

Journal de Glendon

NOTRE VOIX NOTRE HISTOIRE

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Le prochaine date limite:
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NOTRE VOIX
NOTRE HISTOIRE



Glendon Goes to Leadershape: Students Recount Their Leadershape 2015 Experiences

The Glendon Leadershape Team 2015 Contributors

From October 25th to October 30th several Glendon students had the opportunity to attend York's 6th annual Leadershape Institute. Leadershape is an American based institute that focuses on helping participants learn how to lead with integrity while helping each participant to create a vision for their future based on their core values. Here are the experiences of some of our Leadershape grads from this year:

"At Leadershape, we each devised a "GAG" to adopt over our 6 days. A GAG is "Going Against my Grain" or a new or rarely used behaviour. My GAG was vulnerability, an aspect of my leadership I knew I wanted to work on prior to Leadershape. As an extremely private, self-reliant woman, I struggled with my vulnerability this week, but I did have my small victories! I am grateful and inspired by my Leadershape family who demonstrated vulnerability and it is definitely a process that I will continue to trust in." -Clivane, Participant.

"C'est très difficile de résumer mon expérience en quelques mots seulement. Leadershape fut une expérience qui va me changer à tout jamais. Je me compte très chanceuse d'avoir été sélectionnée pour y participer. J'ai appris beaucoup à propos de moi-même mais aussi à propos des autres. J'y ai retrouvé une confiance en moi et en mes idées que je n'ai jamais su pouvoir avoir. Je recommande fortement ce projet à tout le monde. Merci Leadershape!" -Erika, Participant

"As a fifth year student I am really struggling to figure out what I want to do after graduation. LeaderShape forced me to confront many of the unknowns in my life and gave me the space to sit down with myself and really examine what mattered to me. This six-day intensive program was grueling, both emotionally and physically, but I've returned home with a renewed sense of purpose and direction." -Marise, Participant

"Leadershape is a safe space in every sense of the term. You can just be you with-

out fear of judgment. You will never be alone or unsupported after it ends because Leadershape leaves you with a second family. That is why no one wants to leave and everyone wants to come back." -Dona, Participant

"Coming back to res after my 6-day adventure away from Glendon, my roommate asked me the same question. I quickly tried to run sentences in my head that would best described my experience. I only came up with two words: Life Changing. I left and came back as a different person. I was once unmotivated, helpless, confused, and undecided. Now, I have a vision. I have a plan. And I have the drive to make my vision my mission." -Ginny, Participant

Want more information on the Leadershape institute? Check out www.leadershape.org and for those students who are returning to Glendon next year make sure to look into applying next September for this transformative and enlightening experience. A BIG thank you to Saba and her leadership team for putting this amazing conference together!

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Salut Glendon!

Written while drinking a hot latté and people-watching at a neighbourhood café...

Collaboration is a major part of what we strive to do at Pro Tem. Whether we come together to talk about the things that we are passionate about, wish we could change or to share our personal stories, collaboration is at the core of it all. Collaboration is a two-way street that involves conversation, the sharing of ideas and feedback. I have loved seeing the interaction between the Pro Tem team, contributors and readers over the past two issues we've published.

Recently, during one of our team meetings, we shared stories about the feedback that we had received in person, on social media or via email. As we continued to discuss our experiences, our layout designer Sienna brought up a simple, yet profound thought to the group: she explained that while reading other's opinions, there will be times when we disagree. When this happens, that specific moment is the perfect place for empathy to begin. This

sparked our conversation for the rest of the meeting and personally provoked me to think further about how critical thinking can impact how I view the world around me. We take in an unreal amount of information daily just by virtue of being human a being on this planet. When we find ourselves in disagreement with something, whether that be a lecture, an article, an advertisement or something shared online, it really is an opportunity to implement critical thinking and empathy into our usual train of thought.

We hope that you connect with some of the content in this issue and enjoy reading along. As you do, I encourage you to ask yourself the question 'Why do I disagree/agree with this?' or 'How does this make me feel?' When we begin to actually answer questions like these, not only do we allow ourselves to be open to new information and opinions, but we're also able to develop our own values, beliefs and opinions in the process.

I think it's a powerful thing to be able to transform something you don't necessarily agree with into a meaningful connection in your own

life. When we look at the world through this lens, it can aid us in being empathetic to others' situations and thoughts. Not every opinion will be congruent to mine, but the things I can learn through the process of exposing my mind to various viewpoints is priceless.

Feel free to send me your thoughts and feedback about any of the articles in this issue. I would love to hear them!
editor@protemglendon.com

Much love,



Tori Ramsay
Editor in Chief

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

Pro Tem vous veut!

Envoyez-nous un courriel à editor@protemglendon.com pour apprendre comment vous pouvez vous impliquer!



Kelly Lui

The Glendon Dance Team: New Name, New Look, New Team

Hanna DeRoche
Contributor

This year, the Glendon Dance Team has undergone a host of changes as a club. We have had an exciting start to the year and are continually excited for what's to come! Along with our new name and logo, which were properly celebrated with the GDT pub night, there are a number of other changes coming to the club this year. GDT pub night was the first sign that our team was gaining traction, and fast! We met and exceeded our revenue expectations

and had more people come to our pub night this year than ever before. A special shout out to Nikita for organizing the event and Shivaani for her work as the treasurer. Thanks to her our team has had no problem financing our rapid expansion.

The executive team of GDT has been working hard to make our first couple of months run smoothly. There is always a lot to be done, especially at the beginning of the year, and our executive team has been actively staying on top of our new demanding schedule. This year, our team has greatly increased in number, with almost 50 members in total. In just 2 short years our team has nearly tripled in size thanks to our new marketing and development plans that we started at the end of last year. With so many members, one of our focuses this year is team building and creating a sense of family amongst our dancers. We hope to engage in more team activities and team bonding this year. Our head coordinator, Cali Lopez, has been very helpful in facilitating an easy transition into our new dy-

namic.

Also new this year, we are introducing a competitive team. Auditions were held and 13 dancers were selected to dance competitively for GDT. The team will travel to a few local competitions in March and April. Choreography for the competitive team has started and is already looking great. Head choreographer Camille Boucher has worked hard to foster a great environment for new and advanced dancers to grow and develop their skills.

Currently, we are preparing for our winter show. The team has been working hard at learning and creating new choreography. Together, we are beyond excited to share these dances with you all. Shefali, our social media coordinator will be sure to keep the Glendon community up to date with any information pertaining to our events.

GDT's winter show will take place on Friday, November 20th in the Glendon Theatre. We will be holding both a matinee and an evening show. Tickets will be sold in advance: \$5



for Glendon/York students, \$10 for adults and \$5 for children (18 & under). Seating will be limited, so stay tuned for ticket sale dates.



Inés Van Deuren

The GCSU's Annual General Meeting

The Glendon College Student Union
Contributors

On November 19th the Glendon College Student Union will be hosting our Annual General Meeting (AGM) in the Cafeteria from 6:00pm to 9:00pm.

What is the Annual General Meeting?
The AGM is a meeting for all members of our

union, which are all undergraduate students who attend Glendon College. At this meeting our executive team of 9 present their most recent report of all the things going on in regards to their position. This includes meetings, initiatives, updates on current events, as well as a glimpse into what is planned for next semester. Goals, objectives and areas of focus for this year are also presented by Council as well as the operating budget for the year so that students can see where their student dollars are being spent. The GCSU is governed by our constitution, which outlines everything that our Council has to uphold throughout the year.

The constitution outlines many things, such as honoraria, job responsibilities, meeting protocol and so on. The constitution exists because it was approved by the student body when the GCSU was first created, which means that the only way the document can be altered is by the consent of students. The AGM is where students gather and changes to the constitution are proposed. Without enough students in attendance, no changes can be made.

Why should students attend? As our Union is democratically run, we need to reach a quorum (minimum amount of students needed for proposals to be voted on) in order to pass

any motions and without YOU in attendance, we can't do that. Also, as each undergraduate student at Glendon is a part of the Student Union, it is our union members who financially support us. Therefore, we need to hear your input, opinions and concerns in order to make decisions for our community.

Make sure to come out, voice your opinions and offer your suggestions. Did we mention the first 90 students in attendance will enjoy a FREE pizza dinner?! We hope to see you all on November 19th!

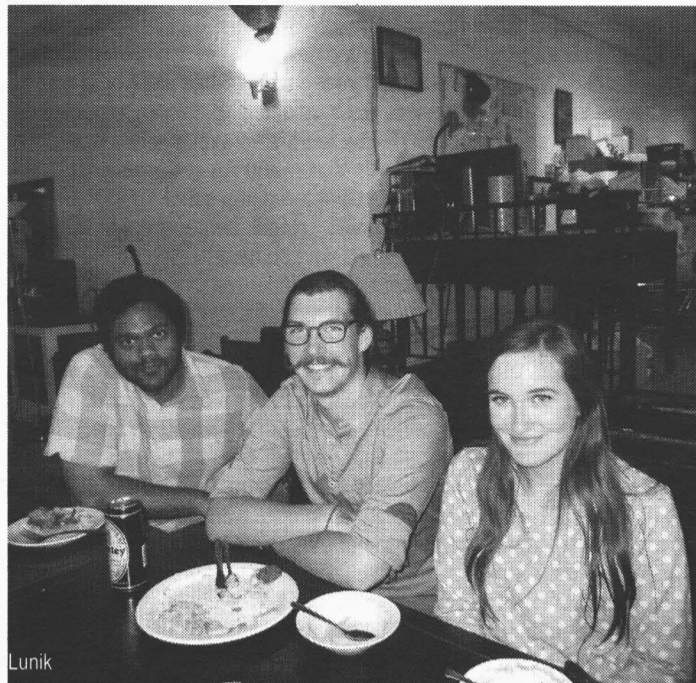
Lunik's Fall Harvest Dinner: Warm Hearts, Full Stomachs

Elaine Cabildo
Contributor

After weeks of planning, tireless nights, and endless numbers of recipes, we succeeded, and on October 26th Lunik hosted its annual fall Harvest Dinner. It was a crisp autumn night as the Glendon community gathered; Lunik's regulars, and coordinators along with new members, all with warm hearts and empty stomachs.

