, and diverse partnerships make us an instrumental force in shaping a world fit for children. UNICEF is entirely supported by voluntary donations and helps all children, regardless of race, religion or politics.

How to get involved?

We are looking for new members. If you are interested in an executive position with UNICEF Glendon, please email us at unicef.glendon@gmail.com for more information.

Everyone is welcome to join and participate! Connect with UNICEF Glendon on our Facebook page, Twitter and YU Connect to learn more.

We hope to see at our Welcome Night event in September!

UNICEF Glendon

Every child. Every opportunity. No exceptions.

An Introduction to WUSC

Reeda Tariq
Contributor

Hello Glendon Students!

Right now, many of you are making new friends and new memories and having a great time learning about Glendon—your home for the next four years. Like many universities around the world, Glendon has many clubs and organizations within it, each encompassing a variety of activities and interests. One of these is WUSC, which stands for World University Service of Canada. WUSC, currently run by co-presidents Serena Quintal and Maria-Fernanda Alzamora, is dedicated to helping raise awareness and donations for a variety of causes that affect many people around the world, such as AIDS. This past year, WUSC held three events, and was also successful in raising the student levy thanks to all the support from everyone at Glendon. We were also able to raise enough money to bring a student from abroad, through our SRP-Student Refugee Program, who will be joining us this year. WUSC has certainly grown a lot in the past year, and we will continue to still do so this year through having more events, organizing our own pub night, and much more. If you're interested in joining, you're always welcome to stop by our table during the two Club Days that are held during the first two weeks of school, or just look us up on Facebook at "WUSC Glendon" or on Twitter @WUSCglendon.



Have a great Frosh Week and welcome to Glendon!

The New and Improved Glendon Musical Ensemble

Ashley Moniz

Editor of Arts and Entertainment

The Glendon Musical Ensemble is a group of vocalists and instrumentalists who get together to perform shows during the year. Usually, our staples are Remembrance Day, one Christmas themed show and our main concert in February. We rehearse on Thursday evenings between 6:30 and 9:00, the specific times varying depending on whether you are in the instrumental ensemble or in the choir. On utilise des chansons en anglais et en français.

This year, the ensemble is undergoing some major changes. For starters, we are under new management and direction. Under the general management of Lea Leung and the musical direction of Ashley Moniz and Suzi Hyun, our goal this year is to improve our club's visibility and image on campus. In addition to the events listed above, we will be performing at other ones in collaboration with other levied organizations on campus. We are also doing a special performance at the GAC on September 20th in honour of their 50th Anniversary Celebration. For commuters, we will be ending rehearsals earlier so that they do not have to return home too late in the evening. Snacks will be provided at rehearsals on a monthly basis as both encouragement and sustenance for those at the end of a long day. Another goal of ours is to make our club a more social environment, where people can actually get to know each other as opposed to just rehearsing together, and to make our instrumentalists and choir feel less like two distinct groups and more like one.

If you are interested in joining the Glendon Musical Ensemble or have any questions, please email us at gme.glendon@gmail.com. Auditions will be held during the last week of September. We hope to see many old and new faces joining us this year!

The Glendon Health Ed Team is here to help!

Ask us about Sex, Alcohol, Drugs, Smoking,
Physical and Mental Health

Hello, first year Glendonites. Welcome to York University! Are you looking for healthy food ideas, or easy and quick ways to cope with stress? Maybe you just have some unanswered questions about sex. Your answers to these questions, and even more spectacular resources, can be found through Health Education and Promotion at York. We provide peer support and the tools to help you maintain a well-rounded, healthy lifestyle that works for you. At Glendon, we have one health ed team that covers topics such as sexual health, alcohol, drugs, smoking, nutrition and mental health.

If you are looking to stay fit in your first year, sign up for a membership at the Glendon Athletic Centre (GAC) and have a gym buddy, or even two! If running is your thing, join the running relief team for a run at the Keele campus. Live in res? At times, it may seem difficult to eat healthy on campus, but we do have some options. Try the salad bar with a protein option, or grab a wrap.

First year can be overwhelming. Anytime you start to feel stressed, try going for a walk, talking to a friend, practicing some deep breathing, or writing down your thoughts. These few easy tasks can be extremely effective and easy to incorporate into your day. We also host

many stress-relieving events throughout the year, so keep your eyes and ears open!

Just a shuttle ride away at the Keele campus, you can visit the Appletree Medical Clinic. They can assist with any health issues, such as providing HIV/STI testing and physicals. The Sexual Health team has events such as "Sex on the Couch" that create a safe space to ask anonymous questions about sex and sexuality. Feel free to drop by during the Peer S.H.O.P. hours at the Keele campus, or post an anonymous question on our blog (peershop.tumblr.com). We also provide free condoms which are available at our office, at our events, and through dons in residence!

Feeling in the party mood? At health education, we offer Mocktail events and presentations such as Sex and Alcohol 101 so that you have the safe drinking tips you need! Do you like to smoke while you're drinking? We have a team for that too! Leave the Pack Behind provides quit aids and support to help you quit or reduce your smoking. They also have an annual contest that has a category for everyone, even non-smokers! If you are looking to quit, this contest is a great opportunity to win some cash while doing it.

Look for us around campus in the green "I love YU" shirts. Come grab some condoms, pens and treats, or just stop by to chat. Have an awesome first year and we look forward to seeing you at our events! If you would like to learn more and check out the cool programs that we have coming up, please visit our website (www.yorku.ca/healthed), like us on Facebook and follow us on Twitter (Health Ed @ York)!

Radio Glendon

Kishawna Peck
Contributor

Radio Glendon is a bilingual STUDENT run radio station for the students located at the Glendon Campus. We ensure there is a balanced variety of musical and talk shows on a weekly to appeal to any listener. There is something for everyone. If you don't hear a show that you're interested in, feel free to sign up as a DJ! Anyone can be a DJ. Be it a professor who wants to discuss his views on pressing social issues, a student wanting to share their study tips before exams start, a York U security guard that wants to show off their musical selection or a member of the community that wants to interview key members in a political debate. Whatever it is, and whoever you are, there is space for you at Radio Glendon.

What are you waiting for? Join Us!

