

# protém

NOTRE VOIX NOTRE HISTOIRE

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La Prochaine Date Limite :  
Vendredi 19 février 2021

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Photo par Catherine Song

## Micro-agressions ou le racisme inconscient

Béatrice Bouaré  
*Rédactrice française adjointe*

« Tu es vraiment intelligent(e) » ; « Tu es plutôt belle pour une Noire » ; « Tu n'es pas comme les autres Noirs ». Tels sont des exemples de commentaires parmi tant d'autres auxquels les personnes de couleurs comme moi font face dans leur vie quotidienne. On a tendance à considérer ces remarques comme anodines et même parfois comme des compliments, mais en réalité, elles ne sont pas à prendre à la légère. Ces propos ne sont pas insignifiants : on parle de micro-agressions raciales.

Les micro-agressions sont très subtiles et elles ne se présentent pas seulement sous forme de propos, mais aussi sous forme d'actions ou d'attitudes. Je ne peux pas compter le nombre de fois où dès mon entrée dans une boutique, je pouvais sentir une

présence humaine derrière moi surveillant chacun de mes mouvements. Bien sûr qu'il faut garder un œil sur cette jeune fille noire, après tout, les Noirs sont des voleurs, n'est-ce pas ?

Des chercheurs de l'Université de Columbia aux États-Unis ont défini les micro-agressions raciales comme « des indignités verbales, comportementales ou environnementales quotidiennes brèves et courantes, intentionnelles ou non, qui communiquent des insultes et des insultes raciales hostiles, désobligeantes ou négatives envers les personnes de couleur ».

Ce qui est déplorable, c'est que souvent l'auteur de la micro-agression ne se rend pas compte de la gravité de ses mots et parfois il peut même penser avoir complimenté la personne en face de lui. Mais du côté de la victime, on trouve un point de vue tout à fait différent. Un des problèmes pour la

personne qui subit une micro-agression est de déterminer si celle-ci a eu lieu vu l'apparente innocence du propos ou de l'action. S'ensuit alors une série de questionnements : « La personne a-t-elle réellement voulu dire cela ? », « Devrais-je la confronter ? », « Est-ce la peine de réagir ? ».

La plupart du temps, les personnes de couleur ne réagissent pas dans ces situations, car on les encourage à simplement les ignorer. Dans le cas contraire, les auteurs des micro-agressions, eux, voient leurs interlocuteurs comme des personnes trop sensibles ou qui réagissent de manière excessive. Résultat : les personnes de couleur sont incomprises par la société qui trouve qu'elles exagèrent alors qu'en réalité, elles affrontent une forme de racisme.

Pour mieux comprendre ce  
Continued on **PAGE 3**

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Pro Tem est le journal étudiant du collège Glendon. Publié pour la première fois en 1962, c'est la plus ancienne publication de l'Université York.

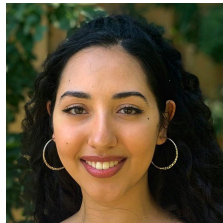
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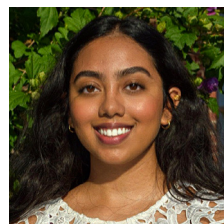
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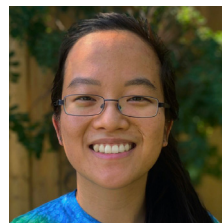
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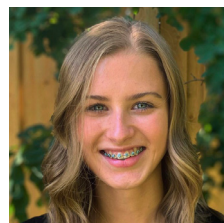
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**Josée Philips**  
Health and Wellness

Bonjour, Glendon!

Happy Black History Month! As you may know from our social media and previous issue, this issue is dedicated entirely to celebrating Black lives, Black history, Black present, and Black future. With this issue and the next, we hope to amplify Black voices and create conversation around the richness Black people have contributed to our school and our society. We're still seeking contributions for our second Black History Month issue, and the deadline is this Friday, February 19! We would love to publish your work — whether it be a poem, an opinion piece, a drawing or painting, a photograph, or an interview. Please send your submissions to [editor@protemglendon.com](mailto:editor@protemglendon.com)!

Dans d'autres actualités, l'équipe éditoriale a travaillé sur un article qui concerne votre scolarité pendant la pandémie COVID-19. Croyez-vous que vous devriez avoir à payer la même tuition pour des cours en ligne comme au campus? Pensez-vous que vous recevez la même qualité d'éducation qu'avant la pandémie? Si vous voulez partager votre avis, envoyez un DM @protemglendon, ou un courriel à [editor@protemglendon.com](mailto:editor@protemglendon.com). Cet article va être publié en mars, alors restez à l'écoute!

J'espère que vous passez une bonne semaine de lecture, et que vous passerez un peu de temps à lire votre exemplaire de Pro Tem, et à écrire de superbes articles pour notre prochaine publication!

À bientôt!

Eden Minichiello  
Editor in Chief | Rédactrice en chef



## Des cours axés sur les cultures noires à l'Université York

Eden Minichiello  
Rédactrice en chef

L'Université York est une institution riche en diversité culturelle. Située à Toronto, l'une des villes les plus multiculturelles du monde, York accueille des étudiants et étudiantes du monde entier et on retrouve plusieurs cultures différentes dans le corps étudiant sur les campus Keele et Glendon. Heureusement, cette diversité est également représentée dans les cours et programmes offerts sur les deux campus. On retrouve des programmes et des certificats qui sont concentrés sur l'étude des différentes régions et cultures ainsi qu'une très grande variété de cours de langues. Compte tenu du Mois de l'histoire des Noirs, le but de cet article est de vous présenter des cours, des certificats et des programmes à Keele et à Glendon qui sont axés sur les cultures noires. Qui sait? Peut-être cela vous inspirera-t-il dans le choix de vos prochains cours ou même dans votre choix de programme ou de certificat!

