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La Prochaine Date Limite:
le 24 janvier 2020



Room 306: Evidence of a Glaring Food Disparity

Anonymous

EDITOR'S NOTE: The following article has been supplemented with significant research and interviews conducted by the Pro Tem Team to verify its credibility.

In an earlier issue of Pro Tem, I wrote about the poor food quality at Glendon's cafeteria. Over the next few days, I noticed that the article had gained a lot of attention. People were upset to learn that the quality of their or their children's food was far from excellent. In my opinion, the mandatory meal plan for all dormitory students is an atrocious attempt at a cash grab by Aramark, the corporation that provides food services to Glendon. Furthermore, Glendon's status as a food desert for students has been established. It has now come to my attention that

it is not the same case for professors — they have access to a separate, largely hidden room with a kitchen. In this space are two large refrigerators and a cook who serves food to professors and guests attending events.

A classy little hideaway, this room is only accessible to students when they attend socials. However, most students never attend these socials and have never stepped foot in the room to see for themselves. Many students have never even heard of this lounge; others have heard the rumors but do not know of its exact location. One student claimed that it was located underground in the basement. Another suggested that it was around the Center of Excellence. Neither student was correct — the lounge is tucked away in a hidden corner of the campus. It can be found on the third floor near

the stairwell by the cafeteria. Room 306, also known as the Senior Common Room, stretches along an eerily empty hallway and takes up the space of three old but well-furnished rooms.

I decided to partake in one of these socials to see if the rumors had any merit. The food they served during my visit included elaborate cheese platters, crackers, alcohol, and other coveted snacks and refreshments. Other students have reported a myriad of classy meals, including grilled salmon. Around me were professors and university staff who frequented the space. A woman in an apron who I had never seen down by the cafeteria was in the kitchen. Faculty members dropped by for a drink; others came to mingle amongst each other. It was pleasing to know that professors had a lounge

Continued on **PAGE 3**

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About Us

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.

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Rachael Buxton
Expressions

Bonjour et bienvenue à nouveau, Glendon!

J'espère que tout le monde a eu une pause heureuse et reposante des cours. Most of all, I hope you are all ready to start writing more articles for Pro Tem as the final contributor deadlines for the 2019-2020 academic year quickly approach.

As I am sure you all have heard, Pro Tem is happy to report that the Canadian Federation of Students–Ontario (CFS–O) and the York Federation of Students (YFS) have won their case against the Ontario Government regarding the Student Choice Initiative put in place earlier this academic year. We thank the Divisional Court of Ontario for their unanimous ruling against the initiative. As you all know, we will be receiving our full funding for the Winter Term and the team could not be happier. On behalf of the entire Pro Tem team, thank you to all of our fellow students who supported us financially throughout the year, despite the opportunity to deny us the funding. You are a beacon of hope to our organization and to the free press in general.

Enfin, je voudrais prendre un moment pour se souvenir de ceux qui ont perdu la vie dans l'écrasement du vol 752 de la compagnie Ukraine International Airlines en Iran. Trois étudiants de York, Sadaf Hajiaghavand, Safar Poor Kolor et Masoud Shaterpour Khiaba, nous manqueront beaucoup. L'équipe Pro Tem voudrait prendre un moment pour se souvenir de Safar Poor Kolor en particulier, qui vivait dans la résidence Hilliard où se trouve notre bureau.

À bientôt!

Amanda Sears
Editor in Chief



Dear Emy

WITH EMILIA KARCZEWSKA

Workout Worries

Dear Emy,

One of my New Year's resolutions for 2020 is to start exercising more. I've purchased a gym membership but I'm so overwhelmed by the environment at the gym that I haven't gone much. The gym is always full of really fit, athletic people who I feel are staring at me and judging me so hard for being a beginner. I also feel so lost with the number of machines and don't know what to do when I'm there. I really want to get fit but I feel so out of place at the gym. Any advice to overcome my fear?

Sincerely,
GYM RAT

Dear Gym Rat,

Getting fit is an excellent New Year's resolution! First and foremost, you need to remember that everyone at the gym is simply there to get in shape and to better themselves. They are not there to gawk at you, compare themselves to you or to judge you. Everyone there was a beginner at one point in their fitness journey.

If you are feeling lost or overwhelmed at the gym, I recommend speaking to a trainer. Many gyms offer at least one free session with a personal trainer when purchasing a membership and they can give you a tour of the gym, show you basic exercises and monitor your form. It's definitely helpful to take advantage of this benefit at the beginning of your fitness journey.

Another great way to start off at the gym is to take a fitness class. Trained instructors teach you proper form and provide a great variety of exercises. A group setting is highly motivating and is more fun than working out alone. There are so many different classes you'll never be bored! Plus, you can make some great gym pals in a fitness class who you can work out with in the future. This does usually cost money but if you're getting more out of your membership because of it, why not?

When working out alone, if the machines and racks are overwhelming, I'd suggest starting off with the basics. You can have an amazing full-body workout with something as simple as free weights. Grab your pair of dumbbells or a barbell and go to a less busy area of your gym or the studio. Once you feel more comfortable in your surroundings you can move on to machines and to all the other equipment in the gym. Every machine has a diagram on it so you can take your time, read it and try it out. If you still cannot figure it out you can always ask a trainer for help. Some people find machines easier to start on, but do what works for you. There's no wrong way to start!

To prevent feeling lost, I find it helpful to plan a workout prior to going to the gym. There many fitness YouTube channels and fitness accounts on Instagram that can inspire your workouts. You can choose what you like and try it out. Planning a workout before getting to the gym motivates you and makes you feel more in control. Rather than wandering around and not knowing what to do, you can just whip out your planned workout on your phone or notebook and you're good to go!