For more information and inquires, contact our station managers: Shadea Peck: shadea@radioglendon.ca and Stephanie Henry: stephanie@radioglendon.ca

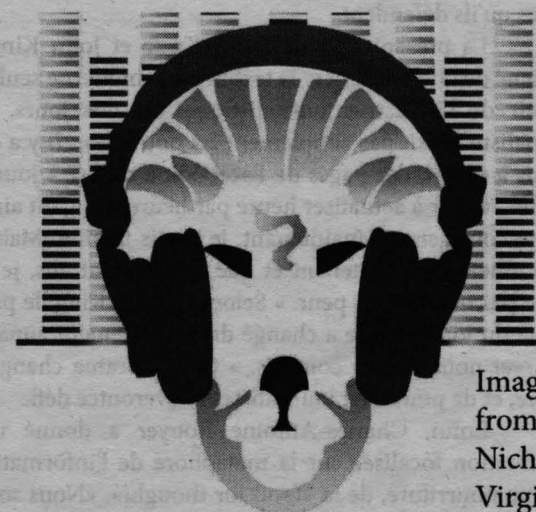


Image
from
Nicholas
Virgil

RADIO GLENDON

Galerie Glendon Gallery

Saison 2014-2015

Directrice / Director: Martine Rheault
Commissaire / Curator: Marc Audette
www.glendon.yorku.ca/gallery
artculture@glendon.yorku.ca
416-487-6721

2014

1er au 11 oct. / Oct. 1-11

Into the colourful air

Exposition inaugurale du 23e Festival : Espaces partagés : Connexions Ibéro-Anaméricaines

Painting / peinture

Daniel Tomasini, artiste en provenance de l'Uruguay.

Opening reception: Oct. 1st, 6:30 pm to 9 PM / Vernissage : 1er oct., 18h30 - 21h

La peinture de Tomasini se veut la pure expression de la couleur dans le but de susciter des émotions chez les spectateurs. Inspiré par les forêts canadiennes automnales, son style mi-abstrait s'appuie sur l'application, à l'aide d'une spatule et de manière intuitive, d'une épaisse couche de couleur. Il se laisse guider par la sensation que lui inspire la couleur, afin de diriger l'attention du spectateur vers le monde de la nature. L'art pour Tomasini est issu de l'émotion et de la sensibilité et provient du cœur. Il crée un dialogue en partage avec les personnes du monde entier.

Événement présenté par la Maison d'édition Antares et soutenue par le Consulat Général de l'Uruguay et Parapan Am Games. La Galerie Glendon accueille pour la onzième fois ce Festival annuel.

Presented by Antares Publishing House of Spanish Culture and supported by the General Consulate of Uruguay and Parapan Am Games. Éditrice/Editor: Margarita Feliciano. The art Gallery is pleased to welcome this annual festival for the eleventh time.

21 oct. au 22 nov. / Oct. 21 to Nov. 22

Lumière concrète / Structured Light

Exposition multimedia / Installation

Philippe Blanchard

Vernissage: 21 oct., 17h30- 20h30 / Opening: Oct. 21st, 5h30 pm to 8:30 pm

Samedi 1er nov. de 11 h 30 à 13 h : Brunch artistique -

Philippe Blanchard en conversation avec Geneviève Thauvette, une jeune artiste professionnelle de la relève basée à Toronto.

Pour cette exposition, Philippe Blanchard poursuit ses expériences combinant jeux de lumière contrôlés par ordinateur et sculptures de papier sérigraphié afin de créer une illusion de mouvement et d'explorer l'animation comme médium d'installation. Deux nouvelles œuvres (une installation sculpturale et un collage monté à même le mur) seront présentées, inspirées de structures architecturales reliées au feu ou à la lumière.

With this new exhibition, Philippe Blanchard continues his recent explorations using computer-controlled lighting and screen prints to generate animation and explore its potential as an installation medium. Two new works — a room-sized sculptural installation and a wall-based col-

lage— both explore and are inspired by architectural structures that deal with light or fire as cultural phenomena.

Presented by / Présenté par le Labo d'art - Centre d'arts médiatiques francophone de Toronto / Toronto's Franco-phone media arts centre.

Événement soutenu par le Conseil des arts de l'Ontario. Supported by the Ontario Art Council.

2015

20 au 31 jan. / Jan. 20-31

Glendon Student Jury Visual Arts Competition Exhibit / Exposition de la Compétition annuelle des étudiants de Glendon

Vernissage : 3 jan.: 17h30 à 20h30/Opening: Jan. 3rd, 5:30 to 8:30 pm

10 fév. au 13 mars / Feb. 10 to March 13

Villes doubles, femmes dédoublées

Vernissage: 10 fév., 17h30 - 20h30 / Opening: Feb. 10, 5:30 pm to 8:30 pm

Guest Curator: Jeanne-Elyse Renaud

Artistes : Ontario : Izabel Barsive (Vidéo), Julie Lassonde (Performance),

Yasmine Louis (Sérigraphie), Erica Brisson (Intervention sociale).

Québec : Catherine Sylvain (Sculpture), Sophie Privé (Peinture),

Véronique La Perrière (Dessin), Anouk Desloges (Broderie contemporaine).

L'objectif principal de ce projet est de mettre en relation et de diffuser les recherches artistiques développées par huit femmes artistes francophones œuvrant au Québec et en Ontario. Ces artistes sont issues de milieux variés, certaines sont originaires du Canada, d'autres du Cameroun et de la France. Elles portent en elles un bagage culturel riche en références et s'interrogent sur les multiples facettes qui définissent la femme actuelle.

Le contenu de l'exposition propose une vision plurielle et multi-sensorielle projetée et questionnée par la femme artiste afin de mieux cerner la réalité féminine au Canada. Il mettra en perspective plusieurs pistes de réflexion qui touchent divers espaces d'activités, telles que l'univers social, le cercle professionnel ou l'aire individuel. Ayant pour titre Villes doubles, femmes dédoublées, le projet offre un aperçu multiple des repères féminins actuels.

Événement soutenu par le Conseil des arts de l'Ontario / Supported by the Ontario Art Council.

11 mars au 11 avril / March 11 to April 11

Sous-pression VI / Les fils d'Ariane

Installation in situ du Collectif Padejo : Paul Walty, Joseph Muscat, Denis Leclerc

Hall du Centre d'Excellence / Hall of the Center of Excellence

9, 10, 11 mars: ateliers & causeries

March 9, 10, 11: workshops & talks

Opening: date to be confirmed / Vernissage : date à confirmer

La Galerie Glendon de l'Université York a invité le Collectif PADEJO à créer une installation éphémère dans le Hall de l'édifice du Centre d'Excellence situé à l'entrée de son campus. Sous-pression VI - Les fils d'Ariane s'inscrit dans une perspective d'éducation artistique en français au profit de jeunes du secondaire des classes d'arts visuels de la majeure haute spécialisation.

Les trois artistes perçoivent l'installation intitulée Sous-pression VI - Les fils d'Ariane comme une prochaine étape dans la fusion synergique de l'art, du mythe et de l'éducation. Comme le travail sera créé in situ, l'installation intégrera les possibilités pour les parties intéressées d'aider les artistes à la création et au déploiement de l'œuvre. Événement présenté en collaboration avec le Service de recrutement étudiant de Glendon. Soutenu par le Ministère de l'éducation de l'Ontario / Supported by the Ministry of Education.

March 24-31

Glendon Art Classes Exhibit / Exposition des classes d'art de Glendon

Vernissage : 24 mars, 17h30 à 19h30 / Opening: March 24, 5:30 pm to 7:30 pm

Why you should consider YIIP

Stephanie Mak
Contributor

Dear GL Class of 2018,

Congratulations on starting a new chapter of your life at Glendon! Even though you are just starting university, it is never too early to think about how you want to get the most out of your university experience. With that being said, I would like to present to you an opportunity offered by York University.

