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Photo par Dael Vasquez

The Art of Participating In University Frosh... Alone... In Your Room...

Ryley Nathaniel
Contributor

As soon as York announced that the 2020/2021 school year would be virtual, my fellow first-year students and I started hopelessly listing the experiences that we would be missing out on. One of the main events that we thought we would regret never experiencing the most was the raved-about Frosh week! The events, the new friends, the jerseys, the parties — everything about it makes it a staple of one's university experience, and we were never going to know what it was like. That is, until we all received news to our inboxes of a "Virtual Frosh Week". In all honesty, this started off as a laughing matter. Some of the other first years I had met online were texting me asking if we should attend it, considering "it would be noth-

ing like the real thing". We came to the conclusion that we would go, and leave the Zoom meeting if it was not good. Let me tell you, I am so glad that we made the decision to go! The Frosh experience that seemed to have slipped out of our grasp just a few weeks ago was now back in reach! Everything about the event surprised me, and although I had naively low hopes, Virtual Frosh Week hit all my expectations out of the park.

The week consisted of multiple events throughout the day. The events were very well organized and the team behind the Virtual Frosh made the most out of the available technology. My personal favourite events were the Lip Sync Battle and the Scavenger Hunt. The Lip Sync Battle was full of wonderful surprises — anyone who had the pleasure of attending it would

know what I mean. The energy of the performers radiated through the computer screens and the encouragement in the Zoom chat was inspiring! It was truly a moment of community between us first year students — it was also a display of the remarkable culture at Glendon. Now onto the Scavenger Hunt, which was the event that I was most curious about. I could not imagine how they were going to bring a Scavenger Hunt to life via Zoom...and again they shocked me! During this event, we watched an informative yet comedic video that toured the beautiful Glendon campus. Throughout the video, we had to make timestamps whenever we found a symbol and tally up how many we had found. These tallies became points, which we had been earning all week by attending different events, that

Continued on **PAGE 3**

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Eden Minichiello
Editor in Chief

Bonjour, Glendon! Happy fall reading week!

This week's issue is full of several artistic and sentimental articles, featuring a couple tearjerkers and some that are sure to lift your spirits. We hope you enjoy the issue and find it to be an escape from the piles of readings and assignments we're all sure to have. It's the perfect time to cosy up over reading week with a warm blanket, your favourite fall sweater, a hot drink in one hand and your Pro Tem in the other!

I'd like to extend my gratitude to everyone who has contributed to, read, or engaged in any way with Pro Tem this academic year. We truly could not do what we do without you, and you are such an important part of keeping Pro Tem's almost-60-year-old tradition going.

Gardez l'œil ouvert dans les prochaines semaines, car nous avons beaucoup de choses intéressantes en réserve, y compris un « spooky surprise » pour notre publication d'Halloween! Vous pouvez toujours apprendre plus en allant sur notre Instagram, @protemglendon, ou notre Facebook, @ProtemGL! Suivez-nous pour rester à jour avec nos dates limites, nos sondages, des quiz Pro Tem, des concours et des événements!

Merci d'être un lecteur ou une lectrice de Pro Tem. Prenez soin de vous, reposez-vous et passez une merveilleuse semaine de lecture.

À bientôt,

Eden Minichiello
Editor in Chief



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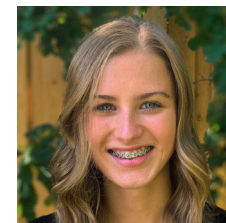
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Metropolis



Brianna Carrasco
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Expressions



Josée Philips
Health and Wellness



Recette de brownies au micro-ondes

Josée Philips
Health & Wellness

Comme la plupart des étudiantes et étudiants qui ont des cours toute la semaine et travaillent le weekend, j'aime me trouver des recettes rapides et faciles à faire. Mais les desserts peuvent prendre beaucoup de temps : préchauffer le four, préparer le dessert, le cuire et enfin le refroidissement, une attente pénible lorsque ça sent si bon.

Je me suis souvenue d'une recette de brownies facile que je faisais quand j'étais plus jeune. Le livre de cuisine s'appelle « Kids in the Kitchen 2 » et a été publié par le *Centre des victimes de la violence pour les enfants disparus*. Je peux témoigner de la facilité de cette recette. La page du livre est tachée de chocolat, car mes soeurs et moi avons tellement utilisé cette recette de brownies ! Elle se fait au micro-ondes en cinq minutes, et n'a pas besoin d'un batteur électrique ! Donc, on peut aussi la faire en résidence. J'ai fait ma

première année en résidence à Glendon et je ne peux compter le nombre de fois que j'ai voulu d'un dessert le soir. Voici la recette !