Remember that at the end of the day, you pay for your membership just like everyone else and so you belong at the gym just as much as everyone else does. Own it and be confident. If someone is staring at you it's probably because you're a fit cutie — not because they're judging you.

The more you go to the gym, the more you will learn about it and the more confident you will become. Your fitness journey is a process. Be patient with yourself and enjoy the gains. You got this!

-Emy

Looking for advice? Submit your questions and concerns to campuslife@protemglendon.com and Emy will get back to you in the next issue!

Room 306: Evidence of a Glaring Food Disparity (cont.)

where they could eat well and engage with one another, but how can we account for the disparity in quality between the cafeteria and Room 306? Unfortunately, there seems to be minimal information about where this room gets its funding. There is no information about this lounge in any of York's annual financial statements or its official websites, according to my research. The only data found is on the York library database. Archives about this room exist under the name of the "York University Senior Common Rooms Inc. fonds."

The summary on the database website reads as follows: "the fonds consists of correspondence and financial statements of the Senior Common Room, 1969–1976." The access to this file, however, is "partially restricted." To view closed files such as these, one needs permission from the President or the President's delegate. The only way to read these documents is to get special permission from President Rhonda Lenton herself. In other words, the source of its funding is kept entirely hidden from York students without the President's concession.

Even if these particular archives only hold information from 1969–1976, the room is very much in use to this day. Student have asked us: Is it run through donations? Worse, does it come out of student's tuition through concealed fees? Pro Tem has consulted numerous sources to find that Glendon does provide some minimal funds in the form of donation to Room 306 to aid in its operation. A York University spokesperson did not provide an answer as to whether or not these funds come from tuition fees. To make up the bulk of the funds needed for the Senior Common Room to operate, full-time and contract faculty who wish to obtain a membership may pay an annual fee — much like students in residence must pay an annual fee of a minimum \$3,500.00 for access to food. Pro Tem was unable to retrieve information on the exact cost of the annual membership fee for members of the Senior Common Room for comparison, but it should be noted that

members pay for what they consume.

Besides the hidden archives, the room itself is not generally brought up by professors, almost as if they are not allowed to speak of it. One student interviewed alleged that a Glendon professor mentioned the existence of this lounge to their class. After blurting it out and a short pause, they ended the topic by saying "I probably should not have said that." If true, this is not comforting information to know.

With my last article in mind, there is a glaring problem at Glendon regarding its treatment of students. Many students have wondered if the food in the Senior Common Room is provided by Aramark, the same company which provides the atrociously low-quality food that Glendon students must resort to if they want a meal. Pro Tem can confirm that the food enjoyed by members of the Senior Common Room is not provided by Aramark. Rather, the food is provided by a personal caterer who is individually contracted to prepare food specifically for the members of the lounge. That being said, then there is clearly a disparity between the University's appreciation for the well-being of students and professors. Presumably, professors cannot afford to regularly miss their own classes on account of repeated bouts of food poisoning.

Professors do not purchase from the cafeteria often for a reason: they have options that students do not have. This unfortunate situation is, of course, worse for students living in residence, and eliminates an important incentive to improving food quality. The issue at hand is not that our professors and staff members have such a room — they have worked diligently for their current positions and deserve a lounge that caters to their needs, especially when they are working long hours on campus. The problem is rather the dangerously low standard of food forced upon paying students who have no other options; the problem is a disparity.

Un Rêve Sans Fin

Connor Boyd
Contributor



Ce jour-là ne viendra jamais. Je sens le soleil chaud sur mes paupières. Les yeux toujours fermés, je respire à fond et je les ouvre sur une forêt paisible. Je suis tout seul, entouré que par des arbres et rien d'autre. C'est un rêve éphémère, mais je ne veux pas me réveiller. Tout est parfait ici et je voudrais rester toujours comme ça.

The Quiet

Rachael Buxton
Expressions Editor

Meditation.

Inhale. Exhale.
Be still, and soft.
Observe your breath,
Your beating heart.

Energy flows
Like a current
Through your fingers,
Your toes, your chest.

Let yourself drift;
Float peacefully
At the surface
Of deep quiet ...

...
...
...
...
Interrupted.

Your mind awake,
Your thoughts pour in.
Swelling waves,
Crashing to shore.

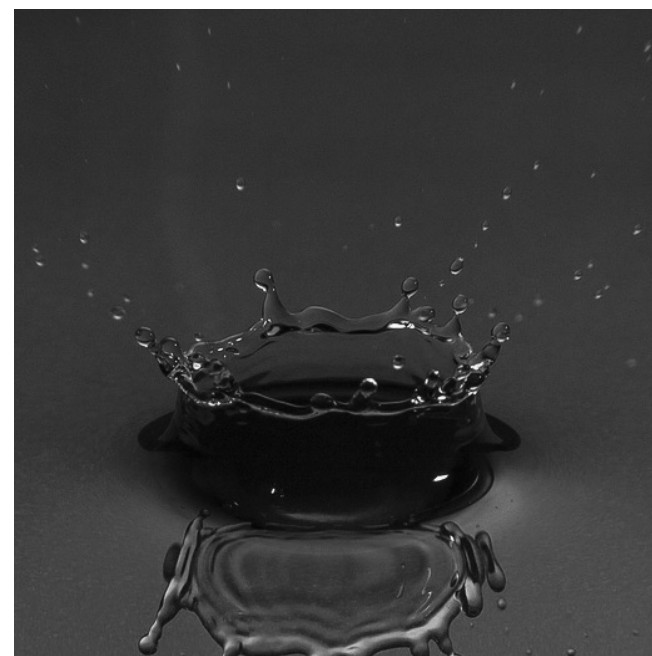
Details, due dates,
Errands, regrets,
Engagements, hopes,
The quiet gone.

