

Journal de Glendon

NOTRE VOIX NOTRE HISTOIRE

le journal bilingue de Glendon | Glendon's bilingual newspaper

Issue Three - Volume 55 - November 9, 2016

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Le prochaine date limite:
le 11 novembre



NOTRE VOIX
NOTRE HISTOIRE



Robbed of a Childhood: Child Soldiers in Somalia

Asha Collins
Contributor

Think back to when you were little, maybe 9 years old; where did you spend most of your time? What are your fondest memories? What did you look forward to? Maybe you passed most of your days at school or at home. Did you enjoy playing sports and going to choir rehearsal? Maybe you loved being with your family reading books and watching movies. For many children in Somalia, this is far from the reality. Their realities are flooded with violence, war, and fear. According to the United Nations, the Somali Government is one of the most persistent violators of sending children into war situations. These are children ranging from the age of 9 to 18, who have been born into a country that has been in turmoil since before their first breath.

Somalia was a former colony of Great Britain, France, and Italy. In 1960, the country gained independence; the British and Italian

territory was combined into what is now known as Somalia, and the French territory separated and became Djibouti. From 1969 to 1991, Somalia was a socialist state under the leadership of Major General Muhammad Siad Barre. In 1991, rebel forces overthrew the Barre regime and anarchy ensued. Intervention attempts since the early 1990s by the United Nations, the United States, and the African Union have all been unsuccessful. In the early part of the 2000's, a Transitional Federal Government was established with the political and financial support of the UN and the United States. This caused fragmentation between various groups of people and gave rise to notorious rebel groups such as the Somali chapter of al-Qaeda, al-Shabaab. Al-Shabaab is the main rebel group operating in Somalia.

Throughout this seemingly endless conflict, children have been drawn into the fight. Both the rebel forces and the Somali government employ the use of child soldiers and are known to have killed and maimed children to

pursue their interests in the civil war. According to Elman Peace and Human Rights Center in Mogadishu, it is estimated that 20 percent of the government forces and up to 80 percent of the rebel forces are children. This does not mean that all children are on the front lines; other roles that they might fulfill include camp support workers (e.g. cooking, cleaning), messengers, sex slaves, or recruiters. For many children, joining the fight is a better option than trying to resist either side. In a country fraught with conflict, families are broken up, children are orphaned, and the threat of starvation and death are imminent.

It is interesting to note the high percentage of child soldiers on the side of the rebel forces. This could be attributed to the general recruitment techniques of al-Shabaab. Whereas many groups kidnap and drug children to recruit them, al-Shabaab uses a method that makes the children feel empowered to fight or work in the ranks.

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Hey Glendon,

I have some news for you: your mental health is more important than good grades. This week, I challenge you to do something for yourself. Since you are probably in a very academic mindset, I took some time to think of a few things you could do to help yourself unwind, and forget about your to-do list for a little while.

If you are the kind of person who likes to exercise, make time for it. Plan out a short, efficient workout. Even 20-30 minutes of exercise will surely clear your mind. The Glendon forest paths are perfect for running, while the Glendon Athletic Centre offers Yoga and Zumba, and even has a beautiful pool with big windows that let in loads of natural light.

Go to a library, but leave your textbooks at home. Choose a book you've wanted to read for a while, and stay there a few hours to read for your own pleasure. You could also walk into the new coffee shop that recently opened in your neighborhood, and stay there to drink your coffee. Bring a notebook or a novel, or simply people watch. You don't have to stay long; I find that spending five or ten

minutes spent in a cozy coffee shop puts me in a better mood.

If you like to have something to nibble on while you study, taking some time to bake or make a decent snack instead of throwing together a PB&J can actually be quite therapeutic. Find an easy recipe you like to make and satisfy your sweet tooth. You deserve it. Check out the recipe for Nutella balls in the Health in Wellness section!

Instead of turning on Netflix when you need a study break, go to the movies! A change of scenery is always nice. Don't feel like going anywhere? Put on your favourite music, pick up a pen and paper, and doodle away.

If you are looking for more of a release, I invite you to come to our Paint lounge, Tuesday, November 15th at Lunik! We will be providing all the materials, as well as examples to inspire you and artists to guide you, so as to avoid any frustrations you might have. Email comms@protemglendon.com to reserve your spot!

Remember, we accept all forms of visual art and creative writing for our Expressions section. If you write fiction or poetry to unwind, I challenge you to write one piece this

month. You owe it to yourself to do things for the sole purpose of relaxation and enjoyment.

With love,



Camille Slaght
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!



Nadia Edwards

NATS 1605: Field Trips Help Students Understand Healthy Public Policy

Prof takes students to Glendon Forest for more applied learning



Reeda Tariq
Campus Life Editor

Before winter creeps up on us, now is the best time to revel in all the joys of Autumn. Pumpkins, sweaters, hot cocoa, and colourful trees are all around, and what better place to experience that fall atmosphere than by taking a trek to one of Glendon's hidden gems: The Glendon Forest.

I recently had the chance to accompany Professor Charles-Antoine Rouyer on his annual field trip to the Glendon Forest. He teaches the first year introductory course, NATS/SOSC 1605: Communication, Health and Environment. My time in the forest reignited my love for this beautiful well-kept secret and sparked an interest in the course itself. Professor Rouyer is a Glendon alumni and former student contributor for Pro Tem. His main goal in this course is to answer two major questions: What defines a healthy public policy? Does the media play a part in undertaking healthier public policies?

Professor Rouyer's approach is incredibly multidisciplinary, which is why the course counts as a General Education credit while also being a key course in the Health & Environment Studies program. The Glendon Forest field trip is part of the first module of the course, in which the focus is on watersheds and

the water cycle, giving students the opportunity to understand what ecological thinking and "systems thinking" are really about.

The Don river, which runs through our Glendon Forest, is a part of a watershed, and actually helped give Glendon its name; Glen meaning valley, and Glendon thus meaning "valley of the Don." Trekking through the forest proved to be an incredible way to spend a Friday morning. The first group began their walk at 9am, and the second at 10:30. During the first session, I was surprised to see a salmon in the Don river!

Professor Rouyer told me about the other field trip he took his class on two weeks prior to this one. Each year, the group goes to Brickworks Park, which is behind Evergreen Brick Works, to learn about and see the three constructed wetlands and their benefits for the area.

While these environmental field trips are the focus of the course's first module, the three other modules explored during the year go well beyond ecology. Module Two focuses on health, with an emphasis on health promotion and prevention. The third module of the course then turns to the communication aspect, exploring the role of news media in the policy making process, and general concepts of media literacy. Having studied at Ryerson, and having worked as a print as well as broadcast journalist, Professor Rouyer is very experienced in the field of journalism and is more than qualified to really open his students' eyes to the power of the media.

The fourth and final module of the course is based on "natural capital, social capital and economic-financial capital as well as the ecological footprint concept," as Professor Rouyer explains. Not many profs are as enthusiastic as Professor Rouyer, so I urge you to take the NATS 1605 if you are still in need of a NATS or SOSC general education course. This course is probably one of the most immersive and eye-opening courses you can take at Glendon.



Lauren Clewes

Glendon's First Investment Competition!

GEISA
Contributor

GEISA is thrilled to be hosting Glendon's first investment competition. If you ever thought of investing, sign up on geisa.ca/contest and compete through Investopedia where the stock simulator will adjust real time. You can compete individually or in a group, and the competition continues throughout November. Winners will be announced and given a prize. This is a great opportunity for students who want to try out investing for the first time, and for more experienced investors who want to see how they do compared to other Glendon students. Make sure to follow the rules! We will find out November 30th who Glendon's most successful investor is!

Glendon Truth and Reconciliation Declaration on Canada's Indigenous Language Policy

Professor Ian Martin
Contributor

Did you know that, of the 90 Indigenous languages in Canada, all but three are judged to be likely to survive until the middle of the century? And the strongest of the three – Inuktitut – may only be spoken by 4% of Inuit homes in Nunavut by 2051.

The loss of Indigenous Languages should be a matter of great public concern in Canada. At least that's what the Glendon Truth and Reconciliation Declaration on Canada's Indigenous Language Policy says. The Declaration came out of a language policy course taught last year by Professors Ian Martin and Jean Michel Montsion. Their students hosted a national Colloquium to discuss the problem, and to propose responses to the TRC Commission's three Calls to Action on Indigenous Language Policy.

After a summer of consultations, the Glendon Declaration will be publicly launched on Friday November 15 at 5:00 pm at the International Conference on Languages and Cultures in Contact, to be held at the BMO room, on the first floor of Glendon Hall (Glendon manor). All members of the Glendon community welcome. For more information, contact imartin@glendon.yorku.ca.