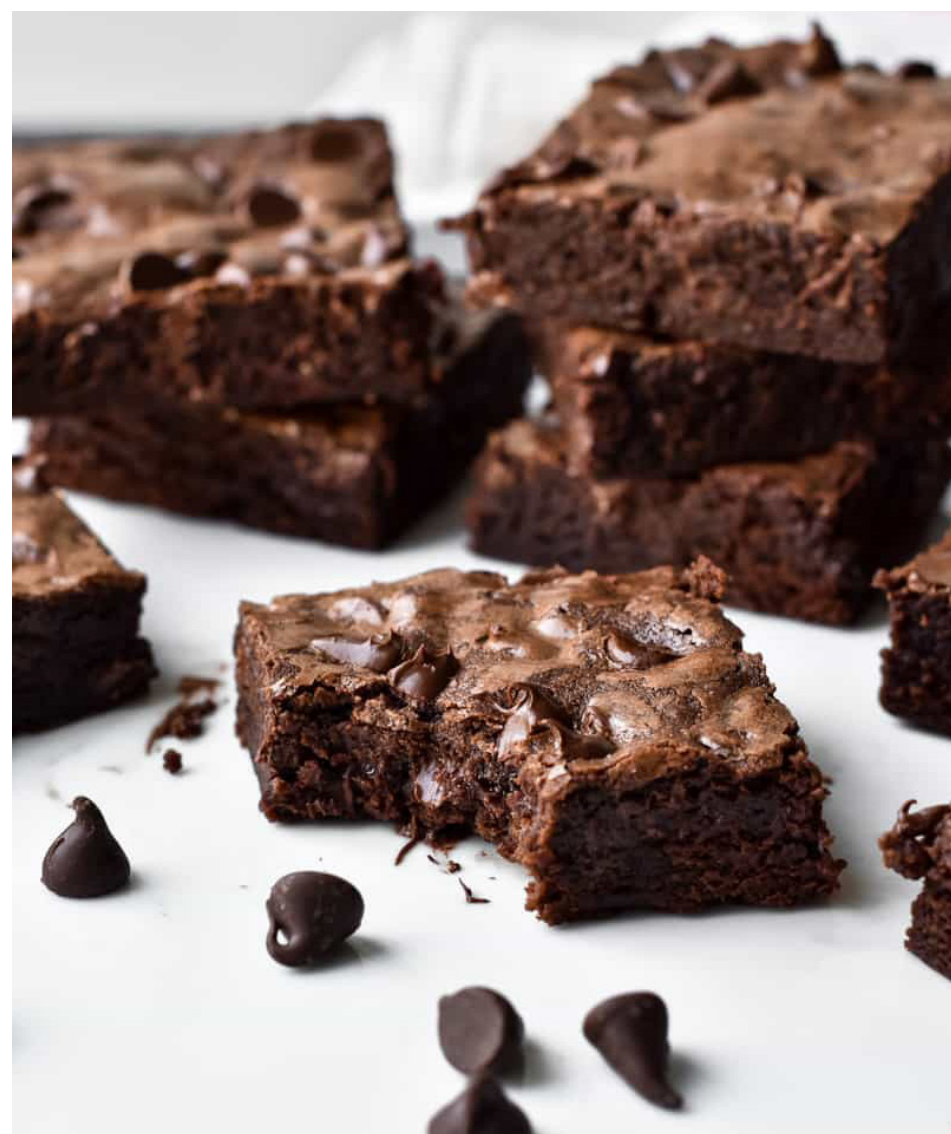
Ingrédients

- ½ tasse de beurre ou de margarine
- 1 tasse de sucre
- 2 oeufs
- 1 cuillère à thé d'extrait de vanille
- ½ tasse de cacao non-sucré
- ½ tasse de farine

Préparation

1. Mélanger le beurre (ou la margarine) et le sucre.
2. Ajouter les oeufs et la vanille. Bien mélanger.
3. Ajouter le reste des ingrédients; le cacao et la farine. Mélanger.
4. Verser le tout dans un moule à gâteau préalablement beurré.
5. Faire cuire dans le micro-ondes pour 4½ à 5 minutes.

Puis vous pouvez vous régaler de brownies faits maison ou comme les québécois le disent bien : il est temps de se sucrer le bec!



The Art of Participating In University Frosh... Alone... In Your Room... (cont.)

went towards a grand prize.

But these events would not have been so successful without the incredible, enthusiastic organizers and peer mentors. Honestly, those people deserve medals! They joined every Zoom call with the utmost energy and encouragement, and I am sure that at times it felt as though they were talking to a wall, but they pushed us to participate and open up. They had clearly set a goal to make this Virtual Frosh Week a memorable experience for us all. The main thing that I noticed they did was encourage us to talk to each other. This was very im-

portant considering Frosh Week is a social event and it is difficult to converse with a large group of people via Zoom, but they made breakout rooms and teams to better enable us to socialize. Looking back, there is nothing that I would have changed about Virtual Frosh Week. Obviously the circumstances were unprecedented, but the University adapted in an incredible way to organize this memorable event for us. From all of us first years, I would like to give a big thank you to everyone involved. Without their hard work, our Frosh Week would not have been possible!

pro tem

LE JOURNAL BILINGUE DE GLENDON

LES DATES-LIMITES POUR CE SEMESTRE

- LE 18 SEPTEMBRE
- LE 2 OCTOBRE
- LE 16 OCTOBRE
- LE 30 OCTOBRE
- LE 13 NOVEMBRE

ENVOYEZ VOS ARTICLES A
EDITOR@PROTEMGLENDON.COM

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📷 protemglendon

adrift

Anonymous

as the last vestige of summer fades from the air,
harvest season taking its place,
breezy autumn chill seeping into my bones,
i reminisce.

reminisce of thick,
hazy summer days.
short respite,
clambering up my favourite hill
only before seen
from the balcony of a
chinatown flat.
resplendent city lies
just below,
glare of the mid-afternoon sun
blinding.
clean air,
no exhaust.
condensation drips down
my fingers,

