Pour l'amour de la lecture
La lecture lors de l'enfance mène à de meilleurs résultats scolaires ainsi qu'à de meilleures relations sociales

Alicia Chiasson
Contributeuse

Quarante-huit vingt cinq pour cent des adultes canadiens n'ont pas un niveau d'alphabétisme suffisant pour bien fonctionner en société, suggère une étude menée par Statistique Canada en 2012. Choquant, n'est-ce pas ? Ce pourcentage est d'autant plus effrayant lorsqu'on considère la réputation du système éducatif canadien. On s'attend à ce qu'un pays où l'état de santé de l'élève est un grand problème qu'on interdit de s'atrophier si on ne l'entraîne pas. Or, beaucoup de gens n'ont pas besoin de lire dans leur cadre professionnel. Pour eux, la seule solution serait d'inculquer la lecture dans leur temps libre, de le faire par plaisir. Mais si j'en crois mon expérience des livres et des lecteurs, l'amour de la lecture, ça prend racine dans l'enfance. Malheureusement, ce ne sont pas tous les parents qui cultivent le plaisir de lire dans leur famille. Qu'en est-il des enfants qui n'ont pas de livres à la maison ? Vous voyez le visage de la musique ? Les bibliothèques scolaires servent justement à cela. Et le visage, le visage ! Elles sont dans un pénible état. Malheureusement, lorsqu'on s'agit de l'accès aux livres, toutes les écoles ne sont pas pas sur un pied d'égalité. Alors que les établissements privés jouissent souvent d'une collection complète et à jour, au public, en particulier dans les quartiers défavorisés, on compte chaque été des élèves usagés et tenté de ne pas avoir de bibliothèques (quand il y en a). Un constat : il semblerait bien que notre société ait grand besoin qu'on lui rappelle qu'il est important d'inclure aux enfants l'amour de la lecture.

Que les ministères de l'Éducation ne misent pas plus sur les bienfaits de lire pour le plaisir dérite l'entendement lorsqu'on constate l'effet que les habitudes de lecture ont sur la scolarité, au primaire comme au secondaire. Sur le plan de la réussite scolaire, un éveil à la lecture précédant l'étape de l'apprentissage fait des miracles pour les bulletins. Selon les recherches de Gilles Pronovost, professeur à l'Université du Québec à Trois-Rivières, les enfants ayant été initiés à la lecture entre l'âge de 2 et de 6 ans ont un taux de réussite de 92 % aux examens ministériels administrés en 6e année contre 63 % chez ceux qui n'ont pas eu beaucoup de contact avec les livres.

(Continué sur la page 11)
Salut Glendon!

Écrit par Tori Ramsay
Sous la direction de Neya Abdi
Pro Tem a été fondé en 1982 et est la plus ancienne publication de l’Université York. Nous encourageons tout auteur à nous soumettre un texte non publié que nous réagirons à à une ou de vos awesome in Pro Tem.

Veuillez répondre à tout texte que vous voulez publier dans Pro Tem à

Le bureau est ouvert sur rendez-vous seulement.

Pro Tem est une publication de l'Université York. Les lettres envoyées à l'éditeur pourront être divulguées sans avoir à la clarté de la vie active ou la vie privée. Toute publication apparaîtra dans Pro Tem à la discrétion de l'éditorial team.

Veuillez nous envoyer tous vos courriers à editor@protemglendon.com pour un commentaire. Veuillez nous envoyer votre critique.
Experiential Learning on a Global Scale
The Foreign Affairs Council and Their Upcoming Simulations

FACG Contributor

This winter, members of the Foreign Affairs Council of Glendon (FACG) will have the chance to step into the shoes of diplomats and foreign affairs ministers at four simulations: International Model NATO, Model NATO Carlton, London Security Exercise, and the Model Arab League. What does it take to be a part of these simulations? Our members can tell you: excellent preparation, public speaking, negotiating skills, and a good dose of Robert’s Rules of Order.

The Club has also sent a delegation to the London School of Economics in the UK from February 5-7th. Project Manager and FACG Vice President Asaad Ria and Communications Director Dominica Chi are looking forward to seeing weeks of preparation unfold at the London Security Exercise Model United Nations (LSEMUN) simulation. Delegates will take on a challenging role in various crises, focusing on the American Civil War, the First Intifada and the Yellow Umbrella Movement.

“I anticipate a very interactive simulation. It’s very different from traditional Model UN simulations as the committee organizers intend to surprise us with new scenarios within each crisis,” Asaad exclaims. "LSEMUN thrives on fast-paced thinking and decision-making to keep the ball rolling."

One week after, the International Model NATO will take place at Howard University located in Washington D.C. Project Manager and FACG President Michelle Lee is leading this delegation consisting of her fellow colleagues from Glendon’s own Public and International Affairs Masters program. They are working hard to represent Italy on a number of committees including Political Affairs, Nuclear Committee, Emerging Security Issues and, of course, the North Atlantic Council. As part of this experience, the delegation will also have the opportunity to visit the Italian Embassy in Washington and learn about Italian foreign policy.

The Model NATO Carlton simulation will subsequently take place in Ottawa, Ontario. Project Manager and FACG Treasurer Hiroshi Inoue has been exposing the delegation to the process of coordinating policies and negotiating competitive strategies. The delegates are looking forward to the opportunity to debate and discuss some of the most pressing issues facing NATO and network with prominent international affairs and military professionals in the capital city.

Finally, this year will be the FACG’s third time attending the Model Arab League in Washington, D.C. The simulation is hosted by the National Council on US-Arab Relations, which is concerned with security, economic, legal, humanitarian issues, etc. within the Middle East. Returning Project Manager Yazen Allaham and his delegation of ten members are excited to take on the challenge of representing a small Gulf country. This will be Glendon’s third year attending the conference, with successful turnouts every year. The Arab League is an organization of Arab states and concerns issues within the Middle East; from security issues, humanitarian issues, refugee, legal, and economic issues. There are several councils with representatives in each. This year Glendon will be representing Bahrain, a small Gulf country with strong ties through the Arab and Western countries. This is of great benefit for students as skills that you cannot learn in the classroom will be tested, all while meeting people and professionals all over the world. Who knows where this simulation will take our delegates?

Want to keep up to date with our delegates as they participate in these thrilling simulations? Connect with us via facg.coop@gmail.com.