Le programme d'Études africaines à Keele est le point de départ pour présenter l'éducation sur les cultures et les régions noires disponibles à York et à Glendon. Il est possible de suivre ce programme comme une double majeure ou comme une mineure. Les Études africaines sont très intéressantes parce que le programme est focalisé non seulement sur l'Afrique mais aussi sur les diasporas africaines des quatre coins du monde. Le programme est constitué de cours théoriques et de cours pratiques. Les étudiants profitent donc de ces ressources pour apprendre et approfondir leurs connaissances dans le domaine et apprennent aussi à appliquer les connaissances acquises dans la vie réelle en Afrique. Ce programme est interdisciplinaire, et donc une excellente façon de spécialiser vos études si vous avez de l'intérêt pour l'Afrique.

L'Université York offre également un certificat dans les Études sur les Noirs canadiens à Keele. Ce certificat examine les histoires, les cultures et les expériences des Noirs au Canada sous l'angle de la théorie critique des races. Comme les études africaines, ce certificat encourage l'étude théorique et offre parallèlement une expérience pratique sous forme de mentorat et de stages dans la communauté.

D'autres cours sont offerts à

Glendon tels que les cours « Black Women's Activism: Experience, Resistance and Community » et « Black Feminist Thought » dans le programme d'études des femmes, de genre, et de la sexualité.

Si l'étude et l'apprentissage des cultures et des expériences des Noirs vous intéressent, je vous encourage à explorer des cours sur ce sujet qui se trouvent dans votre programme ou même vous renseignez sur les certificats ou mineurs que vous pouvez ajouter à votre éducation postsecondaire. Je suis fermement convaincue que vos études et vos recherches vous seront plus fructueuses lorsqu'elles sont spécialisées dans un domaine qui vous passionne. Les certificats, particulièrement, sont un excellent moyen de spécialiser vos études. Alors, trouvez des cours qui vous intéressent et inscrivez-vous!

## Micro-agressions ou le racisme inconscient (cont.)

phénomène, l'article Racial Microaggressions in Everyday Life de Derald Wing Sue et al nous présente trois différentes catégories de micro-agressions : les « micro-invalidations » définies comme le déni subtil des ressentis, expériences ou pensées d'une personne, les « micro-insultes » qui sont des commentaires verbaux et non verbaux qui ont pour effet de rabaisser et les « micro-attaques » qui se



manifestent par des attaques verbales ou non verbales explicites. Par exemple, en guise de réponse face au mouvement antiraciste qui proclame que « La vie des noirs compte », d'autres déclarent que « Toutes les vies comptent ». Une déclaration qui a pour but de discréditer l'expérience de la communauté noire et faire croire que nous avons tous les mêmes défis, ce qui est clairement une micro-invalidation.

En outre, des chercheurs américains ont démontré que les micro-agressions peuvent affecter la santé mentale ; elles influencent le bien-être psychosocial et ont des effets psychologiques plus graves que le racisme direct. À force d'entendre des remarques racistes, la personne

peut développer une faible estime de soi et peut même tomber dans la dépression. On comprend alors pourquoi il est important de tourner sept fois sa langue avant d'ouvrir la bouche.

Aujourd'hui encore, les discussions sur le racisme ne portent quasiment jamais sur les micro-agressions qui continuent pourtant à être un mal invisible rongeur de l'intérieur ceux qui les subissent. Il est temps de s'exprimer, de sensibiliser, d'éduquer et de faire comprendre que les micro-agressions ont des conséquences graves.

À mes compatriotes Noir(e)s, ne restez plus dans le silence !



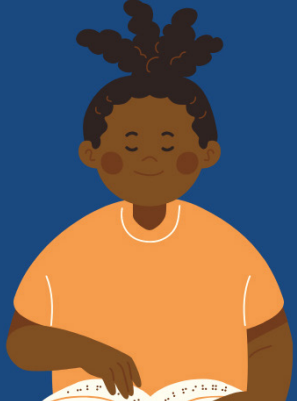
# Black History Month

NEXT CONTRIBUTOR DEADLINE:

FRIDAY, FEBRUARY 19



- artwork
- poetry
- articles
- creative writing
- folklore
- cultural storytelling
- recipes
- interviews
- reviews
- film & book recommendations
- social commentaries



Envoyez-nous vos soumissions à [editor@protemglendon.com](mailto:editor@protemglendon.com)

## Drag Kweens

Anike Morrison  
*Contributor*

Is it the thrill of searching for the self  
A daughter who never was,  
Closer to her mother now  
In aesthetic, in experience?

Devout monk models  
Who pay attention to detail,  
Put girdles over dresses  
Manicure nails, contour bones, line lips?

An obsession with the female body  
The Look, the figure-eight sway of hips  
Their packages tucked,  
Tempting “heteros” and “homos” alike?

Using hair as a weapon  
Like birds of paradise  
Collecting shiny things, colours  
Clearing the stage before the performance?

An obsession with sexuality  
Stunning duality  
Creating a world of illusion  
A caricature of womanhood?

Resplendent fish with sequin scales  
Swim in an ever-thinning school:  
The fiercest surviving among  
These mermen of the sea?

Abbot RuPaul urges his disciples to start their engines  
Making the best wo/man win.  
And the goils keep us watching  
And the ladyboys are uglybeautiful.



Photo par Leland Bobbe

## The Light Has Not Died

Modupe Olaogun  
*Associate Professor of English*

*For Omotayo Olaogun Morrison*

The light died, so I thought.

What fires these sparks  
into my darkened soul?

