

Journal Glendon

NOTRE VOIX NOTRE HISTOIRE

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Les prochaines dates limites:
le 20 janvier
le 3 février



NOTRE VOIX
NOTRE HISTOIRE



Gabriella Giordan

De plus en plus bas La ville du Pont des Soupirs



Gabriella Giordan
Assistant French Editor

Venise : la capitale de la région italienne de la Vénétie, et une ville riche en histoire, en vie culturelle, en traditions. La ville du grand compositeur Antonio Vivaldi, où chaque coin est caractéristique de l'architecture qui mêle accents tantôt byzantins, tantôt ottomans, est en danger. Les merveilles qui font de Venise l'objet de milliers de visites touristiques par jour ne peuvent la sauver des menaces auxquelles elle fait face. La combinaison de facteurs environnementaux et socio-politiques l'endommage progressivement, un Soupir à la fois.

Au cours du siècle dernier, Venise s'est enfoncée de 23 cm. Elle continue de s'enfoncer, de 1 à 2 mm par an. Le niveau de la lagune, de son côté, monte de 2 mm par an. La rupture de l'équilibre de l'eau douce et de l'eau de mer, la haute teneur en sel de l'eau, la présence de bateaux motorisés et la pollution ont causé et continuent de causer l'« acqua

alta », le phénomène qui se produit lorsque la marée dans l'Adriatique monte et cause une inondation, ainsi que les fortes marées, ou *Moto Ondoso*.

La quantité et la circulation des bateaux motorisés qui naviguent dans la lagune vénitienne, grands et petits confondus, s'avère un autre obstacle. Entre 1997 et 2012, le nombre de bateaux de croisière à Venise est passé de 206 à 661. Les bateaux font perdre à la lagune entre 750 000 et 1 million de tonnes de sédiments par année et amplifient le *Moto Ondoso* par la grande quantité d'eau qu'ils déplacent à chaque passage. Ils relâchent également des quantités énormes de fumée, et ce, à cause du fioul lourd qui leur sert de combustible. Le gouvernement italien a fixé la limite de poids d'un bateau traversant Venise à 40 000 tonnes. Pourtant, les autorités portuaires continuent de soutenir que les bateaux de croisière ne nuisent aucunement à la sécurité. De plus, malgré le fait que les bateaux à moteur aient à respecter des limites de vitesse, ils ne le font

pas toujours. Par le passé, plusieurs manifestations anti-paquebots ont eu lieu de la part des Vénitiens dans le but de diminuer de manière notable le nombre de bateaux de croisière, en vain.

Afin de résoudre le problème d'«acqua alta», le gouvernement Berlusconi a lancé, le 6 décembre 2001, le projet MOSE (Module expérimental électromagnétique), lequel date originellement des années 80, et dont les travaux ont débuté en 2003. Cet immense projet consiste en la construction de digues mobiles afin d'éviter que les marées inondent Venise. Les digues sont installées au fond de la lagune et serviront, lorsque le projet sera terminé cette année, à bloquer les eaux en s'élevant, si la marée dépasse 110 cm.

Sauf que MOSE présente plus d'enjeux qu'autre chose. Il coûte aux environs de 6 milliards d'euros en tout, soit trois fois plus que prévu.

(continué le page 8)

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Hey Glendon,

A few of the articles in this issue mention New Year's resolutions, but it is no secret that January is a tough time to dig within and find the necessary motivation to embark on a lifestyle change or to take on a big challenge. We're still in the middle of winter, and most people just want a warm blanket, a tin of holiday treats and a good old-fashioned Netflix binge. The rest of the earth is still in hibernation mode, so where are we to find the motivation to make good on all those promises to ourselves?

My take on New Year's resolutions is that they have to be reasonable, and you have to enjoy trying to accomplish them. After all, the end goal is to be as happy as you can be, so don't force yourself to do things you don't enjoy. Think about what you already do well, and try to build onto that. Start with something small, and make sure it is something you enjoy doing.

If you are a great singer, challenge yourself to a public performance. If you write poetry, share it with someone. If you love to read, your resolution could be to read more books this year. If you're a good listener, and you know your friends need you, try to be there

for them even more. If you enjoy live music, go see more shows. Do more things that make you truly happy. It might be important to eat well, exercise and save money, but if you ask me, true success comes from doing things that make you feel whole and happy.

Another resolution that would undoubtedly make you happier is to get involved on campus. There is a multitude of clubs to join, some of which are discussed in the campus life section of this issue. Some interesting opportunities at Glendon in the upcoming months include the La Mode Glendon (LMG) Fashion Show and the Leadership Summit. LMG is looking for a videographer as well as other people to help out backstage, so contact lamodeglendon@gmail.com if you want to volunteer with them! The Leadership Summit will be February 10th, so stay tuned for more information on that!

Of course, if you love to write, then you can resolve to write an article for Pro Tem! We are truly grateful for all of the fun and insightful content the Glendon community sent to us for publication in 2016, and we want to see even more student involvement in 2017. It can be hard to commit to a challenge or change in lifestyle, but there's nothing like positive reinforcement to make it easier – and there's nothing

like seeing your work in print to serve as positive reinforcement!

In the end, the point is self-fulfillment. Whatever your interests, whatever your passions, I hope you do more things that you love in 2017.

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

Friends of Glendon

Jaclyn Volkhammer
Contributor

In the late 1960s, students studying at Glendon reached out to the College staff asking for financial help. Within a few years, a fund for bursary and emergency loan support had been created through monthly giving from Glendon staff and faculty, helping lay the foundation for what we now know as Friends of Glendon. Friends of Glendon was created as a registered Canadian charity in January 1971 to assist the community in their efforts. Students rallied around the organization as well, approving a levy that they would pay to help increase bursary funds each year, which in turn would go back to the students themselves to help pay for school fees.

Students receive support through scholarships, bursaries and awards. In the nearly fifty years they have been active, Friends of Glendon have created over fifty awards that are managed by the university – we donate funds and set out the award criteria with the

College, which then manages our investments and distributes the awards to Glendon students. Scholarships are created to recognize the academic excellence of Glendon's best and brightest. Awards, in comparison to scholarships, can include non-academic and/or financial need criteria. Bursaries are primarily based on financial need; they support students who don't have enough resources to complete their studies. When students fill out their Student Financial Profile, they are automatically considered for bursaries offered by the Friends of Glendon.