Vermicomposting 101
The Worms of Lunik Co-op

Elaine Cabildo
Contributor, Lunik Cooperative

This semester many new initiatives are taking place at Lunik, one of which is our newly "installed" vermicompost bin. You might be wondering what vermicompost is; in short, worms are used to convert organic material into fertilizer. Essentially, we are trying to turn worm poop into a re-useable compost for our community garden.

Vermicomposting is a growing technique, mainly used on farms and for landscaping. We use red wiggler worms in our bin, but nightcrawlers and white worms are also common. There are several benefits to composting in this way; for one, keeping a bin inside means you avoid the trek outside to the giant compost bin that may or may not be buried under a foot of snow and frozen shut, making it impossible to open. In any case, feeding the worms is half the hassle.

We keep the worms in a bin, along with the organic waste, some soil, and moist, shredded paper. The goal is to create an environment inside the bin where the worms are comfortable enough to process the food. Sounds simple enough, but keeping the worms alive depends on keeping the ecosystem inside the bin balanced. This is done by feeding the worms at least two times a week. This also means that we must monitor the acidity level in the bin, the moisture level, the amount of bedding, and the temperature of the space constantly. The worms can eat up to 3 pounds of food a week, so feedings usually occur twice a week or a pound and a half each day.

At Lunik, we keep our bin in the back room, as it is a desirable temperature for the worms. We’ve scheduled feedings twice a week; Mondays at 4:00PM and Thursdays at 6:00PM, so if you would like to join us please wiggle on down and meet our new friends!
Afternoon tea with the GWTC
You’re Invited!

GWTC
Contributor

You’re invited, to have afternoon tea with the GWTC! On the first Monday of every month, the GWTC will host a couch event at 7 pm in GWTC headquarters (Hilliard D124). Here, we will have an open and free form discussion to explore a variety of topics. As an example, our first discussion was on the topic of virginity. Do you have something to say? Want to hear other’s thoughts? Let’s talk about it! We will have tea and lots of snacks at every event! All are welcome to join in. Keep an eye out for what our next topic will be by liking our Facebook page (Le centre des femmes et des trans de glendon). We hope to see you there for some tea and conversation.

The GCSU’s Annual General Meeting
Reaching Quorum and Heated Discussions

Alexander Sokol
Contributor

The Annual General Meeting (AGM) for the GCSU took place last Thursday February 4th, all in all it could be said that it was a success along GCSU lines. A majority of the motions were merely grammar changes in the wording of the constitution, but there were some interesting moments of the night; the most being the consistent struggle for the GCSU to get and maintain the quorum necessary to actually hold an AGM. It would be easy to blame the GCSU for this, but honestly they did the best they could, of course there is always room to grow.

It would have been nice to see more messages about it online, especially since Glendon is a commuter school. Debate did get a little heated when the topic of a raise for senators came up, the proposition would increase the already meager honorarium of $400 for senators to a still pretty bad $550, and the proposition even stated where the money would be taken from, the overpaid CRO position. The opponents of the raise argued though, you can’t raise one position’s pay when the entire council is already underpaid. Although this may be true the opponents had plenty of time to review this proposal and submit their own that would overall raise the entire council’s pay, and probably would have passed along with the senators proposal (provided they also like the senators proposed where they would get this money for their raise). Nonetheless, after such a heated debate, the AGM decided to adjourn implementing all the proposals passed to that point. So congratulations Glendon, our Annual General Meeting is finally complete!
“The Heart” of the Matter
Love, Sex, and
Online Radio

Samantha Kacaba
Metropolis Section Journalist

I’m a commuter. My daily commute takes roughly 2 hours both ways and with classes 4 days a week that’s approximately 16 hours spent on trains, buses, and subways. Naturally, I’m always looking for ways to kill time between doing homework and sleeping. Recently I’ve taken up listening to podcasts as a way to liven up my travels. I’ve been taken by one show in particular: The Heart. Self-described as a show about the triumphs and the tragedies, the bliss and banality of being in love, and the wild diversity of the human heart, I have fallen head-over-heels in love with their brand of unapologetic storytelling.

The tale of The Heart is a radio story reborn, then reborn again. What would become The Heart began as a radio segment on Montreal’s CKUT 90.3 FM; a community station broadcasting from McGill University in 2008. Entitled Audio Smut, the hour long radio segment became a hit among listeners. In 2012, the show left CKUT, after host Kaitlin Prest and senior producer Mitra Kaboli left for New York City and became an independent entity. Despite being adrift in the world of radio publishing, Audio Smut still consistently published two podcasts every month. They even collaborated with Bitch Magazine in 2013 on a piece about gender hormones. In 2014, they were picked up by PRX’s Radiotopia, a channel of curated podcasts; thus The Heart a permanent place to call home.

There’s something intimate about The Heart in both its content and delivery. The types of stories they tell remind me of the type of abracadabra secrets that you would tell a best friend over lunch. They’re not severe or life-altering, but just enough to keep you on the edge of your seat. They bring the personal into the public realm, and do it with such attention to detail that you feel as if you’re listening into a private conversation. It’s rare to find a piece of media so completely unabashed when it comes to its subject matter. There are very few subjects too taboo or personal for The Heart to cover. Topics range from sex robots to colostomy bags, love letters, SLTs and all the things you can put in, on or against a vagina. A personal favorite of mine was an episode called The P Spot, which focused on cisgender male sensuality. Our host, Kaitlin, interviews random men along St. Laurent Boulevard in Montreal about their experiences with prostate organs. It really brought an interesting perspective into how I look at the sexuality of men of all types, and how society so often wants them to be only sexual, and not sensual. The language could be considered a little cutesy, but that’s something that we all need to work on.

As of now, The Heart is publishing maskbreak, a series of stories revolving around partnerships: how they bloom, how they fall apart, and everything in between. My all-time favourite episode was the Christmas episode: Mr. Claus + Mrs. Claus, a retelling of the classic tale The Night Before Christmas. For lovers of unconventional narratives, vivid imagery, weird sex stories, and romance, I would recommend The Heart. It’s reassuring in its unabashedness, letting you know that even with all of your own idiosyncracies there’s always someone who has gone through the same.

The Ugly Masks of Musical Sexism

Kaitlin Fenton
Expressions
Section Journalist

Daft Punk, Deadmau5, Sia, what do these musicians have in common? They all perform with their faces hidden. Daft Punk prides themselves with futuristic robot heads, Deadmau5 dresses with a large mouse head, and Sia sings with oversized wigs covering her face. They’re similar in their performing habits, yet Daft Punk and Deadmau5 are praised for being innovative while Sia is referred to as an attention seeker, melodramatic, and a try hard. It is this absurd double standard that proves that sexism is still alive in the music industry, contrary to what so many people believe.