Like the stars that expired eons ago  
whose long-emitted rays  
cross the vaults of time,  
your smile cuts through this gloom.

The stars keep lighting  
the paths of women and men.  
The light has not died.



## A Cry for Help, A Soul Snatched

Ameer Shash  
*Contributor*

The phone rings on the opposite end, followed by a shriek for help.  
Moments pass, a pair enter and words are exchanged among the three.  
Tensions are brought abruptly to a head.  
A body on the floor, bullet holes in the door, numerous hearts torn, media coverage begins to pour.  
A soul snatched from a family; theft, a crime; those who committed themselves to fighting it.  
Problem solvers quickly became problem causers.  
Grieving hearts remain forever sore.  
His skin may have been dark, but their intentions were immeasurably darker.  
May their families rest easy.



Photo par Avy Jetter

## 7 Films Centered on the Black Community

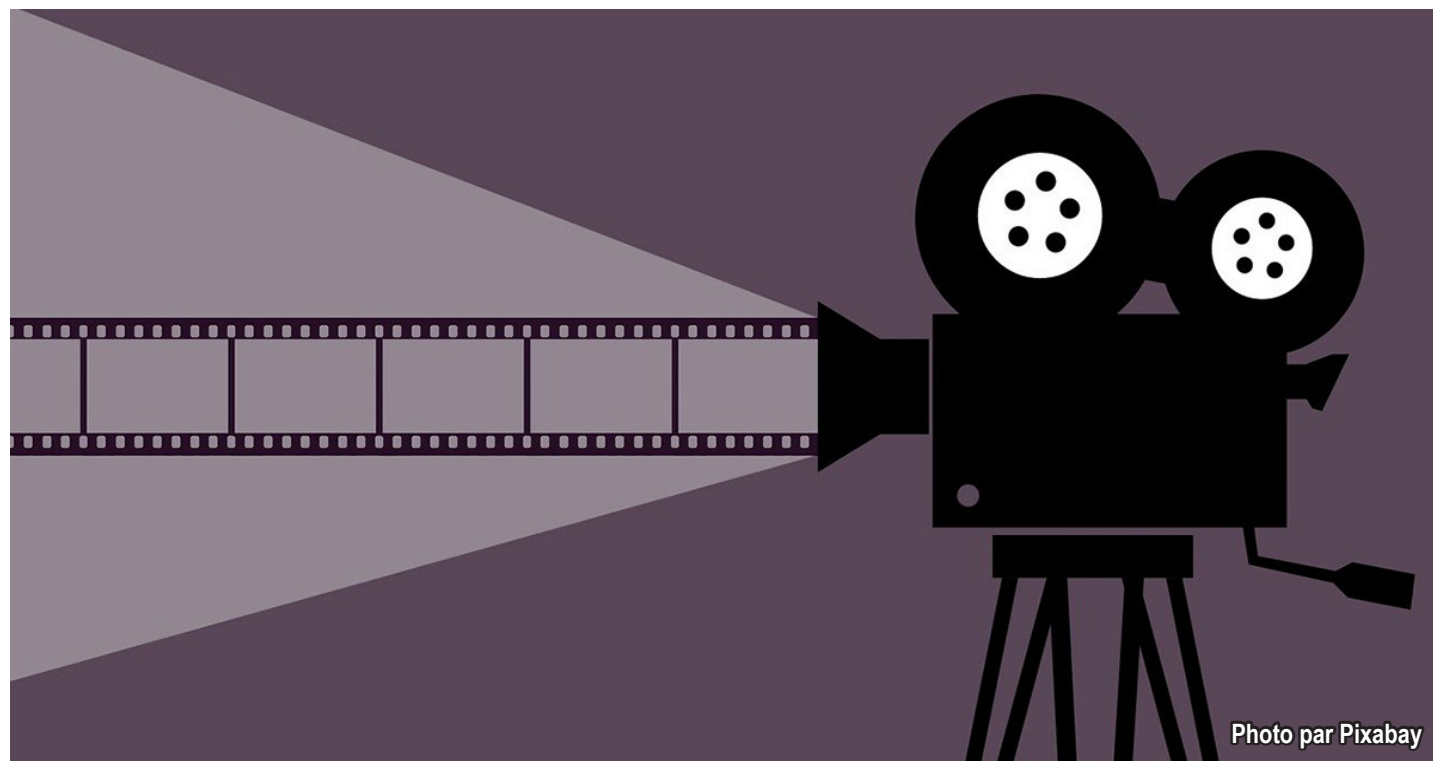
Josée Philips  
Section Editor - Health & Wellness

Movies are a great way to see life from a different perspective, and to witness the way that the world has evolved, or devolved, throughout history. They are also a wonderful way to support the people telling the stories. Consequently, movies are an incredible tool for all people to use to educate themselves on the experiences of Black people. It is important to watch, learn, and become active in situations of racial injustice, and watching movies is a great place to start. The films in this list are from various genres and cover many different themes. If you choose to watch some, and feel uncomfortable during some of the scenes, that is a good thing. We need to feel uncomfortable in order to understand that change is needed, and that we have a lot of work to do as a society.

*Do the Right Thing* (Spike Lee, 1989): Many Spike Lee movies could have made the cut for this list, such as *BlackKKlansman*. *Do the Right Thing* explores an Italian neighbourhood in Brooklyn, where racial tensions rise when a local resident is upset upon noticing that the local pizzeria's wall of fame is not racially diverse. This film often appears on lists of the greatest films of all time, and for good reason. It embraces the complexity of these situations and brings reality to the big screen.