Both coordinators and members worked together to create a veritable cornucopia of vegan and vegetarian friendly dishes. The table was spread with dishes as far as the eye could see. Tofu stir fry, gluten free chocolate orange cake and an alarming amount of deliciously seasoned garlic mashed potatoes were only the tip of the iceberg (lettuce). Guests piled their plates high with salads, soups and other starters, as well as more substantial fare. I, myself tried my hand at a meatless shepherd's pie dish and found it surprisingly easy to prepare. Some comments I received during dinner claimed that "It tastes just like real meat!" and "Really? You made this? It's not bad!" It really puts things into perspective as it dawned on me—some people do this every single day for every single meal. Though even during midterms, we managed to put together a buffet fit for a (meat-free) king!

The evening's festivities consisted of witty banter between friends, cool indie tunes, and despite minor setbacks with the BBQ, we still managed to grill some corn! The tables were set so that all the attendees could enjoy dinner as a community, which is what Lunik is all about. It seemed to work well because the music was soon drowned out by chatter, laughter and the clinking of wine glasses.



The atmosphere was warm despite the cool weather. The drinks were refreshing and tongue-loosening, and the food was plentiful and delicious. A big thank you to all who attended: both old and new members along with our coordinators. If it weren't for your dedication

and help, we would not have reaped the benefits that was sown through all of your hard work. This year's harvest Dinner was the best yet, and there's still another event like this to come this spring! Don't worry if you missed it, at Lunik you're always welcome! Every Glendon student

helps keep Lunik a socially, economically, and environmentally sustainable safe space for all to enjoy! Stay green, Glendon!... Unless you'd rather be something else... You can self-identify however you'd like... We don't judge.

You Know You're In 5th Year When...



Ines Van Deuren
Campus Life Section
Journalist

If you're a 5th year like me, you can't help but look around campus and feel a little nostalgic about the last four years that you have spent here. Many things have changed but many things have also stayed the same. The general consensus that no one will ever like the caf food, that everyone knows what really happens in the gazebos, our campus is one of the most haunted locations in Toronto, that Thursdays are always Pub nights and that we have a remarkably unique and accepting community are some things that have remained over the years. Here are a few things that you'll probably only remember if you have made it to your 5th year at Glendon.

1) *The saviour that was Euro Baguette.* Euro Baguette was located where the Junction Bistro now is. Not only did it have the best sandwiches on campus but it was also open until 11pm, which means that for those students who lost track of time, were studying late or got out of class later than the Caf was open till, you still had options!

2) *The ridiculousness of Lunik Pub nights.* If the opening of Lunik seemed like an exciting prospect at the time, imagine the excitement when "Lunik Pubnights" were introduced. Imagine, walking down the stairs to Lunik while the stairs already shaking because the bass is that strong. You pay your fee, turn the corner into the room and it's as if you're walking into a scene from some cheesy "this is university" teen comedy. I'm talking, so many people that moving around was virtually impossible, people were dancing on legitimately any surface they could find in the room. The drinks were cheap and the heat was almost unbearable (imagine the heat of over 100 people dancing in that small of a space)

which meant that the patio behind was almost equally as full of people who weren't as keen on the whole rave atmosphere that had swallowed up our normally tranquil and quirky co-op cafe.

3) *The glory days of the Unicorn.* If someone were to describe the Unicorn it would be something like this: poorly lit, decently priced drinks, constantly smelling like stale beer, a little too snug and forever having a broken fence (If you were 18 or younger at this time, you know why). Regardless of it all, it was the Glendon watering hole. Even if a Pubnight was not planned for that Thursday, you could rest easy knowing that if you showed up at the Unicorn there would be Glendonites there. Even if you didn't know them well, you would be best friends by the end of the night. Sadly our beloved second home was torn down this past summer. The Unicorn, gone but never forgotten.

4) *The old FSL programme.* This may sound odd but imagine a french class with only 20-30 students, no lectures, small group conversa-

tions and an actual textbook! Now I know there is a lot of debate over the new French Second Language program but personally I would switch back in a heartbeat.

5) *The most iconic exchange student ever!* Who could forget the multiple times he would bang on people's doors in the early hours of the morning, or introducing yourself to him every time you saw him because he was always that intoxicated? We still can't erase the memories of seeing him walking around residence with little to no clothes on, peeing on his neighbor's door or the general disruption that would follow him around campus. It's hard to forget one of the most iconic exchange students who has ever come to Glendon.

So there we go, a little walk down Glendon's memory lane. Things have changed, no doubt about it, but hey we wouldn't have been here for 5 years if we didn't love it, changes and all.

A Look Back on Skyrim: Four Years of Love, Hate, and Comparison



Kaitlin Fenton
Expressions Section
Journalist

On November 11th, 2011, hordes of Bethesda fans lined videogame stores in the middle of the night for the newest Elder Scrolls game: *Skyrim*. Within the first 48 hours, 3.5 million copies were snapped up. Since then, 23.3 million copies have been sold. *Skyrim* followed in the Elder Scrolls series, featuring fantastical beings (including cat-people and three kinds of elves) and their adventures in the land of Tamriel. The predecessor, *Oblivion*, was nearly universally loved, receiving a 94% rating on Metacritic and spawning an even bigger fan base with its superior graphics and controls at the time. *Skyrim* had enormous shoes to fill, and initially, it was flawless. It was considered the unrivaled king of video games, and people wondered if anyone could ever want more.

Four years later, the glitz and glamour have worn off. What once had special displays in stores is now in bargain bins for \$9.99 plus tax. Some people are pining for a *Skyrim 2*, which follows the Elder Scrolls sourly note will be the 6th game in the installment. Despite its "old" age, *Skyrim* continues to be an incredibly deep and intricate game, even with its flaws. Although it was made for last generation consoles (the Playstation 3 and Xbox 360), the graphics stack up to newer games, even some on the current systems. PC users have noted from early on



that the graphics were incredibly lackluster, even in comparison to other PC games at the time. This is still true, but community contributors have made downloadable modifications to enhance the visuals.

Initially, people were overwhelmed with the number of quests. Even now, players can rack up hundreds and hundreds of hours with little effort simply due to the volume. In *Skyrim*, there are 11 quest lines (spanning multiple quests) approximately 127 side quests, and infinite mini quests. In *Oblivion*, there are a measly 222 quests including quest lines, side and mini quests. A common complaint about *Skyrim* is that quests often feel rushed, left out, or

unimaginative. Rumour has it that developers were forced to cut several quests for the *Winterhold* line due to time constraints. Players are left with a vague and uninspired line to be completed for achievement and never thought of again. Furthermore, the impressively infinite mini quests follow any one of several equations. Go to an area and kill a boss enemy, collect reward. Clear out a dungeon and find an object, return to owner and collect reward. Slay a dragon, collect reward. What may seem impressive is actually monotonous. In spite of this, *Skyrim* is capable of deep, emotional storylines; heart pounding, intense plot twists with strategy based fights; and fan favourite lines from older

Elder Scrolls games. Despite lackluster quests, *Skyrim* has just as many incredibly well thought out ones as well.

Skyrim continues to boast easy to understand and welcoming controls that seasoned veterans and new gamers alike can pick up quickly. Earlier Elder Scrolls games featured tank-like, confusing controls that *Skyrim* has immensely improved while raising the bar for both future Bethesda games and others. In fact, fans have noted that they feel "spoiled" by this, as it makes playing older games much harder. On that note, *Skyrim*'s general gameplay has become much more refined, simple, and easy to use in comparison to its predecessors. Newer features, such as an interactive compass, sprinting, and dual wielding, and improved features, such as the new perk tree, a buffed journal, and the removal of the breakable equipment, have received mixed reviews. Newer players tend to prefer these changes, which created a unique, objectively easier standalone game and opened the series to non-followers of Elder Scrolls. Diehards have typically found little positive to say, citing a lack of tradition and an immersion breaking atmosphere. It is still debated as to whether or not these changes are inherently good or bad.

In four years, *Skyrim* has been heralded as both the perfect game and a cheapened experience of the Elder Scrolls series. Despite no longer being the top contender for Game of the Year, it is still a powerhouse for both beginners and experts. While the latter three Elder Scrolls games, *Morrowind*, *Oblivion*, and *Skyrim* are sold at various outlets and online, Bethesda has released the first two; *Arena* and *Daggerfall*, for free on their website for use with a DOS emulator. Feel free to try out any of these games and write a review of how they stack up today!