It is not hard to find articles about these artists, and it is even easier to distinguish the differences associated with each musician. Searching “Daft Punk” results in fan sites, YouTube videos and articles praising their ingenuity. It is the same for Deadmau5; focusing on the music, with only a quick blur for a biography. Entering “Sia” offers something much different. Her name is quickly associated with words like big hair, “ugly”, “mask” and “hiding face”. Articles are quickly presented offering explanations for why she hides. Her music is also shown, but it is wedged in between pop articles about her looks. Her YouTube videos, either from her own Vevo, or from live performances, are typically full of people begging her to face the camera and sing, or else calling her names. On Jimmy Kimmel’s “Mean Tweets: Music Edition 2”, one commenter writes, “What’s up with that Sia chick? Hiding her face like someones gonna stalk her... she must think she’s so edgy.” Another writes, “Ohh Look Sia trying to be all cool and shit facing the other way ahhh fucking dumb bitch just be normal ok...” This is not seen, or if so, very rarely seen, for male musicians who hide their faces. Despite all wearing masks, only men are accepted whereas women are seen as foolish.

This sexism isn’t unique to just masks. It runs deep throughout music, especially in hip hop and rap genres. Jean Grae, an American hip hop artist, notes that there is a very clear distinction between male and female rappers. She states, “I’d like there to be no line between the requirements to be dope as a female emce or as a male. If you like me, you like me because you think I have the skill to represent the art form. If not, then don’t dislike me simply because I’m female. Also, never call me a female. That is so insulting. Marcone? We don’t say that, do we? Why the separatist approach then? It may seem like an innocent separation; however, it is this distinction that isolates women in the industry and seemingly trivializes them. It creates the incredibly false assumption that women aren’t real rappers or, even worse, aren’t real artists.

To add to this problem, women often find themselves in positions of inferiority to others due to their sex. The massive disempowerment was highlighted by Business Insider. They found that men are less likely to be called bossy or pushy, but they are labelled as leaders or assertive. Women are much more likely to be called bossy, pushy, or even worse, bitchy. They found that women are 1.5 times more likely to be branded with these negative terms, concluding that the word bossy is a strongly gendered word. So how are women supposed to assert themselves?

The music industry leans heavily towards favouring men. It goes beyond preference of music, but leaches into appearances, slamming women to be separate and seen as worse than men. It may seem like the sexism ends at the masks, but the true ugly face of it is hiding right underneath.
Why Leonardo DiCaprio’s Fans Will Invalidate Any Future Oscar Win That He May Have

Ashley Moniz
Arts & Entertainment
Section Journalist

I look forward to the Academy Awards, it is nice to see quality films getting attention at a time when the most successful movies have the most explosions; aka superhero or prequels. I also enjoy the prediction process, as it is fun to see who can predict the most winners. But then there are those who criticize the Academy (ironically validating them more than if they had just ignored them and moved on), voicing their often ignorant opinions about a particular movie or actor they feel should have won. And in the past two years, there is no actor who has received more whiny criticisms in their favour than Leonardo DiCaprio. I like Leonardo DiCaprio. He is a talented actor and generous activist who deserves praise for his work. However, Academy Awards are not distributed to anyone deemed worthy of receiving one. Voting members choose one performance which they feel is most worthy of recognition. Many of DiCaprio’s fans have obsessively voiced their angst about his losses; this is unnecessary and frankly annoying.

Firstly, Academy Award wins are irrelevant. After the show, everyone wakes up the next morning in the same position: the average person back to school/work or if you’re Leonardo DiCaprio back to being rich. At this point winning an award won’t even affect the roles that he gets, he will play whatever he wants. In contrast, the most interesting casting for Lupita Nyong’o since her Oscar win has been in the new Star Wars films and voicing a wolf in The Jungle Book (two high profile films, no roles worthy of recognition). Secondly, to win at the Academy Awards, your performance must be chosen as “best” over all other nominees. The only performance that I have seen which was awarded over DiCaprio was Matthew McConaughey’s in Dallas Buyer’s Club, a clear winner over Leo in my books. I can’t help but believe that most people who complained on social media had never watched Dallas Buyer’s Club. In my opinion, his performances in What’s Eating Gilbert Grape? The Aviator were worthy of wins, but I cannot say that he deserved to win in either year, as I have never seen the performances that he lost to (Tommy Lee Jones in The Fugitive and Jamie Fox in Ray).

Furthermore, many people argue that he has been nominated so many times for so many years without winning, as if this should warrant an automatic win. Since 1993, he has been nominated for 5 Academy Awards. Put aside the fact that no one is entitled to an Oscar win and look at history. Jeff Bridges waited for 38 years between his first nomination and first win. Alan Arkin waited 40 years and Henry Fonda waited 41. Kate Winslet won for her sixth nomination. Paul Newman won for his seventh nomination 27 years after the first. Geraldine Page received 7 nominations before winning 32 years after her first nomination. Al Pacino also won for his eighth nomination, which came 20 years after the first. Richard Burton and Peter O’Toole received 8 and 9 nominations in their lives respectively. Neither won. Other actors who have been nominated multiple times and never won include Amy Adams, Warren Beatty, Annette Bening, Helle­ena Bonham Carter, Kenneth Branagh, Glenn Close, Johnny Depp, Kirk Douglas, Willem Dafoe, James Dean, Bruce Dern, Robert Downey Jr., Clint Eastwood, Ralph Fiennes, Angela Lansbury, Ian McKellen, Will Smith and Sigourney Weaver. In sum, Leo’s losses are not even significant.

This article is probably poorly timed, as Leonardo DiCaprio is on track to win his first Academy Award for his performance in The Revenant. His receiving a Golden Globe, Crit­ic’s Choice and Screen Actors Guild Award for the role makes this year more likely, but it still does not guarantee anything. DiCaprio himself seems unsure of the subject. After losing for The Wolf of Wall Street, he consoled fans by telling them that it’s not important. But a year earlier, he supposedly boycotted the ceremony after having not received a nomination for Djen­go Unchained. All of this aside, if he does win an Oscar, it will not be because of social media whining; but at this point, even if he wins, it will be hard to take it seriously. On the other hand, maybe I’m just too bitter and taking a band­wagon situation too seriously, having spent almost three hours researching and compos­ing an angsty article criticizing other people’s angst towards a completely arbitrary subject. If anything, a win this year will hopefully end this madness. Do I think he should win? I’d have to watch him and fellow nominees before answer­ing that question.
Crosstown Traffic
What’s New on the TTC?