On top of these traditional forms of support, we have two programs that provide support to students in more difficult financial circumstances. We have a small Book Voucher program that can help students who can't afford required textbooks. Our Board of Directors created this program in the 2000s when they learned that some students were finding it difficult to afford all of their books and were dropping courses for that reason. These vouchers are a one-time gift that a student can use at the campus bookstore.

From our beginning as an organization, our Emergency Loans program has been



Jaclyn Volkhammer

there to help students in crisis. We provide funds to give interest-free short-term loans to students who meet specific criteria. In the last six years alone, we've loaned over \$200,000 to Glendon students. Recently, in honour of Glen-

don's fiftieth anniversary, we set out to establish a Celebration Bursary to help with all of the Glendon students who will arrive in the years to come.

LMG Fashion Show: Calling for Photographers, Videographers, and Musicians

Shannon Benigi-an Mulholland
Contributor

It's a new year and La Mode à Glendon (LMG) has some new events coming your way. Get ready to start prepping and getting those Instagram captions ready because LMG is currently preparing for its biggest and most exciting event of the year: the Fashion Show! This annual event features fashionistas from both Glendon and Toronto who are putting their best foot forward. The executive members of LMG are working on curating the event and coordinating all the designers, stylists and models from both on and off campus that help make the Fashion Show one of the events at Glendon that you have to attend before putting on that black gown and graduation cap.

The executive team is still in need of some extra hands and creative minds for the night of the show. We are looking for volunteers who can help out backstage with a variety of roles, and we are also calling for all photographers that can take photos from either behind the scenes, pre-show or during it of the models as they head down the runway. LMG is also in need of a videographer who can film the entire performance, as well as singers and/or rappers to help keep the crowd pumped as the night unfolds.

If you or anyone you know would be interested in any of these opportunities, please e-mail lamodeglendon@gmail.com ASAP! The show will be held in a little less than a month, on **Friday, February 17 @ 7pm** in the Glendon Theatre. Even if you don't plan on taking part in the event, you can still join in on the fun Friday night by coming out to watch the show. We hope you come to show some support for your friends, both on the catwalk and backstage, and we guarantee that you will have a great time!

There will also be a Late Night Lunik held on **Wednesday, February 15**, two nights before the show. This will be a night for all supporters of the fashion show to meet, mingle and

talk about fashion and art! The mixer might also be a chance for the designers and other artists of the show to showcase their work. LMG encourages everyone to attend both our Late Night Lunik and Fashion Show events, and to spread the word! The executive team is very excited to reveal what they have been working hard on this school year. We hope to show everyone why fashion is such an important form of expression at Glendon.

Sri Lanka, WUSC has a variety of roles that will fit your skills.

A much newer club called Glendon SOS also raises funds for international projects. It is also a local branch of a much larger charity called Students Offering Support, and this is the club's second year at Glendon. Its motto is *Raising Marks, Raising Money, Raising Roofs*, and the club achieves these goals thanks to a team of dedicated student volunteers who raise funds to help build various projects in South America. The club's Outreach team partakes in these projects every summer, and this summer they will be heading to Costa Rica with Outreach teams from other universities. If that sounds like a way you would like to spend your summer, send them a facebook message @ GlendonSOS.

Another Glendon club that is a part of a greater international organization is AIESEC. Its presence in 2400 universities and 126 countries makes it the largest student-run organization in the world. Volunteering or interning with them would undoubtedly help you grow professionally and personally and would allow you to have an incredible global experience. They offer paid internships in teaching, business, marketing, and entrepreneurship.

The next student network, the Glendon Teaching Abroad Association, is dedicated to helping Glendonites develop skills to teach abroad, informing them of opportunities. It offers workshops and events that foster community and provide more information.

There are many other clubs that offer similar experiences, both at Glendon and at Keele, such as MEtoWE. Many of these clubs also have sister clubs at the main campus so, if you spend more time at Keele, you can choose to join a club there. For more information regarding all of these clubs, consult their YU Connect and Facebook pages. And of course, if you ever have any questions about how to join a club, don't hesitate to contact me at campuslife@protemglendon.com!

International Internships and Volunteering Through Glendon Clubs



Reeda Tariq
Campus Life Editor

Still trying to find a new year's resolution? Join a club! Getting involved on campus allows you to meet amazing people, and some clubs even present the opportunity of going abroad. Glendon has a multitude of clubs, which can be overwhelming, so I've narrowed it down to a few clubs that all relate to international issues.

Let's start off with one of the older clubs on campus: WUSC/L'EUMC Glendon. WUSC is a local branch of an international organization. The acronym stands for World University Service of Canada, or in French, l'Entraide universitaire mondiale du Canada. Il s'agit d'un programme permettant aux étudiants réfugiés de venir étudier au Canada, à Glendon, ce qui leur fournit l'occasion d'acquérir des opportunités que nous prenons pour acquis. Thanks to collaborations with various charities, WUSC offers volunteering opportunities both here in Canada and abroad in various different countries such as Peru, Vietnam and Kenya. From being a human resources advisor in Mongolia to helping out as a communications officer in



Shannon Benigi-an Mulholland

A Longer Time Ago, in That Galaxy Far, Far Away

Rogue One: A Star Wars Story Movie Review



Bruno Da Costa
Arts and Entertainment
Editor

The feeling that comes from sitting in a movie theatre in 2016 knowing you are about to watch a brand new Star Wars film is nothing short of magical. The lights dim, the retro backdrop of deep black space with spotted blue stars ap-

pears, and you are filled with nostalgia. The recent couple of years have seen the continuing of the Star Wars Anthology series. *The Force Awakens* began to tell the story that unfolds long after *Return of the Jedi*, and now *Rogue One: A Star Wars Story* stands at the forefront of the entire space opera, predating the events that lead to *A New Hope*. The film stars Felicity Jones as Jyn Erso, Diego Luna as Cassian Andor, and Forest Whitaker as Saw Gerra.

What is beautiful about the recent revival of the Stars Wars Anthology is that it allows young viewers to be transported through time and experience these stories firsthand in the same way that their parents did in the 70s and 80s. *The Force Awakens* succeeded at doing this by capitalizing on the nostalgia of a timeless story while still being original. However, the second you realize that *Rogue One* was not going to roll with an opening crawl at the start of its feature, it became apparent that this prequel would not be of the same caliber.

Aesthetically, *Rogue One* stands out

with pristine CGI that creates immaculate and intricate worlds akin to what Star Wars fans are already accustomed to. The battle on the tropical beaches of Scarif was one of the most imaginative and well produced aspects of the film. It was filled with hectic, choreographed battle sequences that contrasted beautifully against a lush and vibrant environment. While it did flash us back to the forest moon of Endor, it remained original in its execution and variety from what is already known about the moons and planets of this galaxy.