Ian Martin

The GWTC Wants You to Utilize Their Resources

Whitney Van
Contributor

Open Mondays to Fridays, from 9:00 to 18:00h, the Glendon Women and Trans Centre is a levy organization that actively seeks new ways to support those in need at Glendon, and to break down social constructions of labels. You can find all of the listed services below at D124 in the Hilliard Residence building.

Free Items on Campus

At the Centre, you will stumble across our library (with a loan period of 2 weeks), our cupboard of FREE tea, monthly raffle prize draws, and more!

Cheaper Food Options

As an agency of North York Food Harvest, the Glendon Women and Trans Centre receives monthly shipments from the local food bank. It is intended to be used by the Glendon community (for free!). All we ask is that food bank visitors follow our one bag policy and to take a minute to complete an anonymous online form submission during the visit on our tablet for our supplier's collection of how often our food supply gets used!

Lesser Known Comfy Study/Resting Area

We have the comfiest couches, sofa-bed, sitting mats, and armchair in our safe space!

Free Menstrual/Contraceptive/Post-Contraceptive Items

It's no secret that we have a constant supply of free tampons, pads, Softcups; condoms (rubber, latex, female), dental dams, and lubes at our Centre. But we also have a new addition to our line of services: we also supply free pregnancy tests, at a limit of one per person per two-week period visit, during our coordinators' office hours. Just say that you would like one, and you will receive one. It's that simple.

Temporary Emergency Housing

For those who are fleeing an abusive situation, or demonstrate a need to use our shelter, we offer a temporary emergency shelter at the Centre. In the event that the request is made after our hours of operation, please contact a Don (of Wood or Hilliard residence) or YorkU Security.

Peer to Peer Support

At the moment, a few of our volunteers are safeTALK trained, but we aim to have most of our staff trained by January (as well as REDI trained). We are inclusive folks who respect you and are here to listen to your problems, suggestions, and how your day has been. You matter and we care!

Our staff is also at your disposal for sex, sexual health, and bodily functions-related questions. Feel free to ask, and if one of us is not sure, we assure you that one of us will have the answer (or the experience) ;).

We will also be providing students with a limited number of TTC tokens on a first-come, first-serve basis within a certain time-frame, once a month. Follow us on social media

(Twitter, Facebook, Instagram) to stay posted! @Glendonwtc

Student Community Involvement

After signing our Volunteer contract and outlining your office hours, you are now a volunteer. How lovely! By volunteering at the Centre, you have just set foot in a HUGE students-for-students organization. How can you be 'HUGE' in a campus setting as small as Glendon? By brainstorming new ways to serve as many students as possible in every way possible. Our required safeTALK and REDI training are useful in life outside the Centre as well. Thank you to our wonderful volunteers for having such a big heart and a tremendous amount of passion towards your community!

Hours of Operation

So what are you waiting for? Visit us between 9am to 6pm on Mondays and Fridays! And if we don't have what you are looking for, feel free to leave us a message on our facebook page (www.facebook.com/Glendonwtc), email glendonwtc@gmail.com, or tack a message onto our bulletin board! After all, a higher demand usually leads to a likelier chance of supplies. I can't wait to see all of you make use of these incredible resources!

Events

Come down to one of our events, such as our annual Trans Remembrance Week for which we are pairing with GLGBT. From Mon Nov 14 to Sun Nov 20, we will be hosting several events. We will first start with a flag raising on Monday November 14 from 10am-1pm in the Breezeway, followed by a Late Night Lunik Open Mic on Wednesday, November 16 from 6pm-10pm. There will be a panel of speakers on Thursday, November 17, and a discussion on the past and present of the Trans community on Friday, November 18 in the GWTC from 3-6pm. The remembrance week will be ending with a Vigil on Sunday, Nov 20 from 6:30pm in the breezeway.

You're also invited to our monthly Tea Talks, and you'll see how supportive the centre is. I can't wait to meet you. This is your current GWTC Head Coordinator, and past volunteer of two years, signing off.

Participe au Grand vernissage étudiant à Glendon!

RÉFO - Regroupement étudiant franco-ontarien
Contributeur

Voulez-vous perfectionner ou développer vos habiletés artistiques? Si c'est le cas, participez au Grand vernissage étudiant, lequel aura lieu de 9 h à 17 h le vendredi 18 novembre à Glendon! Grâce à trois artistes professionnels, cette activité vous permettra d'explorer le monde de la photographie, du graffiti et de la peinture.

En matinée, nous offrirons un atelier pratique sur les techniques de base d'un de ces trois domaines d'art. En après-midi, vous aurez la chance de mettre en application vos apprentissages en créant une oeuvre originale, qui pourra être exposée lors d'un vernissage public à neuf campus postsecondaires de l'Ontario au



Whitney Vaen



Whitney Vaen

cours de l'hiver 2017.

Lors de l'atelier de peinture, vous aurez l'occasion d'essayer des techniques variées, par l'intermédiaire de peinture acrylique, d'encre, de crayons pastel, de fusain ainsi que d'autres médiums, afin de créer une oeuvre qui exhibe un message que vous souhaitez communiquer. L'atelier sera animé par un artiste professionnel nommé Alexandre Aimée Rivet.

Dominique Boisvenue, artiste dont la spécialité est le graffiti, animera l'atelier qui a pour objectif d'examiner les stéréotypes liés aux graffitis. Dominique aidera les partici-

pant(e)s à créer des oeuvres par l'intermédiaire de pochoirs et de techniques de bombe d'aérosol.

L'atelier de photographie sera animé par le photographe Jamie Janx Johnston et les participants créeront une oeuvre en manipulant des photos. Jamie utilise la photo numérique, le film ainsi que des techniques d'arts plastiques pour atteindre ses objectifs artistiques.

Le coût d'inscription est de 12 \$. N'hésitez pas à nous contacter si vous avez des questions, soit en nous appelant au 613-857-1333 ou en nous écrivant à da@refo.ca.

LE
RÉFO
PRÉSENTE

12 NOVEMBRE 2016
À OTTAWA

18 NOVEMBRE 2016
À TORONTO

19 NOVEMBRE 2016
À SUDBURY

25 NOVEMBRE 2016
À HEARST

Redefining Performance Art: Sia's Intricate Display of Vulnerability

A Live Review of Sia at The ACC



Bruno Da Costa
Arts and Entertainment
Editor

After being catapulted into commercial success following her 2014 hit, *Chandelier*, Sia has managed to do what others in her field cannot: uphold an uncompromised standard of privacy and anonymity in the midst of superstardom. After a career spanning nearly two decades, the Australian-born singer reached her first number one on the Hot 100 chart with *Cheap Thrills*, off of her seventh studio album. With the broadening of her horizons, the singer has further challenged herself by embarking on her current *Nostalgic for the Present* Tour, mostly featuring songs from her newest album, *This Is Acting*.

As a person who has long struggled with (and sang about) living with anxiety and depression, her announcement to go on tour came as an exciting surprise to many of her fans, leaving them all wondering how she would continue to obscure her face. Following

the release of *1000 Forms of Fear*, the album preceding *This Is Acting*, Sia's performance tactics matured into refined pieces of art. Heartfelt writing coupled with her hauntingly beautiful voice and expressive contemporary dances marked the era of performance art in mainstream music.

When the lights of the Air Canada Centre dimmed and the stage lights came on, Sia appeared in the middle of a blank canvas stage setup, wearing what appeared to be a trembling dress. Her feathered gown expanded and dancers sprang forth, one of them being the impeccable Maddie Ziegler, and Sia began the show with a rendition of *Alive*.

The nearly 80-minute set went on to follow this similar pattern, with each song being accompanied by emotional, amusing, or saddening dance pieces. While the crowd was fixated on the stories told through movement, nothing could compete with the sheer power and range of Sia's voice. Laden with emotion, every note struck far and deep within the hearts of those in attendance.

It became clear early on in the show that these performances were not simply art for art's sake. As the set list unfolded, so did a clear and cohesive story line. Besides Sia's singing prowess, what makes her music spellbinding is the beauty of emotion that it denotes, making the darkest of subjects shine magnificently. The singer powered through *Reaper*, with a back-and-forth dance that comically teased the struggle between life and death. For *Big Girls*



Cry, Maddie Ziegler took to the stage alone and enacted how the self-esteem issues known all too well by young women of her age can leave harrowing marks.

Once Sia had done a thorough job of leaving everyone moved by raw emotion, the tone changed and the performances became brighter with lively dancing. *Cheap Thrills* had everyone on their feet, ready to dance. The empowering statement that was *Elastic Heart* made the audience see what it was to come alive after being knocked down, and the struggle that it is to break out of the cages in our

minds.