Samantha Kacaba
Metropolis Section Journalist

Love it or hate it, the TTC is what brings Toronto together. Anyone from the city with any social media presence has seen photosets of our humble subway line compared to more robust models like the London Tube and the Barcelona Metro. Many Torontoians have even gone as far as to make their own “dream subway” maps. Dreams of downtown relief lines and Sheppard extensions may be far beyond our surprise to many. I’ve heard many a student griping about rising fair and rush-hour delays. Some days I’m even the one doing the grumbling!

Though it’s easy to be cynical, it looks as if 2016 is going to be a year of positive changes for the TTC. On February 4th, they introduced this year’s annual Customer Charter. The charter includes a variety of goals to be reached over the course of the year, with smaller projects divided by quarter. The first quarter is looking to be an exciting one, with the introduction of Apple Pay at collector’s booths and earlier Sunday subway service. Looking closer to campus, the schedule of the 54 Lawrence East is to be revised in the fourth quarter. On top of this, Lawrence station will be getting customer information screens. There may also be a slim chance of getting Wi-Fi in Lawrence station by the end of the year; the Customer Charter stated making Wi-Fi available at 10 additional stops as a 4th quarter goal. They did not specify which stations, but we can hope!

The TTC is a work in progress, as is everything else. It has its ups and its downs (and its depths), but if the trends continue as they have, maybe there will come a day when taking public transit doesn’t feel like a bane. Stay strong, fellow commuters, for there may be good things coming in the near future (or at least Wi-Fi).

Toronto’s Sweet Spots:
Dessert Done Right

Victoria Ramsay
Editor in Chief

I confess, I have a sweet tooth. Most days I practice some semblance of self-control but there are some days when giving in is just the only thing to do. It’s no secret that Toronto has a fabulous scene for dedicated and hungry foodies. From poutine and burgers worth insta-tagging to delectable Winterlicious dishes, there’s something for everyone and the wonderful world of desserts is no different. Here are a couple of my tried and true, go-to dessert spots for when you crave that something sweet. From open to close, my stomach is ready to go.

Sweet Jesus:
There is nowhere that lives up to the saying ‘Go big or go home’ as much as Sweet Jesus. A small café, located at 106 John St, the menu at Sweet Jesus is filled with espresso beverages, ice cream cones and pastries, which is basically a fancy way of saying popsicle. It is just a short five-minute walk from St. Andrew Station and regardless of what you order, I promise you’ll be impressed. They offer their espresso beverages daily from open till close, which is 7am-11pm weekdays. You can snag one of their soft serve and other desserts from 10pm-close. Everything here is colourful, fun and playful. Their space is decked out in mint everything and their official mascot according to their social media outlets is a mint gnome. Their ode to the 6ix’s own, @champagnepapi, comes in the form of a pineapple based beverage called the Champagne Mint. This drink is made of mulled pineapple juice with a toasted coconut and agarw rim and topped with coconut whipped cream. The masterminds behind Sweet Jesus are artists in their own right. They craft pastries and cones inspired by playful ingredients like cinnamon toast crunch, cotton candy and butter tarts. Their handmade creations are as pleasing to the eye as they are to the stomach. If you don’t believe me, check out their Instagram; it’s foodporn at its best.

Jelly Modern Donuts:
Another Toronto sweet spot is Jelly Modern Donuts located at 376 College Street. Their second location is in Brookfield place along the PATH system at 181 Bay Street. I first saw Jelly Modern on an episode of Food Network’s “You’ve Gotta Eat Here” and instantly began craving one of their handcrafted donuts. My first encounter with this gourmet donut shop was in Calgary during the Stampede Weekend. At this time there was only one Calgary location but it was rumoured that the actual donut base wasn’t sweetened so what makes this treat sweet are the toppings. This unsweetened base is fantastic because it doesn’t make you feel like a complete sugar overload, plus you’re able to really enjoy the toppings. They offer a variety of different donut flavours on either their cake or filled donut base. Their menu always includes classic Jelly Modern donuts like Madagascar vanilla, jelly and peanut butter. What also shouldn’t be overlooked is the infamous maple bacon donut. In addition to their regular menu, they also offer a donut of the month and a seasonal fruit option. Some past flavour features are crème brûlée, green tea and peach melba donuts. It’s safe to say, there’s definitely something for everyone. Two of my all time favourites are their carrot cake and lemon curd; both available on their everyday menu.

If you aren’t into a sweet treat Jelly Modern also makes sandwiches. Yes, you heard that right, a donut sandwich. Basically they take their unsweetened donut base and use it as the bun. The savoury sandwich options include PBJ, Alberta roast beef and egg salad.

Both of these dessert treasures most definitely have my stamp of approval. If you’re in the mood for a treat pay either (or both) of these insanely delicious spots a visit. Now if you’d please excuse me, I’m going to go polish off a dozen donuts or a few pastries and enjoy a self-induced sugar coma. Forget the impending beach season and treat yo’ self.
Can Introverts Be Leaders?  
My Journey with Discovering My Leadership Style  
Asuka Sugiyama  
Contributor

What are characteristics of introverts, extroverts, and ambiverts? I took a quiz at quietrev.com and here is what it said about me, with a few modifications:

Introverts devote their social energy to a small group of people they care about the most, preferring a glass of wine with a close friend, rather than going to parties full of strangers. They think before they speak, and have a more deliberate approach to risks, and enjoy solitude. They feel energized when focusing deeply on a subject or activity that really interests them. When they’re in an overly stimulating environment (too loud, too crowded, etc.), they tend to feel overwhelmed. They seek out environments of peace, sanctu­ry, and beauty; they have an active inner life and are at their best when they tap into their rich­est side. On the other hand, extroverts relish social life and are energized by interacting with friends and strangers alike. They’re typically extroverts, to­geth­ering, and able to seize the day. They are great at thinking on their feet, they’re relatively conflict­less with people. However, when they’re in quiet envi­ron­ments, they’re prone to feeling bored and restless. They are actively engaged in the world around them and at their best when tapping into their inner energy. Lastly, ambiverts have the best of both worlds, able to tap into the strengths of both introverts and extroverts as needed.

Based on these definitions, I am an introvert; but I am not completely introverted. I am able to say to begin with, prefer hanging out with a small number of good friends rather than a small number of strangers, and need to calculate risks before trying something new. At the same time, I think on my feet I am 100% determined to do something and actively engage in the world.