While it was easy and enjoyable to be distracted by the world building, it was impossible to ignore the lack of character development. In many cases, characters seem to develop out of convenience, notably Jyn Erso. As the daughter of an Imperial turncoat, Jyn spent most of her life hiding her identity and running away from the Resistance. At the beginning of the film, she outright despises the idea of a rebellion because of what it has cost her family. However, when the plot demanded a figure-

head for the genesis of rebellious plots against the Empire, Jyn was suddenly on board with the plans, going as far as meeting with Resistance leaders and convincing them of the need for a rebellion. This development presented more as a means to drive the plot, and as a result, Jyn's character often felt flat.

Overall, I would give the movie a B. It would have benefited from stronger writing, but the gorgeous scenery and splendor of outer space makes up for lackluster characters. *Rogue One* ultimately serves its purpose; it is a palatable prequel that will have to satisfy Star Wars fans until the next installment of the continuing anthology.

A Look at Some of the Winners of The Golden Globes 2017:



Ryan Gosling
"La La Land"
Best Actor in
Comedy/Musical



Emma Stone
"La La Land"
Best Actress in
Comedy/Musical



Donald Glover
"Atlanta"
Best Actor in
TV Comedy/
Musical



Viola Davis
"Fences"
Best Supporting
Actress



Billy Bob
Thornton
"Goliath"
Best Actor
in TV Drama



Isabelle Huppert
"Elle"
Best Actress in
Motion Picture/
Drama



Aaron Taylor
Johnson
"Nocturnal Animals"
Best Supporting
Actor



Tracee Ellis Ross
"black-ish"
Best Actress in TV
Comedy/Musical

Coffee Culture in the City



Andrew Thies
Metropolis Editor

If coffee culture in (sub)urban North America is a shot of Espresso, they definitely over-roasted my cuppa. All taste in my mouth is bitter, which leaves me salty.

I curse the pretentious coffee shops with their wooden hand-carved tables upon which throngs of MacBooks and MacBook Airs and MacBook Pros perched ever-so haughtily stand and salute their owner's efforts to look busy and important.

"Ugh", sighs a wedding/event/life planner sitting in the communal open-concept board-room at Jimmy's Coffee on Bay Street. It is decidedly clear to everybody in the room of the many things she must do and how little time she has. Those in her vicinity note the importance of her existence and carry on with their day.

We seemed to have developed a penchant for being pretentious in this city. From where this starts; I don't know. I couldn't venture a guess either. But little do know it extends to our caffeine intake and the culture we in the Western world have created around it. I find myself shelling out as much as \$3 for a cup of espresso served to me by an over-enthusiastic barista touting organic fair-trade beans which have probably lost their "ethic" somewhere along the shipping/distribution process. Unbeknownst to him, of course.

It hasn't always been like this. Coffee Times and McDonald's and sports bars in Little Portugal/Italy remind us of our humble pre-gentrification past and stand as solemn guards judging our every sip. With the return of Zaza and other modern takes on an Old World sentiment, we see signs of a move in the right direction; and for only \$1.90 a cup at Zaza, it's a cheaper direction.

"I'll have a quad long shot grande in a venti cup half calf double cupped no sleeve salted caramel mocha latte with 2 pumps of vanilla", drones on Brent, an avid caffeine lover, to the poor soul working behind the Starbucks till just trying to pay for tuition. "I swear I can't start my day without it", he laughs half-heartedly.

I guess I can't be too hard on us. Taken from a different perspective, one can easily say that quite a large number of cultures have their own unique intricacies when it comes to coffee consumption. For example, in Italy, one usually has a cappuccino after breakfast and an espresso after dinner. In Ethiopia, social gatherings in some parts of the country require the women of the house to perform a coffee ceremony. It's as much about the social as it is about the brew. People gather to talk about the mundane and the profound, the silly and the serious over coffee.

Well that sounds eerily similar. The same thing happens here in Toronto- everywhere actually. The social function that coffee offers isn't a bad thing - nor do I have qualms with. Nothing wrong with catching up with friends over a cuppa, I just wish people here would get off their caffeine-fuelled high horse.

But that's probably just our unique way of doing things. Can we so easily conclude that pretentious, complicated orders are just our own "cultural intricacies"? I hesitate to say yes, because places like Tim Hortons and other coffee shops try pretty hard to act unpretentious. It works for the most part, and leaves our city in a landscape divided. Different roasts for different folks, I guess? Perhaps, but it's still my opinion that coffee culture here should be taken simply honestly.



January Events in Toronto: What Not to Miss This Month

Events happening in our city this January:

2017 Next Stage Theatre Festival

January 4th - 15th
Factory Theatre

"BRIDGE" by Naomi Dodds

January 11th - February 4th
Interaccess

Leonard Cohen: I'm Your Man

January 13th - 19th
Hot Docs Ted Rogers Cinema

Canada's Top Ten Film Festival

January 13th - 26th
TIFF Bell Lightbox

Kings of Leon

January 16th
Air Canada Centre

Toronto Design Offsite Festival

January 16th - 22nd
Multiple venues across Toronto

Austra

January 20th
Mod Club

Louis C.K Live Stand-Up

January 26th
Air Canada Centre

Heathers: The Musical

January 26th-28th, 7pm
Glendon Theatre
\$10 for students, \$15 for adults

Winterlicious

January 27th - February 9th
Multiple restaurants across Toronto

Crossroads:

Reading Series by Students

January 27th
001 Vanier Renaissance Hall,
York U

Toronto Tea Festival

January 28th - 29th
Toronto Reference Library

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.