*Hidden Figures* (2016, Theodore Melfi): *Hidden Figures* stars Taraji P. Henson, Octavia Spencer, and Janelle Monáe and is based on Margot Lee Shetterly's non-fiction book. The movie tells the story of Katherine Jonson, Dorothy Vaughn, and Mary Jackson, and their fellow African-American women mathematicians, who were the brains behind the operation of launching John Glenn into orbit. *Hidden Figures* celebrates the African-American women who were overlooked, but much deserved of credit, for their contributions to the Space Race.

*Moonlight* (2016, Barry Jenkins): I'm sure we all remember *Moonlight* from that awkward moment at the Oscars when the award for Best Picture was mixed up, and *La La Land* was announced instead of *Moonlight*, the real winner. But in all seriousness, the prize was well-deserved. This coming-of-age story follows main character Chiron as he grows up in Miami. It explores



the difficulties he encounters regarding his sexuality and identity. This film delivers a touching story and offers insight into a life scarcely portrayed in mainstream cinema. *Moonlight* was the first film that had an all-black cast and LGBTQ+ themes to win an Oscar.

*13<sup>th</sup>* (2016, Ava DuVernay): This Netflix documentary by director Ava DuVernay takes its title from the Thirteenth Amendment in the United States Constitution, which was adopted in 1865 and abolished involuntary slavery in the United States. DuVernay explores the connection between race, justice, and mass incarceration, as well as the prison-industrial complex in the United States. During the George Floyd protests, the viewership of this documentary increased by almost

5,000 percent.

*I Am Not Your Negro* (2016, Raoul Peck): Directed by Raoul Peck and narrated by Samuel L. Jackson, *I Am Not Your Negro* is based on James Baldwin's unfinished manuscript: *Remember This House*. This documentary explores racism in the United States and its history from Baldwin's observations, all while he remembers civil rights leaders Martin Luther King Jr., Malcolm X, and Medgar Evers.

*The Hate U Give* (2018, George Tillman): *The Hate U Give* is based on the book of the same name by Angie Thomas. This story stars Amandla Stenberg as the main character, Starr Carter, and delves into a story about the divide between the black neighbourhood where Starr grows up and the white private school she attends.

The divide is destroyed and her story is disrupted when she witnesses the fatal shooting of her childhood best friend by a police officer. Starr takes on a lead role in the situation and must find her voice and place in the midst of court rulings, protests, and riots.

*If Beale Street Could Talk* (2018, Barry Jenkins): From Barry Jenkins, the director of *Moonlight*, comes another incredible drama-romance based on the book by James Baldwin. In 1970, a young woman named Tish becomes pregnant, and her family attempts to free her boyfriend from imprisonment for a crime that he did not commit. This film tells the story of a young couple in love in a world full of injustice.

○ ○ ○
GLENDON RESEARCH FESTIVAL

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In collaboration with  
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# Exploring Caribbean Landscapes

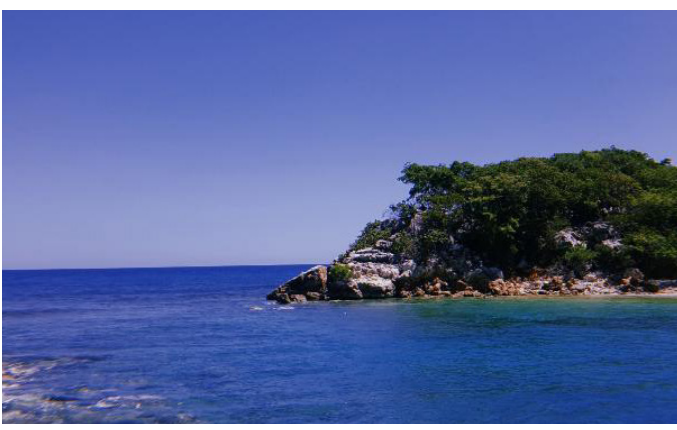
Caribbean landscapes are typically portrayed through two narrow lenses: advertisements of the tourist industry, and misguided exposés of poverty and uncleanness. With this photo spread, we hope to showcase the true beauty of the Islands from the perspective of its own people. Thank you to Sarah Springer and Elton Campbell for your stunning contributions to this gallery.

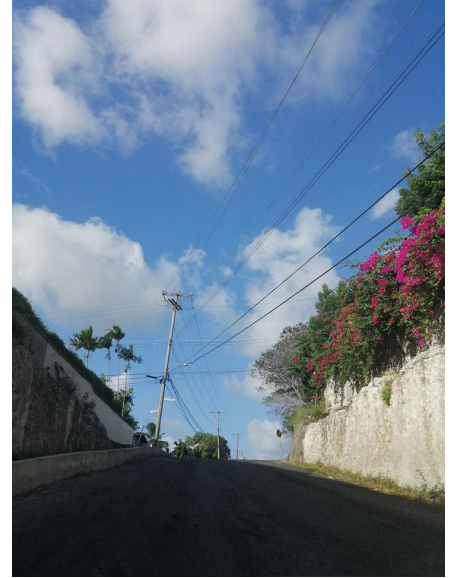


Elton Campbell  
(Jamaica)

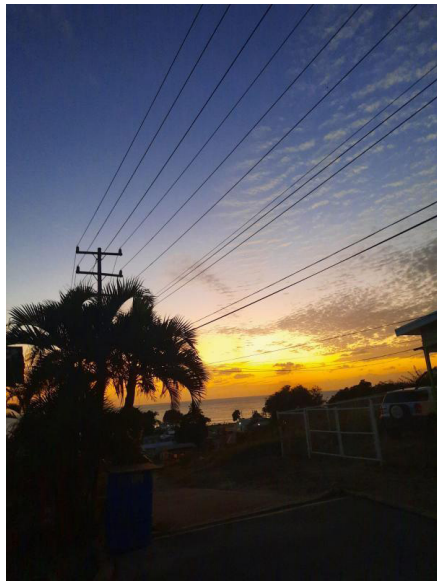
Sarah Springer  
(Jamaica)