"Being an introvert or extrovert depends on what you feel at the moment," said Katherine Fowley, the Glendon ResLife Coordin­ator, during her workshop, Extrovert vs. Intro­vert — Who Holds More Value in Leadership? at the latest Leadership Summit held on January 29th. Everyone has traits from both introversion and extraversion and most fall onto either end of the spectrum based on their personalities. It doesn’t mean that they fit into that category 24/7. There are moments when introverts initiate conversations and carry them on, while extroverts go in large groups and have quiet time.

When I think of people who are called “leaders”, I notice that they tend to be extroverted, or at least most of them claim they are. Extroverts often initiate conversations, seem comfort­able speaking publicly, and like confident and social, and brave no matter what. Take Glendon, for example; student leaders tend to be famous, friendly and approachable for anyone, and also commit themselves to a LOT of on-campus ac­tivities. Even though they might not know you in person, you know them in some way or another.

After learning and gaining clearer ideas about what leadership truly is in five weeks I now know that anyone can become a leader. However, I came to a conclusion, sim­ilar to my first impressions, that it’s easier to find extroverted leaders because you see their leadership in action much more than introverted ones. I felt like I was losing my vision and con­fidence but getting lost never meant that I lost hope because I was sure that the Leadership Summit would help me to find my path. That I was actually learning. I decided to partic­i­pate in the Summit and I regained what I lost this Fall during Katherine’s workshop.

During her workshop, Katherine also said, "Extroversion does not make you a leader, but your own values do. Congruent to yourself, your capacity to lead rests on your values." As an introverted person, she was aware of strengths of both introverts and extroverts based on her experiences. What she taught us during her session made me feel less pressured to be an introvert (should this be extroverted?) leader.

To provide and explain to the title of this article, "Can introverts be leaders?", my answer is yes, I can also say that I participated in the workshop and the summit because I want to become a leader. Due to stigma attached to introversion, like being quiet or staying in one’s own shell, it becomes hard to imagine introverts as leaders. As an introvert, I find it a bit difficult to be spontaneous. It takes a longer time to get to know someone’s personality and their strengths and weaknesses as I am not talkative 24/7. Contrary to what people say, introverts have their own forms and ways of pursu­ing leadership. My introspection has already helped me lead other people a couple of times, like doing a critical analysis of a situation while thinking inwardly.

There is no right or wrong approach to leadership, nor is there an end to it. "It is a process," said David S. Yam, when wrapping up the Summit. Everyone can be an extrovert, introvert, or ambivert to some extent and it is okay for everyone to pursue their leadership despite however they feel comfortable. I will continue to learn and discover my own ways to reflect my own values, refresh my vision and be inspired by or inspire people surrounding me. That be­ing said, my quest for being an introvert leader continues.

I strongly believe that even if you are an introverted leader, and might go unnoticed and unheard, you are still able to accomplish just as many goals as an extroverted leader can. Introverts need to put more focus on some specific aspects of leadership, but that doesn’t mean we are not worse than extroverts; everyone personality has strengths and weaknesses.

I hope that more introverted leaders will be brought to the stage one day and I hope to be one of them.
Pour l'amour de la lecture (suite de l'article sur la première page)

Avec une différence de 20 %, ces statistiques révèlent l'existence réelle d'une corrélation entre la lecture en bas âge et la réussite scolaire. L'auteur de l'étude lui-même cite la situation socio-économique des sujets comme facteur d'erreur. Néanmoins, l'apport de la lecture au développement cognitif de l'enfant est probablement ce qui entraîne de meilleurs résultats. Lire, après tout, force l'esprit à créer le sens à partir des mots sur la page, qu'on les maîtrise ou pas. Ceci est primordial pour l'acquisition du vocabulaire, car la banque de mots connus se constitue à partir des contextes auxquels l'enfant est exposé. La lecture nourrit ainsi ce dernier de nouveaux mots pour décrire son monde. Or, il est le cerveau, telle une éponge, absorbe tout, acquiert un plus grand bagage linguistique à des conséquences directes sur l'étendue des connaissances langagières maîtrisées plus tard dans la vie. En plus d'optimiser le développement cognitif de l'enfant, favoriser la lecture pour le plaisir pourrait bénéficier au système d'éducation dans son ensemble en réduisant le taux de décrochage scolaire. Combien de ministres de l'Éducation ont dit dans leurs discours que les jeunes enfants n'ont pas encore acquis un sens du monde assez développé pour imaginer d'eux-mêmes ce que quelqu'un d'autre peut ressentir? Aussi la lecture entraîne-t-elle l'esprit à réfléchir un point de vue étranger. Toute œuvre mettant en scène des personnages auxquels nous pouvons nous identifier, qu'elle soit écrite pour les adultes ou pour la jeunesse, a pour première préoccupation la psychologie humaine. Par conséquent, un roman simule des situations sociales dont le lecteur tient certaines leçons qu'il pourra ensuite appliquer, consciemment ou non, dans la vie réelle. Cela va à l'encontre de certains préjugés sur la lecture, souvent envisagée comme une activité solitaire, qui est isolée le lecteur. Pourtant, il paraît plus juste de dire que la lecture crée des ponts très solides entre l'individu et ses semblables.

Pour prévenir la violence chez les jeunes, on parle rarement de la lecture comme d'une solution. Peut-on pressentir, à tort qu'un enfant agressif n'a pas la capacité de développer un intérêt pour un livre, qu'il le jetera à la poubelle plutôt que de s'asseoir quelques heures pour lire. Pourtant, beaucoup des raisons pour lesquelles un enfant adopte de tels comportements pourraient trouver un remède efficace dans la lecture. Un jeune qui commet des gestes violents parce qu'il n'arrive pas à focaliser sa colère, par exemple, pourrait découvrir un exutoire plus constructif en plongeant dans un roman d'aventures, surtout si l'un des personnages vit une situation similaire à la sienne. De même, un enfant ayant de la difficulté à composer avec la différence doit apprendre à briser le mur qui le sépare de l'autre. Le racisme, le sexisme ou toute autre forme d'intimidation se résume à la négation de l'humanité de quelqu'un. Il devient beaucoup plus difficile de déshumaniser une personne si l'on parvient à s'identifier à elle. Comme la lecture développe l'empathie, certains romans peuvent détruire le mur de préjugés qui est à la base de l'agressivité. La prévention de la violence offre un motif supplémentaire d'encourager l'amour de la lecture des jeunes âges, puisqu'elle rend plus facile l'élimination des comportements indésirables.

