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Photo par GCSU

## Semi-Virtual Frosh Week: The Best Frosh Yet!

*The Pro Tem Team and Nadia Hayes*

Frosh Week at Glendon looked a little different this year. With this being the first year back on campus since the start of the pandemic, we were able to have a few in-person Frosh activities, along with many online activities that anyone could join in on! The hybrid Frosh was an excellent way to start the school year, and I must say that the mix of in-person events under the sun and online events that York students could join from anywhere in the world, led to such a unique and successful orientation week!

There's no better way to kick off Frosh Week than with some epic fun, and that's exactly what Time to GLO Up delivered! Upon arrival on campus, Froshies got the chance to learn some classic Glendon cheers, pick up their

Frosh Kits, and mix and mingle with one another. Legend says Glendon Principal Marco Fiola just couldn't bear to miss the group cheer; hands up if you saw him following along! Froshies were then given the opportunity to meet their teams and O-Leads, who led them through icebreakers and team cheers. Luckily, the fun didn't end there! For some Froshies, it was their first time stepping foot on our campus, making for an even more exciting experience! Leaders conducted guided tours and answered questions about all things Glendon, including campus life, academic expectations, and tips and tricks to navigating their first year of university. With plenty of photo opportunities and a (GLO)ing O-Chair Nadia, this event introduced Froshies to their first taste of the Glendon spirit!

The Opening Ceremony kicked off with a warm welcome to Frosh from

the President of the Glendon College Student Union (GCSU), Stephen Teong, and our O-Chair Nadia, followed by a few words from Principal Fiola. The first virtual Frosh event gave Froshies a chance to meet their teams, get to know their O-Leads, and play some fun games, ending the night was a drop-in game session, with games like Jack-box.tv and Pictionary.

Day 2 of Frosh Week opened on the GLARCADE, a fun-filled session of games, group bonding, and tons of team spirit. Each team got a chance to compete at five different stations, with a prize for each member of the winning team. From Song Association and Codenames, to Broken Picture Phone, there was something for everyone. Froshies got competitive, and went above and beyond in their game strategies; what a great start to the day! Moving

Continued on **PAGE 3**



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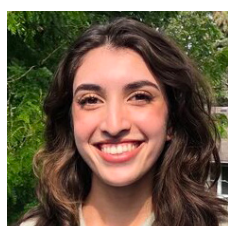
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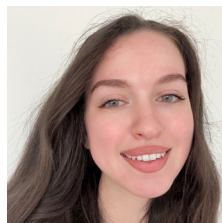
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Be sure to follow us on Instagram for reminders about upcoming deadlines and events.



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## Letter from the Editor

Bonjour, Glendon!

Hello! My name is Brianna, and I am honored to be Pro Tem's new Editor in Chief! I am overjoyed to announce our first issue of the 2021-2022 school year. After a year and a half of living through the COVID-19 pandemic, I'm sure we are all ready to get back to our "new normal."

This year is officially the first year back on campus since the start of the pandemic, and it's such a joyful experience to see people bring Glendon to life again. It is also because of the dedication of the Pro Tem team and the commitment of our fantastic contributors that we are able to publish our first issue for Pro Tem's 60th year. The upcoming year for both Pro Tem and Glendon is looking bright and I'm excited to get started!

Il y a encore quelques changements dans les opérations de Pro Tem en raison de COVID-19. Bien que nous n'imprimions ni ne distribuions de copies physiques du journal pour le premier semestre, vous pouvez toujours accéder à nos publications sur notre site Web à l'adresse pro-

temgl.com, ou vous pouvez vous inscrire à notre liste des abonnés pour recevoir notre « journal électronique » directement dans votre boîte de réception. Nous espérons qu'au cours du deuxième semestre de l'année scolaire, nous pourrions recommencer à publier des copies physiques du journal!

En raison de la pandémie, nous n'aurons pas de soirée de lancement à Lunik pour le premier semestre, mais restez à l'écoute pour plus d'informations sur notre événement du 60e anniversaire qui aura lieu le semestre prochain! En attendant, gardez les yeux ouverts pour les cadeaux, les jeux Instagram amusants et les dates limites de nos contributeurs afin que vous puissiez voir votre travail publié!

Above all, Pro Tem's goal for this academic year is to continue to provide a platform for students to express their

thoughts and share their opinions about matters that affect us all. My hope is to engage all members of the Glendon community--anglophone or francophone, writer or visual artist, math major or English major--to allow Pro Tem to fully represent all aspects of Glendon and the intimate community we have fostered. Whether you are coming back to campus, remaining online, or have decided on a mix of both, there is a place for you at Pro Tem and at Glendon, and you can make your voice heard.

Je me réjouis de lire vos contributions ce semestre!

À bientôt,

Brianna Carrasco  
Editor in Chief



## Semi-Virtual Frosh Week: The Best Frosh Yet! (cont.)

into the academic portion of the day, O-Leads Ana, Katherine and Tyra took charge of the Glendon Guide, leading an information session on adapting to university life for all our incoming students. Topics covered included time management, study strategies and available resources on campus, such as the Writing Centre. The biggest takeaway? What works well for someone else may not work for you; pay attention to your learning style and find strategies that work for you!

Following this, the event transitioned seamlessly into the Student Panel, where various upper-year O-Leads from different academic pathways gathered to answer questions and share their experiences. Representatives from programs like Biology, History, French Studies and Psychology provided insight on program-specific questions, such as mandatory courses and course selection. Froshies also got a glimpse into life as both a commuter and a student living in residence, as well as information about first-hand experience with student government, undergraduate research, and our unique B.Ed program at Glendon. With so many questions pouring in, it was no surprise that the event ran overtime! Truly a wonderful way for incoming students to learn more about academics at Glendon!