When you read this article, I will have finished my internship responsibilities with a non-profit organization in El Salvador. I am one of the Glendonites who is participating in this year's York International Internship Program (YIIP) and here are my top three reasons why you should consider applying for YIIP.

INTERNATIONAL EXPERIENCE: What better way to spend your summer than working overseas? You'll meet new people, see a new culture and develop professional contacts in a field in which you may be working in the future. Teaching English in El Salvador not only gave me the opportunity to better understand the Central American culture and history, but it also gave me the opportunity to see whether or not I enjoyed teaching as a passion. In addition, as a Hispanic Studies student, I got the opportunity to practice my español.

FUNDED INTERNSHIP: The internships are not paid, but how awesome is it that every York intern is awarded \$3000 CAD to cover some expenses for this experience? I don't know about other internships, but I do know that there are not many opportunities like this.

3 MONTH COMMITMENT: The internships only require a three month commitment during the summer. So, for those of you looking for a short period of time overseas, this is the opportunity. To me, three months seemed like the right amount of time to get away from home.

There you have it, folks! These are my top three reasons why YIIP is an opportunity to consider during your university journey. Want more information? Visit yorkinternational.yorku.ca to see when the info sessions take place. Applications are due early December and early January. Best of luck in the Fall/Winter of 2014-2015 and may you all enjoy your first year experience here at Glendon.

Campus Life

Glendon Women and Trans Centre (GWTC) Welcomes You!

Amrita Singh
Head Coordinator of the GWTC

The Glendon's Women and Trans Center (GWTC) is a safe space and resource center for all Glendon students and alumni. Located in the D wing of the Hilliard Residence in room D124, the GWTC offers students a comfortable and accommodating environment large enough to host social gatherings such as study parties or meetings. Equipped with internet access, 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. We also provide 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 knowledgeable, friendly and 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 10:00am - 6:00pm Monday to Friday during the September to April school year.

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, usually around 3-6 hours per week, and volunteers receive the added bonus of recorded volunteer hours on York's YUconnect, an official transcript of volunteer hours and experience that 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 about our centre and the fun filled events we host year round, please email us at glendonwtc@gmail.com. Add us on Facebook at "Glendon Women and Trans Centre/Centre des femmes et des Trans de Glendon" or follow us on Twitter at @GlendonWTC. Also, remember to attend our first volunteer meeting and mingle with the coordinators on Thursday Sept. 25, 2014, at 5:00pm in the center.

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

Amrita Singh: Head Coordinator
amritzie@yorku.ca, amritzie@gmail.com
Aleksandar Golijanin: Space Coordinator
aleksg95@yorku.ca
Laurence Dion: Bilingual Coordinator
laulawsky@gmail.com
Katelynn Britton: Communications Coordinator

GLgbt*

Aleksandar Golijanin
Contributor

On behalf of GLgbt*, happy Frosh Week Glendon! Make sure to check out our LGBTQ+ and Ally Reception at 2:30PM in A300 during the Carnival! We are Glendon's all-inclusive and diverse student group that is dedicated to creating an open and safe environment

Photo of Aleksandar
Credit to
Jovana Golijanin



Photo Credit to Katelynn Britton



Photo of Laurence
Credit to Sinead Kennedy

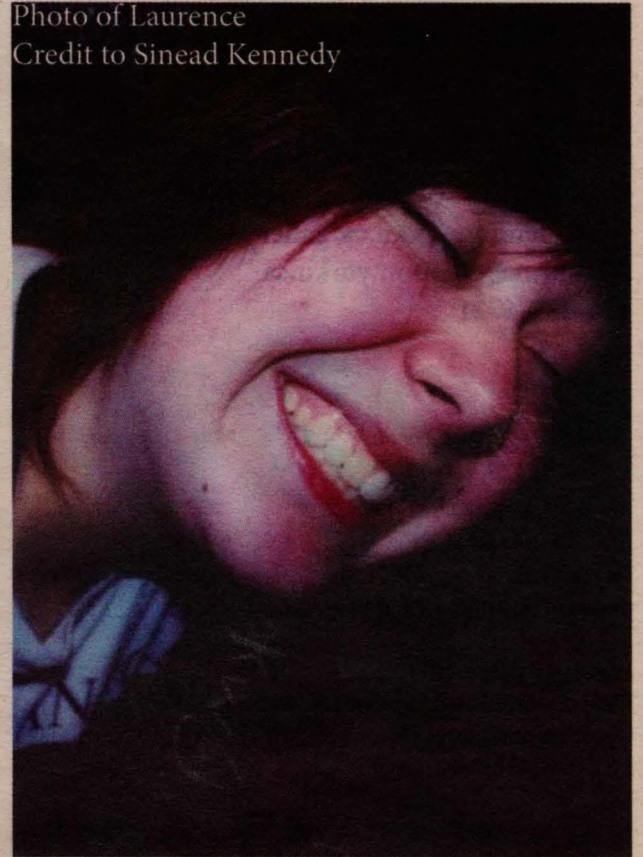


Photo of Amrita
Credit to Behaviour Productions



where people can discuss queer issues on our campus. We aim to foster a sense of community by accommodating all LGBTQ2SPGSM persons as well as their allies, and if we completely lost you there, that stands for: Lesbian, Gay, Bisexual, Transgender, Transsexual, Intersex, Asexual, Queer, Questioning, Two-Spirit, Pansexual, and Gender and Sexual Minorities.

Vous pouvez faire partie de notre communauté en participant à nos événements tels que les campagnes de sensibilisation, les soirées film et les soirées pub. En ce moment, nous n'avons pas d'espace bureau, mais suivez-nous sur Facebook (fb.com/glendonlgbt), Twitter (@GLgbt) et WordPress (glendonlgbt.wordpress.com) et contactez-nous par courriel à glendonlgbt@gmail.com. Adressez vos messages à notre directeur, Aleksandar Golijanin, notre directrice adjointe, Francesca Kennedy ou trouvez-nous dans les couloirs pour faire un brin de causette. Our first general meeting is on September 23rd at 7:00PM, feel free to join us if you're interested!



Photo credit: Sarah Yenny

A Pride of Lions: Glendon @ WorldPride 2014

Aleksandar Golijanin and Francesca Kennedy
Contributors

As we hope you all know, Pride festivities are the perfect time for the LGBT+ community and their allies to come together and commemorate the past, celebrate the present, and look ahead at what's to come. However, things were a little different this year because WorldPride took over Toronto, and what is usually an exciting fun-filled week turned into a mega-packed international event that spanned over ten days. So, of course, we had to participate and York@Pride definitely made their presence known during Toronto WorldPride 2014!