To say that the *Nostalgic for the Present* Tour is unique is a gross understatement. Sia and her legacy to the industry are a gift to music lovers and concertgoers everywhere. Every song, every dance move defines the story of her. The vulnerability she displays has elevated modern pop music to undiscovered heights of depth and meaning. Sia's performance was not just music, and it was not just a concert; it was art.

Jeff Rosenstock Strikes a Chord With Millennials

Eric Vogel
Contributor

I've only met Jeff Rosenstock once. It was after PUP's *The Dream is Over* release show at the Phoenix. Jeff had played that night (he can often be found opening for great punk acts playing in Toronto) and, in spite of just getting off the stage after an impassioned ensemble encore rendition of 'El Scorcho', he was gleefully manning his own merchandise table after the show. It wasn't that Jeff couldn't get help with his table, there were plenty of staff helping mince through the dozens of PUP fans clambering for merch; rather, Jeff just sincerely wanted to meet his people.

I pushed my way through the crowd to say hi. I hadn't really had time to think about what I was going to say to him once I reached him. At the time, I was more concerned with traversing the sea of bodies, each of us covered in that particular brand of post-punk-show sweat. Finally, upon reaching the table, I was struck with an acute attack of fanboying, known to cause verbal diarrhea. As Jeff turned his attention to greet me, I sputtered "Uh...fuck yeah...great...yeah". Jeff was unfazed. Smiling at me, eyes filled with warmth, Jeff thanked me for coming to say hi and enjoying the show. As I walked away I had already forgotten about my stumbling, and was filled with pride in having

met one of my heroes. Therein lies Jeff Rosenstock's power.

I can say with confidence that Jeff is probably one of the most sincerely humble and laid-back people in music today, a living embodiment of his pop-punk sound. It is why you will often find him opening for bands who praise his music as a part of their formative years, rather than headlining himself. It's also why Jeff gives away all his former bands' albums and his solo work for free online. Bomb the Music Industry's *Album Minus Band* was free two years before Radiohead released *In Rainbows*. So, it's little wonder that Jeff's songwriting is so focussed on trying to connect with his peers.

Jeff is the patron saint of the "Peter Pan" Generation. The stay at home, drink alone crowd who is still trying to figure out their lives. Previous albums *I Look Like Shit* and *We Cool?* Briefly touch upon this. However, his latest release, *Worry*, is the magnum opus of the never-going-to-grow-uppers. The album explores the frustrations, shortcomings, barriers, and hypocrisies facing many millennials today.

A common theme found throughout the songs is the sort of duality that exists in this generation. *Festival Song* touches on this idea best, talking about how absurd it is to both acknowledge the moral decay of late capitalism, while at the same time sporting a 'sweat shop denim jacket'. The battle between *Gen We* and *Gen Me*. The song *To Be a Ghost* presents this duality as well, but rather discusses the internet's ability to connect us. Unfortunately, it is to people who defend police violence or to companies who want to mine our data, ultimately making us feel invisible.

Even though Jeff is an incredibly

warm person, his albums are often wrought with the anger and anxieties that he experiences. There is a clash between his notably upbeat ska influenced pop punk style, and his often brooding and self-loathing lyrics. Although this might seem counter-intuitive, the style allows for incredibly cathartic highs and crushing lows, especially when paired with Jeff's wailing timbre.

The second half of the album is filled with a number of short and sweet ska and punk vignette songs, that lead into the crescendo of *HELLLLHOOOLE*, written about the abuse of tenants at the hands of landowners. This personal duality can also be found in the relationship between the album cover and the opening song *We Begged 2 Explode*. The cover features an overjoyed, nearly manic party guest at Jeff's wedding last year; the photo becomes much darker after the first song, which discusses the escapism found in partying, made futile and brief "once the magic is gone".

Musically, I can concede that this album may not be for everyone. Many unfamiliar listeners will likely struggle with Jeff's voice, which is far from perfect. However, I will contend that there is indeed a great amount of charm in it. In spite of his flaws, Jeff unabashedly attempts some pretty interesting and sometimes complex vocal melodies and harmonies in his songs. Instrumentally, the drums and guitars on this album are muddier than on *I Look Like Shit* and *We Cool?*. I personally prefer the cleaner cuts on the previous albums, however this isn't to say that the instrumentation is bad. As previously, *Worry* mixes in a number of piano, synth, and horn elements into the songs, and the tracks distinct enough to keep the muddy instrumentation interesting.

Worry ends with what is a direct piece of advice from Jeff to his fellow millennials. *Perfect Sound Whatever* posits that the reason that something seems to take so long to be perfect is that perfect as a concept doesn't exist. There is no right or wrong way to live our lives, no perfect way to love one another, and certainly no perfect way to say hi to one of your musical heroes.



Anthony D'Elia, Aesthetic Magazine

A Week in Branson, Missouri: America's Live Music Gem



Kaitlin Kenny
Expressions Editor

In the early hours of October 16th, my grandparents, their three teenage foster children, my brother, my mother, and myself all loaded into a van. I sat next to my grandfather, serving as the navigator while lazily knitting Christmas apparel. We had a 16 hour drive ahead of us to reach a place with dozens of theaters set and primed for live music; we were going to Branson, Missouri.

I had the amazing opportunity to attend three very different but wonderful musical shows. Initially, I wasn't too excited seeing as my grandparents and I have very different music tastes, but there's something magical about seeing artists experiencing true, unbridled passion, and physically feeling the music rattle your bones and penetrate your heart. And so, I kept an open mind and was pleasantly surprised. [The Haygoods](#)

The Haygoods is a real life version of The Sound of Music. The seven members are siblings, all of which are men, except for Katherine, who has been described as a musical prodigy. She plays more instruments than all other members of the Haygoods, such as the drums, fiddle, harp, and saxophone. This concert began with energy and excitement.

I was quickly mesmerized by their

stage presence and musical ability. They work well together, presumably due to their familial ties, and they play a large variety of music, from rock, to country, to polka. In between the songs, they would perform little monologues, tell jokes, or tell us about themselves.

All in all, the Haygoods, I believe, are true performers. They are amazing, hilarious musicians. I was engaged the entire time. After the show, I met the band and was pleasantly surprised by their warmth and friendliness. I even got pictures with Michael and Banjo Boy! I was entertained the entire time, and I highly recommend seeing this band live. The most memorable moment must have been when Michael came in, upside down on a wire, playing guitar.

[Shoji Tabuchi and Christina Shoji-Tabuchi](#)

One of the best violinists from Japan and his daughter go through different decades of music up to the present. Their privately owned theatre is absolutely amazing. Everything about it is glamorous; the men's washroom even has lazy chairs and billiards, while the women's has lounge chairs. They have a private band, complete with three backup singers.

Shoji plays with an old passion and a love for the music. The traditional Japanese music was a treat, and Christina's voice is powerful and clear, but the band and the backup singers fall short. The true magic of this group lay within the father-daughter duo.

I also had the opportunity to meet Shoji, who was an absolute pleasure to be around! He sign my ticket, and took a picture with me. He was a genuinely warm and friendly person, asked where I was from, and told me about his history with Canada. The most mem-

men says that "death is in everything". Regardless, all seem grateful that they even have work. White smiles flash on dark faces coated in coal dust, revealing moments of joy amongst the dark and monotonous scenery. Their livelihoods depend on this very difficult work, and for many of them, it is all they have ever known.

One of the few women working in the mines remembers the grounds before the coal industry took over about ten years prior. She says that the Kusunda coalfield, where the film is set, was once a forest rich in biodiversity and spirits. Today, there is nothing colourful about this environment.

During the night, gangs of children referred to as pirates climb onto passing coal trucks and steal pieces of coal to resell. These young people make a living doing this, and it becomes evident that many people in India have become dependent on the coal industry.

Though the film may be sparse in dialogue, and the directors chose not to include any narration, the stark images speak for themselves. The situation is dire but no efforts are being made to improve the working standards in coal mines, or to regenerate an environment that is sustainable and profitable. The people of India are glad to find work, and cannot even begin to dream of better conditions and a cleaner environment. The prospect of change seems impossible.

[Kokota: The Islet of Hope](#)

Meanwhile, on the other side of the Indian Ocean, the small Tanzanian Island of Kokota has experienced a complete rejuvena-



Kaitlin Kenny

orable moment for me must be the traditional Japanese piece. Overall, the performance was music centric and with little dialogue between pieces. It was an interesting performance, but the entertainment factor was lacking for me.

[Roundup on the Trail - Chuckwagon Dinner Theater](#)

On our last day, we attended a dinner theater. They served authentic "cowboy" food, including a sourdough roll, brisket, turkey, red eye gravy, pinto beans, corn, potatoes, bread pudding, and sweet tea. This group featured a cowboy poet and an entire band of even more cowboys. It was an incredibly immersive event; nearly everyone wore boots and hats!