The third day of Frosh Week started off with a bang! Colour Wars: Take it to the Streets had teams storming the streets of Downtown Toronto on a personalized scavenger hunt. After an enthusiastic cheer-off, each team of Froshies and Leaders set out from Glendon with a destination in mind, Presto passes in hand. Destinations included the infamous Garden Car at Kensington Market, the classic 3D Toronto sign at Nathan Phillips Square, and the bright, art-filled walls of Graffiti Alley. At each location, teams fulfilled a task and sent video proof to their O-Chair in order to move on to the next destination, journeying from one neighbourhood to another by streetcar and subway. The colour wars ended with a breathtaking view of Toronto, seen from the top of the Baldwin Steps at Casa Loma. The day ended with a virtual Nuit Blanche--a night of all sorts of artistic expression from painting, open-mics, theatre improvs, and dance improvs. With art supplies on hand, the visual arts breakout

room consisted of our group working on adult colouring books, painting dog and cat portraits, or even just stick figures. The open-mic portion and the improv dance section welcomed all sorts of singing and dance, from covers of "Hey There Delilah" and Big Time Rush or Justin Bieber jams, to original songs and choreographed dances! The most fascinating was the theatre improv portion of the night, where we learned a ton of theatre games, such as explaining and acting out on the spot how an object can be used in creative ways. It was an amazing night of artistic expression!

The highlight of the fourth day was the Club Fair, where all of Glendon's clubs came together to share the highlights of their club! Pro Tem had the amazing opportunity to introduce the topic of creative expression and bilingualism to the incoming first-year students. It was an honour to represent Pro Tem among the many other clubs Glendon has to offer. You can check them all out at the Glistudentlife Instagram page!

The fifth day of Frosh Week consisted of an intense but important Consent Play to illustrate what consent, and the lack thereof, could look like both in-person and virtually. Due to the pandemic and the rise of popularity with dating apps, the virtual demonstrations in the play were very relevant to help equip new students with knowledge and resources to navigate relationships during this time. If you missed the play, you can access information and resources on The Centre for Sexual Violence Response, Support & Education's website. On campus, multiple activities competed for the Froshies' attention. For energetic individuals and sports enthusiasts, Bubble Soccer was the place to be. At the craft table, Froshies engaged in peaceful bracelet-making, painting and colouring. Others took the opportunity to hang out and bond with their newfound friends, taking advantage of the ample space on the grass. The night ended with the virtual Glendon's Got Talent, where we received an awesome lip-sync performance from our amazing O-Leads of "I Want It That Way" by the Backstreet Boys. It was so nice to get a wholesome break from the physical activities, with the virtual talent show or the in-person Movie Night which took place simultaneously. The chosen movie was the 1980s classic *The Breakfast Club* - it never gets old!

Starting the sixth day off with a virtual yoga session was the ultimate relaxing and refreshing start to any day! It reminded Froshies to take a moment of mindfulness and slow down in the midst of all the fun Frosh activities. The day came to an end with a toasty GLampfire paired with some

delicious snacks. Everyone gathered in a circle around the fire, wearing comfy sweaters to stay warm during the night. It was so relaxing to hear the small chatter between friends as the music played in the distance. Although it was quite dark out, one could see glimpses of the students' faces as they were lit up by the embers of the fire. The GLampfire perfectly set the mood for the upcoming Fall season!

Day 7 set the stage for Glendon's collaborative event with Bethune College, home to York's Faculty of Science and the Lassonde School of Engineering. Students from Glendon and Bethune got that chance to meet and expand their social networks while competing against one another in games of Jeopardy, Taboo, and Song Association. This led to Day 8, which consisted of fun in the sun at the beach! It was great to see everyone celebrating the final days of summer the best way possible.

The closing ceremony on Day 9 was kicked off with an excellent TikTok-worthy dance performance by O-Leads to get all the frosh teams fired up to perform their cheers. Once the enthusiastic cheers had

been sung by the colours of the rainbow, Frosh awards were given out to celebrate the amazing people who were a part of this year's Frosh Week. They were all well-deserved!

This was a year of so many firsts. First year of school, first year on campus, first year back on campus, first hybrid Frosh Week; the list is endless! The events were so successful and the feedback from Froshies and from O-Leads has been incredible. Much thanks to our Orientation Chairperson, Nadia Hayes, for planning and executing our first on-campus activities since the start of the pandemic. Everyone was just super happy to be back and worked together to make sure that this week was safe and enjoyable for everyone. Frosh Week is a really important social transition for incoming students and to be able to offer that virtually and in-person made it so that there was really something for everyone. It was really magical to see connections being made between incoming students, and with leaders- and we hope for many more throughout the school year!



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## Course Selection: An Infuriating Struggle

Michael Aquilino  
English Journalist

This upcoming 2021-22 academic year, I will be heading into my second year of studies at York University. Last year, as an excited first-year student, I was eager to begin enrolling in my first set of university courses. After a few weeks of consulting York's courses website, carefully planning out the courses I was interested in taking (paying close attention to course-credit exclusions, pre-requisites, co-requisites, and cross-listed courses), I impatiently awaited my enrollment access date. When the day finally arrived, the simple task of plotting my timetable using the Visual Schedule Builder, and entering the associated CAT numbers into York's REM system turned into an eight-hour ordeal.

As the summer of 2021 came about, I was hopeful that my academic preparations would run a lot smoother than they had the previous year. Much to my dismay, they didn't. I spent a sizable portion of my summer exchanging emails with department heads, professors, and a variety of academic advisors. Numerous permissions were requested in order to

fulfill York's mandatory "courses outside of the major" requirement, some of which were not granted. It's truly astonishing how requesting access to courses outside your main focus of study, which can help broaden both your educational and personal horizons, is met with so many restrictions.

In conjunction with the strict pre-requisite, co-requisite, course-credit exclusion, and scheduling conflicts, I had also run into another much-dreaded obstacle: full-capacity courses! Coincidentally, with a student population upwards of 50,000 (with 2000+ being at Glendon), York University courses fill up very quickly. There are many instances in which students are unable to enrol into program-required courses, creating an irritating hindrance upon their degree progress. I had wished to enrol in a variety of courses, but unfortunately, there were not enough seats available. This is interesting for courses being held online, as many of those "seats" happen to be in students' homes and not in lecture halls. Frustrated, and exhausted, I headed right back to the drawing board - again contemplating the expansion of my pool of knowledge.

Now, while this may seem feasible to some, I do not wish to spend a great chunk of my tuition on courses that do not satisfy my curiosity, when I could be taking courses that help to foster the skills I need to succeed in my future endeavours. After painstakingly sifting through all of York's course offerings, I was ready to be-



Photo par Yan Krukov from Pexels

gin the first step in securing my place as a York Lion (for the second time), plotting my timetable using the aforementioned schedule builder. This software is incredibly versatile, allowing for users to conveniently manoeuvre their courses, visualizing and adjusting them to their preferences (can be based upon certain days, times, terms, etc.). This being said, any discrepancies regarding the chosen courses will immediately be illuminated by the software. I soon discovered that many of my desired courses were held during conflicting times. While it's understandable and inevitable that some courses may conflict with one

another, there's simply, in my opinion, not an abundance of preferable options. Earlier, I pointed out that the broadening of both educational and personal horizons is of immense importance, especially at the university level. In the years to come, with regards to course selection, I believe that York needs to evolve as an academic institution, and further broaden its horizons to increase the number of seats available per course and the number of courses being offered. The new Markham campus may present an opportunity in 2023 to unleash the shackles which constrain some of the future's greatest minds.