Pis nous autre dans tout ça : Les Franco-Ontariens s'assurent

Un documentaire qui expose l'attitude indifférente qu'ont les Québécois envers les Franco-Ontariens



Camille Slaght
Redactrice adjointe
française

Le documentaire *Pis nous autres dans tout ça?*, créé par la jeune Franco-Ontarienne Andréanne Germain, a fait vivre à deux Québécois la réalité à laquelle les Franco-Ontariens font face. Le trio s'est promené à Québec portant fièrement de grands drapeaux franco-ontariens lors de la Saint-Jean-Baptiste, célébration que les Québécois considèrent comme leur fête nationale depuis 1967, malgré qu'elle soit encore célébrée par tous les Canadiens français. Le documentaire exploite

plusieurs thèmes dignes d'attention et souvent oubliés par les Canadiens, dont l'effet que l'indépendance du Québec aurait sur les communautés franco-ontariennes. Le sentiment de délaisement ressenti par Andréanne en tant que Franco-Ontarienne est justifié par les nombreux séparatistes qu'elle rencontre. Les conversations incitées par les drapeaux verts entre les séparatistes québécois et les trois Franco-Ontariens révèlent l'ignorance qui demeure en ce qui concerne les Canadiens français qui vivent hors du Québec.

Malgré les efforts d'Andréanne, la plupart des Québécois avec qui elle discute semblaient ne pas être ouverts à son point de vue. Parmi tous ceux avec qui Andréanne a discuté lors de la Saint-Jean, un des seuls qui semblait être en faveur de l'inclusion des Franco-Ontariens dans la culture canadienne-française a dit « Tout ce qu'on veut, c'est se réunir ensemble! Il faut faire la grande fête tous ensemble! ». Il est à noter que les niveaux d'intoxications pendant la Saint-Jean ne sont pas favorables aux conversations politiques. Les discussions demeurent alors plutôt superficielles. Le projet d'Andréanne cherche à dévoiler le sentiment de délaisement que les Franco-Ontariens ressentent, mais il réussit plus ou moins à sensibiliser les deux Québécois. Ces deux hommes, qui



ne savaient pas dans quoi ils s'embarquaient, étaient touchés après avoir vécu les difficultés auxquelles des Franco-Ontariens font face, mais en fin de compte, ils étaient surpris que leur mission n'ait pas créé de conflits encore pires, et étaient fiers de leurs amis québécois pour avoir discuté avec Andréanne sans commencer de bagarre. Quel accomplissement! La fierté québécoise triomphe, et Andréanne au-

rait pu l'exploiter davantage pour montrer que même les Québécois qui ont vécu dans la peau des Franco-Ontariens ne s'attendent pas à ce que les Québécois considèrent les Canadiens français hors du Québec comme un des leurs.

A Night Out with Night Vale



Samantha Kacaba
Metropolis Section Journalist

A friendly desert community where the sun is hot, the moon is beautiful, and mysterious lights pass overhead while we all pretend to sleep...

An evening at the theatre is always a nice occasion to get dressed up and take in some culture, local or otherwise. There's really nothing like it, a nice play, musical, or... podcast?

As unusual as it sounds, I had the chance to see a podcast performed live. The surrealist fictional podcast *Welcome to Night Vale* stopped by Toronto to perform at the Danforth Music Hall as a part of their 2015-2016 tour this October, and I was one of many in the audience at one of two sold-out shows.

Welcome to Night Vale is presented as a radio broadcast from a mysterious town in Southwestern United States, narrated by a fictitious broadcaster, Cecil Palmer (voiced by Cecil Baldwin). Written by Joseph Fink and Jeffrey Cranor, it has been downloaded over 100,000 times since its inception in June of 2012. A lover of *Breaking Bad*, brandy, and *Jaws* slasher flicks, Cecil acts as a (mostly) neutral party in the town of Night Vale, relaying stories of supernatural hijinks to those who would listen. Such hijinks include the Thanksgiving Day Dead Citizens Impersonation Contest, the biweekly Fireperson Appreciation Parade and reports of sentient patches of haze marketing Patriot Brand Cigarettes to unimpressible radio enthusiasts.

This presents an important question. How does one perform a podcast? I was curious when I bought my tickets earlier this year, but I was sure they'd be able to pull it off. I've been a long-time fan of the podcast, having been on board since they started. From listening to what



Samantha Kacaba

they've put out since, it's clear to me that the team behind it really cares about what they do.

The show kicked off with a performance by musical guest Eliza Rickman, who was promoting her recently released sophomore album, *Footnotes For The Spring*. Her performance style was understated, but elegant, and featured nothing but a microphone, a xylophone and an autoharp. The menacing tone of her music set the perfect atmosphere for the main event, as it complimented Night Vale's signature Lovecraftian vibes nicely. After

her performance, the stage was cleared and bathed in an eerie purple light. From behind the curtains stepped Cecil Baldwin and Disparition, the artist behind the show's musical backing. The set was not unlike a stand-up performance: very no-frills with nothing but microphone stands accompanying our narrator.

The script they performed was entitled, *The Investigators*. A tale of murder most foul, it featured a ton of audience-participation and guest appearances, including Dylan Maron as Carlos the Scientist and Meg Bashwiner as Deb; Sentient Patch of Haze and Spokes-being. There were a lot of things that carried over from the regular podcast to the live show. Their meticulous attention to detail and continuity shined through, with the live script featuring references to established plot points that were not included in this canon.

The venue itself was decent. I'm sure many of our readers have had the opportunity to visit the Danforth Music Hall, and it's definitely a huge landmark when it comes to Toronto's cultural scene. It did however, have a very... *distinct* smell. Reminiscent of boozy morning-breath, it didn't really serve to enhance the experience. That being said, while the aroma was disappointing, the acoustics made up for it in full. The sound was clear and loud without being unpleasant.

All in all, I'd say seeing *Night Vale* perform live was a great experience. The energy of the crowd and the enthusiasm of the cast made for an amazing time. For fans of the show I would definitely recommend grabbing tickets when they're back in town; and for those whose interest I've piqued, *Welcome to Night Vale* is available for free on iTunes and YouTube. More information can be found on their website, welcometonightvale.com. In my opinion, it's a quintessential piece of modern 'weird' horror that can be enjoyed by audiences of all ages.

Kinky Boots: A Sole-ful Production

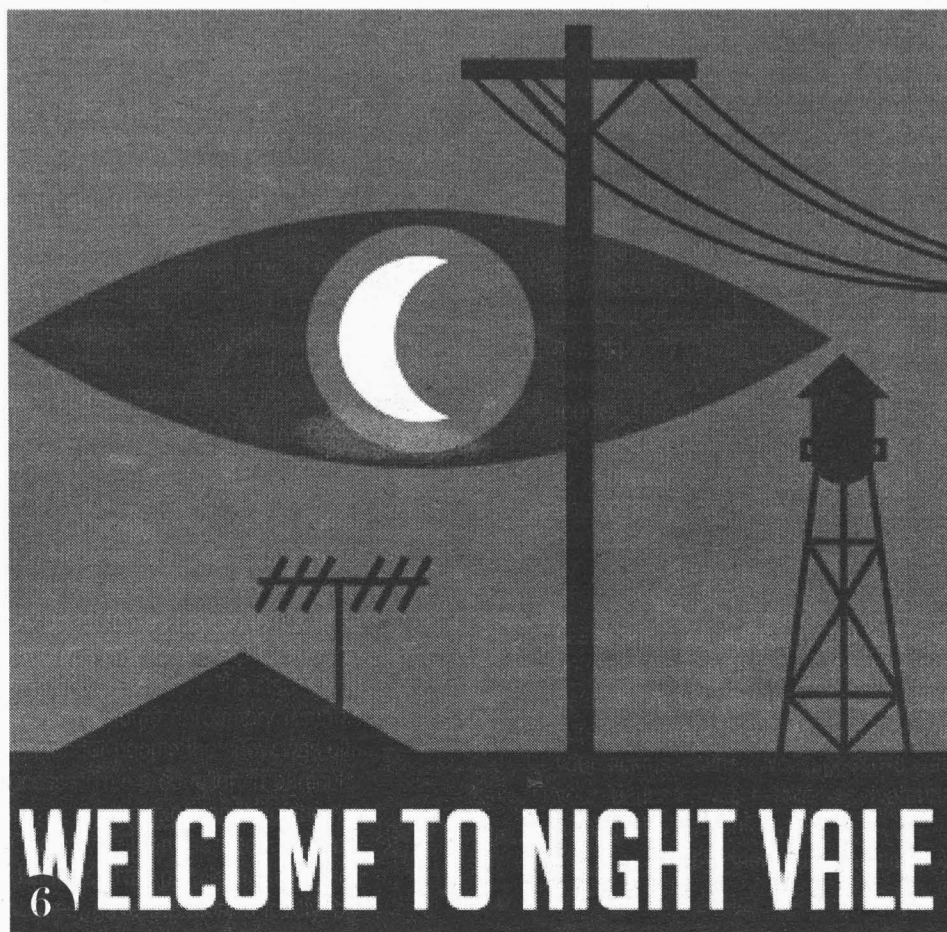


Ela Gach
Online Section Journalist

I recently had the opportunity to watch *Kinky Boots* at the Royal Alexandra Theatre and had quite a pleasant time. Going in I had little expectations or any real knowledge of the musical, and was expecting nothing more than good shoes and drag queens; but I was not disappointed.

The musical follows Charlie, a young man struggling to save the family shoe factory after the death of his father. He is saved only with the help of Lola, a drag queen in the market for sturdier high heels.

