Greetings Glendonites!

Hopefully everyone had a great Reading Week – um, I mean “Co-Curricular Days”! It’s November already, which means Fall semester is almost done. Pro Tem’s theme for this month is “Remember…” Remember what, exactly? Well, everyone knows that November 11th is Remembrance Day. But does everyone know about the history of the Acadians or of Canada’s peacekeeping efforts? What about the interesting facts on our beloved campus and its former residents? Did you know that the Princess of Wales Theatre might be torn down to build more condos? You can also find tips on how to deal with procrastination, a look at York’s new recruitment campaign and very personal poems.

My hope is that everyone takes this month to remember important memories that will make you appreciate the present and enjoy what the future has in store!

Take a look inside and remember with us!

Paola Paulino
Editor-in-Chief
Do you ever wonder whether you will actually learn French by the time you graduate? Ou peut-être vous vous demandez quand vous serez à l’aise en anglais. If you do, perhaps our history of past student achievement in Glendon’s bilingual certifications will give you the necessary push to continue taking language courses.

Over the past couple of weeks I have had the pleasure of talking to Tohi Strohan, Glendon’s Executive Director of Enrolment and Marketing. Strohan was able to provide me with statistics regarding student success at Glendon. Although all of us will graduate with a bilingual bachelor of arts, that says very little about our ability to communicate in French in comparison to our peers at Glendon. To help students to understand Glendon’s offering of certificates certifying your level of bilingualism.

Glendon has several levels of bilingual certification. The first level is the Certificate of Bilingualism. Approximately 40% of Glendon graduates receive this certification. To earn this certification you need to get at least a "C" grade in 18 credits that are designated as satisfying the bilingual requirement.

A quarter of the students earning the Certificate of Bilingualism, also go on and earn the Certificate of Bilingual Excellence. They make up 10% of Glendon’s entire student body. This certification requires you to take exams testing your written and oral French. However, to be eligible to take these exams, you must have completed 18 credits that are designated to satisfy the bilingual requirements with a minimum grade of "B" in all the courses.

If our past numbers are any indication of future student success, about 40% of us will graduate with the ability to say "Je suis bilingue et j’ai un certificat pour le prouver!" Maybe more than 40% if we all work really hard at our language courses!

However, looking at that 40%, as students we have to wonder how well we support us learning French. The big question is – are the Francophones at Glendon dominating that 40% due to their advantage of living in an English speaking city? Or do the numbers prove a significant number of English speaking students learning French as Glendon advertises? To do this, we first need to look at the number of Francophone/Francophile students compared to Anglophone/Anglophile students composing the population of Glendon’s student body.

Glendon considers approximately 20% of its student population as fluent in French upon entrance to the university. This number is calculated by the number of students who list French as their first language, have come from a Francophone country, or list French as the language of correspondence from the university. However, 20% is, at best, an estimation of the true number of students who are comfortable communicating in French. Canadian students coming from French or immersion high schools may be comfortable communicating in French but may

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REMEMBERING GLENDON
HISTORY AND HOPES FOR THE FUTURE
BY STEPHANIE SETTLE  ASSOCIATE EDITOR OF CAMPUS LIFE

From the construction of Glendon Hall in the 1920s to the new Centre of Excellence just this past year, the Glendon campus has undergone a lot of changes in less than a century. According to John Tory in his article “A History of Glendon Hall”, several buildings such as a greenhouse and a gate cottage were once features of the Wood family’s land, and later demolished when the university was built. The groundskeeper’s cottage survived, as of course did Glendon Hall, commonly known to students as “The Manor.”

In 2010 – forty-four years after the school’s official inauguration – the provincial government awarded Glendon with $20 million, funding the postmodern wing that now dominates the west side of the campus. The goal behind the design of the Centre of Excellence, as described in the architectural magazine Award, was to “create a ‘formal gateway’ or stately entrance to the campus – something the 1960s campus was lacking.” However, judging from the substantial line-ups between classes, the most exciting part of the new building for many students is not the architecture but the Tim Horton’s.

The new classrooms in the Centre of Excellence, which include a 250-seat lecture hall, allow for larger sections of courses and expansion of Glendon’s range of programs. But will the growth of the student body lead to a loss of Glendon students’ sense of community? Martha Harrison, a Glendon graduate, says the most memorable part of her experience here was, “The unique ‘family’ feel.” It really was a small and welcoming community. I felt at home on campus.”

For last year’s student achievement is an indicator for following success. Last year, 30% of the students earning the Certificate of Bilingual Excellence were French speakers learning English and 70% were English speakers learning French. Considering that our general population consists of 20% French speakers, it is easy to see that French speakers are somewhat overrepresented, finding the bilingual certificate. However, it should be noted, that Francophones have the advantage of living in or around Toronto to come to Glendon and are forced to learn English in this environment. The same isn’t true for the students learning French. So what percentage of the student body actually achieves the Certificate of Bilingualism by learning French? With some of my very own simple math, it’s easy to find out:

100 x 0.10 (percentage of overall student body earning this certification) = 10%.
100 x 0.30 (percentage of students who learned French) = 30%.
100 x 0.09 (percentage of students who learned French to earn this designation) = 9%.

These numbers are certainly impressive considering how difficult it is even to earn the bilingual requirements at Glendon if you were, like me, a beginner to early intermediate level of French upon entering the college. However, we cannot say whether the majority of the students earning these certificates come to Glendon with a solid background in French education, or really work their way through the courses offered at Glendon. Either way, it’s certainly possible to earn these certifications with a whole lot of hard work. So, as Dora in Finding Nemo says, keep on swimming!

Hopefully the percentage of students learning French at Glendon that are able to earn these designations continues to rise with the opening of our new wing and our designation as The Centre of Excellence for French-language and Bilingual Postsecondary Education. Perhaps the coffee (or Iced Cappuccinos for me personally), from the Tim Horton’s in the new wing, will fuel us all onwards to further our language education as much as possible. Bonne chance avec vos études!

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**Campus Life**

**THE INTERNATIONAL STUDENT ASSOCIATION AT YORK**

A GOOD WAY TO GET INVOLVED AS AN INTERNATIONAL STUDENT

**BY CARLOS FRANCO CONTRIBUTOR**

First comes the rush, as you get out of possibly the longest and most stressful trip of your life. Then, as you walk towards customs and immigration, the billboards around the airport saying “Welcome to Toronto” make you feel anxious and excited at the same time. But none of these emotions account for anything until you arrive at your residence room and truly begin your international student experience. This is the moment when international students realize that their involvement in on-campus activities is essential to their academic, social and professional life.

To the international students around campus, I highly recommend taking a look at The International Student Association at York (ISAY). ISAY is an independent community service organization that primarily represents the interests of international and exchange students while also promoting internationalization at York University.

Led by a diverse executive board, ISAY aims to “promote, coordinate and direct activities that are in the interest of our members to enrich the cross-cultural communication,” as it says on the YU Connect profile. These activities include social events, the volunteering program, campaigns and advocacy, and general referrals. The goal, as stated on YU Connect, is to “help create, sustain and strengthen a safe space for international/exchange students to express and address their concerns.” Domestic, exchange, and international students are all welcomed by ISAY.

The organization provides great opportunities for students to meet people from all over the world. And joining ISAY is very simple. All that you have to do is visit the YU Connect website, search for the International Student Association at York, and send a membership request. If you are a new member, there will be an entrance fee of ten dollars; five dollars for returning students. Get involved with ISAY and be ready to live the excitement of the international student experience.