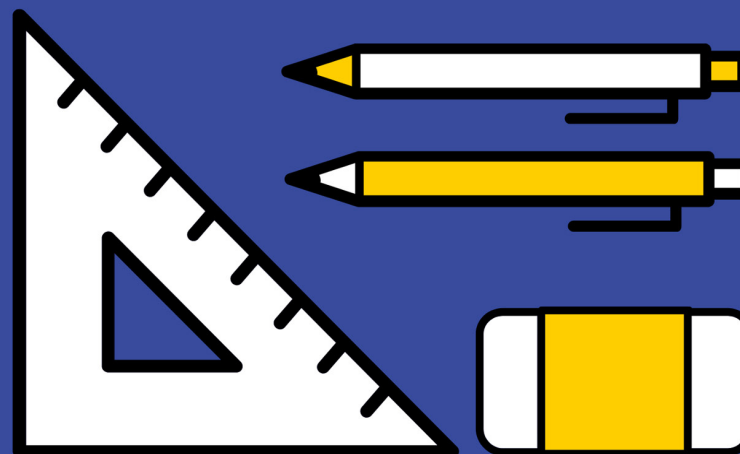
blouse marked with
impermanence.
sweet, berry-flavoured slush sits
light and fragrant
on my tongue.

reminisce of,
each summer, like clockwork.
june,
foregone conclusion's monotony,
another year gone.
july,
fortepiano and aching joints,
melodies floating
through waking dreams,
witching hour, behind closed eyes.
august,
four hours amongst the clouds,
four days without care.
rest,
repeat.

reminisce of,
spinning lazy susan,
clinking dishware,

chattering children,
thrilled to see auntie again.
house in the hills,
tinkling parlour piano,
sun-kissed skin.
tucked into his side,
favoured grandchild,
toothy grin and silly pose in place.

as the last vestige of summer fades from the air,
i think of loss.
the eleventh month will
come and go,
the way the memories do.
balmy summer days in
the old chinatown apartment,
street cacophony below,
television a gentle buzz in the background.
eau claire and louise,
slowing steps,
clover,
end.
the casket closes like the curtains of a show.
these are but memories now;
you cannot bring back the dead.



CLUB D'ÉCONOMIE ET DE COMMERCE GLENDON

SESSIONS D'ÉTUDE EN LIGNE

QUEL TEMPS?
MARDI 11H-12H
MERCREDI et JEUDI 15H-16H

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Pour l'amour de Beyrouth

Natalie El-Rifai
Contributor

Beyrouth c'est le genre de ville qui vous frappe tous à la fois.
La senteur de fumée et de citron.
La sensation instantanée de bonheur, de se sentir chez-soi.

Son énergie spontanée et chaotique fait tout son charme. Sa bruyance inexcusable ne cesse jamais, que ce soit à cause d'une discussion politique ou d'une micro-agression en conduisant. J'observe ses habitants qui, souvent joyeux, rient et chantent ensemble tout en partageant une immense quantité de plats délicieux même deux secondes après une dispute pour ensuite se battre à nouveau pour être le premier à payer le chèque.

Beyrouth raconte une histoire de résilience, autrefois une terre parcourue par d'anciens phéniciens, intellectuels, créatifs, innovateurs, historiens... Tant de pieds ont traversé le Liban, y compris ceux de mes parents.

Comme plusieurs, mes parents ont quitté le Liban pour un pays plus stable, mais avec la promesse d'un retour. Cette promesse reste un murmure éphémère, qui s'affaiblit avec le temps. Une promesse aussi dénuée de sens que la promesse du temps.

Je ne peux pas exprimer la vague d'émotions que j'ai ressenties le 4 août à 18 heures et 8 secondes. Séparé par un écran de télévision, je vous ai regardé exploser à 11h du matin pendant mon petit-déjeuner. Il n'a fallu que quelques secondes pour que la vie de chacun de nous change de manière irréversible. Le 4 août, nos cœurs furent brisés en onze secondes. J'aurai voulu vous embrasser, Beyrouth. J'aurai voulu pleurer avec ma famille et mes amies. Je pouvais regarder ce qui est restée de ma ville que sur les réseaux sociaux.

C'est une expérience surréaliste de voir que le lieu de vos meilleurs souvenirs d'enfance, le lieu d'héritage de vos parents, l'histoire de vos ancêtres, votre passé, votre avenir, votre présent et future soient partis en fumées en onze secondes.

Qui est à blâmer?

Ceux qui jouissent du matérialisme et qui ne peuvent assouvir leur désir pour la richesse et le pouvoir...notre propre gouvernement, et chacun de ces pays qui profitent de notre instabilité éternelle...notre chagrin éternelle.

Comment récupérer ce qui a été perdu? Dites-nous, vous les politiciens, les présidents et les premiers ministres, les Nations Unies avec votre bénévolence sélectif, comment compensez-vous une vie perdue, un frère, une sœur, une mère, une meilleure amie, un voisin, un enfant? Vous avez mis un prix sur nos vies, et ça ne coûte pas chère pour vous.

Ma belle Beyrouth. Je n'ai pas les mots suffisants pour expliquer ta brillance au monde. Au moins, je peux affirmer que même le plus grand désastre au monde ne m'empêcherait pas d'aimer chaque particule de terre qui t'appartient.
Tu es le cœur du Liban et l'ornement du monde pour moi et pour de millions d'autres.
Tu es la lumière dans nos yeux qui ne s'éteindra jamais.
À travers le verre brisé, nous ramassons les morceaux qui restent de notre pays, nous nous relevons encore. Et encore. Et encore.