Kinky Boots was written by Harvey Fierstein and composed by Cyndi Lauper. The music was uninspired, with visible gaping holes in its script; however, the interpretation and production of the show made it great and it was undeniable catchy. The plot of *Kinky Boots* featured an unfortunate romantic subplot. It was rushed and unnecessary, using up time that could have otherwise been used to further the main plot. However, the talented AJ Bridel brought life into the storyline of love-sick character Lauren. Bridel turned Lauren into a relatable and humorous character that I looked forward to seeing onstage. Despite the issues with the script, including some derogatory remarks towards transgender people the show was ultimately a success. This production in particular did well in paralleling the experiences of the two leads, who would've otherwise been two very different individuals. This paralleling, executed using visual cues, gave the story a lovely, bit-



tersweet tone.

If nothing else, *Kinky Boots* is worth seeing for the choreography and set design alone. The dance numbers were anything but sloppy with the entire crew seamlessly dancing in unison, where all the cast, including a child, partook in a dance number in heels. One dancer did a backflip on stage in ridiculously high heels; I was so amazed that I had to take a moment to re-evaluate everything I've ever accomplished in my life! The work that went into every dance number was evident and definitely paid off. The dancing really brought the show together. The set was gorgeous. While the stage was not especially large, its space was used well. The design took a detailed rather than minimalist approach without being cluttered or over the top. Its detail helped to fully immerse me in the story. The lighting was also well done. It was soft for most of the show, setting a quiet tone that matched the set nicely.

All in all, *Kinky Boots* was a fun production and a must see for any musical fan with a special appreciation for good shoe design. *Kinky Boots* runs at the Royal Alexandra Theatre until January 3rd. Discounts are available with a student card. The musical certainly isn't for everyone, but if the shoe fits...

Kindred Spirits Orchestra Presents: Berlioz's *Symphonie Fantastique* A Night of Heartbreak and Getting High



Ashley Moniz
Arts & Entertainment
Section Journalist

On October 24th, 2015, Markham's Kindred Spirit Orchestra kicked off their season with a bill led by Hector Berlioz's mystical Romantic selection *Symphonie Fantastique: Épisode de la vie d'un artiste...en cinq parties*. Many university students would never go to the orchestra, claiming that 'classical music is boring'. Berlioz's masterpiece shows that just because a piece is almost two hundred years old, does not mean that it lacks lively expression.

The doors to the Flato Markham Theatre opened for early spectators to browse items available for auction. I contemplated bidding a performance at Glendon before a Mozart quartet was performed by Rodney Gray (Principal Flutist), Marie-Andrée Gray (Principal Violinist), Valentina Tchaikovsky (Principal Violist) and Hee Yeon Kim (Principal Violoncellist). Their beautiful backdrop to the reception set the mood before the opening remarks were made

by French Horn player Donald G. Bastian and the audience and orchestra took their seats.

The concert was hosted by Alexa Petrenko from Classical 96.3 FM and conducted by Kristian Alexander. The orchestra began with César Franck's symphonic poem *Le Chasseur Maudit*, the tale of a hunter cursed after skipping church to go hunting. The orchestra beautifully brought the imagery to life, from the blaring of hunting horns to the phantoms chasing the Count of the Rhine. This was followed by prodigy Anson Hui performing Beethoven's *Concerto for piano and orchestra No. 1*. Hui's command was impressive and the concerto was long, but exciting. After an intermission, featuring an interview with Hui, it was finally time for Berlioz's masterpiece.

Symphonie Fantastique was inspired by Berlioz's obsession with actress Harriet Smithson. The premise: the thoughts and hallucinations of a heartbroken artist as he descends into madness. In the first part, *Daydreams, passions*, the artist recalls fond memories of his beloved. Berlioz establishes the *idée fixe*, symbolic of his beloved, which returns in many forms throughout. Part two, *A ball*, sees him at a party with waltz rhythms, where he is haunted by her memory. In part three, *Scene in the countryside*, he meets some shepherds as a storm brews, now growing anxious from loneliness. By part four, *March to the scaffold*, he tries to kill himself with opium. Since the drug is too weak to kill him, he descends into a strange sleep. He dreams that he has killed his beloved and is sentenced to death. The fifth part, *Dream of a witches' sabbath*, perhaps the most famous and vibrant, is where he descends to the underworld and witnesses a gathering of monsters of

all kinds for his funeral. The beloved appears once more, but as a vulgar reinterpretation of the original tune. This act is known for the *cloches* (church bells) and sampling the *Dies Irae*, or funeral march. The piece takes on a life of its own. Whether listening to 45 minute orchestral selections the first time or the hundredth, they will always reveal something new.

The KSO brought each act of the story to life. The performance grew a little dry towards the start of the third act, but when the storm picked up near the end, the audience was captivated. This symphony's strength was the fourth act. Easily overlooked, being the shortest of the five, the orchestra brought out *The March* and climax through their powerful brass and percussion sections. The fifth act is a difficult one, but the orchestra captured its supernatural and whimsical heir. A low point of this performance was the missing *cloches*, substituting a loud clang for a haunting chime. This and the understated *Dies Irae* took from the symbolism behind the piece, but nevertheless did not detract from the rest of the show.

The Kindred Spirits Orchestra kicked off their season with quite a bang. Orchestras do amazing work to keep history alive by performing this music for new audiences. It is crazy for modern generations to think that they could never relate to music so old. Themes of love, infatuation, despair and even tripping out have inspired artists for centuries and will continue to do so for years to come. Orchestral music is not just for studying. It is a source of inspiration and innovation that will never cease to entertain.



Photo Spread

Harvest Dinner - Lunik



Glendon Dance Team - Ines Van Deuren



Harvest Dinner - Lunik



Leadershape - Ginny Côté

Leadershape - Ginny Côté



All photos on this page by Madeline Della Mora



A Message From Pro Tem

We Make Mistakes, Too: A Look into the Pro Tem Team's Most Embarrassing Writing Mishaps

The Pro Tem Team

Writing, whether academically or for pleasure can be pretty intimidating at times. The thought of having a peer or an editor looking an editing your work can be even more daunting. The Pro Tem team is composed of editors and creatives alike but, spoiler, we also do make mistakes at times. We might be writers and editors, but that doesn't mean we haven't had blunders of our own. Read some of our worst and most embarrassing writing-related mistakes and relax. You don't have to be a perfect writer to be a contributor for Pro Tem. We love receiving your ideas and opinions and we're here to help with all of the editing that comes with it writing an article. We don't see mistakes, we see your unique ideas.

When I wrote for L'Express, the Toronto weekly French newspaper, the topics that I wrote about were usually assigned to me. I was very excited when I got asked to write an article about the *Planet in Focus Film Festival* since I am passionate about environmentalism. To have the opportunity to cover a festival featuring exclusively environmental films was a dream. I tried to hide my inner "fan-girl" in a sad attempt at professionalism, and in the end my editor told me the article was too dry! Never will I tone down my enthusiasm towards a topic that I feel passionate about again!
-Camille

Being the overachiever I am, I decided to take a fourth year course while I was in my second year. The only issue was that the same professor taught the same type of course at



the second year level. I had no real reason to be there other than wanting that fourth year credit; I know, sneaky, right. Anyways, I had gone most of the year without anyone questioning my attendance and intended to keep it that way. That was, until my final seminar came around. I put so much work into this presentation, a decked-out Prezi with short clips, pictures and direct-quotes. It had the works and so many external sources that hit all the perfect spots to make my argument persuasive, in my opinion of course. I went my whole presentation feeling like a million bucks, until my professor informed me that I had been pronouncing 'alias' wrong for the entire thirty minutes of my seminar presentation. I had been pronouncing it like /eyl-es/ as opposed to /ālēās/. This may not have been that big a deal but after being extremely prepared for the rest of my presentation I felt very silly for not looking up the pronunciation of 'alias.' I'm never making that mistake again. -Effie

I did a presentation on The Monk that required

a class handout and instead of writing "Satan" I wrote "Satin". It wasn't a one-off. It was all over the handout and capitalized...in a fourth year class. So instead of the main character being seduced by the ruler of the underworld, I was discussing his demise due to shiny fabric. -Neya

I was bitter that I had to write a sonnet, so I titled it on my laptop "g*ddamnsonnet.rtf" and I accidentally (completely forgot about the name) sent it into my devoutly religious professor who was very displeased with me. -Kaitlin

I learned the importance of proofreading after I handed in a final essay where my laptop changed all of the special characters into Chinese characters. -Kaitlin

During high school, I had to do a presentation on my laptop with an HDMI cord, but forgot to close out of my other tabs. The entire class got to see my incredibly angsty poem as my laptop froze. Not exactly my shining moment. -Kaitlin

In the summer of 2014, I launched my website, Entertainment Revisited. The first serious interest piece that I did was one about body image, inspired by John Legend's music video for You & I. In the video, there is a shot of an elderly woman after having had a mastectomy, which I mentioned in my article. Unfortunately, in my rushed and inspired state, I published the article on the site without noticing a glaring error in my recap. My Mom texted me frantically saying that I probably did not mean to say that this woman had a "vasectomy". -Ashley

In high school, in an attempt to finish my French homework as quickly as possible, I used google to translate words. I did not realize that I accidentally changed the language settings to "English to Italian" instead of "English to French". I did not check my work over after finishing it, and handed in my part-French, part-Italian assignment in the next day. My teacher was not amused. -Ela

pro tem

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/sniki/ and /kriki/ Reflections on NWAV 44



Samantha Kacaba
Metropolis Section Journalist

This past October, the linguistic conference 'New Ways of Analyzing Variation' or NWAV for short, held its 44th conference right here in Toronto. As its name suggests, it focuses on patterns of language variation and studies of language change. Co-hosted by York University and the University of Toronto, this year's theme was 'Intersections'. With this specific focus on intersectionality, there were a variety of talks covering a diverse range of linguistic subfields, from language documentation to discourse analysis. Held at U of T's Hart House, the registration fee for students was a hefty \$250 + other undisclosed fees. Though it doesn't feel like much, this was a discount from the \$390 paid by regular attendees. But alas I, a simple undergraduate student did not have a couple spare hundred to dump on a conference; so I did as many other undergraduates did and simply snuck in. Now, as a publication Pro Tem does not indorse this kind of sneaky behavior, but as

an individual I definitely do. The worst thing that could have happened was being ungracefully escorted out of an academic panel. I figured I have the opportunity to learn, so why not?