**YES!+: YOUR PERSONAL LITTLE RAY OF SUNSHINE**

UNE EXPOSITION DES BIENFAITS ET DES ACTIVITÉS DE BÉNÉVOLAT DU CLUB YES!+

**PAR SIENNA WARECKI CONTRIBUTRICE**

You know what would be awesome? Being able to leap out of bed at 7AM sharp, do a cartwheel of joy, and hit the ground running for the rest of the day. Being able to stare down the writhing monster that is your workload for the week, Mexican-standoff style, without batting an eyelash. Being able to see where your place in life is, and being able to direct your influence there with all the swift efficiency of a precision airstrike.

Yeah, that would be awesome. Unfortunately, most of us just aren’t like that, and the demands of university are coming at us hard and fast: not only are our plates full, but so are our salad bowls and our side dishes. Oftentimes, the stress of having everything to do and no time to do it becomes too much to handle. That’s when we start to resort to unhealthy behaviours to deal with the mental, physical, and emotional strain—and the result? Unhealthy, unhappy students. Fortunately, I know a way to start taking charge of your life (slightly more attainable) version of the heroic figure above.

Enter YES!+, a club made specifically for your creativity, positivity and all-around joie-de-vivre! YES!+, which is less a club and more a global movement, has some pretty sweet goals in mind: “Empowering young individuals to live free from stress with confidence and enthusiasm” is one of them (taken from their website at yesplus.ca).

L’organisation est dédiée à la création d’une société libre de stress et de violence. YES!+ offre beaucoup de différentes stratégies que nous pouvons employer pour nous déstresser. Ces stratégies incluent le yoga, la méditation, des techniques de respiration et l’effet revitalisant de la nature. (Being a yoga fan myself, this club was a perfect fit for me!) Par exemple, lors de notre première rencontre, on a participé à une activité dont je ne connaissais pas auparavant, qui s’appelait le « yoga du visage », ou « face yoga». C’était intéressant, c’était amusant, et surtout mon visage me semblait plus frais! YES!+ s’associe aussi avec le grand public et le club organise toutes sortes d’activités de bénévolat créatifs, présenîtement, Michelle et Brynn—nos deux présidentes formidables—es-sayent d’organiser un échange de vêtements, une campagne de collecte d’aliments pour l’Halloween et une excursion d’observation des étoiles! Tout ça semble un peu ‘hippie’, je le sais, mais ne fermez pas l’œil tout de suite! Assistez à moins l’une de nos rencontres avant de prendre une décision. Je vous assure que YES!+ partagera avec vous une nouvelle expérience, et pour les uns, ce sera une vraie bouffée d’air frais. Visitez notre page Facebook (cherchez “Yesplus Glendon”) où le site web à yesplus.ca il y a une version en français) et découvrez à YES!+ sera le petit rayon de soleil dans votre vie!

**YORKU’S NEW RECRUITMENT CAMPAIGN BY VICTORIA CIARULLO CONTRIBUTOR**

This new campaign allows us to think about our futures and how we’ll be able to really make a difference in this world with our York University degrees. It also allows us to truly take pride in where we’ve chosen to get our post-secondary education. The campaign focuses us to think about where we see ourselves in the years to come, and it also makes us think about what is going to get us there. It allows us to remember why this is the school we chose to study at, and it reminds us of all the doors that our post-secondary education will open for us. Whether it’s a gateway to studying internationally through York or Glendon Exchange, or graduating from Glendon with a bilingual certificate, attending York is what will help us achieve our dreams and give us that extra edge to succeed in the future. These opportunities are what made us choose this school, and these opportunities are the reason we’re able to say we go to York or Glendon with so much pride.

The contest ended on the 26th of October, and now it’s a waiting game to see who wins free tuition. Here’s hoping that a Glendonite takes it home!
“The stark and inescapable fact is that today we cannot defend our society by war since total war is total destruction, and if war is used as an instrument of policy, eventually we will have total war.” – Lester B. Pearson.

Canada has always been regarded as a peaceful nation, which has placed greater emphasis on human rights. What matters the most, is that human rights are respected not only domestically, in the scope of a single country, but also internationally. Being neighbors with such a militant country as the United States, Canada has developed a different and distinctive approach towards peacekeeping, which has made it unique on the world stage. Although Canada does not lead the world in sending troops to foreign missions, it has definitely assisted international peace in other ways, including: diplomatic regulations, increasing awareness for respect of human rights, and of course, constant contributions as an important member of the United Nations. All of which provide international recognition for the country and worldwide admiration. You do not have to look far for an example of this; Norman Bethune, a famous physician, after whom one of the colleges of the main York’s campus is named, was a volunteer during a Spanish Civil and Second Sino-Japanese wars. McKenzie-Papineau Battalion, where he served, is known for being a major international volunteer force, onboard with Canadians defending their beliefs for a just and peaceful society.

Let us not forget that it was Canada who first proposed a distinctly new strategy regarding United Nations missions, a strategy that is still accepted today. In 1956, the Suez Canal crisis was becoming a concern for stability in the Middle East, with France, Great Britain and Israel trying to prevent Egypt from seizing control of the canal. Canada gained worldwide recognition for substantial assistance in the regulation of that conflict. Lester B. Pearson, Minister for External Affairs at that time, received a Nobel Peace prize for his efforts and his development of a distinctly new strategy, which later formed the United Nations peacekeeping force.

From that moment onwards, Canada’s role within the United Nations has increased. Canada has now participated in numerous peacekeeping missions, as well as important objectives, Canada now participated in all major United Nations missions. But of course things did not always run as smoothly as expected. The genocide in Rwanda, where Canadian Lieutenant-General Romeo Dallaire played a prominent role, is an example of this. Nevertheless, Canada’s contribution and effort was on the front page yet again.

Today, Canada still plays a significant role in maintaining stability worldwide.
COMMENT FAIRE LA PAIX
UNE CRITIQUE SUR LA DÉFINITION DU MOT « PAIX » ET DIFFÉRENTES MÉTHODES D’INSTAURER LA PAIX.

PAR SARAH LITTISHA JANSEN

Dans une société comme la nôtre, l’expression "faire la paix" est trop souvent entendue comme synonyme de "rien faire". L’action est associée avec la violence. Si l’on n’agit pas activement (c’est-à-dire la force, qu’elle soit déguisée ou non) lors d’une procédure, on est donc faible. Par conséquent, la paix est perçue comme la faiblesse, la passivité, et l’être féminin. Cela est vrai à plusieurs niveaux, sur la scène de relations internationales tout comme dans la vie quotidienne. On définit la paix comme l’absence de la guerre, ou sur un plan plus personnel, comme l’absence de la violence. Le problème avec cette définition dans sa forme la plus simple est qu’on peut parvenir à la paix seulement par la voie d’abstentionnisme. Si la seule façon de faire la paix est de s’abstenir de la violence, on revient donc à l’accusation que la doctrine pacifiste suggère de ne rien faire face à la provocation, l’agression, ou l’attaque. Dans ce cas, cela semble difficile et au pire immoral. Cependant, la paix n’est guère un concept positif et négatif. La paix peut être bien plus exigeante! Quoiqu’il soit vrai qu’il faut s’abstenir de la violence au nom de la paix, il faut également créer d’autres possibilités et d’autres méthodes non violentes et les poursuivre méthiculeusement. La recherche des solutions pacifiques continue, mais on peut identifier quelques tendances générales : le dialogue, la réconciliation et la réalisation de la justice sociale.