For those of you who don't know who we are, let us introduce ourselves: we are GLgbt*, Glendon's LGBT+ student group, and we took part in York@Pride's events this summer. There were many different events throughout the city that happened between the City Hall opening ceremony on June 20th and the big Pride Parade on the 29th, and some of those events were happening at York University, even on our very own Glendon campus.

The Glendon festivities started with the Glendon WorldPride Opening Ceremony and Flag Drop on the 24th. The Sky Room, A300, was decorated to the nines with rainbow streamers and balloons. After some speeches from the LGBT+ community at Glendon, everyone was invited out to the A300 hallway for the flag drop. The eight foot flag cascaded down the white walls of the Centre of Excellence and many photos were taken, followed by rainbow snacks and even a rainbow cake!

On the 28th and 29th, people from far and wide came downtown to peruse what different organisations had to offer at the WorldPride booths, and we definitely made sure GLgbt* and Glendon's spirit was felt at ours. We gave out rainbow Glendon lollipops, and buttons from GLgbt* and the Glendon Women and Trans Centre buttons, which were all very popular.

Finally, on the 29th, the York@Pride float made its journey through downtown Toronto on an extended WorldPride path. Everyone was decked out in their rainbow attire, and some were even spray painting their shirts on location. People from the entire York community were represented—especially Glendon, which took up almost half the float. We danced and blasted our music for three hours, knowing we made our community proud.

If you're interested in getting involved with our organisation, we are still hiring executive positions in the first weeks of September. You can come to our general meeting on September 23rd at 7:00PM, and find us all over social media for more information. We have some great events in mind for the school year, and it would be amazing if we could share those experiences with as many of you as possible. Happy Frosh Week Glendon—GLgbt* welcomes you with open arms!

Photo credit: Sarah Yenny



Credits to YFS and AGYU



Credits to YFS and AGYU



Credits to YFS and AGYU

Cheer Loud, Cheer Proud

Where's your campus located?
It's on the bridle path, bitches!

Glendon brings all the girls up to
York
And they're like much better than
yours
Damn right, much better thanks
yours
We could teach you,
but our gays will charge

What's your ratio like?
Our ratio is phenomenal!
More chicks than you! More chicks
than you!

Tell Winters what your ratio's like?
Our ratio is FABULOUS!
More gays than you! More gays than
you!

MONDAY IS A FOOTBALL DAY
TUESDAY IS A STUDY DAY
WEDNESDAY IS A MAKEOUT
DAY
THURSDAY IS A DRINKING DAY
FRIDAY IS A FUCKING DAY
SATURDAY IS A LA LA DAY
SUNDAY IS A DAY OF REST

I'd rather go to York than go to
F-ing U of T
I'd rather go to York than go to
F-ing U of T
I'd rather go to York than go to
F-ing U of T
Cause engineers don't get laid

WE SPEAK FRENCH! WE SPEAK FRENCH!
ON PARLE FRANCAIS! ON PARLE FRANCAIS!

Deep in the heart of the
York U Jungle
You can hear the Lions rumble
Ooh Ooh Y-U Y-U
Ooh Ooh Y-U Y-U
Deep in the heart of the
York U Jungle
You can hear the Lions rumble
Ooh Ooh Y-U Y-U
Ooh Ooh Y-U Y-U
Deep in the heart of the Glendon
Jungle
You can hear Richard's rumble
Ooh Ooh G-L G-L
Ooh Ooh G-L G-L

My back aches
My belt's too tight
My hips shake from left to right
Say HUH, ungawa
Glendon's got the powa
Bang bang choo choo train
Come on Glendon do your thang
No reeses pieces no butter cups
Glendon college's gonna kick your
butts
So get it get it get it HUH
And let it roll, HUH
And lose control!

Hey Glendon!
Hey what?
How do you feel today?
We feel good, oh we feel so good!
thrust
Hey Glendon!
Hey quoi?
Comment vous sentez
vous aujourd'hui?
Je me sens bien, oh que je me sens
bien *thrust*

The sun will always shine
The birds will always sing
Whenever we see Glendon
It's always a good thing
No matter what they say
We don't know defeat
'Cause we got all the rhythm
And we got all the beat
Singin'
Do do do do do do do do do do
Glendon
Do do do do do do do do do do
Glendon

I got this feeling on a summer day
when Frosh began,
We got a fire in our hearts, we
thrust, we let it burn
GL's the shit, we're proud of it
We turn it up a notch,
And did we mention we speak
French?
J'AIME GL! I LOVE IT!
J'AIME GL! YOU LOVE IT! YOU
LOVE IT! *points at crowd*
HEY GLENDON!
What is your mascot's name?
His name is DICK!
And how good looking is your
mascot?
He is one FINE LOOKIN PUSSY!

Y-O-R-K
How do you think we got that way?
We're Glendon, hey hey,
We're Glendon

ARE YOU READY FOR FROSH?

Mac Dunn and Jelena Pejic
O-Chairs, Orientation Week

Are you ready for what Glendon has to offer you? Glendon's 2014 Orientation Week is designed to make sure you are! Our orientation chairs, Mac and Jelena, have been working hard all summer, along with our amazing D-Frosh team, to make sure you have the best possible experience in your first week here at Glendon! Frosh Week has many different fun events that are designed to integrate you into life in Toronto, at York University and into our Glendon Community.