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### Myths and Facts about Studying at YorkU

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## APPEL AUX VOLONTAIRES

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## Five Tips for First-Years: Everything You Need to Know

Brianna Carrasco  
Editor in Chief

The beginning of a semester after a long summer off might be stressful and overwhelming, especially for first-year students! Here are some tips on how to manage and make the most of your university experience!

1. It's so important to stay organized from the very first day of classes so you don't get lost and overwhelmed mid-way through the semester. Invest in an agenda from Indigo or any other store that sells stationery and school supplies. You can even purchase an agenda from the York University Bookstore! If you prefer a digital agenda, Notion is a website that allows you to create to-do lists, calendars, and countdowns for assignments. You can also back up all your notes, syllabi, and other important files. Once you

receive your syllabus or your virtual eClass course has opened up, make sure you write down the dates and times of all of your lectures, assignments, and exams in your agenda. That way, you won't miss assignments or forget to study for an important test. My tip is to look at your assignment requirements two weeks in advance and make a schedule so you can work a little bit each day before the due date, instead of cramming the night before!

2. I highly recommend getting involved on campus as soon as you can! Joining a club or an organization is a great way to meet new people with similar interests and learn or excel in a new skill; there are absolutely no downsides! You can search online at YU Connect for the list of the hundreds of clubs and organizations that York offers. Pick any club that fits your interests and follow them on Instagram for immediate updates, or contact the club to learn how to become a general or executive member. Getting involved with the Glendon Women and Trans Centre during my first two years allowed for an amazing experience to put on my resume, and joining Pro Tem in

my third and fourth year connected me with a team of wonderful individuals and skills I will use for the rest of my life.

3. Try to save money however you can. Try packing your own lunch and snacks instead of purchasing food from fast food places. When it comes to purchasing textbooks, don't hesitate to buy a used one from someone else who has already taken the course, or borrow the textbook from the library. You can also buy e-textbooks from the York University Bookstore, which are usually less expensive than a physical one. Besides that, there are also ways to get a job on-campus. Experience York offers a list of new job postings for opportunities on-campus or in the GTA. Take advantage of an on-campus job, as that limits transportation costs and can fit around your academic schedule.
4. Take advantage of the many different courses York offers. I enrolled in my core Psychology courses during my first year but decided to take a Sociology course just for fun, only to realize I wanted Sociology as my minor! Without taking that Sociology course to satisfy my curiosity, I would have never learned how much I enjoy Sociology and want to incorporate it into

my future career. Take courses that are completely different from your major because you never know what doors that new course might open up for you. Even if you don't end up enjoying the course as much as you thought, you still took the chance to explore another area of life for a few months and learned something you never thought you would!

5. Lastly, take your time. If you notice that a full course load is too much for you, take fewer courses at a time. If you realize midway through your degree that you're passionate about another subject, it's okay to switch programs if it's something you really love. If your academic life is becoming stressful and overwhelming, it might be beneficial to take a semester off. Your university experience is your own and should not be compared to anyone else's. At the end of the day, we are all trying to balance difficult yet engaging courses, make connections with lovely people, manage our personal lives and mental health, and work towards a fulfilling career. No one has all the answers, and it's okay to go at your own pace.

I'm sure these tips will help you make the most of this upcoming school year. Best of luck, Glendonites!



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## Démocratie

Sara Youssef  
*Assistant French Editor*

Démocratie est souveraineté  
D'un peuple  
Exerçant un sentiment de pouvoir  
Mais quel pouvoir ?

Sentiment semblable à une espérance  
Soit de bouleversement  
Soit de pacifisme  
Mais est-ce une question de compétence ?

Compétence du peuple  
Ou des représentants  
Élus librement  
Mais c'est quoi la démocratie au juste ?



## Grief Has Come

Anike Morrison  
*Contributor*

To sit on my chest again.  
Like an unwanted cat,  
its weight pins me to the bed,  
bringing frustration and tears.

I lay in a shroud of forgetfulness.  
In the sliver of time  
before reality asserts its place again,  
I think he is still alive.

I'd rather not know.  
I'd rather stay confused.  
The burden of sorrow,  
the article in the news.

My heart is tight  
as I shiver.  
Remembering,  
I quiver.

From the haze in my head,  
As I lie in bed,  
Emerges the truth—  
What the article said:

My brother is dead.  
He injured his head.  
My brother is dead,  
A gong in my head.

My mother knew  
to be wary of the night,  
realm of danger and crime,  
darkness and grime,

the night which held a speeding car  
throwing him 108 feet,  
the night in which  
I was blissfully unaware, asleep.

Now awake, pain shreds me into  
tear-moistened scraps.  
I cling to memories,  
my fragile possessions.

They are the bulwark  
against this suffering.

They are the bulwark  
against this suffering.

## From A Bathtub

Hannah Beros  
*Contributor*

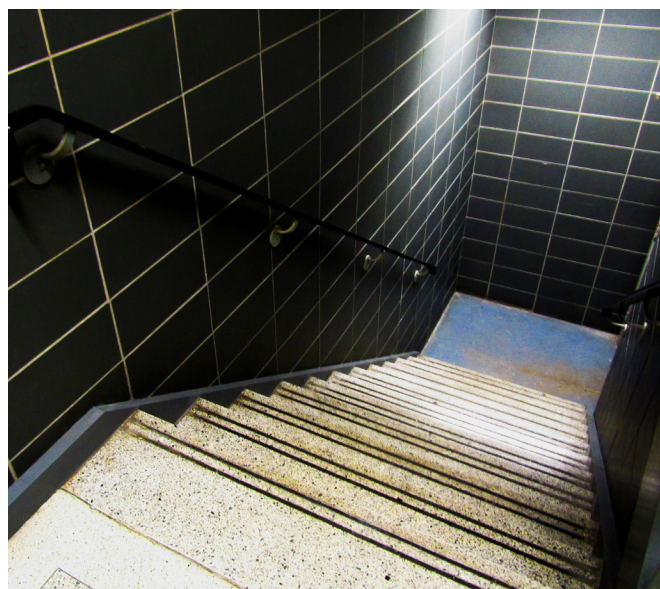
If you told me this moment was real  
I wouldn't have believed you  
If you told me this was how I feel  
I would have sworn it was a lie

I always thought that the person I wanted to be  
Wasn't good enough  
Wasn't pure enough  
Wasn't intentional enough  
Wasn't enough.