Le dialogue est la solution alternative la plus fondamentale à la violence parce qu’on réduit les conflits non avec les armes, mais par la communication. Les guerres mêmes terminent par des conférences de paix et les combats de rue finissent dans la cour de la justice. Le dialogue se fait dans des lieux où la violence est interdite et où l’on peut discuter. Le dialogue a plusieurs formes, notamment la diplomatie, la discussion, le débat, la négociation, l’arbitrage et l’art. La forme de dialogue utilisée dépend de la situation et des acteurs. Comme le dialogue est une habileté, il est important de la pratiquer et d’encourager un environnement propice à la communication et le libre échange des idées. Certains principes comme la liberté de la presse, la liberté d’expression, le respect, l’esprit critique, la communication asurée (non combative) et l’écoute active doivent être conservés et répandus.

De cette manière, le travail de faire de la paix ne commence point au moment de la provocation, c’est plutôt un travail à continuer. On retrouve cet élément aussi dans le concept de la réconciliation, un concept plus large dont on présume habituellement. La réconciliation n’est pas seulement le pardon, elle comprend aussi des idées de la justice, d’avouer le mal et de prendre responsabilité de la culpabilité, de l’établissement de la vérité, de la préservation de la vérité, des réparations, de la commémoration et de l’éducation. Pour effectuer la réconciliation, il faut être conscient que le travail n’a que commencé avec la cessation des hostilités. La réconciliation est, pour la plupart, nécessaire après des offenses sérieuses comme la guerre ou le génocide. Donc, malheureusement, la réconciliation suit des actes terriblement violents et inclut souvent une ou plusieurs sociétés ou pays, plutôt qu’un individu. On la considère comme une option alternative à la guerre et à la violence dans la mesure où la réconciliation prévient un cycle infernal de la violence et de représailles. L’idée est d’apprendre, d’analyser et de se souvoyer de l’histoire afin de donner un peu de justice aux victimes et surtout de ne plus jamais répéter les actes violents en question.

Quoiqu’une réconciliation soit un grand phénomène rattaché aux niveaux sociétal ou inter sociétal, il existe une dimension interpersonnelle aussi. Tous les individus d’une société sont collectivement responsables de ce qui a été fait en leur nom et chaque individu a la responsabilité de participer dans la réconciliation de la société. Au Canada, par exemple, on a la Commission de vérité et de réconciliation du Canada qui est chargée de connaître les injustices de l’histoire et à promouvoir l’éducation pour empêcher des tragédies semblables de se manifester à l’avenir.

Un engagement à l’égard de la justice sociale est semblable parce qu’une société plus juste pourrait éviter ce type d’injustices violentes, cependant l’idée va encore plus loin. Galtung, l’un des grands penseurs dans le domaine des études de la paix, a dit que si l’on veut définir la paix comme l’absence de la violence il faut d’abord avoir une définition exhaustive de la violence. Il voit l’injustice sociale elle-même comme la violence structurelle. Selon lui, la paix n’existe que lorsque chaque individu atteint son potentiel. La pauvreté, la discrimination et les inégalités sont toutes les formes de violence et il faut travailler pour les éliminer. En contribuant personnellement et en tout temps au dialogue, à la réconciliation, et à la rénalisation de la justice sociale, on contribue à établir la paix. Voilà que la phrase « faire la paix » est loin de dire : " Détendez-vous et ne faites rien ». Au contraire, la violence est un signe de paresse et la paix est un travail interminable d’amour.

Enjeux et Idées

COMMENT FAIRE LA PAIX
UNE CRITIQUE SUR LA DÉFINITION DU MOT « PAIX » ET DIFFÉRENTES MÉTHODES D’INSTAURER LA PAIX.

PAR SARAH LITTISHA JANSEN

TRAFFIC IS FOR CARS, NOT CHILDREN
A NEW CANADIAN HUMAN RIGHTS ORGANIZATION

BY ARJUN THAPAR

Traffic Is For Cars Not Children (TIFCNC) is a purely information based organization that seeks to bring awareness to and advocate anti-child-trafficking measures. It aims to bring forward the terrible effects child-trafficking has on the victims and those around them. This is an attempt to bring to light the atrocities suffered by millions of children worldwide. This is currently a small initiative that hopes and aims to grow into one of the biggest pro-human rights movements in the country. You can find us on Facebook at www.facebook.com/tifcnc. For all questions and suggestions, please feel free to send us an email at tifcnc@hotmail.com. Our efforts are only as strong as our determination and our numbers. If you are determined to make a change, join us.

AVEZ-VOUS UNE OPINION?
ECRIVEZ-LA.

ENVOLAYEZ-LO À
PROTEM@GLENDO.YORKU.CA
LISEZ-LO EN LIGNE SUR
PROTEMGL.TUMBLR.COM

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As we approach this time of remembrance, we are increasingly thinking of our fallen soldiers, “lest we forget”. Remembrance is also about tracing your family roots. It is important to honour choices our ancestors made, regardless of whether they are right or wrong because they made that choice for a reason. The Acadian Deportation and Loyalist movement are historical topics which I am passionate about. It is also ironic to look at how the Acadians were deported because they were unfaithful to the British Crown and the Loyalists settled in Canada because of how loyal they were to the British Crown.


Il y a beaucoup de monde qui n’aime pas parler de l’alcool au volant. C’est un sujet tabou, parce qu’on s’entend qu’on ait tous déjà conduit en état d’ébriété ou qu’on ait tous déjà conduit en état d’ébriété ou qu’on a embarqué avec un conducteur qui était saoul, au moins une fois dans sa vie.

C’est un sujet tabou, parce qu’on s’entend qu’on ait toujours conduit en état d’ébriété ou qu’on a embarqué avec un conducteur qui était saoul, au moins une fois dans sa vie.
A HEALTHY SOLDIER
SERVING OUR COUNTRY IS A PHYSICAL AND EMOTIONAL BATTLE

BY MARIA ZUAPPERI STAFF WRITER

A soldier’s work is never done. One of the most bold and selfless decisions people can make is to serve their country. Many men and women across Canada continue to make this life choice. Deciding to become a soldier has a list of benefits and consequences, but ultimately requires a large amount of self-discipline. Many physical requirements are required of soldiers. They need to be in mint physical condition in order to face the elements of foreign bases and perform their duties to the best of their abilities.

These physical requirements are to be met before even starting fighting with the Canadian Forces. Some of the basic training that the Canadian Forces provides is a strict daily routine starting at 5:00 in the morning and ending at 11:00 at night. The strenuous training also includes field exercises, obstacle courses, and swimming standards that need to be completed before receiving a job assignment. But is all this really enough to prepare soldiers for when they are in the field all day, every day? Some people may say that yes, it is enough to prepare them for performing during war. However, many people would disagree. Their opinion stems from the opinion that nothing can truly prepare a person for the reality of what is like to serve at a base. At war, soldiers must physically and emotionally push themselves every single day to fight and survive. Missions must be accomplished on the field without fail. Physical and emotional enemy must be taken down. There is the reality that soldiers must face the risk of life altering injuries, or even death. A returning soldier might be an amputee or have serious lacerations. PTSD, or post-traumatic stress disorder, can’t do as many things as they used one less limb; they will realize that they can’t do as many things as they used to, and that they will need extra help around the house. A soldier who doesn’t sustain serious physical injuries and goes back home safe and sound may suffer from emotional health problems. PTSD, or post-traumatic stress disorder, is prevalent in returning soldiers. They may become depressed after witnessing an upsetting event. They may quietly blame themselves for their colleagues’ deaths, and they may never be able to erase the images that are engrained in their minds.