Roundup on the Trail featured mostly Western music, religious hymns, and very, very patriotic songs. Despite those not being my favourite genres, I really enjoyed listening to them. It was very well performed and the years

and years of practice was evident. Their relaxed playing made it all look easy.

It was lovely to hear their southern drawls in harmony and their instruments being masterfully played. The poetry performed was funny and authentic, and we even got to hear and see how whips are cracked! The men on that stage seemed to not only play for themselves, but for our pleasure. I thoroughly enjoyed myself that night.

I went to Branson as a bit of a skeptic, but left an absolute believer. I didn't know exactly how much I would enjoy it, but I'm so glad that I kept an open mind. I sincerely hope that I am able to return someday in order to go back to some of these concerts and attend new ones. I would recommend going to Branson if given the opportunity. It's a great time and has something for everyone!

Documentaries Reveal the Impact of Climate Change on Either Side of the Indian Ocean



Camille Slaght
Editor in Chief

Two important films were shown back to back at the Planet in Focus Film Festival in Toronto on October 23rd. Both illustrated contrasting ways in which separate communities on either side of the Indian Ocean are dealing with the impacts of climate change.

[Coal India](#)

Coal India is the world's biggest coal producing company, and the title of Felix Röben and Ajay Koli's recent documentary. The film opens with one of the company's jovial promo videos, featuring a Bollywood-style song about "black diamonds". Far more dreary images follow the advertisement. Men are seen separating coal from stone and hoisting heavy baskets of coal onto their heads, solemnly walking into clouds of black dust to drop the coal onto loading trucks, wearing no protective gear at all.

The message is clear from the start; they are there out of necessity. While describing the coal mines, one of the

tion over the past years. Mbarouk, an ecologist called from a neighbouring island, and Jeff Schurr, a Canadian tree planter, helped them solve issues that plague several parts of the world today, such as deforestation, a collapsing fishery, and severe water shortages.

When he first arrived in Kokota, people were living in conditions akin to life a hundred years ago. The survival of the Kokota people depended on their ability to adapt to the devastating effects of climate change. Without the tree canopy that once covered the island, the temperature skyrocketed, making water extremely sparse. The ground was so dry that farming became impossible.

The film depicts how deforestation and climate change can truly act as forms of oppression. School, healthcare, and farming were the last thing on these people's minds, since they were so preoccupied with obtaining and preserving water.

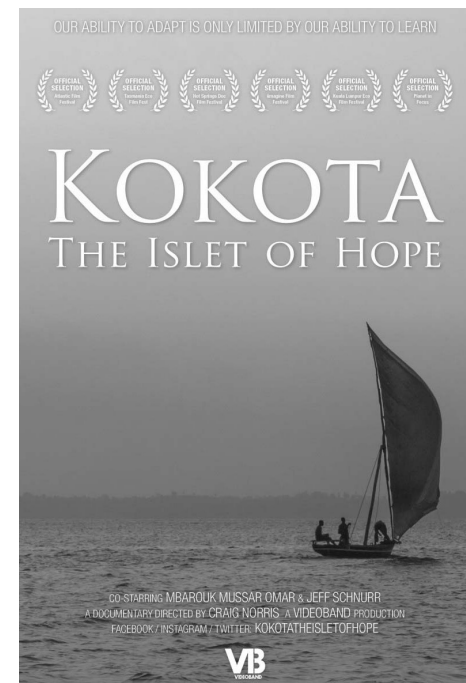
Once funds from the Finnish embassy and support from the EU were obtained, Mbarouk and Schnurr planted thousands of trees, built a school that also served as a water harvesting system, and introduced energy sources that reduced the need for kerosene.

For the first time, thanks to the rain-water harvesting system, people in Kokota were able to turn on a tap. They were empowered by their success, and began farming again. Slowly, the crops became better, and the population grew. A space was set aside for a conservation forest, and conservation became a daily job.

Jeff Schnurr started an organization

called Community Forests International, which tries to change the misconception that environmental conservation is an area that is directly opposed to economic development. Better land leads to an increase in food production, providing more income.

The problems that Kokota faced are being experienced on a massive scale. Jeff has applied the Kokota pilot project to 18 communities worldwide. According to him, it is best to pick a starting point, however small, and find simple ways in which environmental conservation can stimulate economic development.



Mystical Landscapes: Masterpieces from Monet, Van Gogh and more at the AGO



Lauren Clewes
Photographer

Du 22 octobre 2016 au 29 janvier 2017, une panoplie de chefs-d'œuvres sera présentée dans l'exposition intitulée "Mystical Landscapes" au Musée des beaux-arts de l'Ontario. Cette exposition vous fera voir notre planète et les cosmos bien autrement, et ce grâce aux œuvres de 36 artistes venant de 15 pays différents situés en Europe, en Scandinavie et en Amérique du Nord.

I finally got around to visiting the AGO on the day this exhibition opened to the public, and since your ticket gets you into the special exhibition as well as access to the rest of the galleries, I spent a good couple of hours happily meandering among the works of art. *Mystical Landscapes* is a timed ticketed exhibition, so you can only enter every half hour starting at 10:30am, but once in, after following Monet's 'Water Lilies' up the stairs, time vanishes and you get lost in the ethereal and entrancing works of art. I would recommend taking the offered audio guide to learn a little more about the artists and paintings if you don't know much about them already.

A quick note to my fellow photographers: photography is not permitted in this area. The pieces are grouped by artist with the occa-



Lauren Clewes

sional masterpiece on its own wall, and everything is lighted perfectly – some are even backlit to make it seem like they are glowing.

Puisqu'un de mes artistes préférés est Claude Monet, j'avais très hâte de voir son œuvre intitulée « Nymphéas » à l'exposition. J'ai vu d'innombrables photos de cette œuvre, mais l'ai trouvée plus magnifique encore en personne. Un autre maître de l'art visuel dont les œuvres font partie de l'exposition est Vincent van Gogh. Son œuvre intitulée "La nuit étoilée sur le Rhône à Arles" est la peinture la plus remarquable de toutes, et il est facile d'en comprendre les raisons. La peinture est exposée dans une salle à part et placée directement sous une lumière, ce qui lui donne une

splendeur inédite. Cette œuvre est celle que j'ai préféré.

Other artists showcased include Edvard Munch, Emily Carr, Georgia O'Keefe, Lawren S. Harris, Eugène Jansson, and Wenzel Hablik – all with various works beautifully arranged in the exhibition. When you've had enough landscapes of mysticism, have a wander through the rest of the galleries. The AGO has everything from 17th century to contemporary to pop art, with photography, sculpture, model boats and everything in between. There is something for everyone and you might even discover a style you never thought you'd like.

This experience has, for me, reaffirmed my love of art and made me realize that

I am drawn to very differing art styles, from French impressionism to the work of the Group of Seven. My visit to the AGO and especially to the *Mystical Landscapes* exhibition has also given me some faith in humanity in regards to the survival of art because of the amount of children that I saw not only in the special exhibition but also throughout the whole museum.

Si vous cherchez quelque chose d'inspirant à faire, allez voir cette exposition fantastique pour vous-mêmes. Le prix pour les étudiants qui apportent leur carte d'étudiant est de 16.50\$. Vous pouvez aussi visiter <http://www.ago.net/mystical-landscapes> pour obtenir de plus amples informations.

BORONTO

Giorgia Ponti
Contributor

According to typical citizens of the city, Toronto is majestic: that breathtaking skyline, the CN Tower, those soaring skyscrapers, Kensington market, Little Italy, Little Portugal, Chinatown... The list goes on. Rappers are renaming it, films are premiering in it, sports teams keep losing in it. But how do immigrants see the city? For those who fight so hard for a Canadian Work Permit, does Toronto live up to their expectations?

Well, I can assure you, the Italians aren't too happy. Throughout my ever-so professional experience at the Italian Chamber of Commerce of Ontario this term, I've noticed a few differences in the way an Italian sees the city compared to your typical Torontonian. It first came to my attention when two of my colleagues, Mary and Carmela, were trying to plan a birthday party. They referred to the city as Boronto, combining "boring" and "Toronto" into one word.

To an Italian, the most striking physical characteristic about Toronto is its space; in Europe everything is small, no building is taller than 5 floors, and they're all right next to each other. Most of my colleagues are shocked when they see a 6-lane highway. University Avenue is the width of about four European

streets. But the real shock Italians experience when they move to Toronto is the lifestyle itself.

Their first real complaint is about the nightlife in the city. On Nuit Blanche, the one night of the year where it's acceptable to stay up until the early morning hours, we were kicked out of a bar at 2am. Other bars were reportedly open until 4am that night, yet after wandering around looking for another bar, we gave up and went home an hour later. Why does the fun stop at 2am? In Europe, things are different. Last Call can be as late as 6am, and in Italy, last call doesn't even exist; the bar closes when people leave.