Beyrouth, tu es la chaleur de nos cœurs.

Toi, la ville du Phoenix, toujours se relevant, se reconstruisant, toujours la tête haute, tu te remettras de ces cendres.

Toujours grand et fier comme tes cèdres.

Qu'est-ce qui reste même si ce n'est autre que nos cèdres et notre esprit qu'ils essayent d'atténuer? Rien que le peuple de Beyrouth. Le peuple qui persiste.



Les Libanais sont ceux qui préfèrent raconter des histoires toute la nuit au lieu de dormir, ceux qui rient face à la misère.

Le genre de personnes qui ne ferment jamais, jamais la porte à un ami ou même un étranger et qui vous accueille à bras ouverts,

Le genre de personnes avec une brillance incroyable.

Des personnes qui n'arrêtent jamais de commander de la nourriture pour tout simplement passer plus de temps ensemble,

Des âmes chaleureux avec une passion pour la vie; il n'y a pas de tragédie qui puisse voler nos sourires et nous rendre froids et indifférents.

Coeur brûlé par la douleur, nous ne cessons de nous relever.

Toujours incompris.

Toujours mal représentés,

Toujours ceux qui traversent l'enfer avec grâce, qui transforme la douleur et le chagrin en une force inconcevable.

Ceux qui persévèrent.

Notre esprit demeure fort pour l'éternité, tout comme notre destin tragique auquel nous essayons désespérément d'échapper. Peut être nous resterons comme ça éternellement...

La vie à Beyrouth est incertaine. En onze secondes, tout peut changer.

Nous sommes fatigués de saisir le dernier fil d'espoir, mais nous gardons espoir quand même. On sourit. On rit.

On discute en partageant de grandes quantités de nourriture. On danse.

Mais derrière chaque rire, chaque sourire, chaque moment de bonheur, il reste un vide dans nos cœurs que seule Beyrouth peut combler.

Mais on garde l'espoir,
pour l'amour de Beyrouth.

5 Books to Read for Latinx Heritage Month — and Long After

Brianna Carrasco
Contributor

In the United States, National Hispanic Heritage Month takes place from September 15 to October 15, but the month of cultural awareness and celebration has spread all across the world. This period of time is used to recognize the contributions and influences that Latinx individuals have had throughout history and in our world today.

Many Latinx individuals refer to National Hispanic Heritage Month as Latinx Heritage Month to recognize the fact that it is now celebrated worldwide, and to reject the word “Hispanic.” Latinx is a gender-neutral term used to refer to people who come from Latin-America, including countries that do not speak Spanish, like Haiti and Brazil. Hispanic, however, is a term for people who have been impacted by Spanish colonialism, it only includes countries that speak Spanish as their official language. Many Latinx individuals are beginning to reject the label “Hispanic” because of its emphasis on colonization.

Although Latinx Heritage Month is almost over, here are five books by and about the Latinx community that you should read year-round to support Latinx authors and learn more about different Latinx cultures!

1. *The Poet X* by Elizabeth Acevedo — This was the first book I ever read about a young Dominican girl. It was the first time I had ever seen someone of my ethnicity in a best-selling book at all. Elizabeth Acevedo is a fantastic author who frequently writes about young Latinas and the challenges they face. *The Poet X* is also told in verse, which means the story, which is about a young girl named Xiomara who is finding her place in her religious family as a slam-poet, is told entirely in poetry. It is a quick, easy, and beautiful read, and a great introduction to Latinx stories.

2. *How the Garcia Girls Lost Their Accents* by Julia Alvarez — After reading *The Poet X*, I was determined to find more books about Dominicans. Honestly, there aren't many, but I found one by Julia Alvarez. She is a well-known Dominican author who writes about the presidency of Rafael Trujillo, a tyrannous dictator in the Dominican Republic's history. This book, told in reverse chronological order, is about four sisters whose families have fled the Dominican Republic during Trujillo's dictatorship. The book speaks volumes on what it's like to be an immigrant and to adapt to life in the United States.

3. *Aristotle and Dante Discover the Secrets of the Universe* by Benjamin Alire Saenz — This is my favourite book of all time and should be read by everyone! It's an amazing coming-of-age story about two Mexican-American teenagers named Aristotle and Dante, who form an unlikely friendship over the course of a summer. The book touches on themes of toxic masculinity, Mexican identity, sexuality, and friendship.

4. *In The Country We Love* by Diane Guerrero — This book is a memoir



by Orange is the New Black actress Diane Guerrero. Over the past few years, Diane has been outspoken about her parents' deportation, something she kept private at the beginning of her career. Diane tells the story of how both of her parents were deported back to Colombia when Diane was 14 years old, leaving her alone and parentless, jumping back and forth between friends of the family who would take her in. It's both amazing and sad to hear about the impact this experience had on her family, and Diane's resilience through it all.

5. *Bad Feminist* by Roxane Gay — Roxane Gay is a prominent feminist writer and I believe this is a great introduction to her work. Roxane usually incorporates her identities as a bisexual Haitian-American in her writing. Haitians are commonly excluded from topics surrounding Latinx heritage,

so I felt it was important to incorporate her work. *Bad Feminist* is a collection of essays about what it means to be a feminist who makes mistakes or enjoys things that may seem to contradict feminist beliefs. She concludes her essays by reminding us that it does not matter how bad a feminist we are, as long as we are continuously fixing our mistakes and collectively working towards a future of equality.