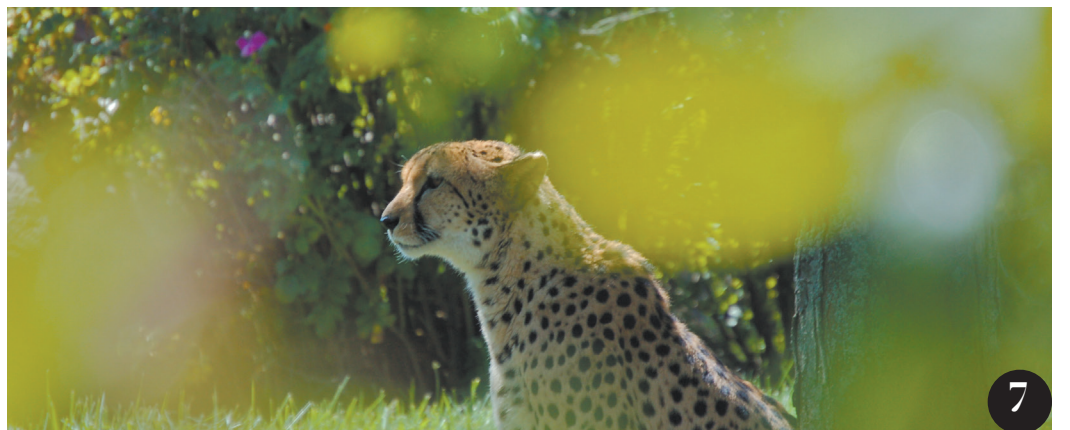
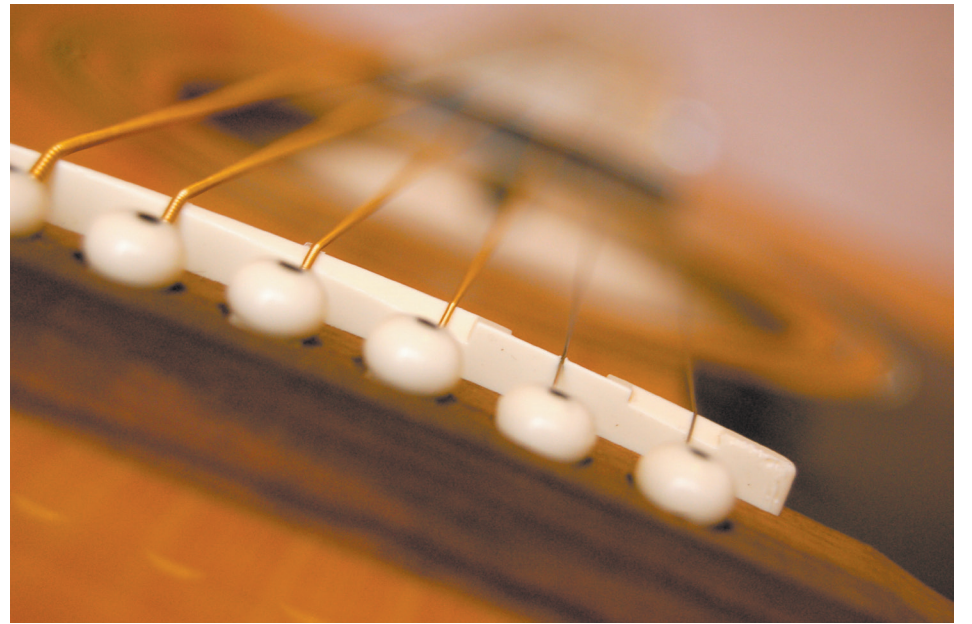
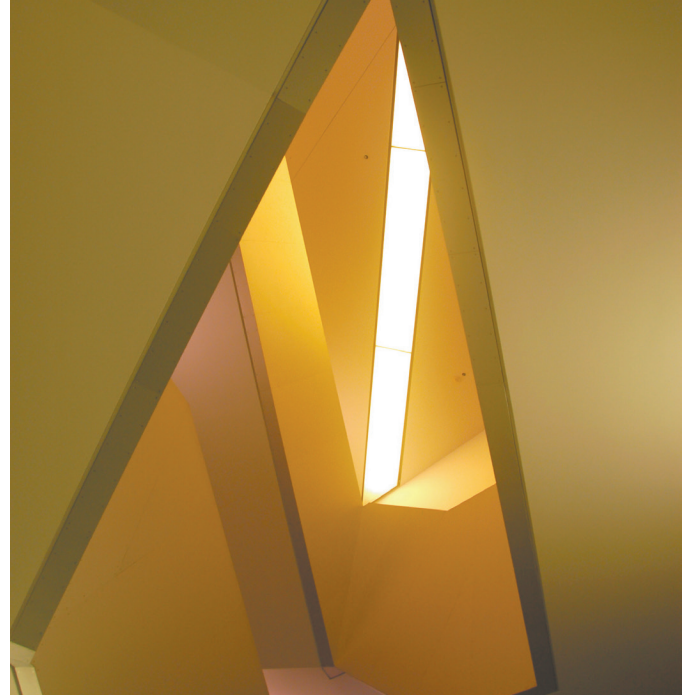


Lauren Clewes

Photography Feature on Marouan Malaeb Droulx



Photography Feature on Lauren Clewes



How My Tattoo Gave Me Strength



Kaitlin Kenny
Expressions Editor

I've always loved tattoos; whether a simple phrase or an elaborate sleeve, I find them to be incredible and unique works of art. Ever since I was a young teenager, I've thought and rethought of a million different designs that I'd want to put on my body, including pawprints, mandalas, and even characters from movies or books. Several years ago, my mother got my brother and my names placed on her wrists with a butterfly and a dragonfly, and my father opted for a half sleeve of a tiger. This only increased my curiosity and admiration, creating an itch that could only be scratched by a tattoo gun. It led to a booking with the oldest running tattoo artist in Thunder Bay, Dean Bruno of Living Colour. I was going to get a bold, yet simple triangle placed a few inches above my left heel.

Several months ago, I read an inspirational quotation that read, "Your body is your own home, so feel free to decorate it as you wish". Until I read that, I felt like my body wasn't fully mine, like it belonged to someone else. I wasn't happy with myself, and suffered

from low self-esteem as so many young adults do. In current media, I am not considered desirable. I'm overweight, don't shave as much as I "should", and have blemishes. I allowed society to take control of my body and dictate what I should and should not look like. My body was like an apartment that I could only decorate with the landlord's approval. My tattoo allowed me to reclaim my body.

This simple design helped me feel more confident and attractive. Instead of hiding myself in big clothes, I was able to wear outfits that I felt good in. Since the tattoo healed, I actually want people to notice me. I seriously went from a wimpy wallflower to a bold butterfly. I want people to understand that I can't be controlled by society, and that I am my own independent person. The permanence of the tattoo helped me discover my beauty. I used to meekly agree with the "Eff Your Beauty Standards" campaign by tattooed, plus-sized model extraordinaire Tess Holliday, but now I can proudly be a part of it.