I made my way through the dim halls of Hart House, fresh out of the rain, passing by very professional looking people wearing very professional looking badges to indicate they had actually paid and were supposed to be there. I, on the other hand was a nervous looking kid in a Costco raincoat. None of the volunteers called me out, which was probably willful ignorance on their part; so I had the opportunity to slip into a series of talks on creaky voice. For those who aren't familiar with the concept, creaky voice is a type of phonation in which the arytenoid cartilages in the larynx are drawn tightly together. This creates a low, rattled effect that's around two octaves lower than normal voicing. If you want to hear an example of this, just look up any interview of Kim Kardashian or Brittany Spears. Both are noted creaky voice users. Or, if you see me on campus, I'd be happy to make weird laryngeal noises for you. But I digress.

The first talk on creaky voice was presented by Amy Hemmeter, and was entitled 'Social and acoustic factors in the perception of creak'. Using voice samples of people speaking with creak, Ms. Hemmeter came to find that creaky voice is used equally across lines of gender, but seems more apparent in wom-

en because the low-frequency of creaky voice is so often associated with male-coded people. Next was 'Multiple Realizations of creaky voice: Evidence for phonetic and sociolinguistic change in phonation' presented by Patrick Callier & Robert Podesva. This talk looked at the acoustic features of creaky voice and the process of phonation. Some of the content was a bit beyond me, as in the grand scheme of things I'm really just a baby linguist. That being said, it was still a very well done presentation.

The last two talks were my favourites of the bunch. The first, presented by Lal Zimman was entitled 'Creak as disengagement: Gender, affect, and the iconization of voice quality'. Zimman looked further at topics covered by Amy Hemmeter's presentation, exploring how creaky voice had become an iconic symbol of masculinity, and specifically how transgender men have utilized it. A self-described transgender activist and researcher of transgender experience, Zimman was also a co-author of the last presentation "Creaky voice in a diverse gender sample: Challenging ideologies about sex, gender, and creak in American English". Also presented by Kara Becker & Sameer Ud Dowla, this talk discussed the findings of a series of interviews they conducted across a broad gender sample. They include cisgender men and women, AFAB non-binary people both on testosterone and not, and transgender men

on testosterone. Transgender women, they explained, were not included because unlike testosterone, estrogen doesn't have any effects on the larynx. On his blog, Zimman explained that the study was designed to explore both acoustic and articulatory measures when it came to creak distribution.

Another interesting feature that I definitely would have been pushing my luck trying to sneak into was a series of workshops revolving around practicalities and training for those working in the field. Topics included acoustic editing and speech synthesis with Praat (A free acoustics software widely used by linguists) and linguistic conservatism in heritage and diaspora varieties.

NWAV will be visiting Vancouver next year for their 45th conference, so it might be a little while before they're back in Toronto. But when they do, I would recommend anyone who is interested in linguistics and language studies to check it out. If you want to learn more about NWAV and what kind of things they have to offer, the full program from NWAV 44 is still up on the event page: linguists.utoronto.ca/nwav44/index.html

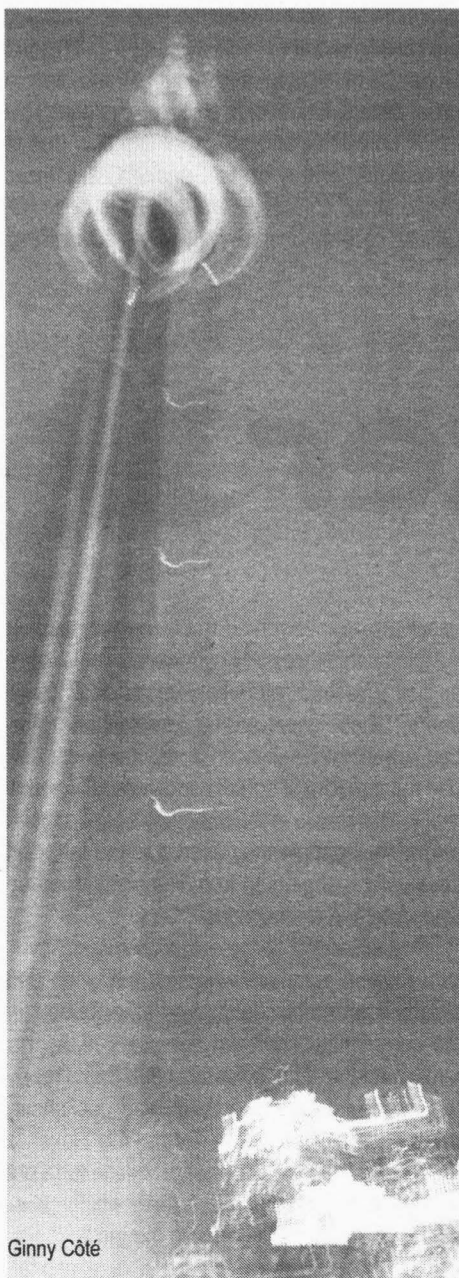
The Haunted Walk of Toronto

Ginny Côté and Megan St-Pierre
Contributors

On October 24th, after several months of planning, we herded (begged) enough friends together and went to experience Toronto's Haunted Walk. We made our way to the courtyard in front of the Hockey Hall of Fame where the tour started. A wrong turn on our way resulted in us being moved to a later tour, a happy accident since our friend and fellow Glendonite Nathan Sells ended up being our tour guide (yay!) Pathetic fallacy was in our favour as the night was cloudy, cold and raining on and off. As we slinked through the streets of Toronto lead by our cloaked tour guide we were treated to stories of poorly moved graveyards, faulty flooring, beheadings, and worst of all: women's bathrooms. The tour ended at the infamous Mackenzie House where these reporters had hoped to capture a ghost on film (okay, fine, digital photography). While we were unsuccessful in our ghost sleuthing, we did uncover a great activity in our storied city.

We all know that Halloween is so passé and the holidays are just autour du coin, but because The Haunted Walk offers tours all year round, you can go whenever! Just make sure to plan ahead with your friends and book your tickets online. We suggest to gather all your friends so you can get a private tour, and also maybe Nathan!

Happy Haunting (or hunting...)!



Ginny Côté



Ginny Côté



Ginny Côté

In Conversation: To Appreciate Instead of Appropriate

Krystle Hewitt
Contributor

"Where do you draw the line when it comes to costumes?" This was a text I received a few weeks ago from my friend who was trying to explain to her younger sister why she couldn't dress up as a Bollywood princess for Halloween. Within the same conversation thread, she sent me a photo of a costume she saw in a Wal-Mart called "across the border" depicting a woman dressed to resemble Esmeralda from The Hunchback of Notre Dame. The packaging of this costume sneeringly had a sticker emblazoned on it reading "Made in USA. Investing in American Jobs." It goes without saying that the costume in Wal-Mart is horrendously offensive. But what about the first case where a fifteen year old girl wants to dress up in a Halloween costume that represents not only one of the largest film hubs in the world, but is part of a culture that is rich and dynamic? Is this classified as cultural appropriation and therefore, off limits?

In light of this conversation with my friend, I couldn't help but recall something that American actress Zendaya Coleman said when asked about cultural appropriation in a recent interview with Nylon magazine. Zendaya (who earlier in the year criticized Fashion Police host Giuliana Rancic for comments regarding her dreadlocks) replied to the question saying, "You can go about it as cultural appreciation or cultural appropriation. You have to be very careful. Some things are really sacred and important

to other cultures, so you have to be aware, politically, about those things before you just adopt them. In order to appreciate something, you have to know about it and understand. You don't just wear something just to wear it—you have to understand the history behind it."

For me, Zendaya's comments brought clarity to what it means to culturally appropriate something versus having an appreciation for it. In this regard, I responded to my friend's question about where the line is drawn when it comes to Halloween costumes. I told her that if her sister wanted to dress up in a costume that represents traditional Indian dress and if it's coming from a place of appreciation or admiration, then I didn't think it would be offensive. I continued to say that before doing so she should take the time to research the history and meaning behind these types of garments because for the people who wear them year-round it holds a significance that stretches far beyond a costume.

Half-convinced, my friend said that people could interpret her sister's costume as a joke, something pejorative that is intended to be made fun of. While this could potentially be true, I don't think it would really hold any weight, seeing that she would be the one wearing a costume she liked while having learnt something new and interesting about another culture in the process.

It's true that cultural appropriation is a contentious issue and is especially one that has a much broader context beyond October 31. However, strictly speaking on a holiday that is largely based on dressing up in a costume, I maintain the argument that doing so is harmless as long as it is done in a way that is tasteful (i.e. no race bending facial makeup), educational in the process, and above all, has intentions that are appreciative.