I fell down my basement stairs in a flurry  
Of light and speed,  
And resonant wishing.  
Wishing that I was  
Wishing that I am  
Wishing that I will be.

He who stands there  
In front of me  
Is foreign  
A visitor  
Who stays for awhile  
Then leaves?  
But he told me he won't leave,  
Not this time.

It hits me in waves  
And it hits me in oceans  
It trickles down my neck,  
And it trickles down my back  
Like the sweat we sweated as children,  
Playing on the playground in a tizzy;  
Too busy to stop



Too quick to care  
Too fast to run  
We do not know when the future is here, But when it comes  
I will know  
And maybe then  
I will turn over my pillow to the cool side  
And flip over my feelings till they settle.

We don't know how to end  
How to begin  
How to start  
How to get lost  
But when we arrive,  
We always know.

We is me  
And I am she.  
A perfect sounding melody  
A rhyme to send me off to sleep Not forever or eternally,  
But the prayer I pray is for my Lord to keep The light from drifting inside of me, to be the one I am to be,  
And let the movement set me free.





## Hilma af Klint: “Crazy Witch” or Artistic Genius?

Abigail Gillen  
*Bilingual Journalist*

A fine line separates what is considered to be crazy or genius. In art history, the conversation around Swedish artist Hilma af Klint exemplifies this debate. She began as a botanical illustrator and sold paintings of her work portraying landscapes. At the time, people did not know that she was a mystic who was inspired by spirituality to develop a visual language that explored her relationship with metaphysical realities, such as the concept of time and life itself. This language was captured in stunning paintings portraying messages from a higher realm, communicated to her by spiritual guides, whom she referred to as the “Higher Ones.”

Klint was the first artist to work with abstraction in Western art. In 1906, she created her first abstract painting, years before Kandinsky, Malevich, and Mondrian; male artists who are credited as the pioneers for 20<sup>th</sup>-century abstraction. Wassily Kandinsky believed that he had painted the first abstract painting in the world in 1911, not knowing that Hilma af Klint had beat him to it five years prior. Kandinsky’s work was sadly lost as he forgot to bring it with him at some point when he moved from Russia to Germany, then later to France. Of course, it would be nice to see the painting itself, especially to satisfy our curiosity, but it is not the painting itself that was so important to him. The highly coveted prize was to be acknowledged as the first known artist to create art in abstract style. Even though he does not rightfully hold that title since af Klint completed her work first, the two did not know each other as they were drawn towards abstraction independently.

Luckily, we can see Hilma’s paintings for ourselves, which almost was not the case. In 1932, she wrote to Rudolf

Steiner, a philosopher and clairvoyant who had seen her paintings in 1908, to ask if she should destroy them or keep them to display in a temple that would complement Steiner’s philosophy. Thankfully, she did not destroy her work even though no temple was built to house it.

Even though she painted her first abstract art piece in 1906, Hilma’s spiritual guides warned her that the world was not ready to see her work, so she left a note specifying that her art was not to be displayed until twenty years after her death. While her work is finally being recognized for its greatness now - most recently in New York at the Guggenheim museum - the Higher Ones may have been right in giving her that advice, seeing as earlier in her career, she was regarded as “crazy” rather than “genius”.

It is interesting to note that Kandinsky was commended as the pioneer of abstract art, while af Klint was known locally as a crazy witch. She would often have eggs delivered to her studio, which she used in her work to give it a luminous



Photo par Albin Dahlström; courtesy the Moderna Museet, Stockholm

quality, however, the locals speculated that she was using them for some sort of occult purpose. When viewing her work in such a fashion, they undoubtedly would not have been as impressed as we are today.

## 20-Something Book Club: Review of Honey Girl by Morgan Rogers

Brianna Carrasco  
*Editor in Chief*

I’ve read Young Adult novels my entire life. I loved reading about other teenagers experiencing the lonely, confusing, and sometimes exciting parts of high school. I always knew what I was going to get - a teenage girl going through some sort of identity crisis is able to figure things out, find a group of friends and a cool boyfriend, and they all live happily ever after.

As I entered my 20s, I noticed that these types of stories just didn’t do it for me anymore. I felt myself craving stories about people in college and university, finding jobs for the first time, who were experiencing the more serious and nuanced aspects of friendships and relationships. I thought: “Maybe it’s time for me to experiment with adult books.” However, I couldn’t be less interested in topics such as divorce or long-term careers. While these tend to be the themes of many adult books, I needed something in-between. So, I decided to start The 20-Something Book Club! About 30 other 20-something-year-olds and I de-

ecided to hop on Discord and begin reading books solely about the 20-something experience. Our September book was *Honey Girl* by Morgan Rogers.

*Honey Girl* follows the story of Grace, who has just finished her PhD astronomy program and is feeling lost after completing nearly ten years of school. Grace feels like her identity as a Black lesbian is stopping employers from hiring her, and she feels immense pressure from her ex-military father not to take a break even though she is suffering from extreme burn-out. On top of that, she has just married a girl during a drunken night in Vegas, something that Type-A Grace never thought she would do.

This story was perfect for back-to-school and really struck a chord with me as I enter the final year of my undergraduate degree. I have so many worries about my future that Grace also worried about throughout the course of the book; will I find a job that matches my degree? How will I deal with life after school? Who am I without my academic career? It gave me a sense of relief to know that other people feel the same way, with the same external and internal pressures that I suffer from.