Que les enfants reçoivent une bonne éducation émotionnelle qui intègre l'acceptation de la différence est d'une importance accrue de nos jours, dans une société canadienne où des dizaines de cultures différentes se rencontrent. Si l'enfant apprend à répondre à des situations de manière positive il ne saura pas comment s'assurer que la lecture est un plaisir pour les jeunes plutôt qu'un corvée. En outre, le monde moderne, avec ses technologies et ses idées toujours plus innovantes, exigera des générations futures une créativité sans précédent pour que la route du monde continu à s'y étendre. Or, l'imagination, mère de tout mouvement créatif, se développe en grande partie par l'entremise de la lecture. En revanche, si lire est pénible et ne suscite pas une once d'enthousiasme chez l'enfant, elle perd sa capacité d'éviter la fantasme. Quels livres devrions-nous présenter aux jeunes, alors, pour maximiser leur potentiel de créativité? La réponse est simple : des romans qui invitent à rêver. Mais attention! Il faudra varier les plats pour intéresser tout le monde.

Quelques écoles l'ont compris depuis longtemps. Aux Ursulines de Québec, entre autres, il y a dix ans, les professeurs de sixième année demandaient à leurs élèves de lire Nana, véritable classique de la littérature fantastique écrit par C.S. Lewis, Rogue poison, un policier jeunesse québécois de Michèle Marineau, et Le Petit Prince, d'Antoine de Saint-Exupéry, roman allégorique traitant de l'amitié sous toutes ses coutures.

Pourquoi la plupart de ces initiatives se retrouvent-elles à l'école privée? Souvent, les établissements publics disposent de moins de moyens et ne peuvent pas exiger des parents qu'ils dépensent de l'argent de leur poche pour des livres quand plusieurs d'entre eux doivent d'abord penser à mettre de la nourriture dans leurs assiettes. Quant aux bibliothèques scolaires, comme nous l'avons mentionné plus haut, beaucoup n'ont pas les ressources financières pour offrir aux élèves les livres. Des montants alloués par les commissions scolaires sont parfois si maigres que l'achat de livres neufs est hors de question. Par-dessus le marché, les bibliothèques sont souvent considérées comme une institution qui hérisse à investir, tout particulièrement au Québec en raison de la période d'austérité. Qu'il dommage! Si nous essayions vraiment de réveiller le potentiel d'imagination des jeunes, les établissements scolaires, particulièrement ceux des milieux défavorisés, doivent avoir les moyens d'offrir une sélection suffisamment variée de livres dans leurs bibliothèques. Pour la même raison, les professeurs doivent être en mesure de faire lire des romans à leur classe sans que l'argent constitue une infranchissable barrière. S'il y a un seul des services publics qui devrait à tout prix échanger aux coupes, il s'agit bien de l'éducation primaire et secondaire. Le coût social de la négligence dans ce domaine est beaucoup trop élevé.

Somme toute, l'incroyable effet positif que le contact avec les livres a sur le développement de l'enfant justifie amplement que la société revoie ses priorités et mette plus d'efforts à encourager la lecture pour le plaisir. Les effets sur la performance scolaire sont prouvés scientifiquement et tout semble indiquer qu'attacker de front les frustrations que peuvent causer les échecs en lecture diminueraient le taux de décrochage. À cela s'ajouteraient les bienfaits sur l'éducation émotionnelle de l'enfant, qui peut apprendre l'empathie et le respect de la différence grâce aux livres, ce qui pourrait même prévenir les tensions à la violence. La lecture s'avère également être un élément de la créativité, si importante pour la réussite dans une société moderne. Bref, la lecture forme des êtres plus humains, ce dont notre monde, parfois trop cynique et trop peu réfléchi, a grand besoin.

Malgré que le système scolaire ne parvienne pas à donner l'accès aux livres à tous les coups, par chance, il existe de nombreuses solutions, à même de la communauté pour aider les jeunes à lire des livres dans la vie des jeunes, du moment que les parents ou les enseignants le veulent. Les bibliothèques municipales, des œuvres de charité, les centres communautaires offrent des activités de lecture visant à élever le plaisir de lire chez les jeunes. En donnant un peu de son temps ou de son argent, tout le monde peut participer à communiquer l'amour de la lecture.
AIDS, Self-Care & You

Anthony Brum
Contributor

This is the first article that I am writing for Pro-Tem and as I am writing I’m watching "The Normal Heart" by director Ryan Murphy with my sister who came to visit me for the weekend. This past week and the week to come, I am running for the position of Vice President Campaigns and Advocacy for the York Federation of Students for the term of 2016 - 2017. Mis that alongside my school work and I work quite quickly learned that health, wellness, and living a balanced lifestyle is quite the hot topic as we advance in our ability to detect and learn about mental health. These are the thoughts that go through my head everyday are the main stepping stones to build healthy habits and behaviours is so necessary.

Yet, it is evident that what we experi-ence and maybe what we are doing is not good enough. When Amanda asked me if I was inter-ested to write this she told me to talk about what I do to help myself stay healthy under the huge amounts of stress, like any other student. I said to myself, "what do I possibly know about any of this?" news flash, I’m not trained and I’m not tak-ing a course. What can I do? What can you do? I spend the moments I can with my family and friends. I try to look and enjoy the small things that life has to offer, these small moments give me solace. Watching films that are awe-inspir­ing, provocative, and thought-provoking keep me thinking beyond my wildest dreams. Reflec-tions and reflecting on my goals in life always helps me find better direction in what I do and how I do them. Even at this moment though, I still go to sleep too late and want to be better.

So when you ask me about health and wellness, I say try to live a happier life in any way possible. Happiness should be a goal for everyday and not for after your career, or so called 'success'. Remember that taking the small steps, learning to breathe deeply more often, and giving yourself that extra little piece of rest in the morning might be your way to practice better self-care. I'm not going to make this out to seem like a self-proclaimed answer, to all the questions associated with self-care; I think that it's what you make of it. It's how you approach self-care for yourself.

"A happy man is too satisfied with the present to dwell too much upon the future."
—Albert Einstein

Health and Wellness

Joueur à entraineur: la vie après avoir été athlète

Marc-Olivier Dubé
Contributeur

La plupart des enfants commencent à pratiquer un sport suite à l'influence de leurs parents. Souvent, un enfant développe une passion pour un certain sport grâce à l'encouragement de leurs parents et au sentiment de valorisation du sport qu'il y prend. Mais quand un enfant doit arrêter de pratiquer son sport préféré à cause d'une blessure ou d'un manque financier? La même question se pose un pour athlète de niveau élite qui doit arrêter de s'entraîner du à son âge ou à une blessure sérieuse. Il y a-il une vie après avoir été un athlète?