Preparation emotionally and physically is key to a soldier’s success. Their overall health is what keeps them serving our country. Their physical and emotional well-being is constantly at stake while they are serving. We must always remember all that they endure and remember what they have done and will do for us.
ÊTES-VOUS VACINÉ?

PAR ANNA-KAY RUSSELL
ÉDitrice asSistanTE DE LA sÉCTIon sANtÉ ET bIEN-ÊTrE

C’est déjà novembre, ce mois qui montre le changement des lèvres, qui représente le scénario de l’automne et qui amène la brise froide. Voici, alors un article qui vous rehausse sur certaines précautions qui vous empêcheront de contracter des maladies qui viennent avec ce changement de saison.

La maladie qui nous craignons le plus c’est la grippe. Heureusement, il existe beaucoup de solutions pour éviter d’attraper cette maladie grippale. Une façon facile et populaire de se protéger est de se faire vacciner. C’est facile, ce vaccin est disponible presque partout (chez le médecin, à l’hôpital, à la clinique), et tout le monde le reçoit. Donc, pourquoi ne pas se joindre à la file?

Attendez une minute! Avant que vous vous mettiez dans une chaise non familière, pour recevoir un vaccin dit populaire, il faut bien savoir qu’est-ce qu’il sert à combattre. Ce serait peut-être important de savoir ce qui est la grippe, comment évaluer les symptômes de la grippe, et d’autres formes de prévention autres que l’immunisation (comme des pilules antivirales).

Qu’est-ce que la grippe ?

Premièrement, nous avons tous l’habitude d’oublier la différence entre le grippe et le rhume. Comme beaucoup de choses similaires, il ont leurs différences. Il y a trois types de grippe : le type A le plus dangereux pour un humain, le type B et le type C. Souvent, on contracte la grippe à cause d’un virus commun appelé le rhinovirus. Lorsqu’on contracte la grippe, on exprime la plupart de ces symptômes (Canoe 2012):

- Fièvre moyenne ou haute
- Mal de tête (souvent sévère)
- Éprouvaison extrême
- Congestion du nez, éternuements, maux de gorge (parfois)
- Toux sévère
- Fatigue et la faiblesse (qui peuvent durer de 14 à 21 jours)
- Complications dangereuses

Bref, le rhume est une version plus courte et bénigne de la grippe. Un patient enlumine souvent le nez congestif, éternue, et a des maux de gorge, mais c’est rare qu’on ait une fièvre haute ou la fatigue qui dure plus de quatre jours. Après tous ces faits, il est encore difficile de différencier correctement quand on a la grippe. Alors, si vous n’êtes pas certain, allez chez le médecin afin de prendre des mesures appropriées.

Pourquoi devriez-vous chercher d’autres options que l’immunisation ?

Les symptômes de la grippe confondent déjà et l’immunisation peut être une solution inutile quand on découvre que c’est juste le rhume ou moins, juste une petite toux. Aussi, si vous ne recevez pas souvent des injections, votre corps peut réagir différemment au médicament (comme des allergies, par exemple ; si on est allergique aux œufs, on ne peut pas recevoir l’immunisation de la grippe). Donc, dans des situations similaires, il faut qu’on essaye de chercher et de tester d’autres solutions. Durant cette saison vulnérable, voilà quelques options que vous pouvez considérer afin de vous protéger contre la maladie (CDC 2012):

- Évitez le contact proche avec les malades
- Lavez souvent vos mains
- Évitez de toucher vos yeux, votre nez ou votre bouche
- Dormez bien
- Faites de l’exercice
- Mangez des aliments sains
- Soyez calme (ne vous stressez pas)
- Hydratez-vous
- Par respect aux autres, restez chez vous lorsque vous êtes malade

Alors, si vous soupçonnez que vous (ou quelqu’un de vulnérable comme un enfant ou une personne âgée) avez la grippe, allez immédiatement à un centre médical afin de confirmer le diagnostic et si ce n’est pas trop tard, de vous faire vacciner. Mais si vous savez que c’est juste une petite toux, c’est toujours bon de laisser le corps mener ses propres combats.

Notes:

http://chealth.canoe.ca/channel_health_features_details.asp?channel_id=1029&article_id=147&health_feature_id=63&relation_id=8284
http://www.cdc.gov/flu/keyfacts.htm

REMEMBERING OR REWRITING?

ARE OUR MEMORIES REALLY ACCURATE?

BY VICTORIA RAMSAY
SECTION EDITOR OF HEALTH AND WELLNESS

Picture for a moment your 13th birthday. Did you have a party with a bunch of your friends? If so, do you remember who was there, what you ate or what gifts you received? Now take a step back; how accurate are those memories of yours? Should we trust that they are accurate or is there a chance that you’re remembering incorrectly? Those small details, where have they gone during this time? Are they hidden somewhere in your brain or are they erased forever?

Memory is a funny thing. A huge part of our memory depends on our perception of the world. The same event could happen to multiple people, but each person’s view and memory of the situation will be different.

We would like to think that we store our memories up in a mental filing cabinet and they don’t really change much, but scientists have challenged this theory. Research suggests that every time we recall something, we have the potential to change our memory slightly. This is quite an extraordinary idea, but also a little unsettling. What part of what we remember is real and what part of it is made up? People take pride in having a good memory. In society a great deal of value is put on having an accurate memory. Remembering birthdays, new acquaintances’ names and sports stats. Ideally we’d like to imagine our memories like tape recorders, jotting everything down diligently, faithfully and accurately.

The question must be asked, do all memories become vulnerable when we recall them or is it only certain memories and circumstances. What makes us edit our memories subconsciously? There is an even bigger subject to debate, why are memories so unreliable? The human memory is malleable and we create changes to it. We base decisions, conversations and opinions on our memories. If they were less subject to change then we would never be embarrassed about remembering the wrong details about an important business conversation, or the fine details of a first date.

It’s not all bad though; recalling and then altering our memories might actually be beneficial. Editing our memories may be a way for us to learn from experience. If our happy memories of a relationship weren’t affected by the feeling of an awful breakup or if difficult times in our lives weren’t offset by knowing that things worked out in the end, we might not be able to gain the benefits that memory has to offer us. These life lessons require our memories in order to affect us. Maybe it is better if we rewrite our memories each time we recall them. This might be our brain’s way of taking our old memories and shining a new light on them. We can take into account everything that has happened since then. Our memories shape who we are and how we see and interact with the world around us. They are an exciting part of us as humans that hold a special sentimental value like none other.

Indeed, memories are old, they’ve already happened, but we don’t have to live in days gone by. This fact and the editing process of our memories might just be what keeps us from living in the past. Remember yesterday, but live for today.
As far as book-to-film adaptations, it’s no secret that they hardly ever get it right. How many times have you heard someone say, “not as good as the book,” “they get a lot of it wrong” or even, “save yourself fifteen dollars and get it at the library.” Long story short, adapting universally-beloved books is hard. And it’s even harder if that universally-beloved book also happens to be a rambling, delightfully wild, story completely void of a conventional beginning/middle/end, detailing the drunken, stoned continental wanderings of penniless, sex-driven, self-described madmen.