There are so many meanings triangles can hold, whether it be historical, religious, or even scientific. When getting a tattoo, it is important to note that symbols can mean different things to different people, and it's especially true for me. When coloured in either pink or black, it mimics the identification placed on gay and lesbian people imprisoned in Nazi camps and is also used in LGBTQ advocacy. In fact,

the German World War II concentration camp, Dachau, has a memorial for those imprisoned there, in which the artist left some blank triangles with a black outline that look quite similar to mine. Triangles can also mean masculinity, Delta, or solar energy. It is the alchemical sign for fire, and represents a number of triads, including the Father, Son, and Holy Ghost, or Creation, Destruction, and Preservation.

Despite these meanings, I chose a triangle for a reason that is much more personal. While life has never been particularly easy or kind to me, the past few years have been even more difficult. In the past six years alone, I've suffered from numerous ailments, several accidents, and a few nasty diagnoses from my doctors. Life has tried to knock me down more times than I can count, and yet I still fight every day of my life, and will continue to do so. Triangles are a very special shape: they are the strongest. They are unbreakable. I am a triangle. I am unbreakable, and I cannot be brought down. My triangle is a reminder to myself that I can handle whatever may come my way.

I thought a tattoo would just be a little picture on me, a decoration on the body I call home. I now see that it's so much more than that: it is my reclamation, my confidence boost, and my reminder of exactly who I am. I never thought a fancy machine and some black ink could give me something so important.



Kaitlin Kenny

Fundamentals of Mortgages

Frank Borelli
Contributor

As we grow older and become more interested in having a place to call our own, it is important to know exactly what you are committing to. Mortgages are very common, yet many are unaware of their complexities. CIBC defines a mortgage as, "a loan to a property owner, often to buy property, in which the borrower gives the lender a lien on the property to guarantee repayment. This means if the loan is not repaid, the lender can take possession of the property and sell it to collect the amount owing." Though it may sound overwhelming, with proper preparation and commitment to making payments toward the loan, mortgages can be the key to owning your dream home.

To better understand the mortgage approval process, consider this home buyer's situation. A fellow Glendonite is looking to buy a house after graduating. The house they want costs \$400,000. However, they do not have that in savings. A bank can lend them the money as long as they can make a down payment of 20%. In this case, 20% of the total cost is \$80,000. Keep in mind that the down payment percentage changes depending on the bank used by the home buyer.

The buyer must also agree to make monthly payments to cover the remaining \$320,000 of the loan, in addition to interest fees. When choosing the interest rate, several options are available. For example, an "adjustable-rate mortgage" will change the rate over the duration of your mortgage. A

"fixed rate loan", on the other hand, will ensure that the interest rate stays the same over the entire time that the loan is being repaid. The fixed rate loan is more consistent, and will allow you to have the same budget every month.

The lender will also research and evaluate the home buyer on various aspects to ensure that they will be able to make their monthly payments. For instance, a bank will look at their credit history to check if the home buyer generally pays their bills on time and has good credit standing. Another crucial aspect is the buyer's income level, which indicates whether or not they make enough money to afford the property. If they fulfill these requirements, the Glendonite is likely to be approved for a mortgage. Banks must look into potential buyers' financial history so as to prevent the unfortunate situation that requires the bank to repossess the house. This is also known as foreclosure, and the bank must sell it again to make their money back.

These fundamental concepts should help you out when looking for a property. Mortgages are typically the biggest investment you'll make in your life, so it is vital to fully understand the commitment you are making.

De plus en plus bas (continué de la couverture)

Il existe énormément de controverse opposant les Vénitiens aux leaders politiques qui soutiennent le projet MOSE, notamment Giorgio Orsoni, l'ancien maire démocrate de Venise. En juin 2014, 35 personnes, dont Orsoni, soupçonnées de corruption, de trafic d'influence et de blanchiment en rapport à MOSE, ont été arrêtées. En effet, Orsoni avait financé sa campagne en 2010 en partie grâce à 400,000 euros provenant du budget de MOSE. Ce scandale a suscité l'indignation de la part de la population vénitienne.

Un autre aspect notable est le nombre extrêmement élevé de touristes qui visitent Venise chaque jour. La ville de Venise est petite et servait originellement de refuge aux populations de l'empire romain établis dans la région, lorsqu'elles fuyaient les invasions lombardes vers la fin du VI^e siècle. Aujourd'hui, la petite

île flottante est victime de sa propre beauté : quelque 100 000 touristes viennent à Venise chaque jour, soit 40 000 personnes de plus que le nombre de personnes qui y habitent déjà. Les touristes sont plus nombreux que les habitants, une réalité très différente et présentant plus de danger qu'il y a quelques siècles.

Venise se voit affectée par des facteurs majoritairement externes et humains. Issue en tant que solution et lieu de cachette, elle est aujourd'hui malgré elle un lieu touristique fragile. De nombreuses menaces environnementales, la plus inquiétante étant la circulation de bateaux motorisés, rendent la petite ville vulnérable et augmentent les risques qu'elle s'enfonce encore plus, et ce, dans une lagune 60% moins transparente qu'il y a quelques décennies. Tout ce qui a rapport au projet MOSE, y compris le scandale suscité par Orsoni en 2014, coûte cher au gouvernement et aux citoyens Vénitiens. Le chiffre important de touristes à Venise met en péril la ville dans un contexte environnemental, politique et culturel à la fois. La Venise d'autrefois refera-t-elle jamais surface?



Leadership & Career Summit

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John Kemp's Kitchen

The Big Mac and Big Margins: A Guide to Food Costing

John Kemp
Contributor

Being a student is tough. As much as the university and social experience is enlightening and transformative, it includes tight deadlines and being on your own for the first time, which can be incredibly stressful. The biggest source of stress for most students living on their own is money, especially when it comes to sourcing out sustenance. So, what to do when money's tight and you need to eat? Cheap fast food, right? Mickey D's perhaps? Let me give you a heads-up: it's cheaper, healthier, and plain-old tastier when you cook for yourself. Don't believe me? Let's take a look at an example.

We are going to compare the price of a McDonald's Big Mac to making a similar burger yourself. We will "food cost" (calculate how much exactly one serving costs to make) and compare the prices at the end (tax not included).

The general formula here is:
 $[(\text{price of item}) \div (\text{the total number of grams/mL/etc. purchased})] \times (\text{number of grams/mL/etc. you're using for the recipe})$

\$2.51. I know what you're thinking: "So what, John? That's still not cheap. Why did I even bother to read this?". To that, I say, have you seen the price of a Big Mac lately? Currently in Canada, the price of a Big Mac retails for just over \$5.00, which is more than double the price of making it yourself. You could even make some fries and get a drink, making it the "meal", and still have a cheaper meal than the sandwich alone from McDonald's.