Panic rising.

Drowning in the
Anxiety
Of yesterday
And tomorrow ...

...
...
...
Overcoming.

Breathe in, breathe out.
Focus on breath,
Resist the noise,
The storm raging.



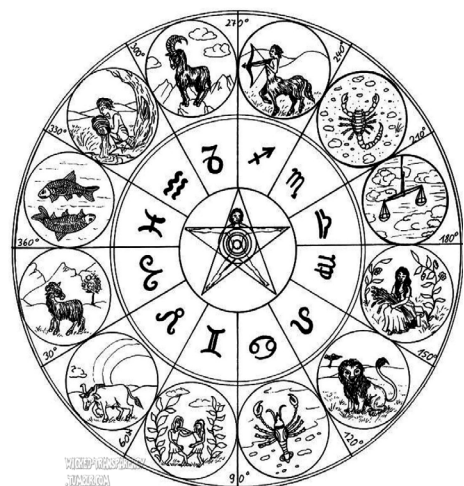
Slowly settling,
A roar, a buzz,
A calm, a hush.
A silent sea.

A new quiet
In this moment,
Just one moment,
Your mind at rest.

Arts & Entertainment

Where You Spend Time at Glendon Based on Your Zodiac

Kaya Harris-Read
Chief of Operations



Aries — Glendon Athletic Club. After sitting still in class, you need to do something with all that extra energy. You'll definitely end up watching Netflix after 2 minutes on the treadmill because you're easily bored.

Taurus — Library's basement. It's the quietest place on campus and ideal for taking a nap. You'll sleep peacefully because despite the procrastination, you always end up getting things done on time.

Gemini — Cafeteria. People will probably think you're there to be social, but really all you want to do is scroll through the Internet and eat your curly fries in peace.

Cancer — Second floor, COE. The large glass windows are ideal for someone who loves nature, but doesn't actually like being outdoors. Also, you love people watching.

Leo — Breezeway. You love the centre of attention almost as much as you love an excuse to put off work. You can't reasonably do your readings if you're having three conversations at once, right?

Virgo — Library. As someone who loves organization, being around book shelves is very calming. Plus, you know if you try to do work where talking is permitted you won't get a single thing done.

Libra — Lunik. As someone who enjoys balance, the mix of study and social space with a cool ambiance is definitely for you. You've probably skipped class at least once because you didn't want to leave.

Scorpio — Glendon forest. It can be overwhelming to be around people for too long and so the peace and quiet of the forest is ideal for you. It's almost worth the effort of pretending you're not out of breath after climbing back up the stairs.

Sagittarius — Front of the COE. This is where you wait for the bus because you can't last standing in the cold for more than 1.3 seconds. You'll also probably miss the bus at least twice because you got distracted.

Capricorn — Tim's line. This is where you try to act as though this isn't your fifth coffee of the day. It's fine, the caffeine shakes just help you type faster.

Aquarius — Gazebo. You probably didn't mean to end up there, but there you are. You enjoy breathing in the fresh air, and ... other things. And if weed isn't for you, there's the added bonus of avoiding fluorescent lighting, which you can't stand.

Pisces — Basement of the COE. You can't manage to get anything done without spreading out your work, so you're down here taking up an entire table for yourself. Also, you always have the prettiest study notes so might as well show them off.

Rediscovering Magic in the Classroom: An Account of EN 3636

Jasmin McMullan
Contributor

Books were always at the epicentre of my childhood. As a toddler, I had an insatiable appetite for story time. On the first day of the school holidays, my mum would take us to the Waterstones on Milsom Street and we would spend hours combing the shelves before picking out our holiday reading. By the following morning, I would have finished at least one book.

I read everything: picture books, the classics, Shakespeare (yes, really), YA fiction. I remember loving “The Very Hungry Caterpillar,” “Harry Potter,” a book of Arabian fairy tales I found in a Glastonbury charity shop, “Little Women,” “Persepolis,” and “My Sister Sif,” a book I found in the school library that seems to have gone out of print years ago. The part of me that still believes in magic never quite let go of these stories. So when I enrolled in Children’s Lit, I kind of figured it would be a fun, easy class to fulfil my general education requirement — I was only half right.

When I got the reading list, I was set alight. I was so excited to study “Where The Wild Things Are,” “Alice’s Adventures in Wonderland,” and “Coraline.” I wanted to study Dr. Seuss and Roald Dahl. I had a lot of these books already from my childhood. The rest I found at Value Village because I love a good bargain.

The class itself was a lot more in-depth and interesting than I’d expected. We began by exploring what it means to be a child, and therefore what it means to create literature for children. Did you know that the Puritans were the first to create and publish children’s books? I would have never guessed it.