It was also amazing to see Grace’s character progression throughout the novel. At the beginning of the story, Grace shows signs of anxiety and depression, but doesn’t talk to her overbearing father about it, or face these feelings herself. By the end of the book, Grace is able to accept help



Photo par [www.goodreads.com](http://www.goodreads.com)

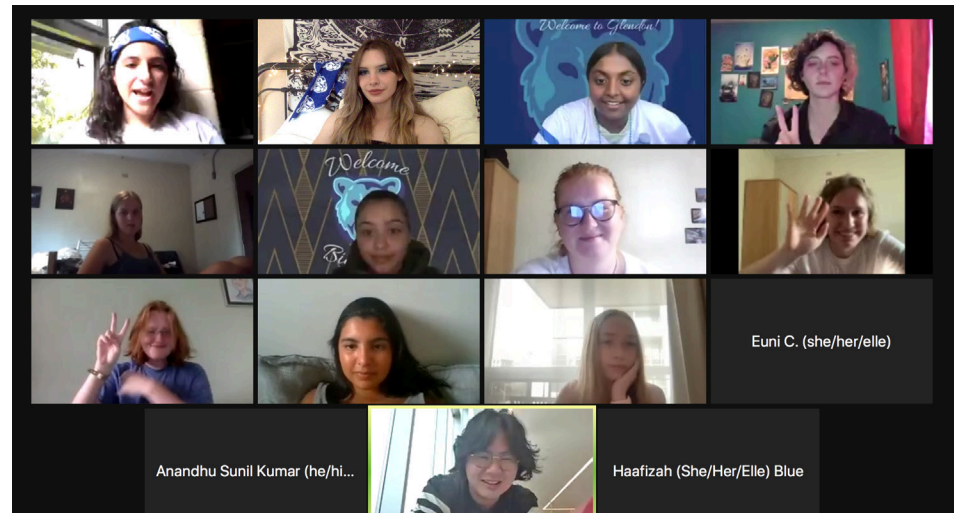
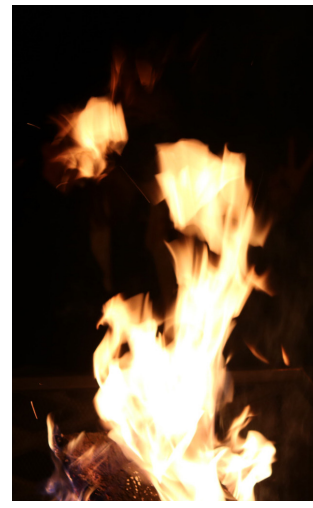
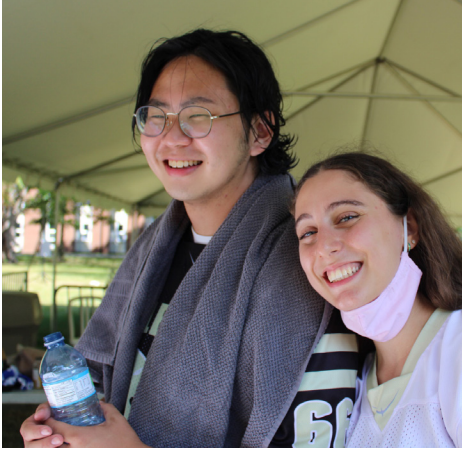
and support from her family, friends, and a therapist, and take a break after ten years of school. It’s great to see Grace’s life turn around by the end of the story!

If you’re looking for a book to kick off the start of the school year, this is

the book for you! If you’re also interested in joining The 20-Something Book Club, you can join the Discord group here at <https://discord.com/invite/Nw4qzgWeHj>!



Glendon College Frosh Week 2021: Photos by GCSU | AÉCG









## Reject or Re-elect? The 2021 Canadian Federal Election

Michael Aquilino  
*English Journalist*

On the night of Friday, August 27, I had the opportunity to watch as Canadian Prime Minister Justin Trudeau delivered a speech on the campaign trail in Bolton, Ontario - or at least that's what I thought I would be doing that night. The stop, planned in the wake of Trudeau's call for a snap federal election with the goal of reclaiming the majority government lost by the Liberal Party in 2019, certainly did not go as planned. In fact, it did not go at all.

With both supporters and opposers of the Liberal Party present outside of Bolton's Hampton Inn Hotel, the event was scheduled to commence at 5:00 p.m. Obscene slurs were shouted, all of which were directly aimed at Prime Minister Trudeau, who was not in attendance. Just after a two-hour delay, the event was called off, citing security concerns. Despite a heavy police presence in the area, Trudeau's critics made themselves known. As the opposing voices became chaotic, the out-numbered supporters, including many school-aged children, were quickly shuttled away. A dissident was then seen storming through

a collection of pro-Liberal signs, grabbing and snapping a stack of them in half. Shortly thereafter, a group of non-supporters took their dissent mobile, waving around a large flag with an obscenity aimed toward Trudeau from their car. That same car was later seen disturbing a nearby drive-in concert, despite its lack of political affiliations.

As a Canadian, the display I witnessed that Friday night left me disturbed and disgusted. A welcoming and friendly environment turned into one of great hostility. The very morals and values on which Canadians pride themselves so deeply were clearly not present at that event. I felt as if I were in a different country, perhaps on a different planet. In a time in which Canadians should be rallying together, it seemed that night as though we were drifting further apart. It is completely understandable that people with opposing political views may always disagree. However, the foundation of Canada's entire political system is built upon contrasting ideologies, and finding ways in which to collaborate and better represent the greater Canadian population. Given the current global circumstances, a show of compassion for one another should not be too much to ask.

As Canada prepares to hit the polls on September 20, 2021, it is my request that we consider the political platforms of which may benefit the country as a whole and not solely those of which may be in favour of our own personal interests. What happens to one of us, happens to all



of us. Perhaps Canadian political parties need to rethink their strategies and approaches. Could a future coalition government be in the cards? While the probability of this possibility is quite slim, it may be something for Canada's political actors to contemplate. Why exclusively focus upon the agendas of one political perspective, when many of them can be taken into account? The Green Party of Canada, for example, centres their platform around the environment, a topic of interest that has become ever so pressing in recent years. The Bloc Quebecois, a Federal party that campaigns only in the Province of Quebec, places emphasis upon matters laying specifically within its provincial boundaries. The two largest parties in Canada, The

Conservative and the Liberal Parties, also have important agendas of their own. Seeing as the smaller parties have never held office, their agendas may come across as less important - something of which is just not the case. In a coalition government, every party can have a say, enacting legislation that is in the best interest of all Canadians, not just some.

At the time of this article's publishing, Canada's leader may have already been chosen. Nonetheless, it is my hope that Glendon students will cast their votes with great care. Glendon, the future is in our hands and on our ballots; let's not waste this opportunity!