I'm not telling you to go home and make burgers all day and boycott fast food

restaurants forever, but what I am saying is to keep in mind that fast food restaurants are just that: restaurants, which are businesses, and a business exists to make money. Although they

may be cheaper than eating at Ruth's Chris or Canoe every night, they're definitely not exempt from the fact that it's cheaper to make your own food. So, next time you hear that pizza, burger,

or chow mein calling your name, don't forget that you're not saving a single buck, but instead you might be paying more than double.

PRICE OF WHAT IS BEING USED	PRICE PER UNIT	AMOUNT PURCHASED AND PRICE	INGREDIENT & AMOUNT NEEDED
$\$0.31 \times 1.5 \text{ buns} = \0.46	$\$2.47 \div 8 = \$0.31/\text{bun}$	Pack of 8 buns for \$2.47	1 ½ burger buns (one top, two bottoms)
$\$0.01 \times 90 \text{ g.} = \0.90	$\$6.00 \div 450 = \$0.01/\text{g.}$	450 g. for \$6	90 g. ground beef
$\$0.16 \times 1 \text{ egg} = \0.16	$\$1.97 \div 12 = \$0.16/\text{egg}$	12 eggs for \$1.97	1 egg yolk
$\$0.01 \times 30 \text{ g.} = \0.30	$\$1.58 \div 425 = \$0.01/\text{g.}$	425 g. for \$1.58	30 g. bread crumbs
(negligible)			Salt and pepper to taste
$\$0.001 \times 15 \text{ g.} = \0.01	$\$1.47 \div 1361 = \$0.001/\text{g.}$	1361 g. for \$1.47	15 g. onion
$\$0.01 \times 30 \text{ mL} = \0.30	$\$1.57 \div 476 = \$0.01/\text{mL}$	476 mL for \$1.57	30 mL Thousand island dressing (to replace "special sauce" – it's the same thing)
$\$0.11 \times 2 \text{ slices} = \0.22	$\$2.84 \div 24 = \$0.11/\text{slice}$	24 slices for \$2.84	2 slices processed cheese
$\$0.04 \times 2 \text{ slices} = \0.08	$\$2.47 \div 500 = \$0.004/\text{g, about } \$0.04/\text{slice}$	500 g. for \$2.47	20 g. dill pickles (about 2 slices)
$\$0.002 \times 40 \text{ g.} = \0.08	$\$1.37 \div 540 \text{ g.} = \$0.002/\text{g.}$	\$1.37 for about 540 g.	40 g. iceberg lettuce, shredded
TOTAL:			
\$2.51			



Fitbits: The 10,000 Step Resolution



Emilia Nowicki
Health and Wellness Editor

Year after year, when the clock strikes midnight announcing the 1st of January, we can't help but wonder what our resolutions should be. Often, they tend to circle around similar ideas – eating healthier, getting more sleep, and hardest of all, working out more. Personally, I have always loved working out; however, this past year I found it harder than ever to stay on track with a consistent workout schedule. Thankfully, I received quite an interesting gadget for Christmas – a Fitbit. I immediately became excited to see if this fitness tracker will in fact play even the slightest role in helping me achieve my New Year resolution of getting back into exercising.

The Fitbit has numerous functions, but my personal favourite is the step tracker, since it does the best job at keeping me motivated. At first I was curious to see how accurate it would be – I tried shaking the Fitbit or moving my arm up and down, but no steps were tracked unless I physically moved my legs and walked (unlike the pedometers you used to find in cereal boxes). The ideal step goal for a day is 10,000 steps, which may not seem too difficult to achieve, but it is definitely a challenge (one that I haven't been achieving regularly just yet). Once you hit 10,000 steps, your Fitbit vibrates and fireworks show up. I'm not going to lie; it's the best feeling in the world and really encourages you to keep moving. Now that I have my Fitbit, I no longer spend my lunch breaks sitting around, but instead you'll see me walking around the quad or the COE. My sister and I are also in competition with each other for the most steps through one of the Fitbit's challeng-



es called the Workweek Hustle. A little competition with your closest friends or family always turns into a lot of fun, not to mention provides additional motivation!

It's important to remember not to feel bad about yourself if you're not achieving the 10,000 step goal everyday because in the end, it's not every single day that you'll find yourself running around. Not all forms of exercise consist of stepping. For instance, a day spent shopping without actually hitting the gym easily helps me gain my 10,000 steps, however a day spent at home doing yoga and pilates may only make me reach 5,000 steps. This is why you should keep in mind that even if the number of steps on your tracker isn't increasing, it doesn't mean that you're not working out – the Fitbit will still recognize your physical activity through an increase in your heart rate as well as through your indication of the type of activity you're performing (i.e. weight lifting).

The Fitbit still has a few other functions that I appreciate, even if I may not use them all the time. I find the heart rate monitor extremely helpful because in the past, I would never think twice about how my heart rate would change in different situations. Now, I'm aware of my resting heart rate and can modify the intensity of my workouts based on my heart rate. The calorie burn monitor helps you become aware of how many calories you're losing during the day in relation to your physical activity, which can guide you in modifying your calorie intake. If you need help with creating a healthy meal plan, you can look into the meal planning function in the Fitbit which tracks your meals and even lets you input your water intake to track hydration. When worn to bed, the Fitbit will even track your sleep, which is helpful if you're working towards attaining a certain number of hours of sleep or if you're interested in seeing how many minutes you spend tossing,

turning, and waking up during the night.

These different functions may sound silly to some of you, but in the long run, they can truly help you become aware of your body, needs, and limitations, helping you to make better-informed decisions and to take charge of your eating, sleeping, and exercising habits. My only advice would be to not depend entirely on your Fitbit for a healthy lifestyle. Remember that you're not exercising to beat someone at a challenge or to receive praise from your Fitbit, but that you're exercising for your own health. So if your Fitbit is charging, or if you forget to put it on, trust me, your steps still count, and walking is just as beneficial to your health even when it's not being tracked. If you're anything like me and can imagine yourself enjoying the extra motivational boost, then I suggest you go for it – the Fitbit might just become your best friend!

9 Exercising Tips for People Who Don't Like Exercising

Kaya Harris-Read
Contributor

As a person who actively avoids physical activity, my motivation to workout is highly minimal. However, since one of my hobbies, dance, requires a certain degree of stamina, I've had to find ways to persuade and trick myself into going to the gym. Here are some tips and tricks I've picked up along the way for anyone that has the same aversion to exercise that I do.