Another complaint is about the working culture of Torontonians. Work is important, we can all agree on that, but in Toronto that seems to be all there is. "They live to work! In Italy we work to live," said Carmela, frustrated with her friends. She is often unable to organize a night out with her Toronto friends because of two well-known excuses: "I have to get up early for work tomorrow" and "I just refuse to spend \$6 for a pint". In Italy, a job is but a job. It is something that you may or may not like, that provides you the means necessary to go out at night, go away for a weekend, and enjoy yourself. What's the point of having a job if you can't spend the money earned?

The biggest complaint I heard from Italians is about the food. Italians are sensitive to this topic. Mary and Carmela find that in Toronto, people eat because they have to; because their bodies need nutrients. They buy

whatever is cheapest and inhale it on their way to work. Italians also find that there's no real taste to the food here. Mary and Carmela have a point. What on earth are we eating and why are we always in a rush? At least find a table or a bench to sit down and eat that Gulf War style stir-fry.

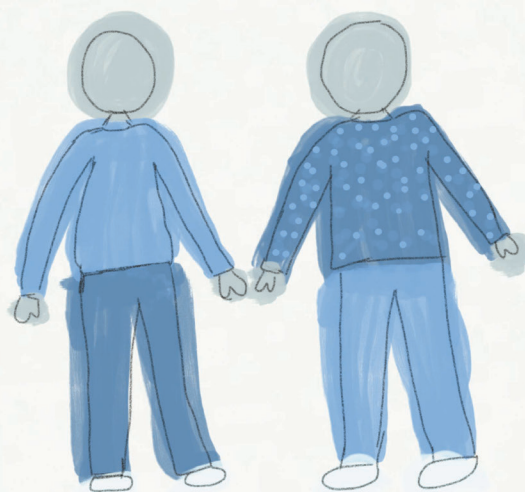
Nevertheless, Italians like Mary,

Carmela and I came to Toronto for a better life, and we have obtained just that. The city has endless job opportunities. We can earn money here, which is an unusual prospect for an Italian. Why can't Torontonians let go, and live? Stop worrying so much! While you're off having fun, the city isn't going anywhere. Boronto will always be here.



The Invisible Lives of Migrants

By Emily Leahy



Inspired by the research of Christina Clark-Kazak, DPhil, on Social Age

Imagine Abi.

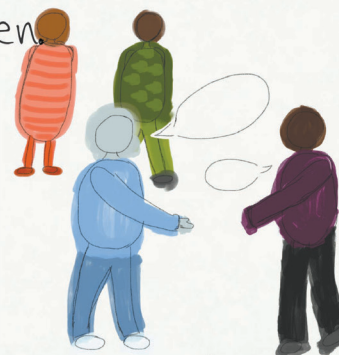
He lives with his parents who are recent immigrants to Canada. As they don't speak English, he is his family's primary communicator.



He goes shopping with his parents and attends parent-teacher meetings to translate for them.

His role is essential in his family's settlement and integration in Canada. He is told he is "so mature for his age".

He is fifteen



This means little to him; he thinks only of his parents who need his help making their way in a new country. In this multi-cultural migration context, his contribution is invisible.

Imagine Leila.

She moved to Canada to help with her son's family at home.



She spends her days caring for his children before and after school, when their parents are working in the paid labour market.

She is the primary caregiver for their home.

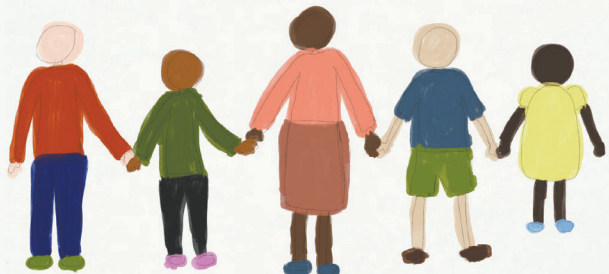
Her contribution is invaluable to her son's settlement in Canada. Friends tell her she seems so vibrant and young.

She is sixty-three.



This means little to her; she only wants to do what is best for her family. In this cross-generational context, her contribution is invisible.

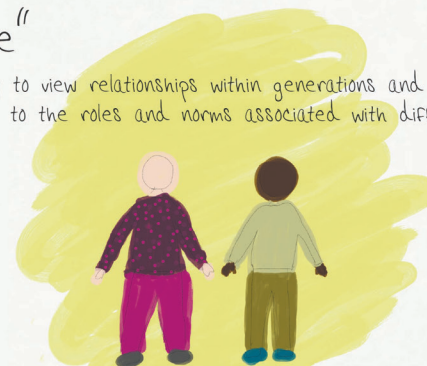
While these newcomers' contributions are crucial to their family's integration and settlement, Canada's current point system fails to give credit for their work.



We lack policies that account for the dynamic relations of migrant families. Much like recent shifts in thinking on sex/gender, other factors are required to measure age which complement chronological age.

"Social Age"

provides a new way to view relationships within generations and understand power relations. It refers to the roles and norms associated with different stages of life.



This concept highlights both Abi and Leila's contributions to their family's migration.

Photography Feature on Marouan Malaeb Droulx





October Events in Toronto: What Not to Miss This Month

When The Beatles Rocked Toronto

June 18th - November 12th
Located at the City of Toronto Archives, Market Gallery

A Third Gender:

Beautiful Youths in Japanese Prints
May 7th - November 27th
Located at the Royal Ontario Museum

Superreal:

Pop Art from The AGO Collection
January 16th - December 31st
Located at the Art Gallery of Ontario

CHIHULY Exhibition

September 29th - January 2nd, 2017
Located at the Royal Ontario Museum

Mystical Landscapes:

Masterpieces from Monet, Van Gogh and More
October 22nd – January 29th, 2017
Located at the AGO

Remembrance Day Ceremony

November 11 2016, 10:45am
Located at the Toronto Old City Hall Cenotaph (60 Queen Street West)

Friday Night Live at the ROM

Drinks, food and live music
Tribute Theme November 11th
Wild Theme November 18th
7pm – 11:30pm
\$13 for students

Pop-up artistique:

illustrations de Nicholle Kobi
Samedi 12 novembre 2016.
Located at the Hôtel Le Germain Maple Leaf Square à Toronto (75 boulevard Bremner)

The Santa Claus Parade

November 23th

One of a Kind Show & Sale

November 24 - December 4
Located at the Enercare Centre, Exhibition Place

Cavalcade of Lights

November 27th
Located at Nathan Phillips Square

If you're around Toronto and hear of an event that might be of interest to our community, write to us at: metropolis@protemglendon.com.

WE Day Family

Marie Gomez
Contributor

On Wednesday, October 19th, close to 20,000 people filled the seats at the Air Canada Centre for the first inaugural We Day Family. The audience members ranged from elementary children to college students to parents. We Day is a yearly celebration and kickoff concert for the We movement. It is used to inspire youth to volunteer and take initiative within different causes. This year's performers included The Bare Naked Ladies, Chris Hadfield, Hedley, the cast of The Social, Gord Downie and York's own Lily Singh, aka. Superwoman. We Day is organized by the We Charity (Former Free The Children Charity) in partnership with Me to We, which together make up the WE Movement.

For the most part, participants of the WE Movement are elementary and high school students, so their events happen during school hours. By taking part in We Charity initiatives, those students learn about WE Day. Schools with Me to We clubs spend the funds raised during the year to build We schools. Through bake sales, change drives, collecting canned food for local food banks, and volunteering to raise awareness about homelessness, Aboriginal rights, and child labour, children become more aware of social issues, and begin to want to promote change. Typically, only elementary and secondary schools are invited to We Charity events. But this time, We Charity made an evening event for families appropriately called WE Day Family.

The event included all the glitz and glamour of the regular We Day, but the condensed content was geared towards parents. The We movement is trying to get families involved in their children's initiatives by creating WE family trips, WE summer camps, and a broader, more comprehensive WE experience.

The performances at the event were fun and many families even went on stage to speak about their experiences with the WE movement. The Bare Naked Ladies were the

main musical guests and opening act. Later in the show, they brought on Chris Hadfield to play their popular song called, "If I had a million dollars" and the band later sang a medley of new and old songs to please the multigenerational crowd. They even referenced Star Wars; Hadfield was in on the joke, and appeared on stage in a black outfit saying, "I am your father".

There were also more emotional moments, like the performance by Gord Downie, the Tragically Hip singer diagnosed with terminal brain cancer. He came to support of the Wenjack family, a family of residential school survivors and to promote the documentary "The Secret Path", which focuses on the story of Chenie Wenjack, a 12 year old boy who died 50 years ago on his walk home from the residential school. Downie's performance was given a standing ovation.