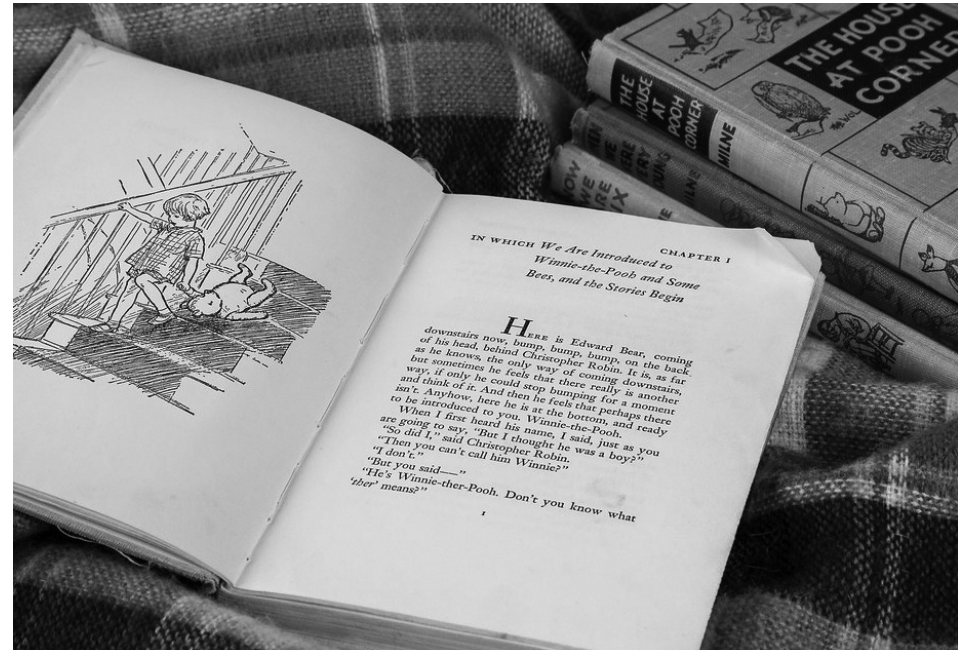
The theoretical readings were engaging and provocative; some of them (Nodelman) have stayed with me since, helped me navigate conflicts and change my perspective. In all honesty,

this is the first time a reading has become an integral part of how I view the world on a day-to-day basis.

The course was taught by Prof. Richardine Woodall. Everyone I know who has had the privilege of being her student agrees that she is amongst the kindest, most engaging and incredibly interesting professors they’ve ever been taught by — and I wholeheartedly agree. Richie is the kind of Prof. who learns the class’ names quickly, who cultivates a safe and respectful space for discussion, who champions diversity and representation. She makes sure her syllabi feature stories from a range of origins: LGBT picture books, Canadian children’s stories, graphic novels featuring mixed-race Torontonians high schoolers, Caribbean authors, and more.

In a city as cosmopolitan as Toronto, on a campus with such a global community, Richie’s efforts could not be more appreciated. As a class, we discussed the importance of finding stories that everyone can connect with on some level — and how this might impact the intended audience of these stories: children.

I loved this class so much more because of the empowerment that filled the classroom. Everyone felt heard, supported and valued. Every opinion was considered and respected, even when debates got passionate. I learned



so much from my classmates: about the books, about children and childhood (many of my classmates were parents), and about myself. Emotions ran surprisingly high: weeping in lectures about “The House At Pooh Corner” and “Charlotte’s Web” was *not* something I expected, nor was the realisation that small children should probably not be allowed to read “Charlie and The Chocolate Factory” until they can understand that Wonka is a Really Bad Egg.

I am my best self when I get to talk about stories. In this class, I became more confident in my abilities as a student. I became driven not only by my own wishes for success; I wanted to make Richie proud, too. I’ve become

more aware of the influence language and subliminal messaging can have on tiny humans, of just how tough and intelligent they are. I’ve become braver when writing papers, because Richie encouraged so much creativity and fearlessness in the essays she assigned, and because she expected great things from us.

This class reminded me of the person and student I want to be, of what I most love to study. This class was the reason I added English as a minor to my degree. It’s one of the highlights of my time at Glendon so far. And if you can, I recommend wholeheartedly that you take it.

PUBLIER DANS

ÉCRIRE POUR

≡ L'EXPRESS
VIVRE EN FRANÇAIS AU GRAND TORONTO

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protem
NOTRE VOIX NOTRE HISTOIRE

LES ÉTUDIANTS DE L'UNIVERSITÉ YORK ONT
L'OCCASION DE SE FAIRE PUBLIER DANS
L'EXPRESS DE TORONTO

LES ÉTUDIANTS DE YORK, ENVOYEZ VOS ARTICLES
EN FRANÇAIS À
EDITOR@PROTEMGLENDON.COM





What's New in Toronto in 2020

Anastasiya Dvuzhylov
Metropolis Editor

While 2019 saw many local favourites like The Cadillac Lounge and Tequila Bookworm say their farewells, 2020 has a lot in store for Toronto.

The long-shuttered Paradise theatre opened its doors again for the first time since 2006 this past December. Featuring a brand new art deco makeover and a swanky bar and a restaurant, this Bloor Street staple is a living testament to the fact that not all good things come to an end. The Paradise is currently running the "Toronto Plays Itself" series all January long. It's an homage to our great city and offers a cinematic glimpse into how Toronto has changed on screen, in a collection of 17 films that span over 70 years.

Music lovers rejoice! While there's no set date yet, the famed El Mocambo will reopen sometime in ear-

ly 2020. The historic venue was thought to have shut its doors for good in 2014, following in the footsteps of many local venues. Instead, it was purchased by a developer and subsequently renovated. Originally opened in 1948, it has seen The Rolling Stones, The Cars, April Wine, and Stevie Ray Vaughan take its stage. The iconic neon palm tree will light up College and Spadina once more.

Here's one for the foodies, and it isn't a typical restaurant announcement. Ottawa-based Farm Boy, often monickered as the Canadian take on Trader Joe's, is set to replace the College Park Sobeys some time this year, with several other locations set to open in 2021.

Good news for commuters! The mythical Bay concourse at Union Station is slated to reopen in spring of this year. Closed since 2015, it has been undergoing extensive renovations to make it look a lot brighter like the York concourse. Once it opens, the Union concourse area will have nearly tripled in size, making commuting just a little more bearable.



Review: Julius Caesar at The Crow

Anastasiya Dvuzhylov
Metropolis Editor

Chris Abraham's modern take on a Shakespeare essential is absolutely breathtaking! "Julius Caesar" is doing a run through February 2nd at the East end's hottest theatre venue: The Crow.