If you didn't get to read many Latinx stories for Latinx Heritage Month — or if you didn't know Latinx Heritage Month was a thing at all — it's never too late to read and support Latinx stories! Latin America spans many countries, languages, and cultures, and it's important to recognize the ways the Latinx community has impacted our world today.

It's Only Rock n' Roll (But I Like It!)

Michael Aquilino
Contributor

Rock and roll. These three words have many different meanings to many different people. They have had an impact, whether great or subtle, on the lives of almost every person that was exposed to them. The artists behind these words, from John Lennon to Jon Bon Jovi, David Lee Roth to David Bowie, have helped shape and define the way in which their listeners go about their lives. The reverberations of their music have aided in the comforting and soothing of the minds and bodies of those who have stopped to listen.

The sounds of rock and roll are like no other. The sheer variety of different rock and roll sub-genres has led to a tremendous amount of exposure and diversity in the art form. Rock and roll is one of the very few styles of music that can adapt to any period of time and, while still retaining its core values, morph into something new and fresh.

Throughout the twentieth century, rock and roll did just that. From the bubblegum sounds of the sixties, the mellow, laidback tones of the seventies, the glamorous eighties, and the nineties' alternative scenes, rock and roll has definitely come a long way. The times, they are a-changing, as Bob Dylan, a wise man, once said, and so is the model of music that many people hold so dear. The emergence of rap, hip-hop, and dance music as mainstream

Continued on **PAGE 7**



It's Only Rock n' Roll (But I Like It!) (cont.)

successes has left little to no room for the sounds of a Fender Stratocaster or a Gibson Les Paul. Children born in the twenty-first century must look to their elders for a glimpse (albeit one built upon the basis of sound) of the golden age, in my opinion, of popular music. I fell in love with the sounds that presented themselves to my ears when I was just a young boy. Now, as a first-year university student, I find myself with an extensive collection of vinyl records and cassette tapes — so much for Spotify and Apple music. There's just something

remarkable about holding a physical recording in your hands and watching it play in real time. Whether it's a needle scratching the vinyl of the record or a tape being wound through a Sony Walkman, hearing music the way it was originally meant to be played is truly magical. It is such an immersive experience. The listener is able to delve into the realms of fantasy and find a sort of equilibrium with its harmonies. It's really a shame that most of these platforms for music-listening have become obsolete, and are no longer the go-to for young adults. With the decline of CD sales growing ever more apparent, society has largely converted to digital streaming services, and while they may be more practical to an extent, they lack a sense of warmth and ingenuity.

I am intrigued by the sounds of the past and, oftentimes, the previous generations of adolescent culture as a whole. I tend to find myself wishing to be sent into an alternate reality in which I am the star, and rock and roll is my soundtrack. I know that none of this is possible and is nothing but a figment of my imagination, however — dare to dream! I am not sure that the melodies of the past, which are so beloved, can ever return in the future. That being said, and as aforementioned above, rock and roll is elastic in nature. While some strings have already been pulled — as well as plucked and strummed — many others have not. The foundation from which rock and roll was crafted remains solid, waiting to be built upon by the next generation of musicians.

A group with roots stemming from Frankenmuth, Michigan, emerged onto the scene in 2012. The band, Greta Van Fleet, released their debut studio album, *Black Smoke Rising*, in 2017. The single “Highway Tune” from the album, topped the Billboard US mainstream rock chart, remaining there for four weeks straight. Often compared to the legendary band, Led Zeppelin, the 2019 Grammy award for Best Rock Album for their EP, *From the Fires*, had their name etched upon it. Perhaps a new rock and roll revolution has already begun (cue another British invasion). Nonetheless, the torch has already been lit, by some of the greatest musical pioneers in history, and must now be passed on to the musicians who are worthy to uphold their legacies.

Artists Don't Always Hold Paint Brushes, They Hold Cameras Too

Ameer Shash
Contributor

Film and media production can be used as a way to showcase creativity, or establish a community of like-minded individuals with similar experiences. With the intense popularization of social media and news aggregator sites, publishing stories in the format of a video on the web has become easier for creators, who are proud to showcase their work. One prominent Ontarian has made his mark in media production, and he has the skills, laughs, and audience to prove it.

I had the opportunity to interview Toronto-based actor and comedian Matt Chin in January 2020. He shared his journey through education in film and journalism, as well as what life had in store for him after graduation.

From the age of 15, Chin explained that he learned he had to set his own stage to make it onto television. His education in media production dates back to 2003, when he entered the Radio and Television program at Centennial College in Toronto. Chin offered words of encouragement to Glendonites, advising students to “just start with something you are good at and aim to showcase it in a fun way.” Chin says that to begin his show, he “took over [his parents'] garage”, and with the help of his long-time friend, Ricky Thompson, he furnished the garage with chairs,



tables and lighting equipment.

Working with programming shows under Bell Media, he became a favourite of younger audiences in Canada. His popularity began as the host of YTV's ‘Splatalot’, a kids-oriented variant of the famous game show ‘WIPEOUT’. From there, Chin began work as a producer and creator for a number of shows on CBC Comedy, including ‘Matt Learns’, a five-minute series of Chin attempting (and failing at) do-it-yourself projects without using the Internet.