This event was a good way to reach out to adults as well as young children who are looking to be involved with the WE movement. This year, WE Day family is only being held in Toronto, but there will be regular WE Days in cities all across North American and Europe. If you didn't have the chance to see it, you can watch the TV broadcast on MTV, November 28th.



Marie Gomez (From left to right: Mike Downie, Pearl Wenjack, her son, Gord Downie)

A Reflection for The Transgender Day of Remembrance 2016



Sam Kacaba
Online Editor

It's that time of year again. November is the month we remember, memorialize, and look forward with hope for a better future. On the 28th of this month The Transgender Day of Remembrance will be taking place. This annual event is best described in a quote from its official website: "The Transgender Day of Remembrance was set aside to memorialize those who were killed due to anti-transgender hatred or prejudice. The event is held in November to honor Rita Hester, whose murder on November 28th, 1998 kicked off the "Remembering Our Dead" web project and a San Francisco candlelight vigil in 1999. Rita Hester's murder — like most anti-transgender murder cases — has yet to be solved. Although not every person represented during the Day of Remembrance self-identified as transgender — that is, as a transsexual, crossdresser, or otherwise gender-variant — each was a victim of violence based on bias against transgender people" (tdor.info).

To celebrate The Transgender Day of Remembrance, I thought it would be nice to start with a reflection. What does transness mean to you, the reader? Is it something you understand? Do you hold it close to your heart? Or is it something more abstract, heard about on television but never understood? Of course, we all have a relationship to transness in one way or another. Are you a trans person? Or an ally? An aggressor or a bystander? Have you ever thought about yourself in relation to transness before?

How can we define the past year in transness? Certainly the world "visibility" comes to mind. What does it mean to be seen and perceived as a trans person today? We have seen the rise of trans celebrity beyond the likes of what we've seen before. We have our Caitlyn Jenner and our Laverne Cox. At the same time, we live in a country where, as of the publication of this issue, there are no legal protections in place for transgender or otherwise gender-variant individuals. What does this look like in the



workplace? On campus? How does lack of job security interact with rates of poverty within the community? We have taken this step into "visibility", while the general population still does not understand or empathize with what it means to be trans.

Even within the LGBT community, there are seen cisgender queer endorsing unsophisticated and dangerous rhetoric about trans people. Many gay pundits have been working hard to distance themselves from gender-variance and creating a very 'us versus them' mentality. In their statement following a transphobic assault, Alok Vaid-Menon of the performance art duo Darkmatter correctly stated that, "the gay movement has only become successful by distancing itself from gender non-conformity". As if we've all forgotten that we are all gender-traitors in one way or another; that's kind of what queerness is all about. We as queers qualify and distinguish in ways that straight cisgender people simply do not. The intricate identity politics we deploy do not matter to the ones who hurt us. We represent the same kind of non-conformity in their eyes. Any safety you think you can get from respectability politics can get you is a farce.

What now, then? How do we move forward and go from visibility to understanding? There is no definitive answer; between public policy and societal attitudes there's much to be done. However, when it comes to the individual level, I believe that the most important thing we can do is cultivate kindness and initiate conversation.

I wanted to put together a quick list of resources that would be accessible to cisgender people while still being relevant to trans people. Something beyond "Trans 101", I want-

like they belong to a community, an element of safety they may have never experienced before. Al-Shabaab understands the manipulability of children. Because children don't understand if the battle is being won or lost, they will just follow orders and are therefore easy to use at the frontlines. While the reward-based tactics of recruitment sound peaceful, there is no doubt that al-Shabaab uses violence to recruit children, especially when recruiting girls as brides for commanders. The families of girls who do not willingly become wives are threatened into forcing their daughters to be wed. Furthermore, these training camps would be impossible before a violent conquer of villages and towns by al-Shabaab.

What is being done to remove children from conflict situation? International Law

ed to share some work from actual trans people living their actual lives. These are sources that I have found invaluable to my own personal journey, and hopefully will hold similar weight to some of you!

Vivek Shraya - The Boy and the Bindi, Trisha, even this page is white

Shraya is a Toronto based artist, as well as a recent graduate and prodigy child of our own York University. This year she has release two books: *The Boy and the Bindi*; a children's book exploring gender and identity. I was introduced to her work through her photo-essay *Trisha*, a striking collection of photos of her mother recreated throughout her transition. It explores relationships with the self and between mother and daughter that feels very kind and vulnerable. *Trisha* feels like an important piece of art to me, one that gives a deeper understanding of the soul of a trans woman.

Morgan M. Page - One from the Vaults

Page is a Montréal based artist and educator, best known for writing the *BRAZEN: Trans Women's Safer Sex Guide* (which is available in both French and English at the Glendon Women and Trans Centre). Her most recent project, *One from the Vaults*, seeks a nuanced exploration of trans history. Page frames her podcast as exploring the "dirt, gossip, and glamour of trans history". My favourite episode thus far is *The Art of the Possible*, which explored the life of trans politician and Māori sex worker, Georgina Beyer. Beyer was the world's first openly transsexual mayor and Member of Parliament, as well as a longtime advocate for the rights of sex workers. In my own experience, OFTV is one of the most well researched trans history

endeavours out for public consumption today, and I would consider it mandatory listening material.

CBC's Unreserved - Episode 20, Celebrating the two-spirit community

Unreserved is a CBC podcast hosted by Rosanna Deerchild which takes listeners behind the headlines from Indigenous communities in Canada and beyond. Episode 20 was dedicated to issues concerning two-spirit communities: the history of the term and community, as well as the relationship between colonization and settler culture and homophobia and transphobia. It featured interviews with Jack Saddleback, Ma-Nee Chacaby, and Gabriel Guiboche (also known as Strife Asaakeezis). As a non-Indigenous person, I found this episode incredibly informative and it drove home the fact that queer liberation cannot come without reconciliation.

TDOR.info - Remembering Our Dead web project

The Transgender Day of Remembrance website provides a variety of resources regarding transphobia and how trans people are affected. The most relevant in my opinion is their memorial list, the *Remembering our Dead* project, which records the names of those who have died as victims of transphobic violence. They have kept this list for almost a decade, and although it is somber I believe it's something important to read.

G.L.O.S.S. - Trans Day of Revenge EP

Released in the wake of the Pulse Massacre in June 2016, *Trans Day of Revenge* is the second EP from Olympia-based punk group G.L.O.S.S. (*Girls Living Outside Society's Shit*). This EP is 7 minutes of pure catharsis, and I personally think that G.L.O.S.S. is one of the most important punk acts of the last 5 years, at the very least. Let them provide a soundtrack for this Trans Day of Remembrance 2016, as we move forward with positive intentions held in our hearts.

We can be better — both on campus and online, in public and in private. Be kind to your trans peers, and help your cis peers understand the humanity behind this idea of transness. This past year has been hard, but I truly believe we can make the next one better through listening and learning.

Robbed of a Childhood: Child Soldiers in Somalia (continued from cover)

When al-Shabaab gains control over a new town, the group set up schools and other services that resemble the goal of sustainable rebuilding, but in fact, they are building training camps. In the schools, children are then indoctrinated with jihadist and anti-governmental ideologies.

Al-Shabaab creates a system of reward-based learning so children feel worthy and

on child soldiers is vague and protocols in place are weak. Article 38 of the UN Convention on the Rights of the Child requests that governments take precautions against the recruitment of children under the age of 15 into conflict situations. As for the Somali conflict, the Transitional Federal Government has pledged to end the recruitment of children since 2010. A more concrete action plan was signed by the Transitional Federal Government and the UN in 2012. It dictates termination of the practice of recruitment and use of children in the Somali national armed forces; the reintegration into society, with UN support, of all children released from the armed forces; the criminalization in national legislation of the recruitment and use of children; and the provision to the UN of unimpeded access to military installations to verify the

presence or absence of children. Unfortunately, according to the HRW World Report 2015, progress has been slow on these action plans.

The lack of action to protect these children is detrimental because so many lives are being corrupted or lost. Even more worrisome, when the conflict comes to an end, the population that will be rebuilding the country will have never known a time of peace and security.

Originally published in Tabula Rasa, the student newspaper of University College Roosevelt

We Screwed Up: Humans As An Invasive Species



Bruno Da Costa
Arts and Entertainment
Editor

On October 18, the 17th annual Planet In Focus film festival began at the University of Toronto's Isabel Bader Theatre. To commemorate another year of intriguing documentaries highlighting the diverse nature of our planet and the looming threats to its well-being, the Eco Hero Award was given to David Suzuki, recognizing him as a warrior and trailblazer in the advocacy of promoting a sustainable environment. In his acceptance speech, Suzuki lived up to his award, fervently talking about how the time for reformatory constitutional action is now.