While coming into the theatre is a bit confusing — you're faced with a large cage and an inflatable tube man in the centre of the room — do not be fooled! You are indeed in the right place and this is by no means a wrestling match set up. The play opens with a podcast-like setup to bring the audience up to speed. Three announcers sit around a table and explain Caesar's rise to power in a sportscast style. This makes the play more accessible to thespians and amateurs alike, combining our modern English with Shakespearean verbiage.

The beauty of having the stage in the middle of the room is: there is no best seat in the house, arguably because every seat has a unique view. The cast comes out from the four corners of the room and are often within arms reach. The space itself is small,

and this creates a more intimate atmosphere. Costume designer Ming Wong's styling is what brings Caesar into the present day. The costumes aren't costumes persay; the cast looks like something out of a Bay Street office, wearing wool coats and business casual garb. Combined with the small space and the players' use of it, it feels like you're right there in a modernized ancient Rome.

This is the debut performance at the Crow for many of the actors and they do not disappoint. Dion Johnstone plays a powerful Marcus Brutus, troubled and turmoiled, yet incredibly sympathetic. The modernization of the characters makes the story all the more compelling — it makes it easier to draw parallels to current-day political turmoils.

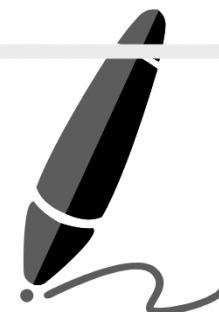
The use of visual effects is stunning. Fluorescent light bars hang over the stage and set any mood or setting and make it feel incredibly real. When dimmed and hung low, in combination with audio effects, it really does feel like it's raining. Flickering lights make the lightning storm come to life, and a ghostly blue spotlight brings Caesar's ghost to life.

Catch "Julius Caesar" playing at the Crow at 345 Carlaw until February.

pro tem

Avez-vous des opinions? Aimez-vous écrire?

We want to hear your voice!



Envoyez-nous un courriel à
editor@protemglendon.com

Crise de la Location Immobilière en Ontario

Helen Lam
Contributor

Le logement constitue un droit de la personne, un besoin fondamental globalement reconnu. Le logement est un refuge contre les orages de l'extérieur. Que ce soit une maison, un appartement, une maison de chambres, etc., un domicile fournit un environnement propice à la vie quotidienne et une place sécurisée où l'on se repose à la fin d'une longue journée.

Cependant, on fait face à crise importante à Ontario. De plus en plus de personnes demeurant dans la région se trouvent itinérantes et font appel à des banques alimentaires puisque la disponibilité du logement abordable diminue, selon des organisations œuvrant à réduire la pauvreté. Comment devient-on sans-abri ? Deux des plus explications communes à cette question-là aujourd'hui sont (1) des « rénovictions » et (2) des expulsions pour « l'usage personnel » du locuteur. Particulièrement à Toronto, des propriétaires utilisent la loi à mauvais escient pour expulser des locataires afin qu'ils puissent ensuite augmenter le loyer considérablement. Le nombre d'évictions non-fautifs exercées par des propriétaires cherchant à tirer profit de la pénurie de logements s'est élevé de façon drastique.

Les cas d'annulation des baux à cause des rénovations ont rehaussé de près de 300 % dès 2015! Beaucoup de citoyens frustrés ont été évincés de leurs appartements par les propriétaires sous prétexte de rénovations. Les propriétaires utilisent de faux motifs pour accomplir le but lucratif, de doubler ou tripler le loyer. Bien que la loi soit censée protéger les locataires des abus, les tricheurs ont découvert des arnaques pour en abuser. La plupart des « rénovictions » se déroulent en dehors du cadre légal. Le problème précarise les conditions de logement pour des locataires, les empêchant de trouver de la stabilité.



La loi sur la location à usage d'habitation (*Residential Tenancies Act*) indique que les propriétaires ont le droit de demander l'expulsion de leurs locataires pour des rénovations substantielles. Toutefois, les propriétaires prennent avantage avidement de cette exemption, assumant des projets mineurs pour gonfler les loyers et maximiser leurs revenus. Ce phénomène permet au propriétaire de relouer injustement son logement à un prix très haut relativement au prix original.

Martin Blanchard de comité logement Petite-Patrie à Montréal, remarque : « Ils veulent faire des profits monstres rapidement. Ils investissent un peu d'argent [dans des rénovations]... des locataires sont jetés à la rue. » En effet, les villes métropoles témoignent combien il est facile d'aller soudainement sur le chemin d'être sans-abri.

Les locataires à faible revenu ne sont plus en mesure de payer le nouveau loyer et donc risquent de rester permanemment hors de leur logement. Quoique des réparations majeures s'avèrent parfois nécessaires, le système ne garantit pas que ce sont vraiment ce type de rénovations qui invoquent une telle immixtion dans la location. La mise en place de règles plus rigoureuses à propos de l'entretien routinier et préventif des bâtiments résidentiels servirait de prévenir leur détérioration et de restreindre la possibilité de recourir avidement aux augmentations de loyer supérieures au taux légal afin

de financer les rénovations coûteuses. Kenneth Hale (du Centre ontarien de défense des droits des locataires) encourage les résidents recevant un avis d'expulsion pour rénovation à obtenir plein de renseignements avant d'acquiescer. Il serait bénéfique de consulter un avocat qui travaille dans les services d'aide juridique.

Quant aux solutions potentielles, la conseillère municipale de Toronto Paula Fletcher exhorte le gouvernement de Doug Ford de donner mandat aux propriétaires d'obtenir un permis de construction avant toute « rénoviction », et aussi d'amener des inspecteurs à juger si l'ampleur des rénovations exige rationnellement l'éviction des locataires.