Senators' Corner: Understanding the Changing University Landscape

Juan Garrido and Aleksandar Golijanin
Contributors

Welcome to the first Senators' Corner! Our names are Juan Garrido and Aleksandar Golijanin, your friendly neighbourhood student senators. What do senators do exactly, you ask? We are your elected representatives on the York University Senate, the Glendon Faculty Council, and Student Caucus. These three bodies make the academic decisions for the university and Glendon, and we bring forth student voices to make sure these decisions reflect the needs of students.

This past month has seen the planning start for the University Academic Plan (UAP) 2015-2020. The academic goals, values, and aspirations of York will be laid out in this document. The information therein will be based on the Institutional Integrated Resource Plan (IIRP), which has recommendations on how York can more effectively use its resources. Meanwhile, Glendon is working on the Glendon Academic Plan (GAP) in order to focus more on what is the best for Glendon in the next five years. There will be more updates about this in the coming months.

In Senate this month, there was a great discussion revolving liberal arts, their role in the university, and how York can stay true to its multidisciplinary roots. Senator Craig Heron spoke about how the liberal arts have been neglected recently, including in York's advertising,

despite the faculty of Liberal Arts & Professional Studies being the largest faculty, and the Glendon campus being rooted in the liberal arts. After discussion on the role of liberal arts in ensuring a multidisciplinary education at York, Juan spoke about how if York is to maintain multidisciplinary studies, it needs to start looking at how students can truly benefit from the academic programs at both Keele, Glendon, and the upcoming Markham campus.

Despite "best of both worlds" being advertised during recruitment, Glendon students cannot take full advantage of the programs and classes offered at Keele since we cannot officially declare majors or minors across faculties. This seems to be a misstep in the way that students experience academics at York.

At Glendon's Faculty Council, President Mamdouh Shoukri made an appearance to dispel the recent negative talk around York's finances because the university is not in major crisis right now. However, there are adjustments to be made in how resources are used since the current model is unsustainable. What these adjustments will look like is yet to be determined.

In response to questions about the declining interest in humanities and liberal arts, President Shoukri said there is a pendulum effect in which interest sways between humanities and liberal arts and the STEM fields. Instead of reacting to where the pendulum swings, York should focus on all aspects of academia.

Both President Shoukri and Principal Donald Ipperciel spoke about Glendon's unique status as a bilingual school, mentioning that the government of Ontario can refocus its energies in favour of investing in our programs, rather than searching for a new bilingually designated higher education institution.

This coming month, we will surely see more discussion about the future of the university and where it plans to go. With accusations this month that the university is becoming market-driven, bureaucratized and corporatized, the debate between academic and financial priorities, and whether or not those are the same, will surely continue.

If you have any concerns about the academics at York, thoughts about what York and Glendon should focus on or anything else academic-related, please feel free to contact us at senators.gcsu.aecg@gmail.com!

"Black Twitter" Loss of Cultural Currency Means Capital Gain



Christian Lopez
Communications Officer

On Sunday October 25, I had the pleasure of attending the New Ways of Analyzing Variation Conference 2015 at the University of Toronto. There were several interesting discussions at the event but one that I found particularly striking was "Black Twitter": AAE lexical innovation, appropriation, and change in computer-mediated discourse by Mia Matthias & Renee Blake. Professor Renee Blake did a great job of engaging the audience and making the content being presented relevant. They started off by providing us with fundamental information pertaining to their topic. Professor Renee Blake explained some traits and characteristics of African American English (AAE) such as the fact that it signifies "coolness" which I find to be true based on my experiences with social media and the speech patterns of younger people. They explained that it loses its lexical content due to appropriation by the mainstream.

Their research was conducted

through computer mediated communication (Vine and Twitter) and as they mentioned, it is pretty great to have a vast collection of data available through this form of communication. Their main source for concrete data collection is Google Trends. According to Google, Trends, "show how often a particular search-term is entered relative to the total search-volume across various regions of the world, and in various languages". This gave them the opportunity to quickly analyze how terms change based on different users.

They categorized the users of AAE terms based on scope and connection to the origins of the term. First are the creators, who are the first to be documented using the term online, and the ones who created a viral trend that sparked a peak in the usage of that term.

The second tier users are other black people who use Twitter or Vine and begin to use the term in tweets and other platforms. These

users are also observed to be regular users of AAE in tweets that don't use that particular term as well. The third category of users is the "unhip users". These users are far removed from African American English on a regular basis and use the term out of context and generally, incorrectly. This is due to the way they acquire these terms. An example they used was the term "on fleek" which originated from Peaches Monroe who used it in a Vine video.

Second tier users are African American English speakers who saw the video and shared it with their friends and other people in the community. The third tier users learn this term at a later time, after the peak has already passed and outlets like BuzzFeed publish articles such as, "10 Slang Terms You Have To Know". The "unhip user" then uses the term out of context and without authenticity which causes a loss of cultural potency in the term.

Lastly, there are the culture capital-



The First Time I Needed Physio: The GAC Introduces Physiotherapy

Dan Pringle
Physiotherapist at the GAC

It was April of the final year of my undergrad at Western. I had made it through most of my four years doing as little work as possible, leaving things until the last minute and picking up other typical university habits. Studying science meant that I had written very few papers and had turned filling in those circles on the Scantron card into an art form. But on that particular night, I was finishing the presentation for my research thesis and I quickly realized I'd be pulling the first (work-related) all-nighter of my life.

Red Bull does give you wings. I got it all done and presented my research in a (hopefully) coherent manner at 8am. Afterwards, I really needed to sleep but instead decided to hit the gym to play pickup basketball instead. I impressed myself with my performance on the court, at first. Everything was going well until I reached back for a ball and felt a clunk-clunk in my right shoulder followed by sharp pain. I had just subluxed my shoulder as it popped out and back in within a fraction of a second. I substituted myself out and after about 10 minutes I felt almost normal again. Wisely, I decided to get back into the game, and moments later I did the exact same thing to the other side... That was two, non-contact shoulder injuries in the span of 15 minutes. I guess the Red Bull had worn off.

I did nothing for my shoulders for months, even though I started my physiotherapy degree that fall. I couldn't throw properly, and would routinely re-injure my shoulders playing basketball, hockey, or ultimate. I would even feel them clunking around when I slept on my side. Finally, I resolved to quit my intramural teams and get myself some physio. Within a few weeks the hands-on, acupuncture and exercise regime had generated huge improvements. In school, I learned more about the anatomy and continued treating myself. I quickly got back to full strength and was kicking myself for not looking after it sooner.