Photo credit: Sarah Yenny

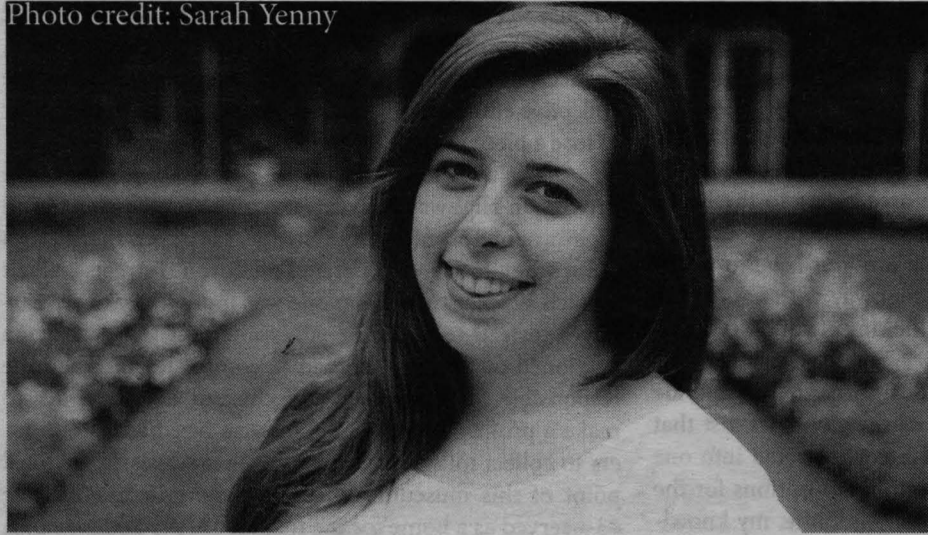


Photo credit: Sarah Yenny



Monday SEPT. 1 TEAM SHIRT	Tuesday SEPT. 2 GL SHIRT	Wednesday SEPT. 3 TEAM SHIRT	Thursday SEPT. 4 GL SHIRT	Friday SEPT. 5 TEAM SHIRT	Saturday SEPT. 6 GL SHIRT	Sunday SEPT. 7 TEAM SHIRT
9:00 AM	9:00 AM	9:00 AM Quad Cheer Off 10:00 AM			9:00 AM Quad Cheer Off 10:00 AM	
Move-In & Kit Pickup	Discover Glendon	10:00 AM	11:00 AM Sex and Alcohol 101 12:00 PM	10:00 AM	10:00 AM YorkU Pride	10:00 AM
1:30 PM	1:00 PM		12:00 PM		12:30 PM	
1:30 PM Res/Commuter Meeting 3:00 PM	2:00 PM	Downtown Scavenger hunt	12:00 PM Fun dans le Soleil	Wasaga Beach with Bethune, Calumet, Founders, Mac, Stong, Vanier	1:00 PM York Lions Football Game	Wonderland
3:00 PM	Carnaval de Glendon	6:00 PM	4:00 PM		5:00 PM	
#OuiTheBlue Pep Rally			5:00 PM Je veux manger avec toi (au Collège McLaughlin)			
6:00 PM	7:00 PM		8:00 PM	7:00 PM		7:00 PM
Dinner						
8:00 PM	9:00 PM	9:00 PM Graffiti Night (Wear your white shirt!)	9:00 PM Stong Pit Party	9:00 PM Miscellaneous Mixer	8:30 PM Casino Night (Dress to impress)	8:00 PM Closing Ceremonies
8:00 PM Project Runway	Soirée de la Francophonie	12:00 AM	2:00 AM	11:30 PM	11:00 PM	10:00 PM
10:00 PM	11:00 PM					

For Those Who Hate Frosh Week: The Introverted Truth

Lindsey Drury
Editor of Issues and Ideas

As a young adult entering university, finally separating from the same kids you've spent maybe the last 4-10 years of your life with, you are given a rare and fruitful opportunity—to start fresh. The freshman class is buzzing with excitement, eager to show off their charisma and meet new people. Frosh week is the perfect opportunity to engage with your peers, create connections, and enjoy yourself... unless you don't.

If you're anything like me, then you're likely dreading this week, in much the same way as you dread a tooth extraction, or picking up your dog's shit by a busy street. Even the thought of an organized group activity may be enough to make you break out in a cold sweat. Any situation where "small talk" will have to be endured will be enough reason to make a lame excuse—one likely involving a communicable disease or some other unwanted contagion.

The worst part of it all, though, is that it isn't easy to find people who feel the same way. It seems like everyone is outgoing, seeking friendship and interaction, and then here I am avoiding it as best I can. If this sounds like you, then you should know you are not alone. You, my friend, may be one of me—an introvert.

In 1921, Swiss psychiatrist Carl Gustav Jung published a book entitled *Psychology types: or the psychology of individuation* in which he claims "an introvert's attitude to the object is an abstracting one", where 'the object' is referring to the outside world, or a particular stimulus, and "the extravert, on the contrary, maintains a positive relation to the object". To put it simply, an introvert's energy is more focused towards the inner self, whereas the extrovert's energy is directed towards the world outside of ourselves, namely other people and things.

That said, it is not necessarily true that any person is comprised of only one personality type—it may depend on the particular object you are faced with. There is no one personality that is right or wrong, and your personality is not necessarily defined by these two types. Even so, you may have strong introverted/extroverted tendencies, which need to be respected.

There was a time when I felt as though something was wrong with me—like I was seeing the world through a lens that others did not. Now, a year later, I feel like it is okay to not want to be involved, and it is okay to not want to be sociable—despite what many people want you to think. Whether introvert, extrovert, something in between, or nothing at all, being comfortable is the goal. Enjoy frosh week, and do it your way. If you want to hide away in your dorm until classes begin, fine by me! Good luck, be happy, and welcome, Glendon class of 2018.

The Culinary Joys of Moving Downtown Great (and inexpensive) places to eat

Michelle Kearns
Contributor

I did it. The 14-year-old me, stuck in Durham, is super excited that I've finally moved downtown. I'm right on the border of Chinatown and a stone's throw from Kensington Market.

Coming from my most recent location, central Scarborough, it's been a wonderful change. People in my neighbourhood are my age. The area caters to the broke student with places to eat, drink, and shop on a budget. I can actually walk down the street and not have to worry about being alone on a pseudo-highway with cars flying by at 70 km/h two feet away. I'm looking at you, McCowan Road.

Don't get me wrong. Scarborough has a wide range of food from cultures across the globe. It's just that here those options are much more concentrated into one small, walkable area, leaving a plethora of options for the lazy, after work pick-me-up. As a Glendonite, my knowledge was mainly focused on the Yonge and Eglinton area. Who knew there was so much to take advantage of downtown?

So the next time you're heading south from campus, be sure to check out some of the area's staples well-known by UofT students – we can't let them have all the fun now, can we?

1. Bahn Mi Ba Le, 538 Dundas Street West (just west of Spadina)

Here you can find three-dollar Vietnamese sandwiches on warm French baguettes featuring a healthy dose of cilantro, cucumbers, and pickled carrots with your choice of filling. The lemongrass tofu is heaven. I usually pick up multiples and bring them to work for lunch.

2. Lucky Red, 318 Spadina Avenue (north of Dundas)

This place is shiny and brand new, but the prices are still great. I would personally recommend the \$3.50 panko tofu on steamed bun. For the meat eaters, my roommate raves about the pork belly.

3. Seven Lives, 69 Kensington Avenue

Here you'll find delicious, fish-based tacos. For the faint of heart: do not fear. They allow you to choose your own spice level and apply your own toppings after you get your order. The baja fish at \$5 is worth every penny. But be sure to plan your visit ahead of time; they're only open until 7pm and are closed on Mondays and Tuesdays.

4. Red Room, 444 Spadina Avenue

The menu here is huge and incredibly cheap. Get the pad thai and spicy tofu on the side. With a beer, you'll be spending less than \$20.

Enjoy, Glendonites! Get out and explore your city. There's a lot of it to see. And even more to eat and drink!

The Tollkeeper's Cottage Museum Exploring local history

Neya Abdi
Editor of Metropolis

On the northwest corner of Bathurst Street and Davenport Avenue sits the Tollkeeper's Cottage Museum. It's a small site, and if you aren't making a pointed effort to look for it, chances are you'll miss it. Yet this museum represents the collective effort of a group of volunteers who couldn't bear to lose a piece of their local history.