Sarah Springer  
(Haiti)

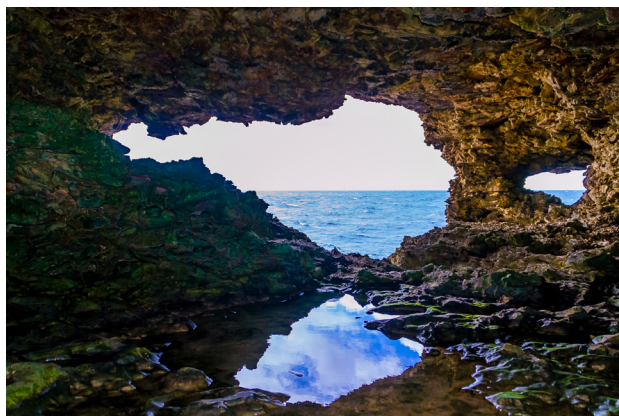




Sarah Springer (*Barbados*)



Elton Campbell (*Barbados*)



## 10 Books by Black Authors to Read This Black History Month

Brianna Carrasco  
Section Editor - Arts & Entertainment, Expressions

As an avid reader, a simple way for me to support the Black community is to read their stories. I try to purchase from the Black-owned bookstore in Toronto called “A Different Booklist” when I can, and I make sure to share my thoughts about the books on Instagram and other book reviewing websites. Buying and sharing books written by Black authors is a way to support Black creators this Black History Month! Here is a list of ten of my favourite books by Black authors:

*Frying Plantain* by Zolika Reid-Benta. This book is written by a Toronto-based author, and is set in Toronto! The book consists of twelve stories surrounding the life of a young girl named Kara, as she attempts to balance her Jamaican culture and the Canadian identity she shares with her classmates. I absolutely loved this book and feel more connected to it as it is set in Toronto.

*If Beale Street Could Talk* by James Baldwin. James Baldwin is my favourite author and this is the first book I read by him after watching the film adaptation of *If Beale Street Could Talk*, directed by Barry Jenkins (the director of *Moonlight*). This book is a short but stunning love story about a young couple, Tish and Fonny. When Fonny is imprisoned for a crime he didn't commit, Tish and her family race to release Fonny from prison before Tish and Fonny's first baby is born. This story is a great introduction to the rest of Baldwin's books.

*Felix Ever After* by Kacen Callender. Callender is a queer, trans, St. Thomian author who beautifully expressed their intersecting identities in *Felix Ever After*. The book is about a trans teenager named Felix who is partaking in an art program in New York City for the summer. When Felix is a victim of a targeted transphobic incident at the school, Felix takes it upon himself to get revenge on who he thinks did it. *Felix Ever After* is a cute, romantic, and powerful contemporary novel about love and identity!

*The Hate U Give* by Angie Thomas. *The Hate U Give* has been on the top of

the New York Times Bestsellers list for 206 weeks straight for good reason. The story follows teenager Starr Carter who feels stuck between her predominately Black neighbourhood and the white students at her school. Her world changes drastically when she witnesses the murder of her childhood friend, Khalil, at the hands of a police officer. This book is not an easy read, but it is a necessary one.

*Don't Call Us Dead* by Danez Smith. Danez Smith is a queer, non-binary poet who writes about their experiences as a Black, queer, and HIV+ person in America. I don't often read poetry, but this collection of poems seemed to just *click* and truly struck me emotionally. I highly recommend reading all of Danez's work if you're interested in poetry.

*All Boys Aren't Blue* by George M. Johnson. *All Boys Aren't Blue* is a powerful body of personal essays about Johnson's experiences with sexuality, gender, and race. I listened to the audiobook, narrated by Johnson himself, and it felt like a close friend was telling me their life story. Some parts are hilarious, and others brought me to tears. The book touches on themes of toxic masculinity, family, gender identity, and Black joy.

*You Should See Me in a Crown* by Leah Johnson. This book is just so sweet and romantic and full of good vibes. The story is about Liz Lighty, a high school outsider who runs for prom queen in order to win a scholarship to her dream college. Also running for prom queen is the new girl, Mack, who quickly becomes friends with Liz, and Liz finds herself falling in love with her competition. This was a lovely debut, and I can't wait to read more of Leah Johnson's other books!



son's other books!

*The Black Kids* by Christina Hammonds Reed. *The Black Kids* explores issues of race, class, and police violence from the perspective of a wealthy Black teenager, Ashley, who has primarily white friends. The backdrop of the story is the 1992 Rodney King Riots that took place in Los Angeles. The book wonderfully explains class privilege, and how Ashley is able to turn a blind eye and pretend that issues of police brutality are not affecting her community. However, Ashley quickly realizes she can't keep pretending that these issues don't affect her.

*The Sun is Also a Star* by Nicola Yoon. This is a wonderful contemporary romance about a girl named Natasha who, with her family, is about to be deported to Jamaica. On her last day in New York City, where she has lived her entire life, she meets Daniel, who is struggling with sat-

isfying the high expectations of his Korean-immigrant parents. Natasha and Daniel spend her last day in New York together, which makes for an emotional love story. The book focuses heavily on immigration.

*Choir Boy* by Tarell Alvin McCraney. *Choir Boy* is a play by the creator of the film *Moonlight* about a boy named Pharus who dreams of being the best choir leader at his all-boys school. The problem is, he doesn't have many friends and needs to gain the respect of the other boys in the choir. This play is perfect if you want something different from books written in prose, or if you're missing watching plays and musicals because of the pandemic! The story touches on toxic masculinity, gender roles, and friendship.