That was the challenge for director Walter Salles (The Motorcycle Diaries) and the talent behind this year’s On the Road, whose North American premiere at TIFF this September was welcomed with applause and understandably mixed reviews.

The film is a direct adaptation of the 1957 book of the same name. Sal Paradise (Sam Riley) and Dean Moriarity (Garrett Hedlund), set forth on cross-country journeys through America, desperately searching for meaning, truth and those other things that young men often search desperately for. Life on the road for Sal and Dean is fuelled by booze, drugs, jazz and sex, (one usually leading to the other three). The incorrigible duo hitchhike and stumble through America, aided and often in-bedded by a cast of colourful characters such as the vapid and empty Mary Lou (appropriately played by Kirsten Stewart) and the profoundly bat-shit insane genius Old Bull Lee (Viggo Mortensen). Those familiar with the book will already know that everything that happens is autobiographical, that the author Jack Kerouac is Sal Paradise and that what you’re reading is the cleaned up version. All the names have been changed (fans of beat writers William S. Burroughs and Allen Ginsberg will love them as Old Bull Lee and Carlo Marx).

The film is stellar all around. Brazilian-born director Walter Salles might not have seemed the obvious fit for adapting the quintessential American novel, but in reality, the energy of the film, the often uncomfortably intimate and opium dream-like scenes of sex, drugs and driving showcase a talented director unafraid of tackling a terribly ambitious project.

The acting is superb, with Hedlund and Riley turning out solid performances as literature’s wildest pair of friends. And for those expecting Kirsten Stewart to deliver another usual awkward, graceless, and gut-wrenchingly shallow performance like the ones that made her a star, they will not be disappointed. Although in this case, that shit fits perfectly for the portrayal of Mary Lou, the love interest—if you can call it that.

It’s no secret that On the Road has received fair to poor reviews. With a 58 per cent approval rating at Rotten Tomatoes, folks might get the wrong impression and think it’s like the Herman Cain of summer movies. It isn’t… although it too lacks universal appeal. The movie does justice to the book in many ways by capturing the essential desperation of youth and accelerating it with tales of poverty and excess and the blood-pumping attraction to travelling hell-bound.

This just doesn’t live with a lot of people. People who are looking for story, for deep and sympathetic characters, for satisfying triumphs or satisfying failures, for love, for action, for suspense, need not apply. On the Road has none of that. What it does have is a cathartic release.

“The only people for me are the mad ones, the ones who are mad to live, mad to talk, mad to be saved, ones who never yawn or say a commonplace phrase, but burn burn burn,” Sal’s voice drawls early in the film, line for line with the novel. The phrase thunders across the backdrop of Americas like a freight train, pulling along anyone who dares to want to go for a ride. Kerouac wasn’t talking about his characters. He was talking about a way of life – a way of life that meant something to the tens of thousands of desperate youth who read it in 1957, and hopefully the tens of thousands of desperate youth today who’ll see it in theatres, with their own generational grievances and anger. And if you’re not angry, then maybe the book and the film aren’t for you.

But if you have yearned for meaning, for experience, for excitement, for the hell of it all, for what lies beyond that horizon—if the only thing stopping you from getting on the next Greyhound for Denver to see what the hell they’re all about is that you might run into a Romney Republican—if ‘wanderlust’ is tattooed on the inside of your temple, if your feet itch or are dusty, if you philosophise about time travel over pints of imported beer with long German names that have dots over the o’s, if you ride your bicycle without a helmet, if you cried during ‘The Goomies,’ if you’ve ever gone skinny-dipping in a major commercial river, if you’ve ever thought about the logistics of running an underground boxing league, if you long for the road, if you long for the road, if you long for the road, then you’ll find Dean Moriarty and Sal Paradise out there waiting for you. So go watch the film. And burn. Burn. Burn.
WHY DO PEOPLE STILL LISTEN TO VINYL RECORDS?
REMEMBERING THE SUPERIOR FORM TO MUSIC LISTENING

BY LAURA STANLEY ASSOCIATE EDITOR ARTS & ENTERTAINMENT

In a world of iTunes, MP3s, downloading, streaming, and hit singles, music is a lot different from what it used to be. Long gone are the days when you went to a record store and bought the latest full-length vinyl record from your favourite band, sat down, and listened to the whole thing because well, that’s what you did. Vinyl records are now something that your parents had when they were younger, now collecting dust in their basements, or hanging on walls to remember a time that seemed better than the present. So, in a world where practically everything, including music, is at all your fingertips, why are records still important? According to the Nielsen Soundscan stats published by Billboard, vinyl LPs are up another 16.3% this year, with 3.2 million units sold, and that’s not even including used records, so someone, somewhere is buying.

“Oh, listen to the music” - The Doobie Brothers

The biggest draw for vinyl listeners both old and new is the sound. So like The Doobie Brothers once said, it’s all about listening to the music. Vinyl records bring with them something that your computer speakers or your crappy iPod headphones can never do and that’s what adds warmth to the music.

Listening to your favourite record on vinyl on a great record player is a whole new experience. From the warm buzz, the occasional crackle, and the haunting fullness of the music, vinyl adds another dimension that cannot be replaced. Whether it’s sitting back after you put the needle to the groove or completely rocking out once the music starts, you are no longer a passive listener.

Rather, you’re engrossed in the art form.

“And if you ever get lonely, just go to the record store and visit your friends.” - Almost Famous

One of the most memorable quotes from Cameron Crowe’s 2000 film Almost Famous is when the character Penny Lane reveals the importance of the record store. Though she’s talking about record stores in the 70s, the 2012 record store is not so different.

Usually independently run, may I suggest checking out Soundscapes, Sonic Boom, and Rotate This, in Toronto. Buying records new and used at your local record store helps small businesses in a big way. In addition, the chances that you’re going to go into a record store and discover new music or have a great conversation from just talking to the shopkeeper or your fellow shoppers is always very high.

“Nostalgia is denial - denial of the painful present...” - Midnight In Paris

Maybe I raged on your parents’ shrine of vinyl on their walls earlier but they do have a point. It was a better time, a simpler time if you will, when you saved up your babysitting money to buy Elton John’s double album of Goodbye Yellow Brick Road. There’s a special thrill when you go out and buy a record, stare at the huge cover art, no longer just a small pixilated photo on your MP3 player of course another great bonus feature, browse through the liner notes, and have a physical piece of media to hold on to.

So, whether you’re a huge music fan wanting to expand your collection or just looking for a new way to enjoy music, go into that record store that you’re always passing yet never go in, or “borrow” your parents’ Sgt. Pepper’s Lonely Hearts Club Band and take it for a spin and you too will understand the appeal that the vinyl record still holds today.

THE RISE, FALL...AND RISE AGAIN OF RADIO GLENOND
STATION EN LIGNE NON POUR SEULEMENT POUR LES ÉTUDIANTS, MAIS POUR TOUS LE MONDE

BY VENDREDI MOUNSEY EDITOR OF ARTS AND ENTERTAINMENT

It’s been a bumpy ride for Radio Glendon. Multiple hiatuses, several staff changes and lack of licensing litter the history. The station was supposed to be a station for the students by the students, but that somehow changed in the 80s when the vision of management was to make it more public. Competing with the big radio stations was tough and Radio Glendon never really broke the mainstream market. Yet, 45 years later, Radio Glendon is still thriving on campus. The station is not a new phenomenon to the campus (not even close...it dates back to May 23, 1977, before most of us were even born.