Depuis l'exercice financier 2015-2016, le nombre de propriétaires qui ont essayé de forcer un locataire de quitter pour utiliser l'appartement pour eux-mêmes ou un proche a augmenté de 84%. Un locateur peut demander par requête à la Commission de résilier la location s'il va prendre possession du logement locatif pour son usage personnel ou pour un membre de sa famille.

Seuls les locateurs qui sont des particuliers et non des sociétés, sont capables de faire la disposition concernant l'utilisation d'un logement pour leur « propre usage » en vue d'expulser un locataire. Mettre fin à une location en donnant un avis de résiliation de mauvaise foi constitue une infraction ; quiconque commet de pareille infrac-

tion est passible d'une amende de 25 000 \$. Cependant, il est difficile pour les locataires de prouver qu'ils ont été mis à la porte de mauvaise foi, notamment parce qu'ils n'y vivent plus après l'expulsion. Le ministère ontarien des affaires municipales et du logement prévoit d'éventuelles modifications de la Loi sur la location à usage d'habitation pour rectifier les vides juridiques de ce genre.

Pour couronner le tout, la moitié des locataires n'assistent pas aux audiences de la Commission de la Location Immobilière pour se défendre contre une affaire d'éviction. C'est-à-dire, quand les propriétaires tentent de les jeter de l'appartement pour une « rénoviction » ou pour « l'usage personnel », souvent les locataires n'ont pas la chance de présenter leurs défenses devant la commission. En 2018, seul 2,6 % des locataires ont été représenté contre 79,5% des propriétaires. Voyant cela, en plus des retards au sein de la commission, il est évident que maintenant le droit des locataires au procès en bonne et due forme est mis en péril.

Des passages menant de l'éviction à la condition de sans-abri entraînent des effets négatifs et coûteux chez les individus. Les défenseurs des locataires demandent à la province de transformer la loi pour mieux les protéger à Toronto. Après tout, il faut se demander sérieusement si le logement doit être traité comme une nécessité ou simplement une marchandise à vendre de manière irresponsable.

Raw Bars

Libbey Dresser
Contributor

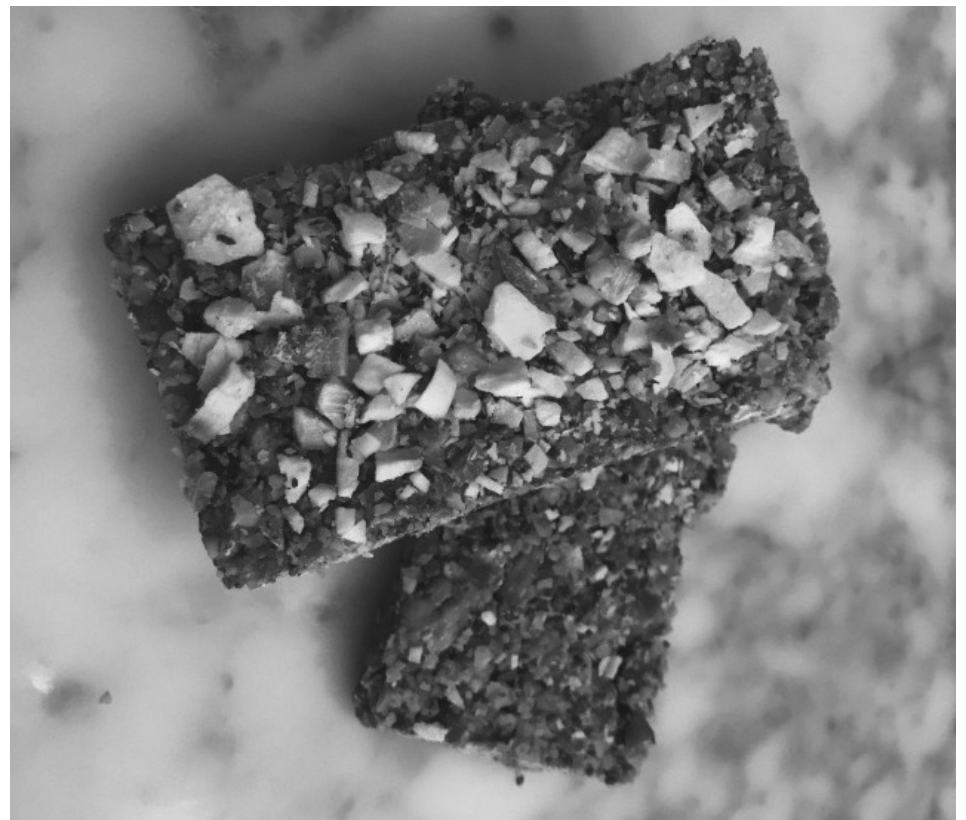
You may have heard of a blogger named Song of Style or Aimee Song. A few months ago, Aimee started to make what she called “Raw Bars” and she posted a video on how to make them. However, she did not include measurements so I decided to take matters into my own hands and create a step-by-step recipe that includes appropriate measurements. These raw bars are healthy, delicious, and very easy to make at home!

Ingredients:

- 2 cups quick oats (or half whole oats and half quick)
- ¼ cup chia seeds
- ½ cup chopped walnuts
- ¼ cup sunflower seeds
- ½ cup coconut oil
- Pinch of salt
- Pinch of pepper (optional)
- 12 large or 15 small pitted dates
- Coconut flakes

Directions:

1. Preheat oven to 350 degrees F.
2. Cover the bottom of a large baking sheet with parchment paper and grease with a little bit of olive oil.
3. In a large bowl mix oats, chia seeds, walnuts, sunflower seeds, and coconut oil. If coconut oil is hard, put it in the microwave for a few seconds until soft. Work in the coconut oil with your hands, removing any chunks.
4. Pour the oat mixture onto the baking sheet and place it into the oven for 15 minutes. After 15 minutes, remove the pan and mix the oats around. Place it back into the oven for 10–15 minutes or until golden brown.
5. Once golden brown, remove the oat mixture from the oven and let cool.
6. Once cooled, cut the dates into small pieces and squish them into the oat mixture.
7. In an 8×8 pan lined with parchment, place the mixture into the pan and press down firmly.
8. Sprinkle coconut flakes over the



9. Cover the pan with plastic wrap and place it in the freezer for 2–3 hours or until solid.
10. Cut into rectangles or triangle bars and place them into a container or wrap them with parchment.