We should be reading books and consuming art by Black creators year-round, but this February is a good time to start!

**WHAT LIES AT THE INTERSECTION OF RACIAL INEQUALITY, A GLOBAL PANDEMIC AND CONCERNS ABOUT CLIMATE CHANGE? OUR DEMOCRACY.**

**Celina Caesar-Chavannes**  
Sr. Advisor, EDI Initiatives & Adjunct Lecturer, Queen's University  
Former Parliamentary Secretary to Prime Minister Justin Trudeau and  
Parliamentary Secretary to Minister of International Development

**TUESDAY, FEBRUARY 23, 2021  
12 PM - 1 PM**

GLENDON | YORK U



## The Black-Owned Business that Makes Your Resin Wishes Come True

Eden Minichiello  
Editor in Chief

Resin Wishes is a small, black-owned business and a one-stop shop for all of your kawaii needs! Founded in 2020 and owned by Brianna Bermudez, a 21 year-old Black woman, Resin Wishes's goal is to provide its customers with excellent service and adorable resin items, including keychains, necklaces, earrings, trinket trays, coasters and more. Brianna stated that her mission is "to be able to make [her] customers' resin wishes come true!" Customers can not only browse Brianna's cute creations on her Etsy shop, but order custom resin items as well. Brianna says, "products can be 100% tailored to fit your needs and vision. All my resin items are totally unique and one of a kind."

We at Pro Tem had the incredible opportunity to interview Brianna and ask her about her experience as a young Black woman, entrepreneur, and small business owner.

*How did Resin Wishes begin?*

During my time at university, I was studying a BBA in entrepreneurship and marketing. I knew I wanted to start a business, but I was never quite sure what kind. At first, I spent a lot of time and effort trying to start a cosplay business! From the few conventions I went to, I always loved

dressing up and seeing others dressed up as characters, too. After a couple of years, I decided it really wasn't my passion. At the time, I created a personal Instagram account, and a lot of what was showing up on my Explore page was decoden phone cases! I was really interested in making them and turning it into a potential business. I actually learned about resin from the decoden community, and I ended up discovering that I really love working with it! I guess you could say my business is what it is today thanks to scrolling through my Instagram Explore page! I saw really cute creations and I wanted to make them as well. There's so many people in the decoden and resin community that I get inspiration from. A lot of us may use the same molds and materials, but we all end up making totally unique creations.

*What has your experience been like as a Black business owner?*

I'm thankful that my experience as a Black business owner has been mostly positive! I think this experience has been unique because I know a few other Black resin business owners are scared to show or mention that they are Black. That is crazy to me! I grew up in a mixed family — my mom is Black and my dad is Mexican — so I've always been around people of different backgrounds and color. I've never seen anyone solely for the colour of their skin, or judged them for it, so to know that people do is really sad. It wasn't until these Black business owners talked about how they were scared to show their hands in product photos, and possibly lose followers because they were Black, that I became aware and afraid of the same thing. I still show my hands in posts, and I show my face once in a while, but I do wonder if peo-

ple ever unfollow me or hate me for it. I'm thankful I haven't had to experience hate directly. I have witnessed, in the media and real life, that others hate Black and Mexican people, which is super scary because I'm not only one of those things, but both. I look Black, but I have a Mexican last name. Ultimately, I am grateful that people haven't treated me with such hate, but it's sad and upsetting that I even have to be grateful for it. People should never experience hate or pain just based on the color of their skin or where they are from.

*What does Black History Month mean to you as an individual, and to your business?*

Black History Month means a lot to me as an individual. It's a time to celebrate how far we have come, but also educate on how far we have yet to go. It's amazing to acknowledge all the things Black people have done and continue to do. I think it shows others that Black people are just as important as anybody else and that we deserve to be heard. It sucks that knowledge and discussion usually doesn't happen until our "month", or until horrible things happen and we have to have a movement like Black Lives Matter, but everything has to start somewhere. Ultimately with Black History Month, I just want people to know that we matter and we have been through so much. We continue to go through so much. When it comes to my business, Black History Month gives a spotlight to Black businesses and creators. I don't think many people see a business and automatically think of a Black person owning it. I hope people know that there is a Black woman behind Resin Wishes, and that she can get just as far as anybody else. I don't want people to look at my skin color and feel bad or sorry for me. I've always been an

achiever and strived for so much. During highschool, I was able to graduate with both my diploma and associate's degree! As of 11<sup>th</sup> grade, instead of attending my highschool, I went to community college for 2 years. I graduated as valedictorian and went on to university with a 4.0 (along with other honors)! I don't say this to brag and show off (ok, maybe just a little bit), but to show that I'm a Black person succeeding and doing great things. I don't think people consider that enough, or see it enough, but there are a lot of Black people doing great things. At the end of the day, Black people are humans, and we should be treated like it.

Pro Tem would like to sincerely thank Brianna for contributing to our issue with her experience. We encourage you to check out the Resin Wishes Etsy shop, as well as follow Brianna on social media like Instagram, Twitter, and Tiktok @resinwishes. Whatever your resin wishes are, with her incredible kindness, sweet personality, and kawaii creations, Brianna is sure to make them come true!



## Curly Hair That Cares

Anna Noumtinis  
Section Editor - Campus Life

A couple Friday nights ago, I decided I was going to grow out my hair. But to do that, I needed to establish a proper hair routine to combat the frizziness of my curly hair. That's how my search for curly hair products and a routine to achieve healthy curls began. In my research, I stumbled upon CurlShoppe, a store in the GTA.