Tip #1: If you don't have a gym membership, go out and buy one. I found that buying a membership motivated me to go to the gym more because I didn't want to feel like I had wasted my money.

Tip #2: Once you have a gym membership, I'd recommend joining classes rather than working out on your own. In a Pilates class, even if I really don't want to hold a plank, if everyone else in the room is holding one, I'm competitive enough to hold

it, too. If I'm working out by myself, I might do about one and a half push-ups and that'll be the end of my workout.

Tip #3: Find a gym buddy who likes working out more than you do. Enthusiasm can be contagious!

Tip #4: Try to find forms of exercise that are more enjoyable for you. Something like zumba is going to be a lot more fun for me than running on a treadmill.

Tip #5: Plan ahead to do your laundry so that you can't use the excuse of not going due to not having clean workout clothes to wear (an excuse I use regularly). Gym aside, this will actually help you with your whole life because you'll be less likely to run out of socks and have clean clothes for all your outings. #ProTip

Tip #6: Create a reward system for yourself. It's good to use something that doesn't involve ice cream, as that can be counterproductive. A reward can be as simple as putting a sticker on your calendar for every day that you exercise.

Tip #7: Make yourself a schedule and stick to it. This is difficult to maintain at first, but it gets easier. I find that if you plan on going to the gym at the same time each week, it's a lot easier to turn it into a habit rather than a chore.

Tip #8: Outside of the gym, there are ways to incorporate exercise into your life. When I can, I try to walk to the grocery store rather than take the transit. This adds forty minutes of walking to my day and allows me to save the money I would have spent on public transit. Another example is taking the stairs, which is often faster than taking an elevator. Bonus: it reduces your risk of being stuck in an elevator.

Tip #9: Make yourself a killer workout playlist. I find that I can get myself motivated to workout if I really like the music I'm going to be listening to.

I hope that at least one of these tips has been helpful to you for your future workout goals. I, myself, find it strange to hear people talk about how much they love to workout when one of my hobbies is eating extra cheese pizza, but we are all capable of getting to the gym. As much as I dislike working up a sweat, I do have more energy and I do feel healthier when I'm following a workout routine. Keep in mind that it does get easier along the way, and never stop believing in yourself!

Vous avez des opinions? Vous aimez écrire?
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Safe Space

Emily Leahy
Contributor

A couple women
braless in the elevator
this is a safe space

3AM

Dorota Biedrzycki
Contributor

Fall into feeling
Human, or fall waiting
for the flames.
The morning blue, seeps
through your skin and I
don't even know the name.
Pleading with your eyes
to finally, come and see.
Hiding some place
deep, in between
the lilac trees.

glasses of wine with the subtle undertones of misery



Kaitlin Kenny
Expressions Editor

seventeen teardrops
fall from my eyes and you will
one day soon forget
the pain you wreaked on me;
I can't stop forgiving you.

Reminder to the Masses

Caden Joseph
Contributor

Tears streaming down a face,
while hearts filled with pain
hide behind walls so high
and shields so tough.
A feeling of loneliness,
yet surrounded by many.
Place on a mask to hide.
Choose your path wisely.
Pain helps with growth.
You can find insight.
The world may try to bring you down.
Fight and you will survive.
Find the right support,
keep them in your heart.
Ignore the negative,
Do not let others define your worth.
Do not be afraid to ask for help.
Do not be afraid to show emotions.

Eiji Adachi

Naomi Burns
Contributeurice

Assis dans le métro de Tokyo, mon regard se perd dans ma réflexion sur la vitre opposée. La gorge nouée, les yeux brillants, je me rends compte que je frotte nerveusement mes mains moites. Chaque muscle de mes jambes est si contracté que je crois sentir mes pantalons se déchirer sous la pression. Le cœur serré, aucune de mes pensées ne parvient complètement à mon esprit. Je me sens perdu dans un immense vide.

– Votre billet, monsieur.
Enfermé dans ma bulle, je l'entends
mais ne comprends pas.
– Monsieur, billet s'il vous plaît!
– Euh... oui. Oui, donnez-moi une
minute, réponds-je, troublé, comme extirpé de
force d'un profond sommeil.

– Vous savez, renchérit le contrôleur,
agacé, vous devriez l'avoir à disposition. Pen-
sez-y la prochaine fois.

Ma mâchoire se crispe. Mes dents
grincet. J'interromps soudain la recherche de
mon billet et mes yeux se figent dans les siens.
Mon regard semble lui glacer le sang.
Gardant son calme, il patiente.

Je reprends la recherche de mon
billet que je lui présente et le contrôleur repart
aussitôt. Je me rends compte qu'une femme,
installée non loin de moi, a observé attentive-
ment la scène. Presque apeurée, elle s'éloigne
de moi.

De retour à ma solitude, je ne perçois
plus que le bruit strident des roues de la rame
au contact des rails et l'inlassable clignotement
d'un néon, visiblement prêt à s'éteindre défini-
tivement d'une seconde à l'autre. Immobile, je
me sens plus nerveux encore. Impossible, au
Japon, de manifester ce genre de faiblesse.

L'arrêt d'Azabu-Juban me semble

loin. Je me perds dans ma propre notion du
temps. Peut-être que cet instant, moi, assis là,
dans cette rame sous le sol de la ville, est éter-
nel. J'incline lentement ma tête et je sens les os
de ma nuque craquer un à un. Je reproduis le
geste avec mes doigts, puis mes chevilles. La
crasse qui m'entoure me frappe soudain : sol,
fenêtres, barres de soutien. Je commence à me
sentir sale à mon tour, et je songe au moment
où je quitterai ces vêtements pour me laver de
cet instant.

Je gratte mécaniquement le tissu
bleu de la banquette, les yeux fixés sur celle
d'en face. Ma vision se trouble, je suis étour-
di. En quête d'équilibre, j'observe mes mains
floues, et mes yeux finissent par se focaliser sur
chaque ligne de mes mains, qui apparaissent
plus nettes. Le poids du monde se fait ressentir
sur mes épaules. Je m'imagine dans ma salle
de bain, lumière éteinte, confortablement assis,
l'eau chaude ruisselant sur mon corps nu. J'ai-
merais y rester à jamais.

Brusquement, le métro s'arrête. Du
coin de l'œil, j'aperçois la femme, celle-là même
que je semblais effrayer, quitter le wagon. Les
cheveux ébouriffés, le teint blafard, elle semble
ne porter aucun intérêt à son apparence. Je re-
marque qu'elle se ronge les ongles.