You can choose to keep the bars on the counter or in the fridge depending on if you want them room temperature or cold. There you have it! Raw bars are very easy to make and healthy to eat!

Coping With Unexpected Death

Sabrina Gilmour
Health and Wellness Editor

While all of us are aware that death will touch us and everyone we know eventually, we are never truly prepared for its arrival. It is easy and even comforting to believe that our family and friends will reach old age. The truth is, however, that death can come earlier, unexpectedly, through accident or illness. After learning about the sudden death of a loved one, there is an undeniable sense of shock and disbelief. The grieving process is a journey where some days you feel like you are about to drown in sadness, struggling to reach the surface. Other times you experience overwhelming feelings of emptiness, fear, loneliness, and guilt. You need to respect these emotions, and allow them to run their course.

If you are experiencing an unexpected loss:

Seek help. At first, you may

feel like no one can help you or no one understands what you’re going through. As a result, coping with death can be a very lonely process. Although you may be around others who are also grieving, it is very hard to talk about your feelings. However, it is important not to bottle up your emotions or isolate yourself from your friends and family. You should try to understand what kind of support you want and need. Perhaps you need someone to listen, or someone to hold your hand or give you a hug and let you cry.

Take care of yourself. While you’re grieving, it is very easy to neglect your physical needs. It may seem like nothing matters as you get lost in your own sadness. However, taking good care of yourself at a time like this is crucial as grieving is both emotionally and physically exhausting. As difficult as it may seem, making every effort to get enough sleep, eat properly and stay hydrated can really help a lot. In addition, fitting in regular exercise and meditation can do wonders.

Give yourself time and let yourself grieve. There is no linear process

of dealing with death and no “normal” timetable for grieving. You may have read about the five stages of grief, but everyone deals with death differently. When faced with an unexpected loss, shock, and disbelief are inevitable emotions to feel in addition to anger and resentment. Allow yourself to feel the pain in every form it takes. Do not ignore the pain because it will eventually surface sometime in the future. Unresolved grief can lead to depression, anxiety, substance abuse, and health problems. Throughout the grieving process, please be patient with yourself but make sure you face it because it is the first step to healing.

Remember them. It is important to find different ways to commemorate the life of the person you love and miss. Although it can be extremely difficult to escape the longing and desire for their return, it is healthy to remember your loved one and the good memories that you had together.

If you are in need of support, Glendon’s Accessibility, Well-Being and Counselling Centre at (416) 487-6709 is available to students. Experienced



counsellors are available to meet with you in a confidential, individual session by appointment. The Student Counselling & Development office at the Keele Campus is also available to all York students. Students should call (416) 736-5297 for more information. You can also contact the Good2Talk 24hr Student Crisis Line at (1-866) 925-5454.

A Guide to Starting a Sustainable Lifestyle

Kaya Harris-Read
Chief of Operations

When the term “zero-waste” first came into conversation, I was both intrigued and intimidated. As someone who cares passionately about the environment, I wanted to jump on the bandwagon, but doing so seemed impossible. When I thought about all the packaging and plastic we use in our daily lives, I felt overwhelmed because I had no idea where to start. Since this seems to be a common sentiment when it comes to lifestyle change, I want to share my first steps to sustainable living and how I changed my mindset to make it less daunting.

The first step is to reframe what zero-waste living means to you. Zero-waste is the goal, not the rule. I find that when I try to live by an absolute rule, I feel like a failure any time I break it, which makes me want to give up entirely. By reframing zero-waste living as an *intention*, it becomes more achievable. A sustainable lifestyle means being eco-friendly in ways that you can maintain in the long run. It is better to be waste-conscious for your whole life than waste-free for a week.

When it comes to taking action, pick the aspect of sustainable living that is easiest for you to incorporate into your life. A common misconception is that any form of sustainable living is going to require more effort, be more inconvenient, and be more expensive. While this can be the case, it is definitely not the rule. I’m going to outline a few of my first changes — all of which are

easy to make, and some of which will not only help the earth, but save you money as well.

One of the easiest changes to make is switching from bottled shower products to bars. For my hair, I have a shampoo bar and a conditioner bar, and for my body I use a bar of soap instead of a bottle of body wash. Many people are reluctant to make this change because they assume that bars won’t work as well as their current products. I believe it’s simply a matter of trying out a few different bars until you find one that you like. I use a shampoo bar from Lush, and not only do I like it more than the bottled shampoo I used before, but it lasts me longer, thus saving me money. I have also found that soap is much cheaper in bar form. A two-dollar bar of soap lasts me just as long as a ten-dollar bottle of body wash. You can also find bar soap in really lovely fragrances since they are often scented with essential oils. I recommend keeping your bars in containers outside of the shower, because if left inside they can melt and a lot of product can be wasted. I found lidded soap containers at the dollar store for 50 cents each.