CurlShoppe is a Black, Canadian, women-owned small business, and their store is just off Weston Rd., right between Eglinton Ave. W and St. Clair Ave. W. Perfect! It was only 20 minutes from my house, and I was excited to go browse their products, but then I remembered I would have to do curbside pick-up. That would have been fine if I knew what I was looking for. Luckily, CurlShoppe has a website! The website is very simple and cute, and it was super easy to find information on the products. They even have a diagram that helps you figure out which product would be the most suitable for your hair type and desired effect (i.e.: length, volume, defrizz). The products are reasonably priced, ranging from \$5.00 to \$30.00 depending on the product and size. Additionally, shipping is free in Canada for purchases over \$25! Even better, most of the ingredients in their products are natural, so customers can rest assured that they're not damaging their hair with chemicals.

The website has an 'About Us' page, which I read and absolutely adored! The whole business has a very homey and caring vibe. It was started by two Black Canadian women who wanted to create quality products for people with all different types of curly hair. The owners themselves have had their fair share of trial and error with curly hair care, so they hope to help others avoid the same mistakes they made.



Photo par Christina Patrice

My favourite part of their 'About Us' message is when they talk about hair being a part of our identity, which I think is very true. Your hair is always with you, and when your hair feels good and looks good, so do you. I think it is truly important to embrace who you are and to give yourself some care, so why not start with your hair? If you're like me and are in need of a new haircare routine, or just want to try some new hair products, I highly recommend CurlShoppe! You can order their well-priced products from home, which makes it COVID safe, and you would be supporting a Black, Canadian, women-owned small business, which is wonderful!

Check out CurlShoppe here: <https://curlshoppe.ca/>

**LE MOIS DE L'HISTOIRE DES NOIRS**  
calendrier

**GUESS THE FLAG**  
DE 15H - 16H  
En collaboration avec SCLD

**RELATIONSHIP TALK**  
DE 17H30 - 19H30  
En collaboration avec ASA et UCI  
\*MoSweetsPls X GAN Spread Love Week

**BLACK CANADIAN ROOTS**  
DE 13H30 - 15H30  
En collaboration avec Le Salon Francophone

**CELEBRATING OUR BLACK ALUMNI**  
DE 15H - 16H  
En collaboration avec l'Alumni de Glendon African Network

**LES ARTS ENGAGÉS**  
DE 11H - 16H45  
En collaboration avec Glendon

Instagram: @GLEDONAFRONETW

Glendon African Network

**OSAP APPLICATIONS ARE DUE BY FEBRUARY 27<sup>th</sup>**

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# Creole Shrimp Mofongo Recipe

Natalie El-Rifai  
Chief of Operations

In honor of Black History Month, I want to share a prized Caribbean dish that tells the story of a beautiful memory from my childhood.

Back in high school, where I felt relatively isolated due to the lack of diversity at my school, I was suddenly blessed with a new best friend who had just moved to Canada from Haiti. Not only was she a fabulous human being, she was also a phenomenal cook. She often came over after school, took control of my entire kitchen, and gave us a taste of the Caribbean. One day, she made a dish of delicious cajun shrimp in a spicy sweet creole stew over mofongo!

Mofongo is a Puerto Rican dish with African influences — basically a love child of Africa, the Caribbean and Latin America. Influenced by the African *fufu*, an African mashed vegetable dish, several countries in the Caribbean have their own version of the dish, substituting the starchy vegetables of Africa with a staple starch: plantain. The beauty of this dish is its inherent diversity, spanning over many countries and influences. Throughout the regions of the Caribbean and Latin America, the dish transforms itself, plants being mixed with other starchy vegetables, or prepared with different cooking styles. Being the truly versatile dish that it is, the choices are limitless regarding what to serve with the mofongo (mashed plantain). For the sake of the recipe I know from my childhood, we'll stick to seafood. A mortar and pestle is typically used to mash the plantain and create the mofongo, but if you don't have one, any other mashing utensil will do.

Let's get to it!

## INGREDIENTS

For the Mofongo:

- 4 plantains, cut into 1 inch pieces
- 3 garlic cloves, mashed
- 4 teaspoons olive oil
- 2 cups oil, for frying

For the Creole Sauce:

- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 large clove garlic (minced)
- 1/4 cup chopped onions (about 1/2 medium onion)

- 1/4 cup chopped green bell pepper
- 1/4 cup chopped red bell pepper
- 1/2 teaspoon paprika
- 1 1/2 teaspoons Creole seasoning
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 teaspoon worcestershire sauce
- 1/4 teaspoon hot pepper sauce
- 1/4 teaspoon freshly ground pepper
- 1 can (14.5 ounces each) diced tomatoes with juice
- 1 can (approximately 1 2/3 cups) chicken stock (or vegetable stock)
- 4 green onions (sliced, with most of the green part)
- 1 heaping tablespoon tomato paste
- 2 tablespoons butter

For the Shrimp:

- 1 lb shrimp, peeled and deveined
- 2 tbsp cajun seasoning

## PROCEDURES

For the Mofongo:

1. Heat oil in a large pot.
2. Peel plantains and cut into 1 1/2 inch slices as oil heats.
3. Mash 3 cloves garlic.
4. In small batches, fry plantains for about 12 minutes at medium-low heat or until very light brown, making sure to turn plantains as they cook.
5. Remove plantains from oil, and place in a large bowl or mortar.
6. Smash plantains with a pestle or any mashing utensil.
7. Add mashed garlic and 2 tablespoons of olive oil.
8. Once you have mashed all the plantains, mold them into the shape of a circle or half circle using your hands - make 8 circles.