Radio Glendon (CKRG) était à l’origine une radio numérique par câble (quelque chose qui transmet des ondes radio par une télévision par câble) sur les ondes des stations du Manoir Glendon. En mars 1979, CKRG avait besoin du financement pour une licence complète FM qui ne limiterait plus leur service au simple câble, mais qui l’ouvrirait à un plus large public. En guise de sensibilisation à cette question, en novembre 1981, ProTem a publié un article intitulé «L’histoire CKRG». Cet article informe les auditeurs que la station arrêterait la diffusion et que tout l’équipement serait retiré de la cabine radio jusqu’à ce qu’elle ait le financement pour se procurer une licence FM. Malheureusement, cette tactique n’a pas fonctionné et le financement n’est jamais venu. La station a donc été obligée de quitter les ondes pour cinq ans.

Still having no license, in 1985, Radio Glendon made a comeback by hosting mostly college dances in the cafeteria. Still vying for a license, management felt that it was time to provide real radio transmission to Glendon. Finally in 1990, the CRC of Radio Glendon (CKRG) bandwidth on the AM dial and Glendonites could listen on AM 880. Management at the time began to rebuild the station and put forth a serious effort to re-acquire an FM license to reach a wider audience and replace the AM license in place. However, licences (or anything in general) with the government takes a long time and in 1993, when the application was finally brought to the CRC, the Canadian Radio market was over saturated, and frankly, a college radio station didn’t have enough pull to land an FM license.


When the 2000s hit (and the boom of technology), vinyls were rarely being used anymore. DJs were using laptops and streaming it live on the internet which meant anyone, not only students could tune into the station. This almost doubled the listening audience and gave up-and-coming student DJs an opportunity to debut their work. After 11 years (in 2004), Radio Glendon finally obtained a FM licence so that people could actually tune into 88.3FM in their cars or at home. A little too late, some may say, because everything is now online; so it was an executive decision to move station online to www.radioglendon.ca and no longer have a radio station.

In 2011, the executive (under direction of Alayna Lafleur) is going back to the roots of Radio Glendon: a commitment to offering quality student radio programming. Si vous avez quelque chose à dire ou de la musique à partager, visitez : www.radioglendon.ca
The film is a film that's all about intensity and judgment, and those who are particularly fans of cop dramas and heist movies definitely do not want to miss out.

Inside Man is a film that's all about intensity and judgment, and those who are particularly fans of cop dramas and heist movies definitely do not want to miss out on this one. This movie has probably fallen out of popular demand because it ultimately lacks a certain universality and timelessness associated with certain better-known films. That being said, those who watch this film won't be disappointed.

TRIPLE THREAT
MIRVISH MAY REPLACE PRINCESS OF WALES THEATRE WITH CONDOS

BY DANICA MOHAMED STAFF WRITER FOR METROPOLIS

Upon city approval, David Mirvish plans to demolish the Princess of Wales Theatre on King Street West to build three new condominiums in collaboration with architect Frank Gehry. The towers would soar 80 stories above the Toronto skyline and would offer 2,600 units, according to an article by Elizabeth Church and Steve Ladurantaye from The Globe and Mail.

“As far as I’m concerned, I’m buying three sculptures that are inhabitable,” responded David Mirvish during an interview with Francis D’Souza of CityNews.

Toronto-born Frank Gehry stated that each of the skyscrapers will have their own unique design. He explains, “We’re trying to differentiate them so that they have a different character, and yet relate to each other.”

Also included in the concept are six floors at the base of the complex for an art gallery. This art gallery would include art from Mirvish’s private collections. It would act as an additional facility for the Ontario College of Art and Design (OCAD), and as retail space. “I’m able to possibly dream of having something that might someday compare to the Casa Milà in Barcelona,” said Mirvish when speaking of this idea.

The project would be split into three stages and is estimated to take four to seven years to complete. “We have one opportunity with Frank Gehry. He’s 83 and if we don’t do it now, we’ll miss that chance.” This Canadian architect was also the brains behind the new design of the Art Gallery of Ontario. “[Gehry is] sensitive to people on the street…he wants to bring them into the project and have them use the six floors of the base. And so everything is done to draw people in and make them part of what’s going on. And I hope this will be a great destination.”

Aside from The Princess of Wales Theatre, businesses from a strip of the King West Entertainment district will be eradicated to make way for the new development. “When I needed the Princess of Wales, I built it. And when I need another theatre I’ll build it again,” said Mirvish. The 2,000 seat theatre which opened in 1993 for the stage production of Miss Saigon, according to the Mirvish website, will be torn down to make space for this project. Mirvish defends this choice by stating, “The heart of the Princess of Wales theatre is not in the building, it’s in your memories of what you saw on that stage.

Addressing negative criticism about the project, Gehry explained, “If you show any kind of architecture at these early stages that represent anything outside the norm, they get clobbered because people say, ‘Well you can’t do that. You can’t afford that.’” David Mirvish backs up his vision with replying, “My father would have loved this.”
OÙ PEUT-ON COMMÉMORER LES SOLDATS DU PASSÉ?

REMEMBERING IN TORONTO BY CAITLIN BATTAGLIA ASSOCIATE EDITOR OF METROPOLIS

Même si notre famille ou nos amis n’ont pas été affectés par la guerre, il peut être respectueux de prendre un moment ou deux pour se souvenir des soldats du passé. C’est parfois même préférable d’assister à une cérémonie officielle.

It is sometimes hard to remember where and when services are offered, especially for students who lead such busy lives. If you’re looking for something a little different, we may have some alternatives.

- Des cérémonies du jour du Souvenir auront lieu aux endroits suivants:
  - The Cenotaph at Etobicoke Civic Centre at 10:15 a.m.
  - York Civic Centre’s York Memorial Collegiate Auditorium at 10:45
  - East York Civic Centre’s Memorial Gardens at 10:45
  - North York Civic Centre’s George Weston Recital Hall at 10:45
  - The Cenotaph at Old City Hall at 10:45
  - And at the cemetery at Fort York itself at 10:45
  - For those who can’t make it on the 11th, Scarborough Civic Centre is holding service on the 4th at 2 p.m.

Pour un endroit différent, il y aura une cérémonie au Waterside Theatre du Toronto Zoo à 10 h 55. L’admission est gratuite pour les visiteurs qui arrivent entre 9 h 30 et 11 h pour les cérémonies.

If you want to take the time to pay your respects in a different way, there are options for you! If you want to remember in an artistic way, and you’re lucky enough to catch it before the Princess of Wales theatre closes down, the play War Horse is a heartfelt and inspiring tale set in the First World War—the last show, unfortunately, is on the fourth of November.


It is important to remember that the two World Wars are not the only wars that we bear in mind. You can also celebrate the bicentennial of the War of 1812 with a trip to the Royal Ontario Museum’s Afterimage exhibit, to see photographs documenting historical sites. Entry is free for postsecondary students on Tuesdays.

Unfortunately, the Canadian Air and Space Museum is currently closed, otherwise it would also be a great commemorative destination. De plus, en décembre, il y aura une exposition dédiée à la rébellion de 1837 et 1838 à Mackenzie House.