With the exception of perceived luxuries like driving on Highway 407, drivers can roam the streets and highways of Toronto free of charge. However, there was a point when tolls were operated on Toronto streets—albeit a much simpler time when one was more likely to see carriages instead of cars. The government of Upper Canada auctioned off sections of road to companies who became responsible for its upkeep and charged tolls in order to make a profit. The successful bidders hired tollgate keepers to collect tolls, and the cottage that serves as the focal point of this museum—once Davenport Road's Tollgate #3—served as a home for the tollgate keeper and his family. This method of maintaining the roads eventually fell out of practice as areas became more populated and provided the city with enough of a tax base that the system was no longer necessary.

The museum falls under the mandate of the Community History Project (CHP), which was founded in 1983. Originally, the cottage sat on the southeast corner of the intersection. Its future was uncertain when developers bought the land, but CHP was able to move quickly. The developers offered to sell them the cottage for a dollar so long as the building was removed. As a generous gesture, the TTC granted CHP permission to keep the cottage in Wychwood Yard while the community could work to restore the cottage and eventually move it closer to home. The cottage was finally opened to the public in 2008 at its current location at Bathurst and Davenport. ("Background", tollkeeperscottage.ca.)

I've volunteered as a greeter at the Tollkeeper's Cottage Museum for almost six months now, and it's been a valuable experience. About a year into the International Studies program, I realized that my knowledge of the history of other countries was disproportionate to that of Canada, and even more immediately Toronto, the city in which I was born and raised. So I decided to look for a volunteer opportunity that would allow me to immerse myself in the history of a specific community. At the Tollkeeper's Cottage Museum, docents take visitors on tours of the cottage to provide a feel of the day-to-day life of its inhabitants. For instance, a tour of the living space quickly made clear the necessity of thriftiness and the presence of a "waste not, want not" mentality. Through local history we can make connections to the present, and of course, learn about the lives and decisions that determined the cities we live in.

Sites like the Tollkeeper's Cottage Museum exist all over the Greater Toronto Area. I'd encourage you to do a quick Google search on your community and see what's out there. Admission for many of these sites is free or pay-what-you-can. And if you ever find yourself in the Bathurst and Davenport area, be sure to drop by. The Tollkeeper's Cottage Museum is open most Saturdays between 11 and 5.

www.torontoairport.com



http://www.keepcalm-o-matic.co.uk/



KEEP
CALM
AND
LOVE
TORONTO

Explorer Toronto avec un budget étudiant

Gervanne Bourquin
Rédactrice adjointe (français)

Si vous venez d'arriver à Toronto (ou peut-être au Canada) et vivez sur le campus, le centre-ville peut vous sembler lointain, inaccessible ou difficile à approcher. En outre, un budget étudiant a parfois du mal à s'accomoder des prix légèrement effrayants de la plupart des musées. Voilà quelques astuces pour profiter de Toronto plus facilement, sans vous ruiner, avant que le froid ne pousse à rester chez soi:

Prendre un "Day Pass" de la TTC durant le week-end: les samedis, dimanches et jours fériés, pour 11 \$, il permet à 2 personnes au lieu d'une de voyager de manière illimitée pendant une journée. C'est l'occasion idéale de descendre en ville avec un(e) ami(e), en pouvant vous déplacer sans craindre la pluie ou la neige.

Lire l'hebdomadaire Now Magazine, publié tous les jeudis et disponible sur le campus: il présente une liste des événements de la semaine, jour par jour, qu'il s'agisse des concerts, des expositions ou des pièces de théâtre, et bon nombre d'entre eux sont gratuits. Vous pouvez aussi consulter le site internet: www.nowtoronto.com

Profiter des promenades guidées gratuites présentant l'héritage de la ville de Toronto, ses différents quartiers et son histoire. Le musée ROM organise des tours le dimanche après-midi, explorant les quartiers de Yorkville, Parkdale et autour du ROM. La liste exacte ainsi que les points de départ sont disponibles sur le site du musée, sous le nom de "ROM Walks". L'agence Heritage Toronto (<http://heritagetoronto.org>) propose elle aussi des visites de la ville, la plupart gratuites ou sur la base de donations volontaires, il est cependant recommandé de réserver à l'avance. Attention, la plupart de ces visites s'arrêtent mi-octobre en raison du froid.

Laisser tomber les musées, coûteux, au profit des galeries d'art: allez vous promener sur Queen Street West, et poussez au-delà du parc de Bellwoods, vous trouverez une multitude de petites galeries d'art, variées, offrant des expositions souvent renouvelée, où il fait bon traîner. Si vous souhaitez absolument voir de l'art plus classique, l'accès à la collection permanente de l'AGO, principal musée d'art de Toronto, est gratuit tous les mercredis soirs (6 - 8:30pm).

Enfin, admirer la nature à Toronto: c'est l'automne et les arbres vont rapidement prendre des couleurs magiques... et gratuites! Juste derrière Glendon (le chemin est accessible depuis le Gymnase) se trouve le parc de Sunnybrook, plus tranquille en semaine mais splendide tous les jours. Il est possible d'y faire de l'équitation et du vélo. Un peu plus loin, près de la station de métro éponyme, se trouve High Park, gigantesque parc avec de nombreux sentiers de randonnée parmi les arbres, magnifiques, surtout lorsqu'ils deviennent rouge flamme. Et si le temps n'est pas favorable, vous pouvez aussi faire un tour dans les serres Allan Gardens Conservatory, à l'intersection de Carlton et Sherbourne. Chauffées, ouvertes été comme hiver, elles offrent une touche d'exotisme!

Et si vous aussi, vous connaissez des astuces pour profiter de Toronto avec un budget réduit, n'hésitez pas à les envoyer à Pro Tem!!

Photo Credits: Shawn Van Daele, walkofftheearth.ca



Walk Off The Earth Live One of the best acts of our generation

Ashley Moniz
Editor of Arts & Entertainment

Next summer, the 2015 Pan Am Games are set to take Toronto by storm. Remember the 2010 Winter Olympics in Vancouver? Well you may not next year, because these games are set to be the biggest in Canadian history!

On July 11th and 12th, the Pan Am Games committee held a huge kickoff celebration, beginning a one year countdown until the start of the games. Musical acts from Canada and across Pan America were featured in this event. Among these acts was Walk Off The Earth (WOTE), the YouTube sensations from Burlington, Ontario. Currently WOTE is one of the biggest bands in Canada and they closed the show on the opening night of the kickoff celebration at Nathan Phillip's Square.

Walk Off The Earth started their career by performing smaller ventures, including years in the Warped Tour. They rose to international attention after their cover of Gotye's "Somebody That I Used To Know" went viral, now having accumulated almost 160 million views. Viewers were captivated by the five members playing their arrangement on one guitar, but little did they know that when it comes to musicianship, this was just the tip of the iceberg of the innovative band's talents. Their covers of songs like "Happy", "Royals", "I Knew You Were Trouble", and "Material Girl", as well as their original songs "Red Hands" and "Gang of Rhythm", to name a few, show an even wider range of their talent and creativity.