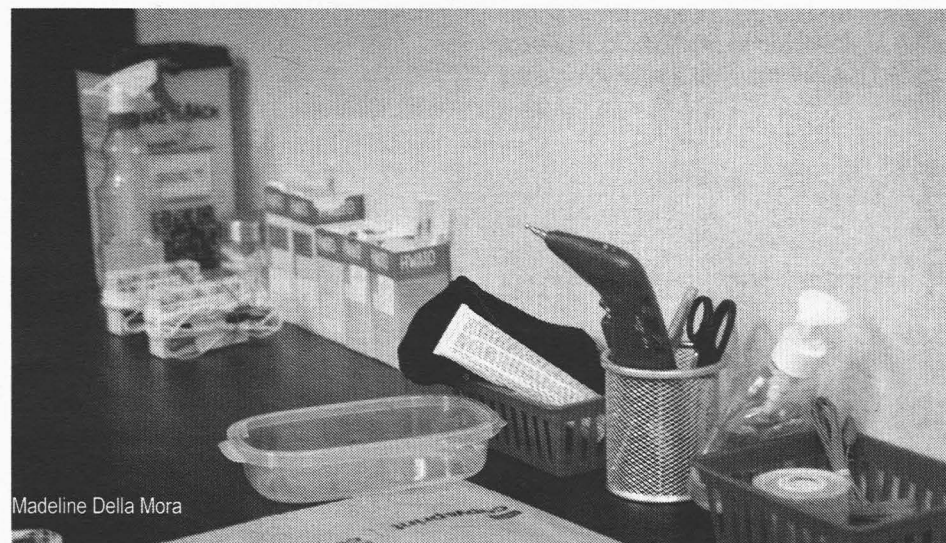


Madeline Della Mora

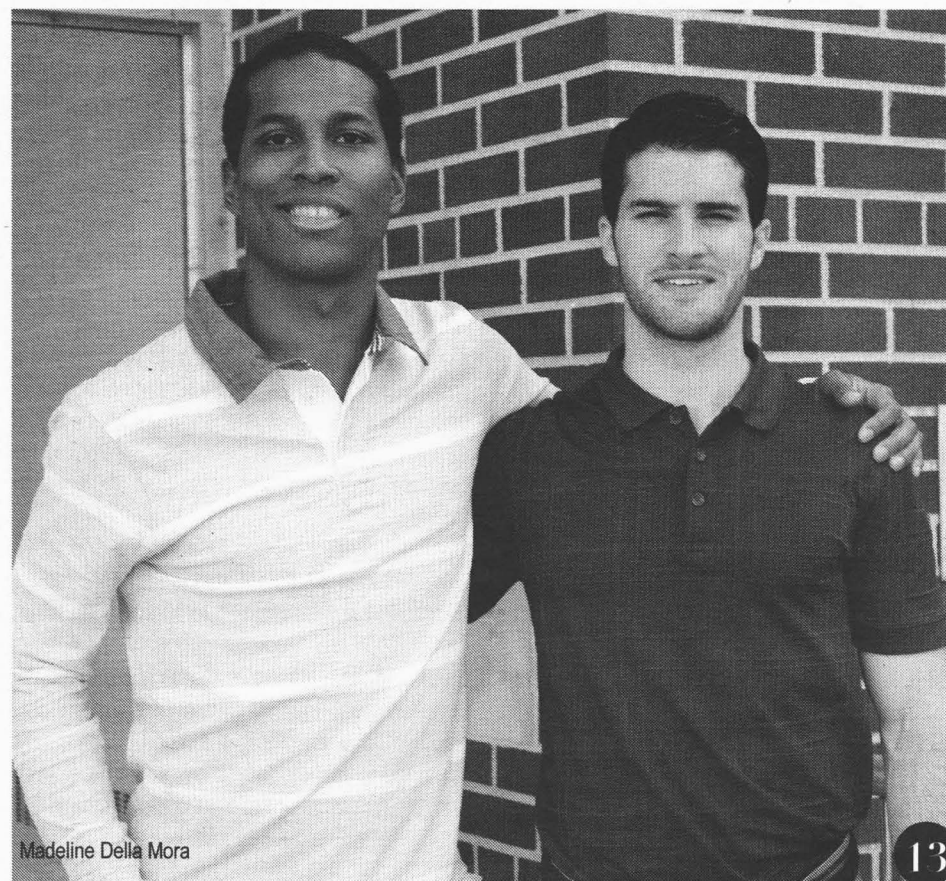
Now, my physiotherapist is my amazing colleague Joseph Di Fonzo. I get treatment from him before I have to take time out of my sports or something becomes nagging. Most people think, just as I did, that their injuries and pain will eventually get better on their own. But I've seen enough patients to know that little injuries accumulate to become bigger injuries. Of course, it's hard to find time to get treatment between school, work, and social time; but trust me, it's a lot harder to be held back or sit on the sidelines during the activities you love.

I now spend my days helping others get the most out of their bodies and overcome their injuries. I'm thrilled to be doing so within the outstanding Glendon community. From neck and back pain to sprained ankles, I'm here to keep you pain-free and moving freely! Oh, and if you ever happen to pull an all-nighter, please learn from my mistake just go home and nap afterwards...

You can follow our new GAC Physiotherapists on Facebook at /EndeavourRehab, and on Instagram & Twitter @EndeavourRehab



Madeline Della Mora



Madeline Della Mora

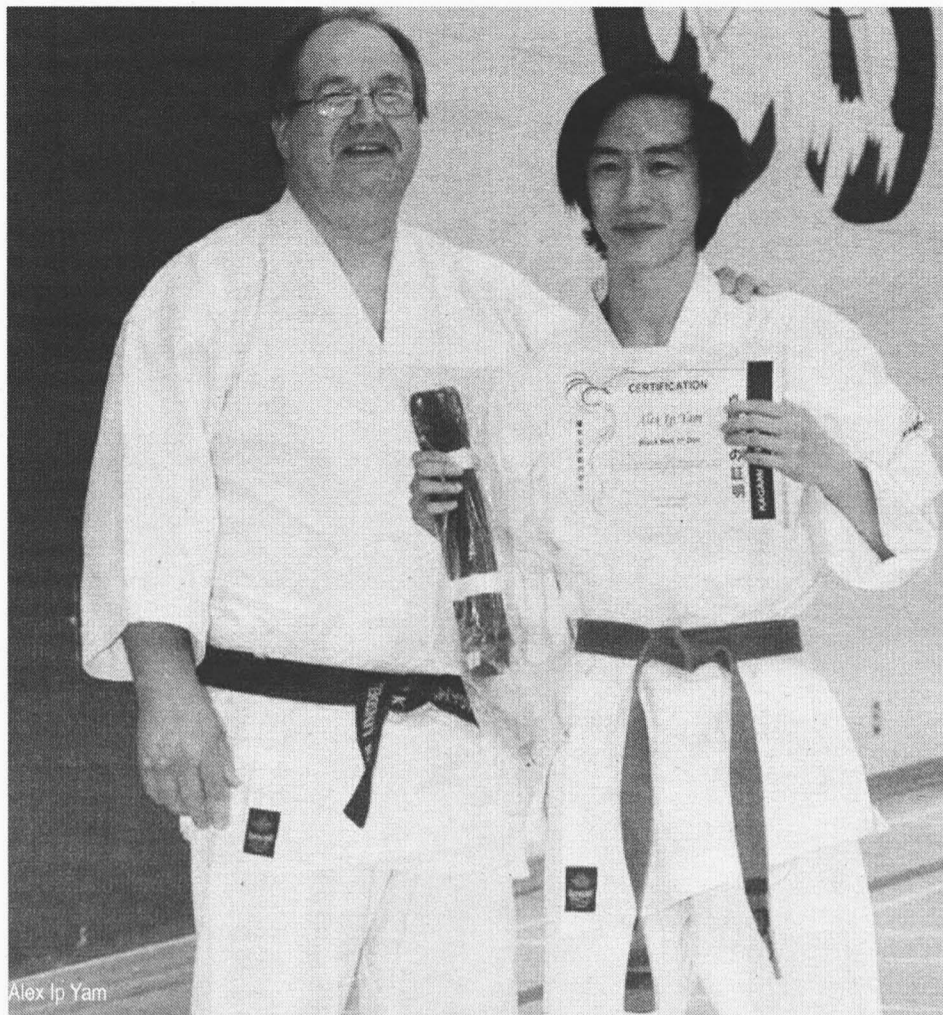


Madeline Della Mora

How My Passion for Martial Arts Began

Alex Ip Yam
Contributor

I first began training the art of Karate at the young age of nine. No, it wasn't done out of free will, I had absolutely no choice. My father practiced karate for several years and my brother had been involved in karate for six years before I started. I disliked Karate very much for the first five years. I was the troublemaker in class, laughing out loud and messing around with my buddies, never paying attention in class and always doing everything at fifty percent. Then one day, that's where it all changed, something clicked in my head and told me, "Hey, why don't you give it your all and see how that goes?". That is when I began listening to my Sensei, my brother, and the other instructors. That is when my passion for Martial Arts really began, five years later, at the age of fourteen. From then on I started practicing at home, all the stretching routines, the Kihon (moves), the Kata (patterns), Sambon (3 step fighting) and of course my favourite, Sparring. I began realizing that karate is not only for the physical alignment, but very much so for the mind and soul as well. I



began watching every full contact karate fight compilation there is on Youtube and every UFC event playing. Even now I still watch, analyze and learn from all these fights. Now at the age of 19, I am a Black Belt in Kagami Shin Kai Karate and I am on my tenth year of practicing. I have been teaching for nearly three years and I love every second of it. Training under my Sensei Neil has been an incredible life experience. He has been pushing me since the beginning, even bringing me to my breaking point while training for my Black Belt. In addition, he has taught me very important life lessons through his incredibly interesting stories and most importantly reminding us to lose the Ego and stay humble. One of the best feelings of Karate is not only training under my Sensei, but also teaching alongside him and realizing that he actually considers me an equal. Another main motivator for my passion of Martial Arts is my brother; he has been motivating me in all aspects of my life since the day I came out of the womb! From teaching me how to strike, to defend, to do chores, to respect myself and others etc. I have been training in the same class as him for approximately five years now. It does not matter if I had a bad day or the worst day of my life, once I set my bare feet into the Dojo and bow, all the negativity simply disappears. It simply feels like home.

"I have an awesome life and a mental illness."

YorkU Mental Health Conference 2015

Stephanie Mak
Contributor

"I have an awesome life and a mental illness" This powerful opening statement was from Drew Dudley, a motivational speaker and Ted-talk star of "Everyday Leadership". We were fortunate to have him as the keynote speaker at this year's Mental Health Conference at YorkU on Thursday, October 29th, 2015.

As soon as the two hundred and fifty students, staff and faculty members heard this phrase, they were probably wondering how these two elements could ever coexist in one person's life. Thus, Drew shared his story about his experience living with bipolar disorder. He spoke about how in 2007, he was contemplating suicide until he heard a story from a friend one night that became a turning point in his life. It was at that moment that he realized he could not just end his life without first seeking help and that he did not want to hurt the people in his life who genuinely cared for him.

What Drew's story taught me was that anyone can suffer from mental illness, including student leaders. Anyone, student leader or not, can still live an awesome life

once they find ways to cope and manage their mental health. Unfortunately, when Drew was employed as a leadership development program coordinator, he encountered experiences where his supervisors expected him to conceal the fact that he, as a student leader, was struggling with a mental illness. According to them, this reality was not appropriate to be portrayed to the university community. In other words, leadership and mental health could never be discussed as one topic. However, it was exactly this supposed contradiction that sparked Drew to speak up and to share his story in order to create human understanding.

For this reason, in response to Liam O'Mara's article in a previous issue of Protem, I cannot thank him enough for sharing his story with the Glendon community. In his article he drew attention to the fact that some YorkU faculty members have not received training in handling situations about mental health. For many students, when trying to overcome a mental illness like depression, writing an essay becomes the least of your priorities. You are just struggling to wake up each day, searching for purpose, meaning, and hope that life is worth living.

In fact, a survey conducted in 2014 revealed that 42.1% of YorkU students felt so depressed it was difficult to function and that 11.5% of YorkU students seriously considered suicide. This alarming reality is a clear indication that mental health awareness and support need to be a priority in the YorkU community. We need to work together towards a more supportive, compassionate and understanding environment within our campus, our university and our country.