Souvent, les gens qui ont été passionnés par un sport vont continuer à s'impliquer dans celui-ci une fois leur retraite arrivée. Que ce soit en devenant entraîneur ou en démon-trant leur soutien de façon différentes, les plus passionnés sont souvent motivés à s'impliquer auprès d'une équipe locale. Souvenez-vous que pour la plupart des sports, les entraîneurs ne sont pas rémunérés. Les gens commencent donc à entraîner à leur propre idée. Souvent, en plus de don-ner de leur temps gratuitement, ils investissent même un peu de leur propre argent. Ces per-sonnes doivent donc avoir un motif pour com-mencer à devenir entraîneurs.

Bien des parents s'impliquent pour soutenir leur enfant dans leurs activités sportives et certains anciens athlètes qui n'ont pas eu l'impact qu'un entraîneur peut avoir dans la vie d'un enfant. Tous les sportifs ont eu au moins un entraîneur qui a marqué leur vie, tout com-me un enseignant peut changer la perspective d'un élève sur un aspect de sa vie. Les entraîneurs encouragent, valorisent et moti­vent leurs troupes pour les amener à se dépasser et à atteindre de nouveaux objectifs. Les athlètes eux, ont aussi un impact important dans la vie des entraîneurs. Certaines relations entraîneur/athlète peuvent durer des années. Voici un enfant de 10 ans grandir au sein d'un sport pour un certain nombre d'années et devenir un être humain respectable après son passage sous l'enseignement d'un entraîneur est très gratifiant pour ce dernier.

Outre l'impact dans la vie des gens, les entraîneurs s'impliquent aussi dans le sport pour redessiner son programme ou à la commu­nauté ce qu'ils ont reçu d'elle. Sans la contribu­tion des entraîneurs, le sport de niveau amateur serait bien mal en point. Ainsi, on peut affirmer que la passion pour un sport va bien au delà de la pratique de celui-ci. Après la retraite en tant qu'athlète, un nouveau parcours attend. Ce n'est pas parce qu'une personne doit arrêter de pratiquer en tant qu'athlète qu'il faut éliminer le sport de sa vie.
A Weekend Getaway
avec mes amis:
Friends that Are Now
Family and Why They
Matter So Much!

Bryan Hansraj
Contributor

If you’re ever looking for me at Glendon chances are I’m in the GCSU office, at a Glendon Event, or watching one too many hours of Netflix. That, or I am in class. Juggling classes, holding down a part time job, and attempting to have a social life in my third year is difficult, but keeps me sane.

Personally, if I don’t have structure or routines in my life, I start to worry that I’ve forgotten to do something and then worry myself to the point of finding myself halfway through a family sized box of cookies. Despite my need for a schedule, I enjoy spontaneously spending time with my friends and family whether it be going to the mall, going out for wings, going to see a movie, or whatever the case may be.

I think by taking the time to share with friends and family and avoiding the topics of work and school, you get to truly connect with each other. You can also get to relax for once and take some time for self-care.

January 22nd-January 24th, I attended the GCSU’s Ski Trip hosted by Vice President Athletics Megan Burns. A spot opened up on the Monday and I agreed to take it. Over the course of the weekend I got to explore the Mont Tremblant village, go skating, buy anniversary gifts for my parents and enjoy the great delicacies of poutine and beavertails. Most importantly, I got to spend a weekend getaway with my friends away from school and work. We went out to restaurants for breakfasts and dinners, tried new challenges together like skating for the first time, made family meals, and took family naps. Our friendships have solidified into a family, hence the mention. Putting effort into our friendships and spending time with each other strengthens our relationships with one another. We laugh a lot more, enjoy each other’s presence, and are more brutally honest with one another, and overall, we’re just so much happier.

I encourage you to take a moment and reflect on those in your life you call close friends. Why are they your close friends? Do you all make an effort to spend time together or keep in contact by messaging each other? Do you see each other or talk outside of the school term? Evaluate your friendships, think about what makes them work and how they could be better because really, who would be without these people in our lives?
Student Panic Attack Survival Guide: Part 1 - Understanding Panic Attacks

Sienna Warecki
Layout Designer

A little while ago was Bell Let’s Talk Day, and all across the country conversations are being had about mental health and the challenges we face in addressing what is, essentially, a society besieged by mental illness. I’ve seen enough real-life examples in my life and around campus to know that I’m not exaggerating: student mental health is at an all-time low. York University actually issued a mental health survey, and the results are horrifying. Of the 6000 students who were surveyed:

- 89 per cent felt overwhelmed
- More than half found their academic life traumatic or very difficult to handle
- Almost 62 per cent felt very lonely
- More than 36 per cent felt so depressed that it was difficult to function
- More than half felt overwhelming anxiety
- About seven per cent seriously considered suicide and more than one per cent acted on those thoughts
- Only about seven per cent sought professional treatment for any mental health issues

From statistics and my own personal experience, depression and anxiety are by far the two most prevalent mental health issues in the student demographic. To that end, I’m going to explain one of the most common manifestations of anxiety: panic attacks. Please know, that I’m not officially trained in the mental health field, and that the opinion of one well-read student shouldn’t replace that of a professional. If you’re sceptical of anything, please cross-reference my info for yourself, and absolutely seek out the advice of a counselor or your doctor if you feel your panic attacks are severe enough to warrant additional help!

What Is a Panic Attack?

Believe it or not, your body is not trying to kill you. It’s actually trying to help.

Panic and anxiety (a lot like stress in general) is the body’s natural response to danger; panic attacks are meant to prepare your body to “deal with a physical threat.” It’s perfectly healthy: we evolved this response as part of the fight/flight/freeze response back in good old hunter-gatherer days as a means of keeping alert and motivated and, of course, ready to run or to fight when the need arose. You’ll actually notice and notice the physical symptoms of panic attacks, like a pounding heart and shortness of breath, are perfectly normal sensations to be had during or after a good workout. That’s the point: the body is anticipating a massive physical effort and is pouring in the energy to deal with that effort.

The problem is that most of our panic attacks don’t come in the midst of being chased by lions or escaping war zones.

They come while studying for exams or preparing to give a presentation to your peers or being stuck in traffic or waiting for a date at the coffee shop or late at night before bed or anywhere else for absolutely no reason at all. There is no threat; there is no danger. And yet, the signal goes off and we’re sweating and shaking like we’ve had a heart attack in about as many minutes.