## *Reflections on the National Day for Truth and Reconciliation*

September 30, 11am – 1pm

Event details: <https://bit.ly/3kMecNW>



## TIFF : une expérience à ne pas manquer

Josée Philips  
Chief of Operations

La cinéophile en moi était dans un monde de rêve lorsque j'ai pu assister à un visionnement du film *Lakewood* à TIFF, dimanche 12 septembre.

J'ai pris le métro avec mon ami puis on s'est rendu au Roy Thomson Hall, mais pas avant que mon sens de direction soit tourné à l'envers, et que je nous guide dans la mauvaise direction. Étant rendus dans la file pour entrer dans la salle de théâtre, nous avons montré notre certificat de vaccination, puis j'ai dû ouvrir mon sac pour la fouille. Cependant, le processus fut très rapide et en quelques minutes nous étions à l'intérieur.

Après m'avoir perdue encore une fois en me rendant vers nos sièges désignés, nous étions assis dans la salle de théâtre avec un énorme écran devant nous qui projetait les mots : « Toronto International Film Festival ».

Avant le film, une dame est venue introduire le film, le directeur de celui-ci, ainsi qu'un acteur puis quelques membres de l'équipe de création. Le directeur a introduit le film puis nous a avisés qu'il fallait regarder bel et bien jusqu'à la fin, et pas un

moment plus tôt.

En ce qui concerne le film *Lakewood*, Naomi Watts était superbe. Elle était la seule actrice dans la scène pour une grande partie du film, mais ce dernier était tout de même captivant et touchant. Le film touche sur la peur que ressentent les parents à cause de l'incertitude qui peut se retrouver quant à la vie de leurs enfants; s'ils les connaissent véritablement : la peur inexplicable qui survient si quelque chose leur était arrivé. Le directeur a bien représenté ce sentiment. Le film vient aussi à la défense des survivants des massacres dans les écoles.

Après le film, à ma grande surprise, le directeur et les membres de l'équipe (tristement, Naomi Watts n'était pas là) sont ressortis pour une période de questions. Ils ont discuté les aspects du film qu'on ne connaît pas simplement en visionnant le film. Ils ont fait une remarque sur l'effet de la pandémie, sur le montage d'un film; puis du montant de planification qu'il faut prendre avant de commencer à « rouler les caméras ».

Ainsi, c'était bien de voir tant de gens qui comprennent la valeur que tient la culture du cinéma dans notre société moderne. C'était alors bien aussi de voir qu'il y a tant de gens qui assistent aux événements. Le directeur a remercié l'auditoire d'être venu voir son film en présentiel. C'est bien que nous profitons de tous les services comme Netflix, Crave et Amazon Prime, mais il y a quelque chose de vraiment bien d'aller au cinéma. Il faut préserv-



er cette culture et cette communauté, puisque comme plusieurs autres régions de l'économie depuis le début de la pandémie, les cinémas et les centres de théâtres souffrent sans leurs spectateurs.

À la suite de la discussion du directeur et ses commentaires au sujet de la pandémie, j'ai aussi commencé à réfléchir au sujet des deux dernières années. J'ai remarqué le fait que c'était véritablement le premier événement de ce genre auquel j'ai assisté depuis le début de la pandémie.

Que ça soit rendu effectivement bizarre de se retrouver dans une salle avec tant de gens même si l'on faisait de la distanciation sociale.

Je recommanderais à tous ceux qui peuvent s'y permettre d'atteindre un visionnement de film à TIFF. C'est une expérience fantastique pour soutenir la culture du cinéma. Ainsi, il faut admettre que c'est bien aussi de se retrouver en communauté encore une fois... en dehors de notre salle de télévision.

## Santé et bien-être

### Petit-déjeuner mangé sur le pouce

Rejean Ghanem  
French Journalist

Enfin, le campus est à nouveau ouvert; les étudiants commencent à étudier et à se préparer pour l'année scolaire -- ce qui se traduit tôt le matin. La plupart des étudiants ont du mal à se réveiller pour un cours à 9h00. Par conséquent, plusieurs étudiants sautent le petit-déjeuner. Ce dernier est, pourtant, le repas le plus important de la journée. Un tel petit-déjeuner sain vous aide à vous concentrer en classe et à dépenser de l'énergie sans borne tout au long de la journée. Voici quelques petits-déjeuners faciles, sains et savoureux à essayer! Le premier est compatible avec la vie en résidence, si vous avez un frigo.

1. Avoine au chocolat et aux fraises
  - 1/2 tasse de flocons d'avoine
  - 1/3 tasse de lait d'amande ou de lait préféré
  - 1/4 tasse de yaourt grec
  - 1 cuillère à café de sirop d'érable
  - 1 cuillère à café de cacao en poudre
  - 2 fraises, coupées en dés

Les instructions sont assez simples : mélangez tous les ingrédients dans un bocal. Placez-le, ensuite, dans votre frigo. Attendez au moins trois heures avant d'en manger.

2. Frappé à la vanille et aux épinards avec protéines
  - 1 petite banane mûre, pelée et coupée en deux
  - 1 tasse de lait d'amande non sucré

- 1 tasse d'épinards frais
  - 1 portion de poudre de protéine de vanille (1/2 à 1 cuillère)
  - 1/2 tasse de glace
- Mettez tous les ingrédients dans le mélangeur (et ajoutez plus de lait si vous voulez que le mélange ait une consistance plus fluide).

3. Simplicité parfaite!
  - 1 tasse de yaourt grec
  - 1 cuillère à soupe de confiture de myrtilles
  - 2 cuillères à soupe de cœurs de chanvre
  - 3 cuillères à soupe de granola faible en sucre
  - Superposez votre yaourt, votre granola et vos baies; répétez cette superposition une autre fois et garnissez avec des bleuets.





## Le guerrier se repose

Abigail Gillen  
*Bilingual Journalist*

La pensée de rester à la maison sans Êtes-vous plus fatigué.es que d'habitude? Ce n'est peut-être pas tout dans votre tête!

La planète guerrière de Mars est centrée sur l'action : entre le signe diplomatique de la Balance du 14 septembre au 30 octobre. Dans la mythologie romaine, Mars est le dieu de guerre et, en astrologie, ce premier est censé avoir de l'influence sur

nos actions, sur notre détermination et sur notre affirmation de soi. Le signe du zodiaque de la Balance est tout à fait le contraire. Elle est notoirement compromettante et elle donne la priorité à l'équilibre, à l'harmonie et à la justice mondiaux. Comme la planète d'agression traverse le territoire céleste de la Balance, il est possible que vous vous sentiez plus lent.es, écervelé.es; ou que vous ayez moins d'énergie que d'habitude.