Seeing them perform live is an experience in itself. From effortlessly swapping instruments between and during songs to literally tossing guitars, trumpets and shakers across the stage to stage hands who never failed to catch them, the band complimented their rich and fulfilling music with a colourful stage show to

match. Each member of the band played multiple instruments and featured their talents in many ways. Percussionist Joel Cassidy stepped up and held down the structure for the rest of the band. Mike Taylor, commonly known as "Beard Guy", proved that despite his typically comical appearances in their videos doing only minor accompaniments, he can also take many major parts in the numbers, but kept the comedy in numbers like "Natalie", where he pulled out an electric toothbrush and made use of its sound.

Vocalist Ryan Marshall held down most of the lead vocals, while also playing guitar, bass, trumpet and percussion instruments. Sarah Blackwood fell into a similar mix, harmonizing beautifully with the men and commanding lines on keyboard, guitar and her signature ukulele. Perhaps the star of the show is the captain, Gianni Nicassio, known by his stage name "Gianni Luminati". Gianni records and produces the band's videos, but he also plays more instruments than any other member, sings lead vocals, and raps. You might say he runs the show.

Their set list included only 3 of their YouTube covers, Bruno Mars' "Natalie", Rihanna's "Man Down" and, of course, "Somebody That I Used to Know". Their focus was on their own music, performing their singles (the two listed above and "Shake"), as well as "Speeches", "Sometimes" and the title track of their album "R.E.V.O." They even debuted a new song that is set to be featured on an upcoming album. Too short a set list? The crowd at the concert felt as such as well, chanting endlessly as the crew cleaned up for an encore from the band, unfortunately in vain. The energy at the outdoor show was on a high for the band and they fueled the crowd's fire with ease. People of varying ages and backgrounds attended the event and were left both perplexed and entertained.

Anyone who has the opportunity to see Walk Off the Earth perform live should take it. Their music is refreshing, their talent is overwhelming, and their showmanship is absolutely unbelievable. I would go so far as to say that they could be one of the most impressive live acts of our generation.

Die Antwoord

Erika Desjardins
Révisseur de la rubrique « Vie de campus »

Die Antwoord: un groupe de musique hip-hop et rap avec un petit soupçon de techno. Voilà, selon moi, la combinaison parfaite pour un style animé et entraînant. Je me suis trouvée à un de leurs concerts le 4 juin au Danforth et je ne fus pas du tout déçue. Ils sont excellents sur scène. Leurs spectacles ne sont pas plates du tout; en fait, il n'y a pas eu un seul moment où je ne me laissais pas aller au rythme de leur intéressante musique.

Je dois avouer que c'est un groupe hors norme. Ils sont bizarrement intéressants. Le groupe est composé de trois individus, deux qui chantent et un qui compose les mélodies. Le platiniste du groupe, DJ Hi-Tek, et les deux interprètes, Yo-Landi Vi\$\$er et Ninja, forment un groupe de musique pouvant être décrit comme du rap-rave sud-africain. Le groupe est issu du mouvement contre-culturel sud-africain que l'on appelle le mouvement « Zef ». Selon Yo-Landi, il se définit comme étant un genre où « you don't give a fuck and you have your own flavour and you're on your own mission. [...] It's associated with people who soup their cars up and rock gold and shit. Zef is, you're poor but you're fancy. You're poor but you're sexy, you've got style. »

Bref, je vous conseille vraiment d'aller voir un de leurs concerts si jamais vous êtes dans la même ville qu'eux. Leurs concerts sont parmi les plus amusants que j'ai vus. Ils sont très énergiques et leur enthousiasme persiste jusqu'à leur dernière chanson.

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Desperation Is a Classic Disease

Lindsey Drury
Editor of Issues and Ideas

Do you ever feel guilty beneath the sun?
Like maybe you've cried too many tears
for these beams to be so forgiving
yet they light up your cheeks
and make them glisten.
I have felt freedom.
And I have felt captivity.
I sure as hell know the difference.
I sure as hell know when
life is being too kind,
I have had broken souls
ask me for advice
and told them that
It is pointless
for the moon to ask the sun
for shade;
for children
to ask their mothers
where hope is made.
I am a magnetic field.
I repel as hard as I attract.
I am sorry for acting like
I know the answers.
For writing poems based on lies
I hope will one day be true.
My bones are bruised.
You knew that.
You knew that when you looked at me.
I am something like a theory
that no one wants to test.
I am nowhere near better yet.
Nowhere near equipped
to focus my attention on
anything but sanity.
I planned
to hang my vanity
until the veins popped
but could not go through with it—
this is nothing new.
Not everything can be beautiful.
I have found that
desperation is a classic disease,
only suited for a requiem
written for children's knees
on the last Sunday
they ever felt whole.
I am unsatisfied
with the life span of my soul.
I told you once
that I needed help.
I have been waiting ever since.
I am trying not to blame you.
I am not very good at it.

Even on days when the piano plays
without me caressing the keys
I am thinking about the pedal,
and how it demands to be used—
how our shoulders
are far too abused to
carry our toddlers
to bed every night
even when it's their favourite thing.
We are all unforgiving.
The sun is out,

and I'm feeling guilty.
Her son is out,
and she's feeling guilty.
He can't open his mouth
and he's feeling guilty
for saying goodbye more times
than he said
he loved me—
it will weigh on me for eternity.
I am learning
that guilt is a guillotine
I do not have to lay my neck on,
and the sun is a generous being.
I am sure it does not
feel bad for burning us
or hiding when we miss it most—
The sun and I,

we used to be close.
Maybe ours is a relationship
worth mending.
And maybe the stars
are never-ending.
And maybe there's
a friend in all of us.
The earth
has a way of soaking us up
if we are willing to connect--
plant ourselves to these hungry roots,
and beam out pollen like energy,

maybe I am crazy.
My poems are wavelengths of meanings
with desperate beginnings
and inspiring endings,
if you pay attention,
you can see me healing.
This is how I forgive the sun
instead of apologize.
This is how I forgive myself,
and step outside,
without crying.
This is how I learn my lesson.
This is how I learn to glisten.

Du « fait maison » en résidence

Erika Desjardins – Don on residence
Révisseuse de la rubrique « Vie de Campus »

Salut les nouveaux étudiants de Glendon. J'ai hâte de pouvoir vous rencontrer. Je me présente: mon nom est Erika Desjardins. Vous pouvez me trouver quasiment partout sur le campus de Glendon ainsi qu'en résidence; en effet je suis la don de la maison F à Hilliard cette année.

Durant ma première année à Glendon, je n'avais aucune idée de ce que je faisais! Je mangeais toujours la nourriture de la cafétéria car je n'avais pas encore découvert que c'est possible de se faire des repas entiers dans sa chambre de résidence (sans utiliser des outils interdits, bien sûr). C'est durant ma deuxième année que j'ai appris comment cuisiner dans ma propre chambre, alors je souhaite partager avec vous comment faire.