Since then, Chin has been in LA to

develop and advance his career in media and film production. He has been a guest on NEWSTALK 1010's “The Late Shift” with Jason Agnew, during which he layered “The Late Shift” with his own mini-series called “Late Daily Weekend Report”. ‘The Late Shift’ is on-air between 12am and 4pm, it is a comedy talk show meant to soothe listeners who are up at odd hours of the night.

Chin has also filmed a wide variety of short comedic skits, composed of pranks and parodies. He even filmed a prank at York University's Keele Campus in 2006,

in which he approached students in York Lanes and asked for permission to “tape” them. The unsuspecting patrons thought they were giving consent to be recorded on video. However, Chin would then bring out a roll of duct tape and wrap the students up as a prank.

In the end, whether you are a writer, television personality, production tech, or filmer, you are an artist that has the ability to create something that resonates with others, who may just be waiting for your message to be expressed.

Pingle's Farm Market : L'expérience complète d'automne

Eden Minichiello
Editor in Chief

Cet automne, pour célébrer l'arrivée de « spooky season », ma famille et moi avons fait un voyage à Pingle's Farm Market pour leur festival de la récolte et pour la cueillette de pommes. Nous avons eu de grandes attentes pour l'excursion, et nous n'avons pas été déçus ! Pingle's Farm Market offre l'expérience complète d'automne, parfait pour s'amuser en famille, entre amis ou avec votre être cher. Voici quelques astuces pour profiter au mieux de votre visite. Avant de réserver votre visite, sachez quand vos pommes préférées ont tendance à mûrir pour la récolte. Certaines pommes devraient être mûres en septembre, mais d'autres en fin octobre. Si vous aimez les pommes sucrées, Ambrosia ou Gala sont mieux. Si vous aimez les pommes acidulées, Cortland ou McIntosh sont de bons choix. Oui, un peu de recherche peut faire toute la différence !



Apportez votre caméra et soyez prêts à prendre beaucoup de photos ! Pingle's fournit de nombreuses occasions de prendre des photos pour votre flux Instagram : avec l'adorable vieille camionnette parfaitement décorée pour l'automne, lors de la cueillette de pommes ou dans le champ de courges...

Malheureusement, ma famille et moi avons manqué la promenade à bord d'un chariot, donc soyez sûr d'acheter votre billet. C'est une expérience très amusante et agréable, particulièrement avec un

chocolat chaud en main !

Après le labyrinthe de maïs ou les vergers de pommiers, qui vous mettront sûrement en appétit, mettez-vous à l'aise en mangeant un morceau et en buvant une boisson chaude ! Ma famille et moi avons goûté la plupart des plats, et notre préféré fut le plat de filets de poulet. Ils étaient parfaitement croustillants mais juteux et tendres à l'intérieur. De plus, nous avons absolument adoré le cidre de pomme chaud, vous devriez absolument le goûter !

Finalement, visiter le marché fer-

mier pour la fin et achetez beaucoup de friandises en sortant ! Sur notre liste d'achats obligatoires figurait le maïs soufflé aux caramels, qui a une saveur à la fois fumée, sucrée et salée. Il ne ressemble à aucun autre maïs soufflé que vous ayez goûté, et Pingle's le vendent dans d'énormes sacs !

Peu importe comment vous passez votre visite à Pingle's Farm Market, je suis sûre que vous apprécierez. Ce fut le cas pour moi et c'est dorénavant un voyage qui deviendra une tradition pour ma famille.

Sushi for the Soul

Anna Noumtinis
Campus Life

My family loves to try foods from different cultures: it's our way of being culturally diverse. We especially love sushi! Going out for sushi is always fun and exciting, which is why it's our go-to choice for birthday dinners — it's double the excitement!

My all-time favourite sushi restaurant is Tatami Sushi (in the Eglinton plaza with a Cineplex). I remember the first time I went there; the restaurant was fairly new, and my dad wanted to treat his girls (my mom, sisters and me) to a nice dinner. It has a very cool vibe: the lights are dim, there are LED strips along the walls and bar, the tables are big yet cozy, and everyone eating there always seems happy!

I have made many amazing memories at Tatami Sushi. We had a celebration dinner there for my acceptance into Glendon, my sister's birthday dinner, father's day dinners, etc. Typically, I am a nervous person when it comes to eating at restaurants — but at Tatami, I don't feel nervous at all.

The menu is pretty extensive, which is great, and the prices for à la carte are decent. Personally, I think you never fail to get your money's worth at all-you-can-eat restaurants, particularly when going in big groups. Around dinner time, the 'all-you-can-eat' price is a bit higher than some might want to pay (over \$30, I believe). However, lunch time is different: the price is \$20 per person and if you have a big appetite, it is truly worth it. Unfortunately, due to the pandemic they are not opening their dining room, but they have both take-out and delivery services. The quality of the food is splendid, and being able to eat top-notch sushi while sitting at home and doing last-minute studying isn't all that bad either.

I understand how frustrating it can be to be unable to go out for a change in scenery, to take a physical and mental break. But even with the present physical limitations, it is possible to change the energy of our environment! So, I encourage everyone to order in some sushi, sit around the table with family and friends (remotely, if not in person), talk, laugh and be merry.