Another great change to make is practicing mindfulness when grocery shopping. There are zero-waste grocery stores, which are great but not always accessible depending on where you live. In a regular grocery store, it is next to impossible to avoid packaging entirely; however, there are a few things you can pay attention to in order to reduce it. First, what material is the packaging made of? Glass or metal is more recycling-friendly than plastic, since the quality of plastics is diminished each time it is recycled. Second, do you have the option to buy in bulk? For example, I switched from buying individually-pack-

aged oatmeal to 1kg bags of rolled oats. Thirdly, especially for produce, is there a no-package option? When I’m buying fruits and vegetables, I buy them individually without a produce bag. Try to avoid products that are packaged unnecessarily. There is no reason for a bunch of bananas to be sold wrapped in a plastic bag, or for potatoes to be sold in a plastic container. Many of these practices can save you money, like buying in bulk or avoiding extra packaging, as the price of the container adds on to the cost of the food product.

The last change I want to share is the one that comes with the most savings: shopping secondhand. I’ve talked to a lot of people who are reluctant to shop secondhand because they don’t like the idea of wearing clothes that were worn by someone else. While I understand this sentiment, I think that people forget that even when you shop for new clothes, it’s pretty likely that the item you’re purchasing has been tried on by at least one person, or may have been previously purchased and returned. As long as you wash secondhand clothes before wearing them, I personally don’t see a problem. By shopping secondhand, not only do you avoid contributing to the amount of energy required to manufacture and distribute clothing items, you’re also preventing used items from ending up in landfills AND saving yourself a lot of money. Not to mention, there’s more to secondhand stores than just clothes — many sell books and home goods as well. When I moved into my apartment, most of the kitchenware I purchased was second hand. I was even able to find a matching dish set! It takes a bit more time and patience to shop secondhand, but it is definitely worth it.

There are hundreds of small



changes you can make to live more sustainably, but I think the most important thing to do is just be conscious of the way you live your life. There are so many environmentally-damaging things I used to do simply because I wasn’t aware of the impacts of my actions. For example, I never used to think twice about buying coffee in a disposable cup because I thought it was recyclable. But living sustainably is not about beating yourself up over past bad habits, it’s about being receptive to new information and using that as a basis for taking action and making changes to your lifestyle.



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Mon Identité Linguistique

Jaskirandeep Kaur
Contributor

Bonjour, je m'appelle Jaskirandeep, mais parfois, on m'appelle Jessica et je vais expliquer pourquoi. J'ai 25 ans et j'habite avec mes frères à Toronto. Je vais écrire un peu sur mon parcours linguistique. Je crois que mon identité linguistique dit beaucoup sur ma vie et sur d'autres aspects de ma personnalité.

Je pense qu'il est très important que des enfants soient exposés à plusieurs cultures afin de développer un esprit ouvert. Comme la majorité des Indiens, mes parents ont émigré dans un autre pays pour une vie meilleure. Habituellement, les Indiens choisissent des pays comme le Canada, les États-Unis, l'Australie, la Nouvelle-Zélande et l'Angleterre; mais mes parents ont choisi l'Argentine. Ils ont déménagé en Argentine quand j'avais moins d'un an.

C'est pourquoi j'ai un nom indien « Jaskirandeep », mais puisqu'il l'est très difficile pour les Hispaniques à prononcer, Jessica était le surnom de mon enfance. Je parle couramment l'espagnol, le punjabi et l'anglais et je suis sûre que ceci est une combinaison de langues très intéressante.

Grandir en Argentine, ma mère ne nous a pas permis de parler espagnol à la maison. Il y avait une règle: à la maison nous parlions seulement le punjabi. Les efforts de ma mère pour préserver sa culture et sa langue ont

été très utile pour moi et mes frères parce qu'aujourd'hui, nous parlons le punjabi mieux que beaucoup de jeunes Punjabis qui sont nés au Canada. La différence, c'est que le Canada a une grande communauté punjabi et cette influence sur une personne est très importante pour apprendre une langue, à mon avis.

Je considère l'espagnol et le punjabi comme mes langues maternelles, mais je peux mieux lire et écrire l'espagnol parce que je l'ai appris à l'école. C'est la langue dans laquelle je parle avec mes frères et mes amis.

Mes frères et moi ne connaissons pas l'anglais avant d'arriver en Inde en 2009. Nous avons passé deux ans dans une école internationale et c'est comme cela que nous avons appris l'anglais.

L'anglais est ma troisième langue, mais parce que j'habite au Canada depuis six ans, je parle mieux l'anglais que mes deux autres langues. Actuellement, j'apprends le français. J'ai pensé que parce que je connaissais l'espagnol et l'anglais, le français serait facile à apprendre. Malheureusement, la langue de Molière reste toujours difficile pour moi. Ma connaissance du français est très limitée, cependant quel est le meilleur endroit pour apprendre que l'université?

Je veux apprendre le plus de langues possible car je pense que les langues sont amusantes et qu'elles permettent une compréhension différente du monde. Peut-être un jour j'apprendrai le japonais ou l'arabe — qui sait?



Pro Tem Instagram Poll: @ProTemGlendon

Do you have frustrations with Glendon you hope to see fixed/resolved?

Do you have frustrations with Glendon you hope to see fixed/resolved?

Garbages in york hall not being emptied nightly! & we need more cleaning staff hired in general

@elzbieg

Do you have frustrations with Glendon you hope to see fixed/resolved?

We need better food.

@_trevordavid

Do you have frustrations with Glendon you hope to see fixed/resolved?

Cafeteria food has improved but why is it cheaper to order Uber Eats & pay less with more portions

@elton2bold

Do you have frustrations with Glendon you hope to see fixed/resolved?

The foodddd

@alicia_xlx

Do you have frustrations with Glendon you hope to see fixed/resolved?

The cafeteria food!!! I didn't care about the look of it.. How about the fix the trash food?!?!

@valeriedurette

Do you have frustrations with Glendon you hope to see fixed/resolved?

I want the apple juice machine back in the caf !!



@salty.kj

Have you been to room 306 (Glendon's senior common room) ?

YES 23%	NO 77%
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