Avec le début du trimestre automnal et avec les cours qui battent leur plein, il est important de vous donner du temps supplémentaire — de prendre le temps de vous reposer et de faire les activités qui créent un climat d'harmonie à votre vie.



## Interview with York University Mental Health Advocate, MelTalksFeelings

Brianna Carrasco  
*Editor in Chief*

I've been following MelTalksFeelings' mental health advocacy journey since the end of the 2020-2021 academic year. After York student, Melia Hanna, shared in our psychology course's WhatsApp group that she had started an Instagram account called @MelTalksFeelings dedicated to raising mental health awareness, I followed her immediately. Melia's informative posts about psychological concepts, interactive interviews with psychotherapists, and the personal touch she adds to her account by asking close friends to contribute their thoughts, all make for a comprehensive and successful Instagram account. I had the honour of featuring on Melia's account a few months ago when I discussed how journaling improves my mental health. And I have the honour now of interviewing Melia, someone you should keep on your radar ASAP! I know she will continue to do great things!

When I asked Melia if she could describe her platform and how it all started, she said: "MelTalksFeelings is an Instagram page dedicated to raising mental health awareness and offering a safe space for people to ask questions. I provide tips to improve mental health, coping strategies, and information to better understand our thoughts and behaviours. Every week, I interview mental health professionals regarding various mental illnesses to provide

my followers with the opportunity to ask questions and get advice for their concerns regarding each topic. My goal with this page is to make it easier for people to find answers to mental health questions, offer tips that can help with their everyday lives, and provide a safe place to learn more about mental health in an easy-to-understand manner. I hope that through this page, I can help to normalize mental illness and therapy among youth, and to create a welcoming and comfortable space for them to come to for information and support."

Navigating social media platforms, from Instagram to Twitter to TikTok, is a common way for people to stay informed. When I asked Melia why she felt that social media was useful in sharing mental health facts and connecting with more people, she eagerly shared how social media has benefited her initiative.

"Choosing social media was an easy decision since most people, especially young people, use it regularly," Melia effused. "I have noticed an increase in mental health discussions, as well as people openly sharing their struggles with mental illness on social media. Therefore, I felt that it would be a great place for people to have free and easy to access resources since they already use the platforms. Social media offers you the opportunity to interact with a wide variety of people who are seeking out the services you are offering, connect you with people all over the world of all ages, and establish relationships with potential clients. At first, it may seem intimidating and scary to put yourself out there, but I encourage everyone to give it a try because once you see the positive impact your service can have on people, you will realize that it is well worth it."

In the age of COVID-19, keeping on top of your mental health, and managing it the best way possible, is more important

now than ever. Melia explained what mental health means to her with a touching response: "I consider mental health to be the most important aspect of our lives since it greatly influences how we think, feel, and behave. We need to give it more attention and value. We tend to prioritize our physical health over our mental health even though our mental health is harmed much more frequently on a day-to-day basis. For example, it is rare for us to break a leg, but common for us to experience feelings of loneliness, insecurity, or jealousy. However, individuals still tend to neglect their mental health. I have learned from my life experiences that without giving mental health the attention it requires, it is very difficult to live a fulfilling life."

She also expressed her passion for advocating for better psychotherapy insurance coverage. "I believe that everyone deserves access to therapy if they require it but unfortunately, due to high costs, not everyone can access it. The criteria to qualify for coverage are unreasonable and impractical. Individuals in need of mental health services should not be limited to the number of sessions provided by their insurance company. Mental illness and therapy should be treated more seriously. Since mental health affects our thoughts, actions, and overall well-being, it should be a top priority within our healthcare system."

We end with the final question: What can we do, as part of the York community, to reduce the stigma regarding mental illness? Melia answered: "Talking about mental health is one of the most effective ways we can reduce stigma. In designing my page, I aimed to create a safe community where individuals could share their experiences and concerns. There are several videos on my page featuring individuals discussing their experiences with mental illness. By talking about it, we nor-



malize it. Those who have quietly suffered without help will gradually begin to feel more comfortable seeking support as they will no longer fear being judged but rather will feel supported, accepted, and understood by those close to them. Several of my followers have informed me that they have finally found the courage to seek therapy. By creating a community that allows room for open conversation about mental health, sharing of personal experiences and normalizing seeking therapy, we will begin to see a positive change."

It was lovely hearing Melia's responses and getting her insight into the future of mental health advocacy. I'm so excited to see where her career takes her! You can follow her on Instagram @MelTalksFeelings, or reach her at meltalksfeelings@gmail.com for any inquiries.



## We Cannot Automate Food Workers' Jobs After COVID-19

Ameer Shash  
Contributor

Grocery store workers are employed in a field of work that is considered essential to sustaining life. Alongside emergency services, grocery jobs ensure that communities are healthy - providing ease of access to food and other basic necessities. While it remains to be seen if emergency service jobs can be automated, automation in the grocery industry is becoming increasingly common, particularly with the rise of self-checkout kiosks and online shopping. However, should we lend the upper hand - or in this instance, the robotic arm - in the grocery industry to machines?

The answer is a resounding no. The automation of grocery stores will normalize antisocial behaviour, expose customers to fraud, and finally, automated grocery store technology will devalue mathematical skills. The COVID-19 pandemic has confined many to their homes. Contact with loved ones has been put to an abrupt halt in the wake of restrictions that came into effect in Ontario last year. To make matters worse, when customers visit their local grocery store, there is a chance that the store is partially run by self-checkout machines. This points to a disturbing trend. In the future, if self-checkout kiosks become the only option for buying groceries, human interaction will decrease, leaving many people feeling more lonely and isolated than ever. The removal of people working in grocery aisles or behind cash tills will further normalize the idea that we don't need to talk to people anymore to get what we need. The self-checkout machine does not ask you how your day was, or if you found every item that you were looking for.