L'année dernière (ma deuxième année universitaire), je me faisais des pâtes, des œufs à la coque, du riz, des légumes cuits à la vapeur, du poulet, du poisson et des sautés. Tout ça était préparé avec juste deux choses : une bouilloire et une étuveuse (ou cuit-vapeur). Je faisais les pâtes et les œufs avec la bouilloire. Je faisais le reste avec mon étuveuse.

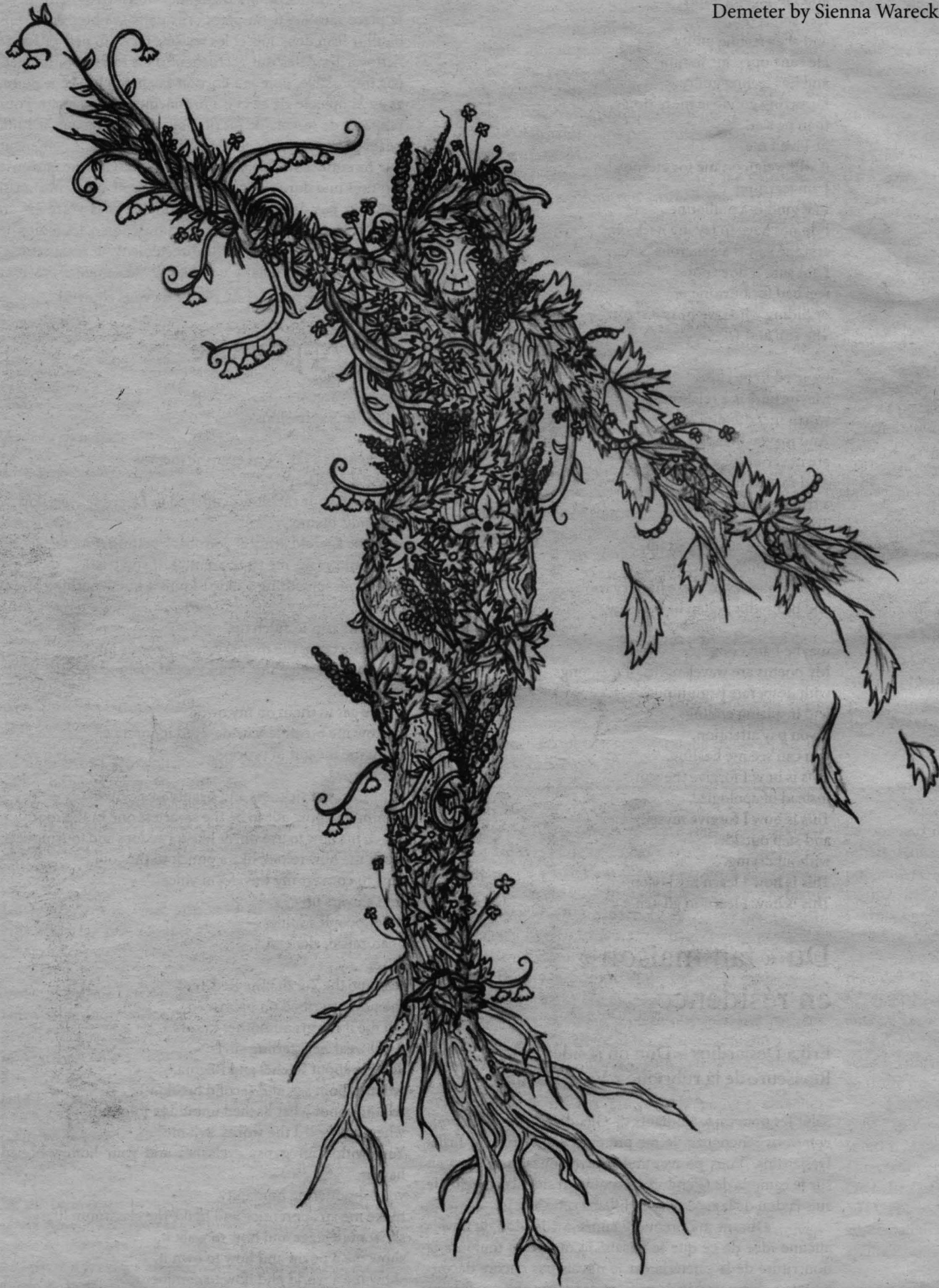
Comment, me demandez-vous? Très facilement. Je place mes œufs ou pâtes crus dans ma bouilloire, fais bouillir l'eau deux fois et les ressors. C'est un peu galère de nettoyer les pâtes qui accrochent dans la bouilloire, mais pas impossible, et le jeu en vaut la chandelle. Le reste est assez simple: le riz se cuit normalement à la vapeur. Pour préparer de la volaille ou du poisson à la vapeur, il suffit de les placer directement dans l'étuveuse, sans le conteneur que l'on utilise normalement pour le riz. Chaque étuveuse requiert une durée de cuisson légèrement différente, aussi n'oubliez pas de lire les instructions. Et si la vôtre est un modèle ancien ou d'occasion, comme le mien, les temps de cuisson sont souvent inscrits directement sur le cuiseur. Sur ce, je vous souhaite une excellente semaine Frosh et une excellente rentrée! Au plaisir de vous côtoyer!

The Apprentice

Sienna Warecki
Editor of Expressions

And who's to say I was ever the mentor
in the first place?
You, with your rabbit fur couched in Lizard Queen skin
ungainly, divine,
with the age-old army at your back getting restless
you could make me an apprentice, if you tried.
Teach me something I didn't know I knew nothing about
and
make me trip to catch up,
make me crave the mystery curving your lips
the answers giggling smoky-eyed behind pearly white
fans—
let me get to them on my own.
Bestow me breathless, wide-eyed ignorance;
grant me the gift of process,
of progress,
of beauty and sickness and beauty in sickness
remind me how not to be the smartest one in the room.
Teach me how to use words like torpedoes and tourniquets,
teach me how to talk like a punch to the soul
how to convert my waveform voice
into shivers up
other people's spines—
anatomical, alchemic,
alive;
read me the Torah, The Red Tent,
the past inscribed on palms
tell me if my grandmother knows
I still wear her sterling silver.
Tell me about Rachel and Regina,
tell me about sex and second breakfast,
tell me about what flashed unbidden into mind
when you heard the words "tell me".
You, with your gypsy eyelashes and your hollow-boned
hands
your shuddering humanity,
make me an apprentice and make the classroom life:
show me a stage and how to walk it,
show me a poem and how to own it,
show me a world and how to conquer it—
show me a basement,
a blue heart.

Demeter by Sienna Warecki



Pro Tem

Vous aimez écrire?
Vous prenez des photos ou souhaitez pouvoir exprimer votre créativité?
Vous avez une opinion sur?

Ecrivez-nous à editor@protemglendon.com pour plus d'informations.