Suzuki highlighted how the conquests of the past made in the name of the environment are still issues we must fight to prevent today. For example, even though Suzuki and his supporters managed to prevent the Site C Dam construction at Peace Lake in British Columbia in 1983, the threat of the dam being built is still ever-present. Canadians also helped stop proposals to drill for oil in the Arctic National Wildlife Refuge, but the battle to ensure the proposals stays dormant continues.

According to Suzuki, the harsh reality is that politics get in the way of environmental policies, most often because the costs are too

great. While the headstrong environmentalist believes the country is in better hands under the Trudeau government, he was unfailing in his criticisms of former Prime Minister Stephen Harper and his disregard towards environmental issues. The economy, said Suzuki, has no regard for the sanctity of the planet.

He went on to stress that an economy based on over-consumerism will never allow for a reform in economic policies that support the protection of the environment. As a nation, we are trapped in trade agreements that service corporations, not the public. For corporations to stay alive in a culture of mass consumption, the planet's resources must be depleted.

Suzuki described humans as invasive species that have taken over the planet, abusing the heritage of future generations to fulfill material desires. We will never understand the sanctity of the soil, plant life, water, and air until we stop caring more about money rather than the environment.

Hope still stands, though. Suzuki believes that if we change our agricultural industry to be more locally sourced and sustainable along with shifting away from an 'economy first' worldview, then humanity will survive to the end of the century.

Suzuki spoke extensively about his Blue Dot Foundation whose aim is to inspire people to work with their municipal governments. Canadians are urged to start the environmentally sustainable revolution locally and work from the bottom up in order to reach legislative measures that ensure an environmental bill of rights is brought up provincially and, eventually, federally.

It is the Blue Dot Foundation's hope



to see an amendment made in the country's constitution that bases an economy around the reality that the environment must be protected and that energy use is reduced across the municipal, provincial, and federal levels.

Locally, this means that Torontonians must commit to reduce their environmental footprint. The community must collectively gather in the resolve to preserve the richness of our environment. As Canada's largest city, it is within our power to set a precedent for environmental consciousness that may be followed across the

country.

David Suzuki truly believes that we have that capability. In his talk, he urged young people to vote because their voices, when raised in unison, can deafen stubborn legislative ears. He even went so far as to encourage civil disobedience. We are equipped with many tools of knowledge, but we must be prepared to be the catalysts of change and revert our species' destructive tendencies onto a path of sustainability.

'Cannabis Madness' Creates Medical Marijuana Revolution



Emilia Nowicki
Health and Wellness Editor

If you have a chronic medical condition or are simply interested in all things medical, I recommend that you take an hour out of your day to watch the CNN documentary on the effectiveness of medical marijuana. It is sure to transform your perspective on your personal health, medications, and the controversy behind this unique method of treatment. The 45-minute documentary titled *WEED 2: Cannabis Madness* can be found on Youtube, but was originally shown on CNN as a sequel to Dr. Sanjay Gupta's first report on his change of opinion regarding medicinal cannabis. Dr. Gupta, world-renowned neurosurgeon and CNN's chief medical correspondent, began reporting the safety and effectiveness of medical marijuana after experiencing a scientific epiphany that shifted his views about the miracle drug that is cannabis.

Dr. Gupta made headlines when he apologized for earlier reports opposed to medical marijuana: "I apologize because I didn't look hard enough, until now. I mistakenly believed the Drug Enforcement

Agency listed marijuana [...] in the category of the most dangerous drugs that have 'no accepted medicinal use and a high potential for abuse.' They didn't have the science to support that claim, and I now know that when it comes to marijuana neither of those things are true. It doesn't have a high potential for abuse, and there are very legitimate medical applications. In fact, sometimes marijuana is the only thing that works." (CNN, 2013)

Dr. Sanjay Gupta's second medical-marijuana special is an intriguing sequel as it follows the lives of several families known as "medical marijuana refugees", showing how children are now in the forefront of the medical marijuana movement. One of the families featured in the documentary, New Jersey's Wilson family, was followed closely on their quest for CBD-rich cannabis oil that was only available in Colorado at the time. The Wilson family is among the first "marijuana refugees" - families who leave everything behind and move to Colorado in hopes of treating their ill children with medicinal cannabis.

The documentary also features the Stanley brothers, scientists who created a famous strain of medical marijuana that has helped so many ill individuals manage their symptoms. The Stanleys are the chief providers of the unique medicinal cannabis oil called "Charlotte's Web", which they named after a young girl who was one of the first to successfully undergo their marijuana treatment for epilepsy.

The biggest concern that most people

have regarding medical marijuana is linked to the belief that it always causes patients to experience a high. However, this is not the case with the medicinal cannabis produced by the Stanley brothers. In *Weed 2*, the Stanley brothers explain how in the cannabis oil they produce, the tetrahydrocannabinol levels (THC), which is the psychoactive compound causing users to feel high, are very low. However, the cannabidiol levels (CBD), which contains anti-inflammatory, pain-relieving and anti-epileptic properties, are very high. For this reason, any controversy regarding CBD-rich medical marijuana should be discarded, as the benefits of cannabis have proven to help so many different medical conditions without causing the additional harmful side effects of other traditional, pharmaceutical drugs.

After getting a glimpse into the lives of several families praying to finally provide their children with this strain of medicinal cannabis,

and seeing the expression on the patients' faces when their severe symptoms are relieved, one wonders why it took so long to reach this point, and why different countries, provinces, and states are still reluctant to legalize medical marijuana and include it in treatments.

Dr. Gupta clarifies all the biggest concerns and debunks several myths regarding marijuana, making *Weed 2* a great resource for those suffering from various health problems. It is also useful for their friends and family members, who are now given the opportunity to better understand the wonders that this controversial method of treatment can do. Although many chronically ill people do not have the opportunity to move to Colorado for the "Charlotte's Web" treatment, thanks to Dr. Gupta's work, medical marijuana legislation is evolving around the world and a new hope for a pain-free future is emerging.



John Kemp's Kitchen: Heavier Meals for Colder Weather

John Kemp
Contributor

As the temperature outside continues to drop, our bodies need more and more energy to keep warm while also tending to our daily activities. In other words, this is a great excuse to eat more carbs and, namely, more pasta! That's why for this issue, I decided to share my delectable recipe for tomato sauce. This recipe is affordable, easy to make, and makes for a comforting quick meal after coming home from a long day. I've kept this recipe simple, not wanting to lose the authentic basics of great tomato sauce, so I hope you'll enjoy it. Buon appetito!

Salsa di pomodoro con basilico Giovanni
(John's Tomato Sauce with Basil)

Food Cost: Using dried pasta, about \$2.30 per serving

You'll need:

- 6 tbsp. extra virgin olive oil

- 1 small yellow onion, finely diced
- 3 cloves of garlic, minced
- 4, 23-oz. cans of San Marzano tomatoes
- 15 leaves of fresh oregano, roughly chopped
- 20 leaves of fresh basil, chiffonaded (rolled together and then sliced to make small ribbons)
- Kosher salt and freshly ground black pepper

Directions:

1. In a large saucepan, heat the olive oil until a small piece of onion sizzles when dropped in. Add the rest of the onion and allow to cook until semi-tender. Then, add the garlic and stir. Allow to cook until the garlic becomes aromatic, but not for too long, otherwise the garlic will become bitter.
2. Crush the tomatoes and add them to the saucepan, stirring to combine them with the onion and garlic mixture. Allow to simmer, stirring occasionally until the acidity of the tomatoes has weakened.
3. Finally, remove from the heat and add the basil and oregano. Stir in until combined and season to taste with salt and pepper.

Questions? Feel free to contact me through my Facebook page (John Kemp's Kitchen) or Instagram (@johnkempskitchen). Enjoy!



John Kemp



Quick and Easy Study Snacks



Reeda Tariq
Campus Life Editor

It's the scariest time of the year! No- not Halloween, that's long gone... I mean test time! Stress accompanied by late nights in the library wondering if your education is even worth it often makes you turn to pizza or anything cheap, greasy, and easy to make. However, these foods don't do anything good for your mood, so here are some easy snacks to lift up your spirits and make you feel like you have some semblance of being an adult.

Nutella Energy Balls. This one is for those of you who have a sweet tooth.

First mix the following ingredients in one bowl (or a giant mug):

- 1½ cup of oats (old-fashioned for me)
- 2 tbsp. of ground flaxseed
- ½ cup of honey
- 1 tbsp. of chia seeds
- 2 tbsp. of vanilla extract.

Next, for the pièce de résistance, add:

- ¾ cups of Nutella
- ½ cup of roasted hazelnuts

Cover and chill the dough in the refrigerator for 30 minutes. Once cool, take it out and roll it into little balls and... eat them! You can also put them back in the fridge to enjoy at a later time.