Photo par Dani Sweet & Sorrel

For the Shrimp:

1. Add shrimp to a bowl or plastic bag with creole seasoning, toss well to coat. Set aside.

For the Creole Sauce:

1. Heat butter and oil in a saucepan over medium-low heat.
2. Add chopped garlic, onions, and peppers.
3. Sauté for about 5 to 7 minutes, until just tender.
4. Combine paprika, Creole seasoning, thyme, oregano, basil, worcestershire sauce, hot sauce, and ground pepper in a small cup.
5. Stir tomatoes into the vegetables then add the

seasoning mixture.

6. Sauté for 1 more minute.
7. Add chicken or vegetable stock and bring to a boil.
8. Let simmer for 10 minutes.
9. Stir in sliced green onions and add shrimp as sauce simmers. Most of the liquid will evaporate, and shrimp will turn bright pink and opaque.
10. Stir in tomato paste and butter until well blended into sauce.
11. Serve immediately over mofongo in a large, deep dish or bowl.

Enjoy!



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On campus Resources /  
Les ressources sur le campus :

- **Glendon's Accessibility, Wellbeing and Counselling Centre**
  - [lmlopez@glendon.yorku.ca](mailto:lmlopez@glendon.yorku.ca) to book and appointment / pour prendre un rendez-vous
  - Call / Appelez : 416-736-5297
- **To register with Glendon Accessibility Services**
  - <https://www.glendon.yorku.ca/counselling/disability/registering/#1528907333730-e9c20870-f0d0>
- **To register with Student Accessibility Services**
  - <https://accessibility.students.yorku.ca/new-students>
- **The Centre for Sexual Violence Response, Support & Education: 416-736-5211**

## Paris is Burning Walked so *Rupaul's Drag Race* Could Run

Brianna Carrasco  
Section Editor - Arts &  
Entertainment, Expressions

*Rupaul's Drag Race* is my favourite show of all time. I've been keeping up with it for a few years now, bingeing all the seasons over the course of a few weeks, rewatching with friends and family, and settling in front of my TV weekly to watch the newest episode. *Drag Race* is the show I go to when I'm sad, happy, stressed, or excited. It's my cure-all.

The show is a drag queen competition, where a group of drag queens come together to compete for the title of "America's Next Drag Superstar." The queens partake in a variety of silly and campy challenges, like musicals, fashion shows, or comedy specials. At the end of each week, two queens are up for elimination, in which case, they "lip sync for their life." The queen who loses the lip sync is sent home and has to "sashay away."

The *Drag Race* franchise has expanded with a few more shows: *Drag Race: All Stars*, where past queens can compete again; *Untucked*, which airs behind-the-scenes footage; and *Drag Race UK* and *Canada's Drag Race*. *Rupaul's Drag Race* has brought the art of drag to the mainstream. Before the show's existence, drag queens performed almost exclusively in gay nightclubs, and made their living from getting gigs and receiving tips. Now, drag queens popularized on the show have the opportunity to perform at stadiums in world tours, and receive brand deals due to their huge Instagram following. *Drag Race* queens have even made it to the big screen, in movies like *A Star is Born* and *Happiest Season*.

While I believe that *Drag Race* has allowed queens to expand their careers, and made the art of drag more accessible, I also believe there are some issues with failing or refusing to acknowledge where our current culture of drag has come from.

*Paris is Burning* is a 1990 documentary following the lives of gay men, drag queens, and trans women from the African-American and Latinx ball community of New York City. "Drag ball" was a Black queer subculture that started in the late 19<sup>th</sup>-century. Drag balls consisted of events such as modelling, lip-syncing and danc-



Photo par Janus Films

ing, and drag queens and trans women would compete for prizes. Many competing individuals were a part of "houses," which is a chosen family of other queer individuals they would associate with. An individual win was also a win for their house.

Many *Drag Race* challenges and inside-jokes are taken directly from *Paris is Burning*. In nearly every season, contestants compete in their own version of a ball, in which the queens must create three individual outfits that fit a theme. The term "reading" is also described in *Paris is Burning*, and was popularized in *Drag Race*. "Reading" in Black queer culture is when individuals insult each other in a witty and light-hearted way. In every season of *Drag Race*, there is a "reading challenge," and the queen who has the funniest and smartest insults wins. Phrases like "I was read for filth!" mean that someone was just hilariously insulted.

Besides challenges, *Rupaul's*

*Drag Race* has also popularized many phrases and terms that many do not know were used by the Black queer community in the 80s and 90s, and were documented in *Paris is Burning*. For example, the phrases "throwing shade" (similar to reading, but much more offensive) or "gagged" (a synonym for "surprised") were all created by the Black queer community in the late 20<sup>th</sup> century and shown in *Paris is Burning*. They are only now becoming mainstream, along with phrases like "realness," "extravaganza," or "death drop."

Rupaul is considered the "world's most famous drag queen," and I think it's especially important to note that Rupaul, a queer Black man and drag queen, has popularized the art of drag and made it accessible for anyone. Those who are not old enough to go to gay clubs, who are not out of the closet yet, or who simply don't enjoy going to clubs can enjoy drag from the comfort of their own living rooms. Drag

queens aren't just mysterious creatures who only come out at night anymore; they are respected artists and performers who can share queer culture with the world.

However, we must recognize that drag queen culture did not start with *Rupaul's Drag Race*. Furthermore, Rupaul's belief that trans women should not compete in *Drag Race* is shameful, and should be criticized. Rupaul is not a perfect individual, and while he popularized drag, he does not represent all drag queens. Rupaul's brand and *Rupaul's Drag Race* would not be what it is today without the culture of and inspiration from the Black lower-class queer community of the 80s and 90s, documented in *Paris is Burning*. It is necessary to recognize the impact that Black drag queens and trans women have had on our culture, language, and way of life today.