Ma pensée est interrompue à nou-
veau:

– Des surfeurs japonais risquent leur
vie pour surfer près de la zone nucléaire de
Fukushima! N'importe quoi... grogne un vieil
homme.

Il me lance le journal et descend à
l'arrêt de Morishita.

– Euh... merci, mais... balbutie-je,
alors que les portes du métro se referment et
que l'homme disparaît de vue.

Mon cœur palpite. Je transpire. Je
me sens jeté du haut d'une falaise. Je pose les
yeux sur le journal. Je vois un jeune homme,
insouciant, le sourire aux lèvres, poser avec
son surfboard devant ce qui ressemble à des
déchets nucléaires. Je n'ai aucun doute que

ce jeune homme développera j'ignore quelle
pathologie qui, un jour sûrement, le tuera. Mon
cœur se serre à la vue de cette photo. Je reste
plusieurs minutes sans réagir. Je plonge finale-
ment ma main dans ma mallette, de laquelle je
sors une feuille. J'y rédige quelques mots.

Station Kachidoki. Je dépose le papi-
er sur la banquette et je descends. Le monde
est agité autour de moi. On passe devant et
derrière moi, je suis bousculé, figé au milieu de
gens, d'objets, de couleurs et de bruits qui sem-
blent tous se mélanger. Tout s'accélère, sauf
moi, ralenti par ce chao qui m'entoure.

Dans moins d'une heure, je ferai face
à la police d'Azabu. Chacune de leurs ques-
tions me fera l'effet d'une énorme aiguille me
transperçant le corps. Je redoute chacune de
ces aiguilles. J'ignore quoi dire, quoi penser.
Je sais qu'ils ne font que rouvrir l'enquête. Je
sais qu'ils n'ont pas d'éléments contre moi.
Mais saurai-je garder mon calme? Je n'avais
pas pensé aux victimes, pas un seul instant. Je
n'ai pas mesuré le risque. Je n'imaginais pas
affronter un jour le sourire de ce garçon sur le
journal, et imaginer son sinistre avenir. Sa pho-
to m'obsède.

Je me perds dans ces pensées rav-
ageuses et la vie autour de moi se poursuit. Je
finis par me trouver seul sur le quai. J'entends
au loin le son du métro suivant en approche. Je
marche vers le bord, attendant l'instant où il ne
pourra plus freiner. Je saute.

« Le 11 mars 2011, j'ai délibérément
empêché le refroidissement de secours des
réacteurs nucléaires de Fukushima Daiichi.
Pardon. Eiji Adachi. »



Lauren Clewes

A Recipe



Sienna Warecki
Layout Designer

What's in the hot chocolate, you ask?
Well, there's cocoa, of course.
Bitter cocoa, sweet vanilla,
My mother and father's snoring,
Fall-apart mounds of dark brown sugar,
Crushed cardamom, star anise, actual stars,
All my dreams of flying,
My grandmother's *spavai spavai srce moje*,
My grandfather's wild violet garden,
A dozen cloves and coriander seeds,
A grain of sleep from my own well-rested eye,
The cedar smoke of a campfire and its
Incandescent light,
Twin splintered cinnamon sticks,
Musky nutmeg, powdered red pepper,
The gentle scent of a baby's crown,
A tightrope walker's nap above the clouds,
Three wishes off my extra-strength lashes,
A forehead kiss that goes all night long,
Anais Mitchell's entire discography,
And about six cups of whole milk.

Une visiteuse mystérieuse

Chapitre 4 : Une visite chez Isabelle Dubois

Stéphanie Mak
Contributrice

Le soir suivant, Michelle et Sophie arrivent chez Isabelle Dubois. Elles amènent deux visiteurs, Vanille et Chocolat.

— Ouf! Ouf! aboie joyeusement
Vanille, un berger allemand.

— Ouf! Ouf! répond plus fort Chocolat, un yorkshire-terrier.

— Silence, s'il vous plaît. Il ne faut pas attirer l'attention des voisins, chuchote Michelle.

Elle se tourne vers son amie et affirme :

— Je n'aurais pas pu deviner que tu avais promis aux services de counseling de Glendon de les aider.

Sophie lui lance un regard malicieux en souriant en coin. Ce matin, elle a offert aux services de *counseling* de promener les chiens pendant que Michelle bavardait avec Mlle Austen. L'écrivaine lui a confirmé qu'il n'y avait pas de caméras de surveillance dans le manoir, ce qui est très étrange selon les deux filles. Néanmoins, ce serait moins difficile d'accéder à la chambre à coucher d'Isabelle Dubois, où cette

dernière garde la lettre.

Cachées derrière un buisson, les filles lâchent les laisses afin que les chiens s'approchent des gardes qui se trouvent devant une fontaine. Les chiens essaient d'attraper les lucioles près de la fontaine tandis que les gardes les suivent. Les gardes sont allergiques aux chiens et doivent se moucher constamment. Michelle et Sophie se dirigent vers la fontaine.

— Je ne savais pas que Vanille et Chocolat s'intéressaient autant aux lucioles, dit Michelle.

— Moi non plus, ajoute Sophie. Attends! On a un problème.

Les filles soupirent en même temps. Elles ont oublié de songer à une façon d'accéder au manoir et elles ne savent pas ce qu'il faut faire... jusqu'à ce qu'elles se rendent compte qu'une clé est tombée dans la fontaine. Quel miracle!

— Un des gardes a probablement laissé tomber la clé pendant qu'il suivait les chiens, dit Sophie.

Michelle réussit à ouvrir la porte d'entrée principale. Les filles marchent sur la pointe des pieds dans le corridor et montent les escaliers. Elles entrent dans la chambre de Mlle Dubois et se mettent à la recherche de la lettre. *Si j'étais Mlle Dubois, où mettrais-je la lettre*, songe Sophie. Michelle se pose la même question.

— Le lieu le plus dangereux est souvent le lieu le plus sécuritaire, dit Michelle.

Sophie aperçoit le portable de Mlle Dubois sur la table d'écriture. Michelle lève le

portable et trouve la lettre en dessous.

— Bingo! s'exclament en chœur Sophie et Michelle.

Elles remplacent la lettre originale par une autre lettre préparée par Mlle Austen. Lorsqu'elles sortent de la chambre, elles entendent des pas qui deviennent de plus en plus forts.

— Cachons-nous dans le placard! suggère Michelle.