Getting Through Pandemic Isolation, One Zoom Meeting at a Time

Josée Philips
Health and Wellness

Isolation. A word we found scary before this whole thing began. Feelings of isolation had reportedly been growing for years before the coronavirus pandemic, and many know all too well how isolation and loneliness can impact not only your mental but your physical well-being.

Research done in 2015 by Louise C. Hawkley and John P. Capitanio found that loneliness derives from what is called “perceived social isolation”, where what we need doesn’t match what we are getting from our respective environments. Loneliness had been linked to anxiety, depression, suicidal thoughts and feelings; all conditions that deeply impact our mental health. However, physical health is also greatly impacted by this perceived social isolation; it is related to a lower quality of sleep, impaired cognitive and attention regulating behaviours, as well as abnormal blood pressure rates.

This year, we have all been pushed to isolate; we don’t have a choice. We are unable to just go out and visit our friends, go to the gym, sit in class or go to the library to study simply to feel the presence of others. Many have missed out on opportunities, trips, concerts, work, exchanges, and it seems like our world will forever be changed.

We must take care of ourselves first and foremost. It is necessary in this pandemic to socially isolate and social distance when possible, and there are things we can do in order to try and avoid the crippling feeling of loneliness. One of the most popular methods of connecting with others has been staying in touch with family and friends that are not in our social circle through phone calls and video chats. Furthermore, exercise is proven to boost endorphins and decrease feelings of stress; it does not have to be anything more than going for a walk with your dog, going for a run, exercising in your room, or following a social media influencer’s workout routine. Meditating and yoga have also shown great results in reducing anxious thoughts, which is highly needed in these stressful times. There are many apps online that offer free guided meditation, such as Headspace and Calm. Getting outside is also important. Breathing in the fresh air and benefiting from sunlight, even if it’s as quick as a study break between Zoom classes, can help improve your mood and your state of mind.

More than anything, do what is best for you, focus on yourself, and find something you love doing alone. You might find you’re not that bad to hang out with after all.

There are many resources to help you if you are struggling, don’t hesitate to reach out for help from friends, family and other resources such as the Glendon Counselling Services, the Toronto Distress Centres and Good2Talk.



Grace Over Distaste

Hannah Beros
Contributor

If I’ve learned anything working in a hospital as a COVID-19 screener during the height of the pandemic this summer, it’s this: grace. You don’t need to be a Christian to understand it. It’s the “love the sinner, hate the sin” mindset, but it can be translated into a secular point of view as well.

This is the plight of front line workers everywhere. An unruly person comes in, they seem to be angry at you for something you know you can’t change, overreacting at the slightest of inconveniences, deter-

mined to wear you down until you break; then it’s patron 1, you 0. This is incredibly frustrating. If we threw our Canadian societal norms of politeness out the window, we know how we’d respond to them. We would really give them a piece of our mind, put them in their place.

And yet, we don’t. We practice grace and humility. We look at this person in front of us and we see that they are simply human after all. Humans, just like us. We do not know the suffering in their hearts. The trauma blinking in the back of their mind. The child they lost. The thought of losing their home that keeps them up at night. The falling out in their family life. Their throbbing migraine. The pure and unabashed feelings of grief, loss and emotional suffering they may be combatting.

We walk by people every day

whose stories are unknown to us, floating around in their head for only them to hear. These are the same people that walk through the front doors of the hospital for reasons both big and small. They hit their breaking point, letting their emotions get the best of them, pouring out all their grief or anger on me. The lowly screener. Just trying to do my job. But part of my job is to be kind and courteous to all who walk through the doors. Every. Single. Patient.

I see their anger and I match it with kindness. I take their frustration and I reply with empathy. I hear the anxiety and grief in their trembling voice, and I respond with grace. I acknowledge the possible existence of their open wounds, physical or emotional, and although their attitude may be unsavoury, I place grace over distaste.



Canada's Forgotten Families

Sydney Manton
Contributor

Within three days, my life changed dramatically. From university life, just a few days away from attending formal with my boyfriend, to home in London, left with online classes, a pandemic, border closures, and fear for the future. Never in my life would I have expected that this would happen in early March. Now we have been apart for 6 months. March 16th was the day I had to send him home to the United States and return to my family in London, Ontario, 303 miles apart.

I am not alone. Families across the country and across the globe lie in wait, in many cases left without any recognition that they have even been forced apart at all. I joined the #LovelsNotTourism movement a month or so ago. *Faces of Advocacy*, led by Dr. David Edward-Ooi Poon, has been fighting nonstop to reunite families who have been separated by COVID-19 closures. *Faces of Advocacy* have been emailing, phoning, and using social media to reach out to Members of Parliament for months, as well as others in positions of power who might advocate for us. 'Reunification Thursday' and 'Media Monday' events are some ways of doing so. Recently, Whoopi Goldberg was one celebrity who stepped up to publicize our movement, sharing a video created by the *Italian Love is not Tourism* sub-group.

In Canada, only those who meet the government's strict exemptions are allowed to enter the country. It is specifically stated that "there are no exemptions to border restrictions for compassionate reasons, such as visiting a critically ill loved one or attending a funeral," (Government of Canada). In July, exemptions were expanded from only essential worker, to include married or common law partners of Canadian citizens, or their dependent children. This "Immediate Family Exemption" was important, but it still excluded a number of people: committed couples and adult children.

There are so many stories of loved ones who have been facing the trial of making it through each day, not knowing when they will be reunited with those who mean so much to them. There are tens of thousands of stories, all diverse and equally important. Here are a few people who volunteered to tell theirs.