For plus d’information sur les événements du 11 Novembre, visitez le site web http://www.toronto.ca/lestweforget.

A LOOK AT FORT YORK FROM 1812 TO TODAY BY AYELLEN BARRIOS RUIZ PAGANO EDITOR OF METROPOLIS

You’ve probably seen far too many TV commercials regarding the war of 1812. This year is the war’s bicentennial so virtually every form of Canadian media has been constantly talking about it for the past year. Why should we care? The simple answer to that question is that Canada would not be Canada today if we had lost that war. Not only would our land be considered American soil but the people in the land would be different as well. The people of Upper Canada (which today is Ontario) were not all of Canadian descent, with many of them born in the United States (Laura Secord herself was born in Massachusetts). It was this war that made many of them feel truly Canadian.

With paved roads, cars, skyscrapers and other modern structures and machinery surrounding us it may be difficult to believe that this was the land where soldiers fought and died. This town that we today call Toronto does not seem like a warzone, in fact simply imagining it as a field or a forest is hard. Yet it was part of the land that American Soldiers tried to invade and where Canadians (or, at that time, British) Forces fought to keep them away. However, in the heart of the city there is a place that preserves this memory. Fort York is the only formerly used fort in downtown Toronto, although it stopped being used by the 1930s. It is still there and open for anyone who would like to learn more about what life was like inside the Fort or about the War of 1812.

People often forget, or do not know, that once upon a time (about 200 years ago to be more precise) an important battle during the war was fought in what is today downtown Toronto. According to D. C. Bena’s article A Brief History of Fort, 2,700 American troops sailed across Lake Ontario to Toronto against 750 Canadians, British, Ojibways, and Mississaugans. Clearly outnumbered, Major-General Sir Roger Sheaffe blew up all of the Fort’s gunpowder. This explosion killed 250 American soldiers instantly and left many injured. This loss in men however did not stop the Americans and they occupied Toronto for a full six days. Within six days the Americans looted the town and burned Parliament and other government buildings around current day Toronto. A year later the Canadians retaliated against this attack by burning the White House in Washington, D.C. In 1834 the Fort was opened to the public as a museum and has stayed that way ever since.

The museum has continuous events going on, all year, including Remembrance Day Services on November 11th. You can take a tour of the sites. In the summer time there are various demonstrations (and there are also opportunities for Students to be employed as demonstrators so if you’re looking for a job next summer, check it out!) from re-enactments, musical performances and different drills. For information on the various events happening at Fort York or questions about its history check out www.fortyork.ca or www.toronto.ca, and if you would like more information regarding the war of 1812 and the various figures of the war check out 1812.gc.ca.
The morning shadows crept along the magnolia bushes as the sun made its way skywards. The Hamlet of Warden lay still while a thin layer of frost coated the rooftops. It was too early for any of the morning rierers to have stirred, and many hours since the struggling youth had slipped into their beds. Cats slid between broken fence posts, their paws silent in the frozen grass. While the world slept, an old man, aided by his usual routine, awoke without the aid of an alarm.

For the last fifty years he’d made the solitary journey to the workshop he rented from a local shoe company. On his ten mile walk he’d seen the world in front of him change and tried to take no notice of the peeling paint, and the sad expressions his town had grown accustomed to wearing over the years. It didn’t bother him, but today, on this final trip, he noticed every small detail around him. He hadn’t always lived here. His planet had a much more natural environment, and even after all these years, he still tugged at his collar at the first indication of a breeze. Perhaps it was luck that he had managed to find Earth during the initial nuclear invasion. The final blast which had broken his planet had affected earth but it was simply ignored as a weather fallacy. He wondered if there were others of his kind, trapped on lifeless moons. He had been lucky because earth boasted many strange customs but were simple enough to remain inconspicuous.

He walked through the desolate workspace, around sheets of glass and twisted metal, his focus was drawn to the large mass in the centre of the room. Shadows weaved their way through a sheet of fabric, thrown haphazardly over the surface. He delicately pulled on a corner and the black silk slipped into his fingers. He paused for a moment to admire his masterpiece, before collecting it in his arms and leaving the building.

The journey up was treacherous but the old man barely noticed the low hanging branches and jagged rocks. Once at the peak he placed his load on the ground and peiced it together. In front of him, surrounded by discarded wrappers and broken twigs sat the most powerful telescope in the world. Rigorous scientific planning had given his coordinates he needed and to him it was clear.

The peculiar thing about science is the power it binds to the experimenter. Ideas that never could have come to be, linger in the mind. Creatures learn and use this principle for their own will. The old man had done just that and had defied the laws of time. As he pointed his telescope in the direction of his home planet he saw a pocket in time that should have been gone. His old life was fifty light years away so, when he gazed upon the spot where it was, a ghost from the past greeted him. The light that was penetrating his retina had done so once before, fifty years ago on the day before his world had ceased to be.

He wasn’t much younger than he had been all those years ago. Although his eyes burned crimson at the sight he found it impossible to turn away. He watched for hours as they held hands in the park, embraced under the confidence of a poplar tree, speaking of things not even his powerful lenses could pick up. The last day on earth he tried to think back at what he had been doing, but the events of the day had been veiled.

Against his better judgement he continued to follow the two shadowy figures on their journey of oblivious joy; as he did, the tangle of thoughts that had been locked away, for it was a wasted invention. His face wither and his mind fog. The crimson eyes that had once brimmed with emotion now lay flat and his fingers tightened around the lifeless moons. He had been lucky because earth boasted many strange customs but were simple enough to remain inconspicuous.

He lowered his flute as his song neared its finale; his soul sank into the mud-filled pit of dusk, he forgot which was dead; the convolutions quickened as the thoughts raced wildly through his conscious mind, as though ideas planted long ago were now germinating in his nervous system. After many minutes the old man lay still.

Fifty years ago, on a seemingly normal day, surrounded by the fallen undergrowth, a man sat in the shadows. His face was indistinguishable but he moved with a graceful ease. As the old man’s wife lay content in the arms of another a pair of crimson eyes stared up to the telescope...he remembered.
THE TWO MEn

A SHORT Story ON life, death AND memories OF the important people OF one’s past

by Andy Ruffett

Contributor

Two men were walking across the road in deep thought. The older of the two men looked at the younger one and asked him: “what do you think happens when we die?”

The younger man stared at him and replied quickly: “we go to Heaven.”

“What do you think Heaven’s like?” asked the older man.


“But some say there’s no God, just darkness after we die,” said the older.

“Well they are wrong,” stated the younger.

They walked on in silence for a bit and then the younger asked something of the older man: “do you think that when you go, you’ll visit me and tell me what it’s like?” The older man nodded.

Years passed and the old man got very sick. The doctors tried to help him but told the younger man that it might be too late. The younger, though in tears, accepted this fact and held on to the older man’s hand.

“I will visit you soon,” the old man replied and then he closed his eyes.

The younger man “grew up” once the old man was gone. He was now a high school teacher and had a wife and two children. He loved his job and loved his family, but some days he would spend time marking his students work. He became involved in other things as well, such as charities, and also found a love for painting. His wife called his art “beautiful” and he even sold some of it in an art exhibit. He was a committed and loving father that smiled after every year his children had grown a little more.

One night, when the younger man decided to stay home and take care of some work to be done in the house while his family was away, an unexpected visitor appeared. While getting ready for bed he saw a face in the mirror that wasn’t his own. At first he was startled, but soon recognized the face.