Spicy Toasted Pumpkin Seeds. For a more savoury recipe, I'll show you something perfect for this time of the year... These take only 30 minutes or so to make and are a perfect snack

to munch on during all those late nights of studying.

Set the oven to 190°C, and combine all of these ingredients together:

- 1 cup of pumpkin seeds
- ½ tsp. of garlic powder
- ½ tsp. of salt
- ¼ tsp. of cayenne powder
- ½ oz. of olive oil

Put the seeds onto a tray and pop them into the oven for around 15-20 minutes or until the seeds look toasted, but not too crispy. Take them out, let them cool, and enjoy this snack that's sure to make you a hit amongst study buddies (not to mention the Glendon squirrels!)

Horoscopes for November 2016



Sam Kacaba
Online Editor

Aries + Aries Rising

Your ruling planet, Mars enters Aquarius on November 9th. The passion of Mars combined with the independent nature of Aquarius has huge potential, especially when it comes to professional endeavours and places where a strong sense of self is necessary. That being said, do not allow yourself to become aloof! Relationships require maintenance and if you turn too far inward there are bound to be negative consequences.

Taurus + Taurus Rising

As Venus enters Capricorn on November 11th, now is the time to sit down and seriously evaluate your romantic relationships. Capricorn is all about discipline and grounding (especially so as a cardinal Earth sign), so that influence on your ruling planet this month is a huge opportunity to make hard decisions that you may have been putting off. Have courage Taurus, and take control of your destiny!

Gemini + Gemini Rising

Gemini is ruled by the planet Mercury, and as it transitions from Scorpio to Sagittarius on November 12th keep in mind your platonic relationships. The tone of discourse will feel a significant shift from restrained to ruthless honesty. This is specifically a good time for getting rid of any bad blood. Feud with a friend? This month will be the best time to talk it out. Sagittarius is for adventure and strong friendship, just make sure you're diplomatic!

Cancer + Cancer Rising

The first half of Cancer's November will be a brooding and reclusive one. As a sign ruled by the Moon, it's transit through Scorpio will be felt strongly. I suppose it's the right time of year for it though, better to be holed up and cozy at home than out and about in this weather. However, as the Moon enters Sagittarius on November 29th, the mood of the month will transition from insular to extraverted. Save any trips or dates with friends until the end of the month for a better time + more energy to expend on others.

Leo + Leo Rising

Our proud lion is ruled by the Sun, so as you may have guessed, the shift from Scorpio Sun to Sagittarius Sun on November 21st will have a pretty sizable influence on Leo. Leo and Sagittarius are incredibly compatible -- as fire signs they both enjoy freedom and new experiences. Sagittarius tends to be less dependant on the opinions of others (as opposed to Leo), so perhaps with that influence in mind, take this month to examine your relationship with external validation.

Virgo + Virgo Rising

Traditionally Virgo is ruled by Mercury (we won't have to get into modern ruler influence until next month), which is moving into Sagittarius on the 12th of November. The influence

of Mercury in Sagittarius will be different for Virgo than Gemini even though they share their traditional ruler. This month, take the time to try and get out of your shell a bit. Shake up your routine, join a club, maybe even write an article for the newspaper! Be brave Virgo! As was said by Aubrey Drake Graham, patron saint of Toronto: You Only Live Once™

Libra + Libra Rising

Like Virgo and Gemini, Libra also shares its ruling planet. Both Libra and Taurus are ruled by Venus and as was said before, the influence of Venus will manifest very differently for both signs. As Venus enters Capricorn on November 11th, Libra should seek to cultivate confidence. The influence of an Earth sign like Capricorn will be felt strongly by an Air sign such as Libra, so prepare for an intense month. Take from Capricorn what you can, take its humor and self-reliance. Then hunker down and do your best to keep harmony.

Scorpio + Scorpio Rising

It's a busy month for all Scorpios out there! Mars, the traditional ruler of the scorpion enters Aquarius on November 9th. Then on November 24th Scorpio's modern ruler, Pluto is squared by Jupiter. The influence of Aquarius on Scorpio will provide some much needed energy and a conducive environment for work of an academic nature. On the other hand, Jupiter square Pluto will bring on a motivation + desire for success as well as satisfaction. Make positive use of this earnest energy, but don't overwork yourself. The influence of Pluto on your sign increases the potential for obsessive behaviours.

Sagittarius + Sagittarius Rising

It's Sagittarius Season! The Sun will be in Sagittarius from November 21st to December 21st, and by all accounts this month-long period will be a busy one as well. Sagittarius' ruling planet Jupiter is biquintile with Neptune on November 21st and squares Pluto on the 24th. The biquintile influence of Neptune will be conducive to creative works and the arts. However the intense presence of Pluto will make it easy to become wrapped up in projects. Tread lightly Sagittarius, this would be the perfect time to take an art class at a community centre.

Capricorn + Capricorn Rising

Capricorn's November is looking pretty calm when it comes to astrological activity, but that being said there is a pretty heavy aspect coming your way in the form of Saturn semi-sextile Pluto. Capricorn is ruled by Saturn, and when it forms a semi-sextile angle with Pluto on November 10th it will become easy to develop a gloomy/inauspicious mood. It might feel like the end of the world right now (especially with the end of the term coming up), but this negative energy isn't necessarily a bad thing. Use this concept of finality to look introspectively at your current projects. What would you benefit from dropping? How can you use discipline and self-sacrifice to achieve your goals? Try not to get too wrapped up, but it's okay to purge every once and awhile. Just try to be reasonable and responsible about it.

Aquarius + Aquarius Rising:

Aquarius' ruling planet, Uranus won't receive

much action until December. That being said, the influence of Mars (which enters Aquarius on November 9th) has the potential to make this month an interesting one. I am thinking of the tendency of Aquarians to run from emotional expression. Confronted by the passion of Mars, this could be an excellent opportunity to speak out in regards to longstanding emotional grievances. Are you in love with someone? Tell them! Has someone done you wrong? Confront them! This being said, neither the author of this column nor Pro Tem are liable for what might happen. But give it a shot! Why not finish 2016 off with a bang!

Pisces + Pisces Rising:

Pisces' ruling planet, Neptune has been in retrograde since June 13th, and will finally go direct on November 19th. Since Neptune retrograde affects emotional sensitivity, Pisces will have been feeling an acute awareness of more inner desires, and increased emotional receptivity (doubly so as it is their ruling planet in retrograde). When this period comes to an end, Pisces will find a stronger sense of fortitude and ability to cope. November will be a time to tie-up loose ends and move forward. As Jupiter forms a bi-quintile angle with Neptune on November 21st, the later part of the month would be a good time to pursue new personal projects. Create for yourself, first and foremost.

NOV 15 | 7:30-9:30PM | LUNIK

~ DISPONIBILITÉ LIMITÉE ~

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Le TTC...

Mary Schmitz
Contributrice

Le TTC...

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Please Start Saving the World

Ruth Boskovic
Contributor

Power picked up their weapons
and shouted Put down your guns.
The innocent put their hands up
and screamed Don't shoot anyone.
And we all stood in the empty streets
and cried God, what have you done?
As if our words were shields
and they'd move faster by our tongues.

They tell us now to move on
as if it happened years ago
but all the lectures were created
to silence down our show. And
all the battles rigged and run
for power, money, and our blood—
the broken bodies on the ground
left by hate and rich men's sons.

We don't see and they can't breathe
the smoke flies up and hides
terrified faces and silent screams.
it wasn't a neighbor or a friend
we've forgotten; we're all family so
we step back and they go down.
We say we want to save the world but
it's a different country, person, town
and so the war goes on.

Lest We Forget

Anonymous
Contributor

In Flanders Fields you lie,
you sacrificed your lives.
You were people like us:
ordinary, everyday people,
with family and friends.
You are no longer with us,
but will stay forever in our hearts.
For you were the bravest;
the strongest.
You are the angels that watch over us.
In death you were noticed;
you are the reason we have peace.
You fought in the past,
it happened so long ago.
But it affects us -
today and everyday we are alive.

Dear soldiers,
We are thankful for your fighting.
Your stories live on;
they are told and retold every year -
A legacy in itself.
It is an honor
we share all over the nation
for us to remember your tales.
To wear poppies upon our breast
and to say:
"Lest we Forget"

Six Word Story II

Ayla Slijivar

"Why are you ignoring me?"

√Seen

Sour Milk

Emily Leahy
Contributor

your words are curdled, spoilt, unfit for use
lumpy and hard to swallow,
please force feed them to me

vinegar in milk for improvised buttermilk
for kneading quick bread - essential, construc-
tive,
a soft and warm ending

yours are lumps of matter that festered,
have gone bad

you have the nerve
to tell me I take things too personally,
of course I do.



Lauren Clewes





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