More than the reaction itself, it’s the incongruity between how your mind/body feels and the perfectly ordinary situation around you that makes panic attacks so disorienting—a truly massive dump of restless energy and nowhere reasonable to put it. So where does that energy actually come from?

Your Brain on Anxiety: The Chemistry of a Panic Attack

Nothing like a good bit of science to calm you down.

In a post on calming stress and anxiety through breathing, I explained the body’s nervous system—essentially it’s divided into two parts, sympathetic and parasympathetic. The sympathetic system hyped the body up for action, and the parasympathetic system calms it down. A panic attack occurs when the parasympathetic system doesn’t kick in when it’s supposed to.

Basically, when a human brain perceives a threat, it releases the neurotransmitters epinephrine and norepinephrine into the body. (I’m not sure quite where the signal comes from to release those transmitters, but I’m guessing it’s the amygdala.) Those neurotransmitters go straight to the adrenal glands and tell them to release a good dollop of adrenaline into the body’s bloodstream.

Once the adrenaline is circulating, it triggers the physical symptoms associated with panic—temperature change, numbness or tingling, tight chest, restricted breathing or hyperventilation, increased heart rate, and so on. The emotional symptoms, such as that looming feeling of dread/impending catastrophe, are actually mostly your own reaction to the physical symptoms.

20 Minutes or The Rest of Forever: The Life Cycle of a Panic Attack

Want some good news? This panic-inducing adrenaline spike can’t be maintained indefinitely. It peaks after about 10 minutes and then just as slowly dissipates as the neurotransmitters are reabsorbed, meaning that panic attacks physically cannot last more than 20–25 minutes. Hooray!

Of course, people experience panic attacks that are much longer than that. What’s happening in this case is that panic attacks are stacking on top of each other, daisy-chaining one 20-minute episode to the next until the body totally exhausts itself.

Here’s the tricky part: the anxiety that you get from the sensations of the first panic attack is overwhelmingly likely to set off another one, if you don’t understand what’s happening. Think about it: if panic is the body’s response to danger, and you’re sitting there terrified that you’re having a heart attack or going crazy, then of course it’s going to pump a fresh voley of adrenaline into the system to cope with what is now perceived as a new or continued threat. Often times, the fear of having another panic attack is what sets off another panic attack—you’re basically freaking out about freaking out, which is very uncomfortable vicious circle to be caught in. Luckily, it can be broken off at the end of any one panic attack—all you need to do is remain calm mentally until the physical effects have run their 20-minute course and the adrenaline has been burned up.

Self-Awareness is Key

At the end of the day, the old adage still holds true: knowledge is power. When it comes to something as frightening and mysterious as panic attacks, it pays off to understand the beast you’re dealing with in order to tame it.

If you know a) what you’re experiencing and b) how/why it’s happening, then you’re more likely to figure out c) how to prevent it or soften it or make it as comfortable an experience as possible.

I know students at Glendon who have been having panic attacks since their young teens and who only really noticed what it was they were experiencing once they came to Gl and heard about it. I’ve actually been the person to break the news before, and while it’s amazing to see the relief wash over someone’s face when they realise there’s nothing wrong with them, it’s still heartbreaking to know that so many humans are walking around totally unaware that this terrifying thing they experience doesn’t have to be so terrifying at all.

The solution? Self-awareness. Convonation. No problem ever resolved itself without being addressed, and the harsh reality is that mental illness is a part of all of our daily lives right now. In the student body especially, it is overwhelmingly prevalent—far the fact that anxiety has reached epidemic proportions among York University students is, itself, anxiety-inducing. But being aware of the different forms it takes in our own life or the lives of your peers, and being well-informed about the how and why, makes it less like mass demonic possession and more like something tangible and treatable, something that can be observed and worked with and ultimately healed from.

Let’s heal together.
Some Little Rules Not To Be Neglected

Camille Slaght  
Assistant French Editor

Spread the attentively. Should always be dressed in a clearly and becoming manner. Even in private, utmost respect. Caution.

Be agreeable to your husband, for whom is expected the happiness of a life. Avoid prying into secrets he conceals from you. Never act contrary to his inclinations. Let it be impressed upon your mind.

Must have taste in the selection of colours. Else you will be nothing more than a walking violation of all the harmony of light and shade. This fault, much too common, is one of the greatest inconsistencies of the human mind. Nonchalant or improper attitudes should be concealed under a bandeau of lace.

Worth the Wait

Christian Lopez  
Communications Officer

- Not a second passes without missing you
- No day goes by without a restless night
- My body yearning for your presence next to mine
- Longing for long nights and legs intertwined
- But it is worth the wait
- In the winter my fingers miss yours
- Locked between mine, they belong
- Every season without you is torture
- Every heartache without you is worse
- But it is worth the wait
- The sun is not as bright and the stars at night
- Don't shine the way they used to
- The wind blows stronger and the rain falls harder
- But inside I can't hide that for you
- I'd do it all again
- I'll lose sleep, lose hair, lose weight, and lose time
- To know that one day you'll be by my side
- For good, to stay, no oceans between
- It will all be worth the wait
- The memories play like a movie on repeat
- Dreams from the night before
- Get me through the mornings without you
- Not the same, but we've got to make do
- When I close my eyes I see you
- I see the memories like a coloring book
- Lines waiting to be completed and when I see your face
- I see hues I see pigments I see life
- The orange glow on your face from the sun in Spain
- The white snow falling on your golden locks
- The blue ocean floor underneath our toes
- And your nose when it froze last winter

- One more day doesn’t feel so bad
- One more chance to relive the moments we've had
- A lifetime of laughs and moments to come
- That will make it worth the wait.

Rory

Kaitlin Fenton  
Section Journalist

I miss you when the wind blows cold, and when our favourite show's theme turns on, and when he host says hello, and as the credits roll.

I miss you as the flowers grow, and when I see our place at the lake, and when I sliver from the mist, and as I go on my bus home.

I miss you in the humid heat, and when I see our water balloons, and when I taste our old icy delights, and as I dance to old beats.

I miss you as the leaves die, and when our school rolls in again, and when our teacher scolds me, and as her patience tries.

We were meant to conquer it all. But you're gone, and I fade into walls.

We are not meant to end like this.

I wish I could’ve said how much I care for you, and how great you truly are, but time passes, and so did you.

Maybe someday we’ll be back together. But then again, maybe not.

I treasure our time, our memories, but not nearly as much, as I treasure you.
Glendon Musical Ensemble - Les emblématiques

All photos on this page by Theo Van Deven