“I am back,” the face said.

The younger man knew instantly who he was looking at and greeted the old man with a smile on his face. The face disappeared from the mirror and reappeared as the old man that had died long ago.

“I have come back with news,” he said.

“How is Heaven?” asked the younger man who had not forgotten the conversation long ago.

“Divine,” was the reply. “You should join me. This is the real Hell.”

The younger man looked at the older man, puzzled.

“Why do you think that?”

“This world is corrupt and vicious. Murder is prevalent and sins are present. Many are sinful, while many are holy. But the sinners destroy the holy. You live in a land of destruction, a place where manipulation is the cause of unhappiness. A place where many dominate and control others: this is Hell. In Heaven, we have no such things. Heaven is a place of peace and tranquility. We are happy.”

“I am happy;” interjected the younger man.

“How can you be when your world is the way it is?”

“I’ve got a job, bills to pay, a loving wife and kids. I am content.”

“But what about the rest of the world? You’ll suffer.”

“I will not let suffering be an issue. If what you say is true, I am suffering already.”

“So join me and forget the suffering.”

“I can’t,” replied the younger man.

“And why not?”

“Because I have work to do.”

THE ROAD TO TRENTON / THE ESCORTS

A POEM ABOUT SOLDIERS RETURNING HOME

by Rosemary Richings

Expressions section Editor

On the road to Trenton: The journey never ends.

As we go: The cars stop

For a moment of respect:

The people gathered: Though we are on the paycheck

By the roadside: To escort the heroes away

Will silently wait: We feel connected

In sombre respect: As if we’ve known them

With Canadian flags: Throughout life.

On the road to Trenton: (The winding road.)

As we pass we are welcomed: To the resting place

With open arms: Where the fallen must remain:

For we are the escorts: It’s time for the escort’s parting,

Of the dead...: Time for goodbye,

On the road to Trenton: A sombre goodbye

To honour the fallen: To honourable friends.

The people gathered: The road to Trenton

By the roadside: We leave behind

Will silently wait: The soldiers

In sombre respect: That in our minds

With Canadian flags: Are eternal friends.

It’s a long, sombre road: But we must drive on

As drivers of the army’s: Current dead...
ON MY GRAVE.

Laying the wreath with red poppies
"Happy Remembrance Day Captain," Tyler adds (if I could).
I would be choking up right now, by our women and men.

And the courage that was shown of the Second World War they will pass on your stories which you fought in.

Or the battle of Scheldt, about the battle of Ortona. "We won't let our children forget" Dylan says. and never letting us forget the debt that was paid," Jamie says. "And Grandpa, we just want to say thanks for their kids.

In order to go through the adoption process they came to visit me today, In order to go through the adoption process.

What steps they took (and tension)

"And Grandpa, we just want to say thanks once again, for all you sacrificed, during those long six years, when nobody knew if you'd make it home, during those long six years, when nobody knew if you'd make it home.

Thanks for protecting this country of ours and never letting us forget the debt that was paid," Dylan says.

"We won't let our children forget about the Battle of Ortona or the Battle of Scheldt, which you fought in. They will pass on your stories of the Second World War and the courage that was shown by our women and men."

I would be choking up right now, (if I could).

"Happy Remembrance Day Captain," Tyler adds. Laying the wreath with red poppies. On my grave.

THE RIDE TO YOUR DESTINATION WAS YOUR FAVOURITE PART. SOMETHING ABOUT THE SMOOTH SPEED OF THE CAR. WINDING DOWN RURAL ROADS LIKE SECRET GARDENS. ALWAYS THRILL YOU—FILLS YOU WITH BRIGHT-EYED ANTICIPATION.

LIGHT, WEIGHTLESS, AND SPARKLING.

THE SKY IS LIKE BLUE GINGER.

LIKE SAPPHIRES.

LIKE A LOVER'S EYES:

THE SORT OF BLUE THAT MAKES YOU FEEL LIKE SOMETHING INCREDIBLE IS GOING TO HAPPEN. YOUR HAIR, LEFT UNINTERRUPTED, FOR THIS VERY REASON IS WHIPPED AROUND YOUR FACE AND IS SOON TANGLED BY GUSTY FINGERS FILLED WITH DUST AND LEAVES.

AND OTHER GREEN AND GORGEOUS THINGS. THE SMOKY SMELL IN YOUR NOSE GOES FROM CITY SMOG TO CRACKLING CAMPFIRE. AND YOUR URBAN Lungs CRIPPLED FROM A LIFETIME OF BREATHING NOTHING.

BUT EVERYBODY ELSE'S MISFORTUNE IS NOW RENOSTRUCTURED BY THE LUCIOUS BREATH OF A HUNDRED MILLION TREES. THE WIND, RUSHING IN YOUR EARS. SHINING THE LAYERS OF WEARINESS OFF YOUR FACE AND LEAVING SUN-KISSED SKIN BEHIND.

LIFTS YOUR LIMBS WITH EFFORTLESS ELEGANCE. AND FLOODS YOUR CHEST WITH EXHALATION; YOUR NOSE MILKED AND BUTTERY GOLDEN LIGHT IS WHAT SWIVELS DOWN YOUR THROAT AND ON EXHALATION IT'S BEEN SIEVED AWAY LIKE GOLD FROM SAND IN RIVER PANS.

AND TUCKED AWAY FOR SAFEKEEPING IN YOUR BONES. THOSE HOURS PASS LIKE DRAGONFLIES AND RINSING OUT ALL THE STAINS OF STRESS. STREAKS DOWN THAT DUSKY BLUE GINGER SKY.

THAT THE RAIN CLEANS THE ATMOSPHERE IT'S ALWAYS FELT TO YOU OF A FIVE-MINUTE THUNDERSTORM. AND GILDED WITH THE DOWDY AFTERMATH. IT'S EVENING NOW, AND THE AIR IS CRISP AND COOL. AND KNOW YOU'RE ALMOST THERE.

RUMBLING IN YOUR CORE. AND THEN YOU ROLL OVER A WATERFALL AND FEEL IT FILLING UP YOUR CORE AND KNOW YOU'RE ALMOST THERE. IT'S EVENING NOW, AND THE AIR IS CRISP AND COOL. AND KNOW YOU'RE ALMOST THERE. IT'S EVENING NOW, AND THE AIR IS CRISP AND COOL.

AND GILDED WITH THE DOWDY AFTERMATH. IT'S ALWAYS FELT TO YOU OF A FIVE-MINUTE THUNDERSTORM. IT'S ALWAYS FELT TO YOU THAT THE RAIN CLEANS THE ATMOSPHERE ECHOES THROUGH ME, WITH A BREATTHING CORPSE YOUR BLOOD HUMS WITH JOY.

AND YOU ARE LIMITLESS. YOUR BLOOD BURNS WITH JOY. AT BEING UNCHAINED FROM THE MAN ACLES OF THE CITY THE VEINS, NO LONGER SEWER LINES FOR THE DESTRUCTION. REGURGITATION Expectation of an industrial nation SHED THEIR SLUDGE LIKE A SNAKESKIN AND FREE AT LAST. THEIR CONTENTS RACE.
This month we take a break from “Max Overacts” to showcase some of Caanan Grall’s earlier short comic work. Max’s and the gang will return next issue! Don’t forget to visit Occasionalcomics.com to keep up with all of Max’s adventures!