Unsuspecting people experiencing fraud is also of great concern within the context of a fully automated grocery store. In one recent instance, a woman from Uxbridge fell victim to a well-known telephone scam, where she was ordered by what seemed to be a Canada Revenue Agency officer to purchase a large quantity of Google Play Store gift cards. Unbeknownst to the victim, the "officer" was a scammer who was seeking malicious monetary gain. Luckily, when the woman attempted to make the requested purchase at a Shoppers Drug Mart, the cashier quickly realized

that there was something amiss. When questioned about the odd purchase, the woman explained the phone conversation to the cashier. It then became clear to the cashier: the woman had been deceived by a telephone scam. The cashier chose not to proceed with the transaction, ultimately saving the woman from a scam that would have cost thousands of dollars. Automated grocery stores disallow the assurance of a true, human experience with a grocer.

Lastly, with the elimination of human workers, jobs extending beyond retail and grocery sectors may devalue math skills because robots are calculating customers' balances for them. Consequently, math and analytical skills could no longer be a requirement in the grocery sector, which has major ramifications for education and human cognition. There wouldn't be the need to count change for customers. The obsolescence of cash has the potential to disproportionately affect vulnerable groups



including small businesses, the elderly, people who rely on cash, and those who wish to keep their transactions anonymous. It is without a doubt that working in an ever-demanding industry is exhausting, but technological innovation should never

incite fear of increased isolation, rampant criminal activity, and job loss. Equipped with these new considerations, the next time someone asserts their proposition on grocery store automation, tell them that you've "got this in the bag!"

**Le Bureau de la recherche et de l'innovation de Glendon présente :**

## Séances d'information sur le financement provincial et fédéral pour les études supérieures

7 & 8  
OCT

### Séance 1 : Comment Financer votre diplôme d'études supérieures (bilingue)

de 13 h à 14 h, le 7 octobre 2021  
OU

de 10 h à 11 h, le 8 octobre 2021  
*Lien Zoom fourni à l'inscription*

21 & 22  
OCT

### Séance 2 : Comment créer une proposition de recherche gagnante (bilingue)

de 13 h à 15h, le 21 octobre 2021  
OU

de 14 h à 16 h, le 22 octobre 2021  
*Lien Zoom fourni à l'inscription*

La série portera sur les rudiments de la présentation d'une demande de bourse et sur la rédaction d'une proposition de recherche



## Glendon Word Search



MANOR  
YORK HALL  
GLENDON  
LUNIK  
BILINGUAL  
FROST  
FRENCH  
HILLIARD  
LIONHEART  
PRO TEM  
BREEZEWAY  
WOOD



Play this puzzle online at : <https://thewordsearch.com/puzzle/2765135/>



Time for a tarot card reading! Use your intuition, close your eyes, and pick card number 1, 2, or 3.

If you picked card number 1, you got: The Lovers. A passionate relationship is forming in your life, whether it be with a romantic partner, a new friend, or someone else who is coming into your life. Keep your eyes--and heart--open for wonderful experiences that are bound to come your way!

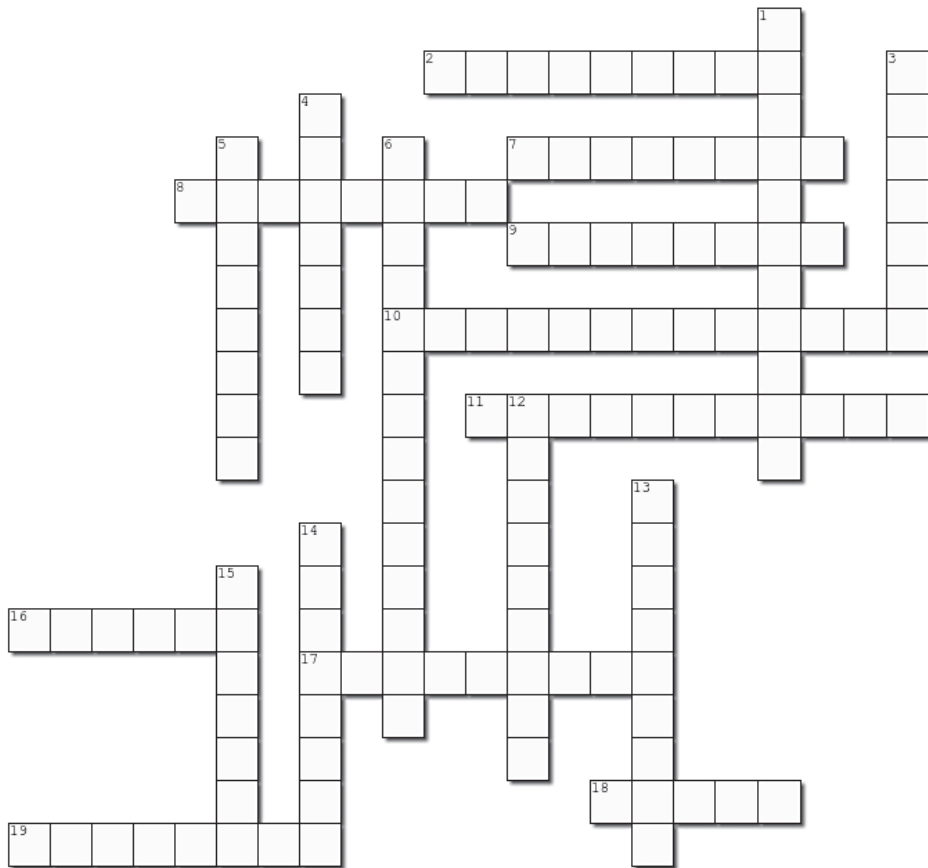
If you picked card number 2, you got: Knight of Wands. Something new in

your life is about to consume you--a romantic relationship, a new job, a creative pursuit. Allow room for passion, but don't let yourself get too caught up in it that you forgot your other obligations!

If you picked card number 3, you got: The Hanged Man. You might feel stuck or stagnant in some area in your life. Whether someone else put you in this situation, or you did it to yourself, think of the best way to get yourself unstuck from this situation so you can continue to thrive!

## French to English Crossword

Test your knowledge of French and English words! Translate any French word into English, and any English word into French!



Created using the Crossword Maker on TheTeachersCorner.net

### Across

- 2. to congratulate
- 7. activisme
- 8. a typo
- 9. a review
- 10. publicité
- 11. to complain
- 16. en ligne
- 17. conscient
- 18. to manage
- 19. discours

### Down

- 1. abruptly
- 3. especially
- 4. pain
- 5. frapper
- 6. réchauffement climatique
- 12. an interview
- 13. satisfait
- 14. tousser
- 15. back to school

**DOWNTIME**  
avec Hiru

Les vendredis  
**de 13 h à 14 h**

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