Last but not least, Drew concluded his story with a challenge, which was to be the best version of ourselves by staying healthy and by taking care of ourselves in order to create better stories of our lives. As a result, I encourage every member in the YorkU community to create

more awareness of mental health because it affects us all directly or indirectly. Why not start by participating in November's #SantéGL Healthy Living Challenge and take part in this conversation?

Passionate about a topic discussed in this issue?

Is there another point of view that should be presented?

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

editor@protemglendon.com

For the Love of Crock-Pots: Making dinner is easier than you thought

Emily Pratt
Contributor

Now that we're well into the school year and the assignments are piling up I'm using my crock-pot more and more! Here are my top 6 reasons why everyone can use and love a crock-pot:

1) You don't have to be a good cook, enjoy cooking or even know how to cook. It's as easy as cutting things up, throwing them into the crock pot, turning it on and walking away. Leave it for anywhere between 5 – 8 hours and while it's cooking you can be working on assignments, laundry or sitting through class.

2) Don't like the idea of the microwave? There's lots of research showing how bad using microwaves are for our health so why not swap it out with your crockpot. Use it to reheat your food!

3) Coming home to the smell of an already prepared dinner. If you have a full day of class you can put your food in the crock pot in the morning and when you are finished class for the day, walk into your room to the smell of your already warmed up dinner.

4) It's a lot less stressful to use a slow cooker. If you don't have the time or energy to cook yourself a full fancy meal every night the crockpot makes large portions that you can freeze and eat for several meals.

5) ALL the kinds of food! In a slow cooker you can cook anything from soup to lasagna to bread; it's very versatile and doesn't take up as much space as other appliances.

6) It's residence-approved. When living on residence you are limited to the things you can have in your dorm so a slow cooker is a lifesaver.

Crock Pot Chili

Source: momswithcrockpots.com

Prep Time: 5 minutes (YUP, 5 minutes, I know you all spend that much time on social media, use it to make a yummy healthy meal instead.)

Cook Time: 6 hours

Ingredients:

- 1 lb browned ground beef (chicken, turkey or pork)
- 2 14oz cans chili beans
- 2 28oz cans diced tomatoes
- 1 tsp garlic
- 1½ tsp chili powder
- ¼ tsp black pepper
- 1 tsp cumin

Instructions:

- 1) Dump everything in the crock pot and cook on low for 6-8 hours
- 2) Top with cheese if desired

Doesn't Have to be a Crock-Pot, Doesn't Have to be Beef

Laura Crook
Contributor

Don't get me wrong, I'm all for crock-pots but I'm also a vegetarian. I like to look for recipes that can be made on a student friendly budget and I also love to cook. Here is a super quick, super easy, awesome for freezing, vegetarian chili that even those of us who are just learning to cook can make.

Potato, Bean and Tomato Stew with Basil

Prep Time: 5 minutes

Cook Time: 25 minutes

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 large clove of garlic, minced
- ½ tsp paprika
- 3 large tomatoes, coarsely chopped
- ¼ cup packed, chopped fresh basil
- ½ tsp dried oregano
- 2 medium potatoes, peeled and diced
- 1 cup water OR vegetable stock
- 1 can drained chick-peas
- ½ cup chopped fresh parsley

Instructions:

- 1) In a large saucepan heat oil over medium heat; cook onion until tender, about 5 minutes.
- 2) Add garlic, paprika, 2 of the tomatoes, basil and oregano; simmer, stirring often, for 5 minutes.
- 3) Add potatoes and water; cover and boil for 5 minutes, stirring occasionally. Add chickpeas; reduce heat and simmer for 5 minutes or until potatoes are tender.
- 4) Add remaining tomato, basil, and salt and pepper to taste; heat for 1 minute.

Le stylo volé Chapitre 2

Stéphanie Mak
Conditrice

Le lendemain, les deux filles suivent un étudiant à la bibliothèque Frost.

— Tu crois vraiment que c'est Étienne? demande Michelle avec un air inquiet. Tu crois qu'il est coupable?

— Selon la description que M. Wood nous a donnée, c'est bien lui le coupable.

Étienne porte des écouteurs en étudiant au deuxième étage de la bibliothèque. Quand il se lève pour aller aux toilettes, Michelle et Sophie s'approchent de la table Étienne était installé et commencent à fouiller dans son sac à dos. Elles essayaient de trouver le stylo, mais il n'y est pas.

— Peut-être qu'il est innocent, dit Michelle.

— Ou peut-être qu'il l'a caché autre part, répond Sophie. Elle refuse d'arrêter de fouiller.

— Michelle? Sophie? Qu'est-ce que vous faites là? Interrompt Étienne, stupéfait.

— Rien du tout, explique Sophie calmement. Je voulais te rendre le surligneur que tu m'as prêté en classe hier.

Étienne regarde Michelle, puis il regarde Sophie. Il sait que ce n'est pas la vérité, mais il ne comprend pas pourquoi sa camarade lui mentirait. Après quelques secondes, il décide de les laisser faire.

— D'accord, Sophie, dit-il sèchement. Merci... Il faut que j'étudie pour un test. À demain.

— À demain, répondent les filles avant de filer.

À l'extérieur du bâtiment, les filles, soulagées, prennent une grande respiration:

— Pourquoi ne lui avons nous pas simplement expliqué la situation? Demande Michelle. Il n'avait pas trop l'air de croire ce que tu lui disais.

— Ce n'est pas comme s'il l'aurait avoué si c'était lui qui avait volé le stylo.

Bien que Michelle veuille protester, elle ne rajoute rien parce qu'elle sait que son amie a raison. Néanmoins, la seule façon de résoudre ce mystère serait de parler avec Étienne. Il va falloir essayer de lui dire la vérité. C'est ce que les fantômes voudraient.

— Je crois, postule Sophie, qu'il est temps qu'on entre dans sa chambre.

— Quoi?! S'exclame Michelle. Ce n'est pas nécessaire du tout.

— Si le stylo ne se trouve pas dans son sac à dos, il est probable qu'il se trouve dans sa chambre.

— Ne me dit pas que tu as volé ses clés pendant qu'on était à la bibliothèque? Demande Michelle, horrifiée.

— Allons-y, répond Sophie en se dirigeant déjà vers la résidence d'Hilliard malgré Michelle, qui reste figée derrière elle.

I'm Not Supposed To Love You

Ronelle Joseph
Contributor

I'm not supposed to love you but I do,
Why do you make me feel this way,
How do I even tell you how much I care,
When I can't even seem to admit it to myself?

You make me smile,
You make me laugh,
Around you, I can be myself
But I'm not supposed to love you

All these feelings make no sense,
Or maybe I am just being dense.
People tell me I can't,
But, darling, the heart knows what it wants.

No! I am not supposed to love you
But the truth is I do!

Alterations in a Straight Line



Kaitlin Fenton
Expressions Section
Journalist

silent shimmers
my god how they slay me
and i can't breathe
and i can't wake
and i'm trapped under ice and
subtle changes.

I feel nerves crushing creaking cracking
Pop pop pop
And

all
tumbles

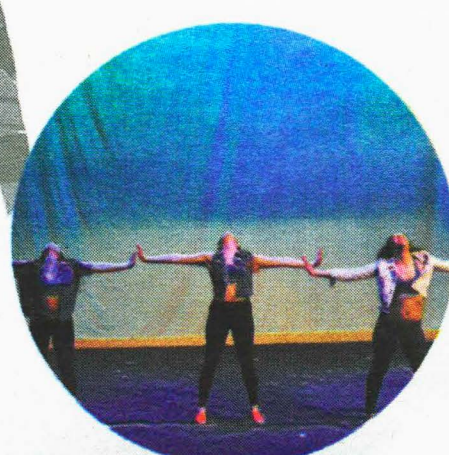
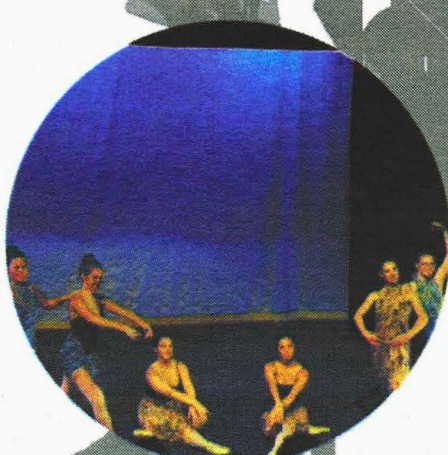
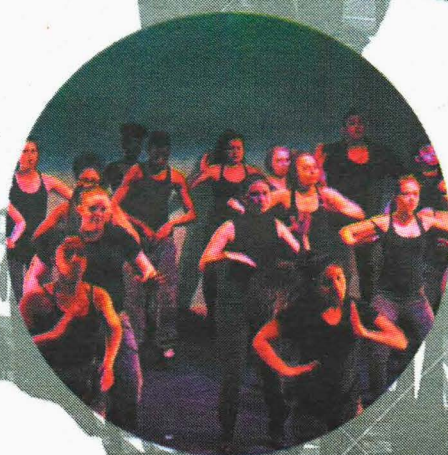
Down.

(tu me crois si je te dis
la peine et la plaisir d'exister comme ça?
et si je dis que c'est trop?
ça suffit de m'exiger)

Glendon's Dance Team

VOUS PRESENTEZ

LA DERNIÈRE DANSE



THEATRE GLENDON

NOV 20TH 2015

POUR RESERVEZ: GLDANCETEAM@GMAIL.COM