Our story is a long one, and it has been a beautiful and complicated adventure. My name is Sydney Manton and I am 21

years old. I have been with my boyfriend, Matt LePage, for three years as of August 27th, 2020. We met in 2017, when I thought my life was falling apart. Suddenly, he was there to help me piece it back together. We got together four months after meeting, and met in person two months after that. Every cyber safety instructor's worst nightmare, I know, but it went perfectly for us. Over time, we ended up meeting more regularly, usually for a week or so every month. We took turns travelling, and paid much of the cost of visits. The trip from Toronto to Syracuse meant a bus, the subway, the GO Train, and the GO Bus. All that was just to get to the border. Next, he would pick me up and we'd cross together, and then finish that up with a 3 hour drive. We are extremely committed, and have met each other's main family. I spent Christmas with them in Florida this year and have spent Thanksgiving with more members in Waukegan. Now, going on the longest time we've ever spent apart, the separation has been detrimental to my mental wellbeing. Having recently recovered from four years of depression, I worry that I'll fall back in when winter hits.

Sarah Campbell is a young woman from Canada who has been battling cancer alone. Jacob, her fiancé, is a citizen of the United Kingdom, and therefore is not allowed to enter Canada to marry her. Because of the limitations of the current 'Immediate Family Exemptions', she was unable to marry him between cancer treatments on June 27th as she had originally planned.

Heather Magaret, from Ontario, is the mother of a 14-year-old daughter and a 20-year-old son who lives with cystic fibrosis. Her fiancé lives in Michigan and has been their father figure for the past 16 years. Due to border closures, he has been unable to attend any of his son's clinic appointments. Before Heather started work again, she was able to visit briefly while in the United States for her daughter's specialist appointments. Now, she does not have the time to quarantine for two weeks, so it is no longer an option.

Dani Sara has been separated from her fiancé for over a year. His work visa ran out nearly two years ago and it became a "nightmare" travelling between Australia and Canada. Their wedding was set for September 19th; it has now been postponed indefinitely, thanks to the lack of timeline from the Canadian government.

Francesca Guvernau is a woman from Chile left separated from her Canadian partner. She feels even more ignored, as any focus from the media on the fight for reunification seems to have its lens aimed at those in Europe or North America. This



leaves South American couples out of the picture, with even less recognition than others.

Recently there was an article published by Global News stating that, "Under Ontario law, an unmarried couple are considered common-law spouses if they have cohabited — lived together in a conjugal relationship — continuously for at least three years. But that doesn't necessarily mean living in the same home, the court found" (Nick Westall). This brought up many questions from couples unable to reunite with their loved ones; the Canadian government does not consider long-distance committed couples as common law since they have not lived together for the required amount of time. This makes this ruling very hypocritical for couples who would be considered common law by now if they shared a country. It also brings up complaints from couples who cannot meet Spousal Visa requirements for Canada because of these same regulations.

It is time to stand up for Canadians because there are safe ways to reunite. NHL players were allowed to enter Canada with a strict quarantine plan, and although that is deemed essential work, their spouses and long term partners were able to enter as well. The *Globe and Mail* writes, "Immediate family members — spouse/significant other and children — will be allowed inside the Edmonton bubble for the conference and Stanley Cup finals beginning some time in early September," (Darryl Dyck). There are safe quarantine plans already in existence not just for NHL players, but also married/common law couples and actors working in Canada.

Bill Blair, the Minister of Public Safety and Emergency Preparedness, says that the problem lies in how to define "committed couples", again ignoring the population of adult children of Canadians who can clearly be proven. He asks, "How do we define [committed couples] so that the border service officer can make an appropriate determination on whether or not their entry into Canada is essential or meets the exemptions?" and goes on to say that "the

principle that [he] sort of can't compromise is the health and safety of Canadians. And so [he] will always do what is necessary to ensure Canadians are safe." A Broadcast on September 16th suggested some expansions may be coming, but details suggest this might be for extreme cases only.

There are countries across the globe who have already expanded their exemptions to include committed couples, including Belgium, Austria and Spain. Dr. Poon's plan could be used as a base for Canada: a four step plan that includes the signing of a legal affidavit of personal responsibility, making the Canadian legally and financially responsible for their foreign partner. That's on top of the standard 14 day quarantine measures, as an assurance that they will not break it. This was developed on precedent in Denmark, and it is a serious sign of commitment, ensuring that the common belief that "they'll just lie to come into Canada" will remain false. Any committed couple who was together before border closures has been together for at least 6 months, and would meet Denmark's requirement to be considered a committed couple.

If you want to help the many Canadians and their foreign partners and families to reunite safely, please consider reaching out to your Member of Parliament about family reunification. Share posts from *Love is not Tourism* and *Faces of Advocacy* online. If you have media contacts, push them to help publicize this issue. If you have social media, follow *Faces of Advocacy* on Instagram, Facebook, or LinkedIn. This is 2020, and families are more than paper. Pushing couples to marry in order to be able to reunite is unethical, and the border limitations are discriminatory on the basis of family status under Section 15 of the Charter of Rights and Freedoms. Additionally, many couples are unable to marry on the basis of their sexuality, for legal, social, or religious reasons. This means an entire population of Canadians is being separated indirectly on the basis of their sexuality.

We have had enough. It is #TimeToReunite.